

next week at colquitz

friday, april 24, 2026

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

We have enjoyed another wonderful week at Colquitz.

We started off on Monday with watching the video about the creation of the beautiful Salmon People indigenous carving by Dylan Thomas that hangs in our foyer. We plan on hosting a commemorative celebration of this unveiling on Monday, May 25th, and this video was to provide the context as well as guidance on how to be a witness according to local nations' protocols. Many thanks to Ms. Steffens, Ms. James and Ms. Spies for organizing and presenting the virtual assembly!

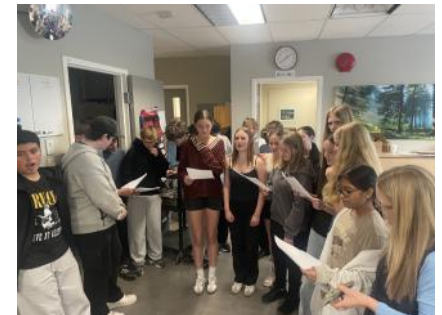
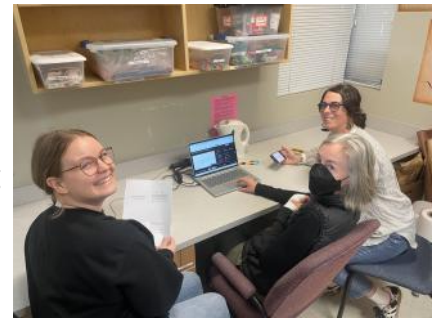
It was Earth Day on Wednesday, as well as International Administrative Professionals Day. Several classes came by to thank our amazing office staff, Sam Bender, Amrinder Singh, and Alysha Hoogerstraat. Some even sang songs that they created! We are so fortunate to have such amazing office staff who warmly take care of our students and staff so well, and keep the school running smoothly.

We sent home some important emails today around:

- Student Led Conferences this coming Wednesday, April 29th from 2:30-6:30pm.
- Class Placement requests for 2026-2027. Please read the details carefully. The majority of families should NOT need to make a separate request.
- District Transition Day (May 14th) information to grade 8 parents.

If you have any questions, please let us know. Enjoy the weekend with your friends and family,

- Carrie Schlappner, Principal



next week at a glance

- | | |
|---------------------|--|
| Monday, April 27 | • |
| Tuesday, April 28 | • |
| Wednesday, April 29 | <ul style="list-style-type: none">• Theatre Pull-out starts• Student-Led Conferences @2.30-6.30pm—Dinner from 5-5.30pm• Early Dismissal @ 1.49pm |
| Thursday, April 30 | • |
| Friday, May 1 | <ul style="list-style-type: none">• Group photos all morning in library• Kids Run Fundraising Event—"TAPE MS SCHLAPPNER TO A WALL!!!" |

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upcoming important dates—*mark your calendars!*

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 3rd, 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 3rd, 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. crljenkovic@sd61.bc.ca,

Megan Schuring mschuring@sd61.bc.ca or

Ashleigh Albach aalbach@sd61.bc.ca

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

COLQUITZ MIDDLE SCHOOL

School 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 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

Marching Band Update: Victoria Day Availability Ms. Forster is trying to determine if we have enough students who are available and willing to participate if Colquitz entered the Victoria day parade. The parade organizers would love to have us perform, but we need enough students to be able to march.

There is a short google form on all band google classrooms to collect who is able to attend the parade. Thank you to everyone who has already replied to Tuesday's email! It would be appreciated if you and your student could sit down together and complete the google form before Tuesday, April 28th. It will make it easier for Ms. Forster to see exactly who is available.

Once there are enough responses to the form, an email will be sent out to confirm if we will attend Victoria day or not. The goal is to send that email out next week.

If we enter the parade, our call time would be 7:30-8:00 am (would be confirmed before parade day) and we should be down by 11:00-11:30 am at the latest. It could be earlier, depending on where in the parade we would be.

Either way, we will still do our hallway parade!

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!

Craft Night – two left!

Mark your calendars for the **final TWO Craft Nights**, taking place at **6:30 pm in the Art Room**:

- **Monday, April 27**
- **Monday, May 4**

These evenings will be the final push to finish organizing the larger pieces. Help is greatly appreciated!

Show Week

The Sign Up Genius draft is ready and being reviewed by Ms. Mackenzie. Expect this to come out in early May. A breakdown, to give you an idea of where help is needed and to help you prepare your evenings:

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)

Bring someone to stand in line for you as we are unable to reserve seats

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

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

After the show (end–10 pm max): Cleanup, leaving Spectrum exactly as we found it More hands = faster exit!

Other Areas of help required:

- **Production Assistant:** If you, or know someone, who can step in as Ms. Mackenzie's production assistant (aka lead parent volunteer) please let me know. This is my last year and I'd like to carry out a knowledge transfer. One part includes hands-on experience by being involved in the different moving pieces. Now is the best time!

Makeup Volunteers: A document has been put together of the different makeup required for each of the roles. During Show Week, makeup will be faster if the same group of people take on the same animal groups. If there is interest and the facepaint is available, I'd like to pull the volunteers together to start practicing to decrease the amount of "get ready" time we have. Unfortunately, we only have the band room starting at 6:00pm which gives us one hour to set up, get ready and tidy up.

If you're interested in being a parent volunteer for the musical or want more information, please contact Serena at SerenaBirkSamra@gmail.com

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CPAPA: Help needed! Meeting Monday, May 4th at 6:30 pm!

Our PAC, CPAPA (Colquitz Performing Arts Parents Association) is looking for people to join the team for the rest of this year and next year! Right now, we have 3 very dedicated parents who make up our CPAPA executive. 2 of those parents will be flying up to Spectrum, as their students are in grade 8 this year. We are in DESPERATE need for more parents and guardians to join CPAPA. Our current exec would love to show you the ropes and what you need to do!

We need at least 4-5 parents/guardians through the school year to run everything smoothly. Meetings are once a month and last about one hour maximum. Each role only requires a few hours of time a month and makes a huge difference to our students and teachers. Many hands make light work!

In our monthly meetings, CPAPA and the music teachers meet to talk about fundraising, communications, event planning, and more! As teachers, we are unable to handle everything that makes this program successful by ourselves. Between band, choir, and strings, we teach almost 400 students across the disciplines.

CPAPA helps by organizing fundraisers through the year, including poinsettias and Purdy's chocolates, sending out sign-ups for concert bake sales, and we are always open to new fundraising ideas! These fundraisers help lower the costs of trips for students. They normally also pay for one meal for the group on tour.

They offer feedback about planning the music tour and are often the people we turn to when we need chaperones for the trips. CPAPA also helps plan events and send communications out the goings on at Colquitz! This music program would not provide the experience it currently does without CPAPA. As the funding model changes for the next school year, we need your help more than ever before. As teachers must do more with less, we need help to continue to do everything we can for your student's experience! The more people who can be involved in any capacity, the lighter the workload for everyone in CPAPA. As teachers, we are also on the CPAPA team, and we need your help! Please consider coming to our next meeting on Monday, May 4th at 6:30 pm in the art room. There will also be a digital option as well! We would love to have you!

PAC UPDATE

The PAC minutes from April are now available on the CMS website. Click [here](#) to stay informed and review the latest updates.

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

All PAC Executive roles will be open for the coming year!

A PAC Executive is essential for applying and receiving the Gaming Grant, which is the primary source of PAC funding. With the current PAC Executive stepping down as their children move to high school, new volunteers are needed to take on this responsibility. These funds directly support many valuable opportunities available to our students. Looking ahead, new volunteers will be critical to ensuring the continued success of the PAC and its ability to support the school.

Time is running out to learn more before Leanne and Serena step down. If you're interested or have questions, please reach out by emailing KoppLeanne@gmail.com or SerenaBirkSamra@gmail.com

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Please note that our
STUDENT-LED CONFERENCES
are **WEDNESDAY, APRIL 29th**
from 2:30-6:30pm

(Teachers will be on dinner break from 5-5:30pm, but you are welcome in their classrooms)

This is an **OPEN HOUSE format**, so you do not need to make an appointment—**just pop by!**

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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Connect & Learn

Online Events for Parents & Caregivers

Emotion Regulation

Dates & Time:

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

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

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

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:

- Times are in Pacific Time (most of B.C.)
- Tuesday, April 7, 6:30pm
- Tuesday, April 21, 12:00pm
- Wednesday, April 29, 6:30pm



Register online at
familysmart.ca/events



UNEARTHED

Marigold Robotics x Spectrum Thunderbots

LEGO Robotics Night!

Featuring **7 teams** of École Marigold Elementary School **Grade 4-5 students'** work with **LEGO robots**.

Monday, May 4th, 2026 6:00-8:00 p.m. @ Spectrum Community School's Theatre

We invite our teams, their families and friends, and members of the community to **support youth** as they **showcase their work and learning in areas of STEAM** (Science, Technology, Engineering, Art, and Math) through **LEGO Robotics!**

Teams will arrive at **5:30 p.m.** for **set up at the theatre!**

Remember to bring anything you need to be successful and have fun!

Event Highlights

- LEGO Spike Prime robot built and customized by each team
- LEGO block-style programming demonstrated on the playing field
- Research project regarding **archeology** or STEM
- Project presentation, judging, and keepsakes!
- **FUN and CELEBRATION!!**

For more information, please contact
marigoldrobotics@gmail.com

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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

COLQUITZ SPRING SPORTS

Apr 27--May 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls gr 6, 7, 8 interested in playing comp vball w Mark and Kiet 7:00 sharp			Badminton practice	
Lunch practice	HJ in the gym for lower than 125 cm Mrs C Running practice, library field Albach and Harvie	Intramural Badminton Field Hockey Practice (Outside)	HJ for (higher than 125cm) MrsC Discus practice w Mr Arnott Field Hockey Practice (Gym)	Intramural Badminton Shotput practice with Mrs C	Long Jump/Triple Jump practice Albach and Harvie 200m /300 m practice on the track Mrs C
After school practice	Rugby Practice 2:50-4:15 Library Field Basketball grade 7 boys w Jesse til 4:30	Badminton practice	Student Led Conferences	Mountain Biking 3:45-5pm at Hartland	
Competition	Badminton Gr6 SMU Tournament	Badminton Gr7 SMU Tournament 6/7 Boys Rugby @ CML	Badminton Gr 8 Tournament @SMU	7/8 Boys Rugby @ Shoreline Girls Field Hockey @UVic	

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SPORTS @ COLQUITZ

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



**HORIZON DUSK &
DAWN LAUNCH CAMP**

MAY 9 & 10: 2-4PM
BRAEFoot PARK

Join Vancouver Island's premier
junior ultimate club. Register for
assesment camp at
[VUPS.bc.ca/e/horizon2026](https://vups.bc.ca/e/horizon2026)



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The Society for Kids

The Society for Kids at Tennis (KATS, 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

For any questions, please contact:

Tournament contact: Jean Morrison jemorri-son@sd61.bc.ca

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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/

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.

2L **4L**

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
800-427-0536

For location & registration details visit our website.