

# next week at colquitz

friday, sept 11, 2026

## THIS WEEK'S REFLECTIONS

Hello Colquitz families,

It's been a great first week back at Colquitz!

We started off on Tuesday with all students in a circle on the field, with drummers in the center performing the Lekwungen Celebration Song. The Celebration Song is written by Bradley Dick of the Songhees nation and is gifted to SD61 to perform. It was a wonderful way to come together as a community to start the year.

Next, we all moved into the gym for a whole-school assembly. Our new Vice-Principal, Mr. Shortreed introduced and shared a bit about himself. I entered as a bit of a surprise to the song, "Where you going? Back to School!" Then we went through our main expectation around being kind, respectful and safe, as well as our top three rules around personal electronic devices, washroom and water fountain expectations, and listening to all staff members equally. (These were in the letter sent home prior to school starting.) We also met alone with the 6s to discuss this exciting but also sometimes overwhelming time, and emphasized all staff are here to support them.

Many divisions enjoyed fun activities to get to know each other and their teams. Here are some photos from Division 15 and Community Action, as well as from the first day.

A couple of "housekeeping" items: Please remember to NOT stop or park in the staff parking lot before school, as this takes up spots for those who need them to get to work on time. If you come to the school for any reason, please stop by the office and sign in or check in about what you need before proceeding to where you need to go. And please return completed forms ASAP!

Thanks for a great first week, everyone! Have a wonderful weekend with your friends and family.

- Carrie Schlappner, Principal



## next week at a glance

- |                    |                          |
|--------------------|--------------------------|
| Monday, Sept 14    | • CPAPA Meeting @ 6.30pm |
| Tuesday, Sept 15   | •                        |
| Wednesday, Sept 16 | •                        |
| Thursday, Sept 17  | •                        |
| Friday, Sept 18    | •                        |

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

|                    |                                                                                                                               |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Monday, Sept 21    | <b>Pro D Day (NO SCHOOL)</b><br><i>International Day of Peace</i>                                                             |
| Tuesday, Sept 22   | <i>Spirit Day</i>                                                                                                             |
| Wednesday, Sept 23 | <i>International Day of Sign Languages</i><br><i>Bi Visibility Day</i>                                                        |
| Thursday, Sept 24  | <i>Photo Day</i><br>Family Open House 6-7pm—Barbeque! (more details to come!)                                                 |
| Monday, Sept 28    | PAC Meeting @ 6.30pm                                                                                                          |
| Monday, Sept 28    | <b>Orange Shirt WEEK</b> —please wear orange every day this week, especially Monday and Tuesday. Our assembly will be MONDAY. |
| Wednesday, Sept 30 | <i>National Day for Truth &amp; Reconciliation</i><br><i>Orange Shirt Day</i>                                                 |

## NO PARKING OR STOPPING IN STAFF PARKING LOT

The Staff Parking Lot is for staff only.

This is especially important in the mornings, when staff are counting on being able to park to be to work on time or carry in heavy loads.

Please **DO NOT** use our parking lot and stalls as a place to stop to drop off students. This is what the pull-outs on Dumeresq are for. Or, better yet, please have your child scooter, bike or walk to school, or drop them off a block or two away to reduce congestion around the school.

We appreciate your consideration.

**STAFF  
PARKING  
ONLY**  
**NO  
PICK-UPS OR  
DROP-OFFS**

*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

Welcome back to another year of band at Colquitz! It was a restful summer break, but it's been great to see everyone again.

Please check the <https://colquitzfinearts.weebly.com/> site for all information about music at our school!

### Updates:

- If your student rented a book/instrument over the summer break, please return it as soon as possible!
  - Band 7 and 8 students have registered for band, if your student missed this Wednesday meeting, it is NOT too late to register! Please email Katherine Forster with your student's name and division.
  - Thank you to all the grade 8 band students who helped with the instrument zoo!
- Google classrooms will be up and running very soon as well.

### Tour 2027

Grade 7/8 band, strings and choir students are all invited on tour in April. We will send out a survey in the next few weeks to gather people's input for the tour! Things like how many nights, where we go, etc.! Please keep an eye out.

### First CPAPA meeting: Come and join!

Monday, September 14: CPAPA meeting. 6:30 pm in the art room! Please join us! There should be a link available via google meets.

### Rental information:

If grade 7 and 8 band students can rent their instruments this weekend, we will start playing on Wednesday!

Instruments can be rented from Tapestry music or Long and McQuade. There are also some instruments available to rent by donation from the band program. Please email Katherine Forster ([kforster@sd61.bc.ca](mailto:kforster@sd61.bc.ca)) for this!

**Schedule: Please read this carefully each week. Schedule changes will be communicated here.**

### Monday September 14

**Choir blocks begin in school!**

**9:30 - 10:18 Grade 6 Choir**

**10:34 - 11:15 Grade 8 Choir**

**11:16 - 11:57 Grade 7 Choir**

**1:02 - 1:44 Beginner Strings**

**1:45- 2:28 Intermediate and Advanced Strings**

### Tuesday: September 15

**Before School 7:40-8:35: Grade 6 Early morning Choir begins.** Band 7/8 mornings will start next week.

**8:54-9:36: Band 6 Orange** (please have your students bring in their forms today!)

**9:36-10:18: Band 6 Green** (please have your students bring in their forms today!)

**11:57-12:42: JAZZ BAND** (right at 11:57) Grade 7/8

### Wednesday: September 16

**Before School 7:40-8:35: Grade 7/8 Choir begins.** Before school band 6 will start on October 7th.

**10:33- 11:15: Band 7** (first playing day)

**11:15-11:57: Band 8** (first playing day)

### Thursday: September 17

**Before School 7:40-8:35: JAZZ BAND**, we will play!

**9:36-10:18: Band 6 Orange** (first playing day with band 6)

**10:33-11:15: Band 7**

**11:15-11:57: Band 6 Green** (first playing day with band 6)

### Friday: September 18

**8:54- 9:36: Band 8**

**1:02 - 1:44 Beginner Strings**

**1:45- 2:28 Intermediate and Advanced Strings**

Starting next week (hopefully) emails will also come from Ms. Forster, in addition to a condensed version included in Next Week at Colquitz!

If you have any questions about band or jazz band, please do not hesitate to reach out!



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## Connect & Learn

### ONLINE EVENTS FOR PARENTS AND 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.



### CONNECTING WITH OUR KIDS WHEN ANXIETY LEADS TO SOCIAL ISOLATION

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. Join us as Christine M. Yu, M.A., Registered Clinical Counsellor, and a parent talk about the hard stuff. Learn some strategies that can help us connect with our kids when they are socially isolated.

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

#### DATE & TIME:

Tuesday, September 22 at 6:30pm

**\*All times are in Pacific Time**

#### REGISTER ONLINE AT:

[familysmart.ca/events](http://familysmart.ca/events)

FREE EVENT



### CARING FOR ALL OF OUR KIDS WHEN A SIBLING STRUGGLES WITH THEIR MENTAL HEALTH

A mom, sibling and psychologist share their insights in this gentle and compassionate video. They focus on connection, and ways we can care for all our kids while a sibling is struggling. Together, they share actionable ways to normalize your siblings' mixed feelings and ensure every child feels seen and supported in their role within the family.

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

#### DATE & TIME:

Tuesday, September 15 at 6:30pm

Thursday, September 24 at 12:00pm

**\*All times are in Pacific Time**

#### REGISTER ONLINE AT:

[familysmart.ca/events](http://familysmart.ca/events)

## Parents Association Committee (PAC)

We hope all families and students have enjoyed the first week of school and are getting into the rhythm of things again!

We are looking forward to our **first PAC meeting** which will take place on **Monday September 28th at 6:30 - 7:30 PM** in the school library. Please enter through the main doors of the school. Each meeting we have the opportunity to hear directly from **Principal Schlappner** about what has been happening around the school and what's coming up. **Bring your questions!**

Also, we have received many **fundraising** offers from local businesses and other providers so part of this meeting will be spent planning out what our fundraising **capacity** is for the year, and suggesting **projects** which will benefit from our fundraising efforts.

We have one active fundraiser that was a big hit last year - the **Apple Fundraiser** is now open for online orders! These Okanagan apples are delicious and healthy, and priced below most grocery store costs. Orders for different varieties can be made by the box, and savings can be had for stacking or larger orders. The **ordering deadline** is **October 6** and pick up will happen at Colquitz during Parent-Teacher Interviews on **October 28th**.

Please have a look at our poster for more details, or email [colquitzmiddleschoolpac@gmail.com](mailto:colquitzmiddleschoolpac@gmail.com) with any questions!

*Farm Fresh Apples For Sale*

**FRESHLY PICKED OKANAGAN APPLES**

**DON'T MISS OUT!**

**COLQUITZ PAC HARVEST APPLE FUNDRAISER**

The most delicious fundraiser is BACK! Once again we have partnered up with Sun-Oka Fruit Farms to sell their scrumptious fresh-picked apples.

**Orders due by October 6**

Apples will be available for pick up October 28

SCAN HERE TO ORDER

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## Parents Association Committee (PAC)



VCPAC is hosting **PAC 101** on **Thursday, October 1st** from **5:45pm to 8:00pm** at the SJ Willis Education Centre (923 Topaz).

This event is open to all parents and caregivers in the district - whether they are curious about PAC, considering volunteering, or are on their PAC executive. The evening will include an intro to PACs and VCPAC, info about executive roles and available resources, free pizza, and round-table discussions about supporting participation and strengthening PAC collaboration. Experienced PAC members are also encouraged to attend to share ideas, connect with other schools, and meet prospective volunteers. If you're an experienced PAC member and want to help at the event either as a table lead or by presenting some information, please let me know, I'd be happy to have the help. 😊

**Would you please share the attached flyer with families at your school through your usual communication channels?** We are hoping to encourage more parents to become involved in their local PACs and, in turn, strengthen the district PAC. With more people contributing their time, ideas, and skills, we can make meaningful change - and make the work lighter for everyone.

No prior PAC experience is required. Please direct any questions to me at [kendalls@vcpac.ca](mailto:kendalls@vcpac.ca).

### PAC 101

### CONNECT, LEARN, COLLABORATE

*Hosted by VCPAC (Victoria Confederation of Parent Advisory Councils)*

Whether you are curious about PACs, considering volunteering, or have just joined your PAC executive, this session will help you understand how PACs work, meet other parents across the district, and explore ways to get involved.

Learn about the roles of school PACs and VCPAC, discover the resources available through VCPAC and BCCPAC, and find out how families can contribute in ways that fit their time and interests. Enjoy pizza and light refreshments, then join a friendly round-table discussion to share ideas about what helps families participate, the challenges and opportunities your school faces, and the resources PACs can share.

**Experienced PAC members are especially encouraged to attend.** Your insights will help shape the round-table conversations, and this is a great opportunity to brainstorm with other schools.

**Thursday, October 1<sup>st</sup> | 5:45 - 8:00 PM**

**SJ Willis Education Centre**

(923 Topaz Ave, Victoria, BC) | Meeting Room A

|                |                                      |
|----------------|--------------------------------------|
| <b>5:45 PM</b> | <b>PAC 101 presentation</b>          |
| <b>6:15 PM</b> | <b>Pizza and light refreshments</b>  |
| <b>6:45 PM</b> | <b>Round Table Group Discussions</b> |
| <b>7:45 PM</b> | <b>Next steps &amp; wrap up</b>      |



Please RSVP with your dietary restrictions here:  
<https://forms.gle/kMpoNw4bWzQ24ffYA>

No prior PAC experience is required. All parents and caregivers in the district are welcome.

If you have any questions, please email [kendalls@vcpac.ca](mailto:kendalls@vcpac.ca).

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## COLQUITZ SPORTS AT A GLANCE

**\*We are looking for Touch Rugby coaches!**

If you are interested, please contact the Athletic Director Christine Crljenkovic [ccrljenkovic@sd61.bc.ca](mailto:ccrljenkovic@sd61.bc.ca)

**\*Please see your specific schedule handed out by coaches. This is just a week's glance.**

| September 14-18       | MONDAY                     | TUESDAY                                                              | WEDNESDAY              | THURSDAY                                                     | FRIDAY   |
|-----------------------|----------------------------|----------------------------------------------------------------------|------------------------|--------------------------------------------------------------|----------|
| Before school         |                            |                                                                      |                        |                                                              |          |
| Lunch practice        | X-country run practice     |                                                                      | X-country run practice |                                                              | Ultimate |
| After school practice | Soccer practice until 4:00 | Basketball boys 8 practice/tryout 3:00-4:30<br><br>Ultimate Practice |                        | Fall Sports meeting for coaches/AD's 3:45<br><br>Mtn. Biking |          |
| Competition           |                            |                                                                      |                        |                                                              |          |



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## NEW! 2026-27

Sessions are coming soon....fitness boxing for everyone!

***Free!*** **BOXING TRAINING SESSIONS OPEN  
TO ALL STUDENTS GRADES 7 -12.**

***Location:*** Island Boxing 831 Fisgard Street



**Mondays and Wednesdays 4:00pm – 5:00pm**

**10 weeks of training starting on **Monday, October 5th, 2026****



**All equipment provided!**

**Come for an introductory workout on the first day**

- \* Open to boys and girls, no experience required.**
- \* Come have fun, get fit, and make new friends! (please dress comfortably)**

**Sign up now! Please send your information to Yves Hebert, SD61 Multicultural Liaison Support Worker,**

**by email:**  [yhebert@sd61.bc.ca](mailto:yhebert@sd61.bc.ca)

*The Youth Boxing Program for SD61 students grades 7-12 is sponsored by 94 Forward, the Legacy Fund of the 1994 Victoria Commonwealth Games in Collaboration with Island Boxing.*