

# next week at colquitz

friday, april 17, 2026

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It's been another wild and wonderful week at Colquitz!

Today was photo day for Divisions, teams, and clubs. Unfortunately, we ran out of time to do all teams, so please let your children know that we will be announcing another day to finish those soon.

This week was Vaisakhi on Tuesday, and we once again held a celebration with pakoras for the whole school, as well as dancing by grade 7 student, Mehreen. All classes had a chance to take part in the fun! Many thanks to parent Veerpal Singh for making us the delicious pakoras!

Yesterday was "Rhyme with No Reason" Spirit Day, where people dressed up as items that rhyme, but have no other logical connection. Ms. Drouin and I were "Jam" and "Lamb". It was hilarious trying to figure out what the pairs, or sometimes up to 4 or 5 friends were supposed to be. Thanks to everyone who participated!



On Monday morning we will be gathering as a school on Google Meet from our individual classrooms to set the context for the Salmon People Assembly later in May. We will be watching the making of The Salmon People artwork together to help those members of our school community understand the story and importance of the carving to our school and identity of the "Colquitz Coho." More to come about the assembly in May later on.



Enjoy the weekend with your friends and family,

- Carrie Schlappner, Principal

## next week at a glance

- |                     |                                       |
|---------------------|---------------------------------------|
| Monday, April 20    | • Indigenous Student Lunch            |
| Tuesday, April 21   | • PAC Meeting @ 6.30pm<br>• Earth Day |
| Wednesday, April 22 | •                                     |
| Thursday, April 23  | •                                     |
| Friday, April 24    | •                                     |

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## upcoming important dates—*mark your calendars!*

Wednesday, April 29	Theatre Pull-out starts Student-Led Conferences @2.30-6.30pm Dinner from 5-5.30pm Early Dismissal @ 1.49pm
Monday, May 4	CPAPA Meeting 6.30pm Indigenous Student Lunch
Tuesday, May 5	Red Dress Day
Thursday, May 14	District Transition Day Early Dismissal of Grade 8's
Friday, May 15	Pro D Day (NO SCHOOL TODAY)

## Kids Run—May 3<sup>rd</sup>, 2026



One of our goals at Colquitz Middle School is to raise awareness of childhood cancers and to support Pediatric Oncology for Vancouver Island's Kids through fundraising events! We are proud to be teaming with Kids Run 2026 once again this year May 3<sup>rd</sup>, 2026.

When you register, please use the team **Colquitz School** team:

<https://raceroster.com/events/2026/116365/kidsrun-victoria-2026>

You can also contact Christine Crljenkovic at the school. [ccrljenkovic@sd61.bc.ca](mailto:ccrljenkovic@sd61.bc.ca),

Megan Schuring [mschuring@sd61.bc.ca](mailto:mschuring@sd61.bc.ca) or  
Ashleigh Albach [aalbach@sd61.bc.ca](mailto:aalbach@sd61.bc.ca)

Through research funding, social support and ongoing education, we CAN make a difference.

## COLQUITZ MIDDLE SCHOOL

### School Spirit Spirit Wear 2026



Please order the spirit wear by clicking the following link:

<https://cmsspr2026-2.itemorder.com/>

## Reporting

Absences



Please email [colquitz@sd61.bc.ca](mailto:colquitz@sd61.bc.ca) AND your child's teacher if your child will be late or absent, or call the Attendance Line at 250-479-4313.

This is the best way to ensure we get the message and a call-out does not go out to you in error.

**Thank you**

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## MUSIC UPDATE

### Buccaneers Day:



Saturday, May 9 is the buccaneer's day parade! Colquitz students in grade 6-8 participate in marching band, and we have a great time!

It is a few hours in the morning. Last year, call time was 9:00 and we were all done by 10:45-11:00 am. We will need some parent and guardian volunteers for that morning! It will be things like waiting in marshalling before step off, walking with us, giving students water (which will be provided), making sure everyone is okay, pulling a student out if needed. Please reply to this email if you're able to help out!

If you know your student will not be able to attend the parade because of a commitment that can't be rescheduled or missed for a day, please reply to this email! This can make a difference in which parts students are playing. Especially for percussionists! Please make it out, if possible; it is a lot of fun, the audience LOVES marching bands, and we need everyone!

### Band 6 Festival: Volunteers needed!



### Thursday, May 7th

The grade 6 band festival is an annual event held at Spectrum community school! It gives grade 6 bands in the area an opportunity to perform in a nice theatre and get some feedback from another experienced music teacher! These teachers, or adjudicators, are well respected in the community and include current and retired high school band teachers, local professional musicians, and more! It is a very positive and fun opportunity to perform and hear other schools as well. The festival runs through the day, but we would just be there for a few hours. We need some volunteers to walk the students there and back and supervise them in the audience. It is a easy and fun time! Ms. Forster will drive all their instruments and music there and back.

More exact information will be provided once it is available. Please reply to this email if you are interested or available to volunteer that day!

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## MUSIC UPDATE

Transition Day performance for Band 6:  
Thursday, May 14th

On Thursday, May 14th, it is transition day! We will have grade 5's visiting us at Colquitz, and Ms. Forster is hoping to have the grade 6 band perform! Their advisory teachers and administration are already aware and are on board. We would perform for the grade 5's in the assembly and then have some students stay in the band room or go help out around the school! This is optional, but after a few quick polls, the majority of students are willing to perform, which is wonderful to see!

There are 2 grade 6 classes who are staying at Colquitz. Students in those classes will be given the choice to stay and help with transition day or return to their classes. Students whose advisory classes are leaving Colquitz will stay in the school, either with Ms. Forster, or helping out around the school until the end of the day at 2:49pm.

Your students' advisory teachers should be asking who wants to stay soon! More information will be sent out closer to the date, once we know which students are staying to perform.

**Tour Update:** Please make sure your student brings \$2.00 for the bus driver's gifts if they have yet to do so.

*Extra help/practice space is available:*

**Tuesday:** Nut break

**Wednesday:** Nut Break and lunch recess

**Thursday:** Nut break, lunch recess (practice space only)

### ***SCHEDULE:***

#### **Tuesday:**

7:40 am: Band 7/8 COMBINED (All grade 7/8 band students!)

8:54 am: Band 6 Green

9:36 am: Band 6 Orange

Lunch: Jazz Band (Please come right at lunch EATING time.)

#### **Wednesday:**

7:40 am: BAND 6 COMBINED (All instruments, both pods)

10:33 am: Band 7

11:15 am: Band 8

#### **Thursday:**

7:40 am: JAZZ BAND

8:54 am: Band 8

9:36 am: Band 6 Green

10:33 am: Band 7

11:15 am: Band 6 Orange



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## MUSICAL THEATRE



Another full room and *so much* accomplished on March 31—thank you for continuing to show up and take on any task that needs doing. Many hands truly do make light work!

- **Next Craft Night: Monday, April 20 at 6:30 pm** in the Art Room. Things to work on are: adding flowers to dresses, using a stencil and paint adding design to pants, figuring out how to get the porcupine quills to stay on the backpack, and so much more!

- **Props and Costumes**

- Thanks to your help, we've made fantastic progress—porcupines, flamingos, wildebeest, antelopes, lionesses, flower hats, dresses, and some much-needed TLC for Pumba! There's still more to do, but we're well on our way.
- Details will be shared with students about what to wear *under* their costumes and appropriate footwear. In the meantime:
  - Underpinnings (clothes under the costume): typically black, white, or nude tops with black bottoms
  - This allows for quick costume changes without change rooms
  - Shoes: usually all black (Skechers, TOMS, black flats, etc.)

If needed, Ms. Mackenzie has items available to borrow—please reach out sooner rather than later

- **Show Week**

Volunteers make *everything* possible, and we will need support during show week. We've got some alumni returning and they are the best! The students listen to them too! A Sign-up Genius will be available in May.

A breakdown, to give you an idea of where help is needed:

- **Before the show (6–7 pm):**

- Backstage help (hair, makeup, costumes, general support) - especially in need of volunteers for makeup/facepaint
- Foyer help (tickets, concession, troubleshooting)

- **During the show (7 pm–end):**

- Shushers helping students remember we're in Spectrum's space – literally shushing them
- Concession during intermission, at least one adult required and likely alumni students will participate

- **After the show (end–10 pm max):**

- Cleanup, leaving Spectrum exactly as we found it
- More hands = faster exit!

**If you're interested in being a parent volunteer for the musical or want more information, please contact Serena at [SerenaBirkSamra@gmail.com](mailto:SerenaBirkSamra@gmail.com)**

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## PAC Update

Please join us for our last **PAC** meeting with the current Executive on **Tuesday, April 21** at **6:30 pm** in the **library**. With their children graduating, this will be the last meeting for the current PAC Executive before the AGM takes place.

All PAC Executive roles will be open for the coming year, and we'd love to see some new faces! Whether you're curious, interested, or just want to learn more, you're very welcome to attend.



***The PAC AGM & Elections will be held on May 19 at 6:30 pm***

## Establishing Safe, Caring, & Respectful Digital Communities

Recommended for Parents/Caregivers/ Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. (60 minute session)

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion.

Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

### **Families will learn:**

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, col-

**erase** | EXPECT RESPECT & A SAFE EDUCATION

- lege admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)

An anonymous student reporting tool that can help you and your friends stay safe both online and offline



Register here: <https://pages.saferschoolstogether.com/erase-family-session>

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## Connect & Learn Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



### Emotion Regulation Part 2: Deepening Our Understanding

Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on egg shells because we're scared of another big emotional outburst. Watch our second video conversation with Nicole Allen, Registered Clinical Counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies that can help.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- **COST:** Free
- **DATES:**
  - Tuesday, April 7, 6:30pm
  - Tuesday, April 21, 12:00pm
  - Wednesday, April 29, 6:30pm

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



### Supporting Our Kids With Substance Misuse

As parents and caring adults, the way we talk about and understand substance use can deeply influence the young people in our lives. Supporting young people who are misusing substances while taking good care of ourselves can be difficult. Learn some evidence-informed approaches from Alex Lekei (MA, CCAC), addictions counsellor, and Kim Dunlap, a mom with lived experience, that can help us with communication, boundaries and relationship.

- **COST:** Free
- **DATES:**
  - Thursday, April 16, 6:30pm
  - Thursday, April 23, 6:30pm

## Emotion Regulation

### Dates & Time:

Tues. April 21st, 6:30pm - 8:00pm

Wed. April 29th, 6:30pm - 8:00pm

**Register:** <https://familysmart.ca/monthly-events/>

**Watch Now:** <https://youtu.be/2kANrAkqSJA?si=2x7idY7SwVIWt4UL>

## Substance Misuse

### Dates & Time:

Thurs. April 16th, 6:30pm - 8:00pm

Thursday April 23rd, 6:30pm - 8:00pm

**Register:** <https://familysmart.ca/monthly-events/>

**Watch Now:** <https://youtu.be/ZxdqNwy-nQU?>



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)



## Yearbooks are on sale now!

*Yearbooks cost \$26.*

To order your child a copy of the yearbook, please click [here](#).

*Yearbooks are delivered to students at the end of June*

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## SPORTS @ COLQUITZ

**Here is the schedule for Sports practices and games.  
Please check in with your students around information from coaches.**

A heartfelt thank you to our dedicated school and community coaches who generously give their time and energy, often balancing family, work, and many other commitments in order to help make Colquitz such a positive and active place for our students.

We kindly ask for your patience and understanding as they support our teams. If you feel you may be missing information, a great first step is to check with your child to see if a handout or message was shared.

There are also several ways to stay informed:

School announcements:

- The TV in the foyer displaying daily updates
- Daily announcements posted on our website
- The sports calendar in our newsletter
- The athletic board at the school and on the website
- The LIMSSA (Lower Island Middle School Sports Association) website Or by reaching out via email to our Athletic Director, Christine Crljenkovic

Apr 20--Apr24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls 7/8 comp vball w Mark and Kiet			Badminton practice	
Lunch practice	HJ in the gym (CC)  Running practice, library field Albach and Harvie	Intramural Badminton  Field Hockey Practice (Outside Library Field)	Field Hockey Practice (Gym)  Shotput practice w _____ Discus practice w Mr Arnott	Intramural badminton	Long Jump/Triple Jump practice Albach and Harvie
After school practice	Badminton Practice.  Rugby Practice 2:50-4:15 Library Field		Track and Field Open Practice	Mountain Biking 3:45-5pm at Hartland	
Competition		Badminton Exhibition Hosting  6/7 Boys Rugby @ Colquitz		Field Hockey  7/8 Boys Rugby @ Centre Mtn Lellum	

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## SPORTS @ COLQUITZ



### BC Summer Games tryouts Vancouver Island-Central Coast team (Zone 6)

Eligible athletes are those born in 2011, 2012 and 2013. Ultimate will be played in a mixed format, with teams of 7 female matching and 7 male matching athletes. Please encourage eligible athletes to consider trying out!

#### Tryout dates:

- ♀ April 21 – Victoria (6:00–8:00 PM, Beckwith Park)
- ♀ April 23 – Victoria (6:00–8:00 PM, Beckwith Park)
- ♀ April 25 – Nanaimo (1:00–4:00 PM, Dover Bay Secondary School)

Link for tryout registration and more info: <https://vups.bc.ca/e/bc-summer-games-2026-zone-6-tryouts>.

### Horizon junior ultimate club

⇒ May to August 2026  
(middle school and high school ages) -

link: <https://vups.bc.ca/e/horizon2026>.

⇒ Free launch / intro camp on  
May 9-10

A poster for the Horizon Dusk &amp; Dawn Launch Camp. It features a young man in a pink and blue shirt throwing a disc. The text reads "HORIZON DUSK &amp; DAWN LAUNCH CAMP", "MAY 9 &amp; 10: 2-4PM", "BRAEFoot PARK", and "Join Vancouver Island's premier junior ultimate club. Register for assesment camp at VUPS.bc.ca/e/horizon2026". A QR code is in the bottom right corner.

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## *The Society for Kids*

The Society for Kids at Tennis (KATS, [www.kidsattennis.ca](http://www.kidsattennis.ca)) is once again providing their free tennis lessons and equipment to families experiencing financial barriers. This program uses the “progressive tennis” approach recommended by Tennis Canada, it uses smaller racquets, smaller courts, lower nets and low compression balls. This approach helps kids to develop confidence in their ability to hit the ball, learn quickly, and most of all, have fun playing the sport! Kids will be introduced to the fundamental skills which form the foundation for future development.

**Anyone interested in registering, please get them to send me a completed registration form, found on our [website](#) before Friday, April 10.**

**Please note, this tennis program takes place at Banfield Court on Craigflower Rd, next to Vic West Community Centre.**

### Tennis 5 - 8 year olds

Mondays: 11-week program.

April: 13, 20, 27

May: 4, 11, 25

June: 1, 8, 15, 22, 29

**Time:** 4:00 pm - 5:00 pm

### Tennis 9 - 13 year olds

Mondays: 11-week program.

April: 13, 20, 27

May: 4, 11, 25

June: 1, 8, 15, 22, 29

**Time:** 5:00 pm - 6:00 pm



## Vic High Middle School Beach Tournament



**May 22nd, 2026**

**Location:** Victoria high school, beach volleyball courts  
Who Can Play: 6/7/8 girls 6/7/8 boys

We will be splitting the categories based on age (it is preferable that all three teammates are in the same grade).

**Format:** Teams will compete in a round-robin style tournament followed by playoffs in the afternoon. Volleyball B.C beach rules will be in effect.

50\$ per team of three. (All players MUST be from the same school)

**Payment information will be sent out to the team contact person once registration has been received.**

To register, please use the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSeVPjpcqwbYZ0z7yH5V2p5Rzhy2T6udAnWTCdpsR\\_g1vttimw/viewform?usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLSeVPjpcqwbYZ0z7yH5V2p5Rzhy2T6udAnWTCdpsR_g1vttimw/viewform?usp=publish-editor)

For any questions, please contact:

Tournament contact: Jean Morrison [jemorri-son@sd61.bc.ca](mailto:jemorri-son@sd61.bc.ca)

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**Your Chance to Host an  
International Student!**



Victoria International Education, is looking for new host families for high school students arriving in September, 2026.

If you are curious about hosting, the International Program staff would love to meet you at an upcoming information session!

## Information Session Details:

- **Date:** Wednesday, April 22
- **Time:** 6:30 PM
- **Location:** Uplands Campus (3461 Henderson Rd)
- **RSVP:** [homestay@sd61.bc.ca](mailto:homestay@sd61.bc.ca)

Anyone interested in providing a supportive and caring home is welcome to apply to become a host family including retirees, couples, families with children, and individuals.

## Host Families Enjoy:

- **Flexible Options:** Hosting opportunities for 1 month, 3 months, 5 months, 10 months or more
- **Program Support:** Orientation and ongoing 24/7 support from the homestay office
- **Reimbursement:** \$1,350 per student, per month for hosting expenses
- **Cultural Exchange:** Learn about new cultures, share traditions, and create international friendships while helping youth succeed

## More Information and How to Apply:

- **Phone:** 250-592-6871
- **Email:** [homestay@sd61.bc.ca](mailto:homestay@sd61.bc.ca)
- **Website:** Victoria International Education Homestay Program
- **Apply:** Victoria International Education Application

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VCPAC Educational Townhall  
Spectrum Highschool  
Thursday April 23, 2026  
6:30 - 8:30 PM

## AI & TECH IN EDUCATION

### BENEFITS, RISKS, AND STUDENT RIGHTS

#### What Parents Need to Know

- How AI & tech are used
- Protecting student rights
- How parents can engage

**SPEAKERS**

- OLINE TWISS, Deputy Commissioner, BC OIPC
- JOSH BARKS, A/Director of IT & Learning, SD61
- TOM AERTS, Deputy Superintendent, SD61

**FREE TO REGISTER**  
ON-SITE CHILDMINDING AVAILABLE!  
PIZZA & GAMES FOR THE KIDS.  
<https://forms.gle/2EonTytjq8YmiweG9>



Sponsored by Thrifty Foods

Registration: <https://forms.gle/2EonTytjq8YmiweG9>

## National Child & Youth Mental Health Day

### When Our Children Hurt Inside:

#### NURTURING AWARENESS AND THE POWER OF RELATIONSHIPS

Younger children can experience emotional pain that they don't yet have the words to describe. Sometimes this shows up as statements about not wanting to be here or behaviours that look like self-harm. This gentle, supportive session may help parents and caregivers understand why these moments happen, what they may mean, and how to respond with calm connection. Together we'll explore how small moments of being seen, heard, and supported can make a big difference in a child's safety and well-being.

**THURSDAY MAY 7, 2026 | 6:30 PM - 8 PM (PST)**

#### Meet the Speaker



Join Katie DeReus a Registered Clinical Counsellor with over 20 years of experience as a teacher and Elementary School Counsellor. As both a professional and a parent, Katie brings a depth of insight to the challenges and well-being of young children.

For more information and to register for this free event, visit [familysmart.ca/may-7th/](https://familysmart.ca/may-7th/)

**Register for FREE**



## LEADERSHIP IS RUNNING OUR WE WALK FOR WATER

### CAMPAIGN IN THE FIRST WEEK OF JUNE AND WE NEED YOUR HELP!

To gain awareness and empathy for the people who have to walk long distances each day to get clean water, Colquitz students will carry milk jugs on a walk around the school or in the neighborhood.



**TO HELP WITH THIS INITIATIVE, PLEASE SEND IN YOUR WASHED (AND PREFERABLY DRIED) 2L AND 4L MILK JUGS.**

**THANK YOU FOR HELPING US MAKE A DIFFERENCE!**

Since 1993

## Soccer Day Camps 2026

...more than just a soccer camp!



**Keep the SAVINGS Rolling, Pay Less Today, Until June 1**

- July & August weeks
- Morning & Full Day sessions
- Ages 5 to 13
- Before & After Care available

**Mornings** Starting from \$165/week  
**Full Days** Starting from \$249/week

\* Limited time, discounts vary, see website  
Additional discounts for week 1 & 6 (4 day weeks)

For more information:  
[royalsoccerclub.com](https://royalsoccerclub.com)  
800-427-0536

For location & registration details visit our website.