

next week at colquitz

friday, oct 02, 2026

THIS WEEK'S REFLECTIONS

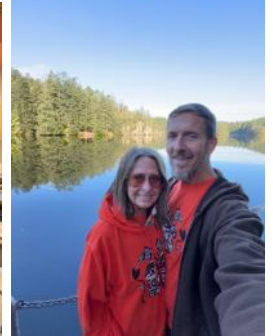
Hello Colquitz families,

This week, we recognized the National Day for Truth and Reconciliation by wearing orange all week, as well as by holding a whole-school assembly on Monday. Thank you to the families and special guests who attended. Thank you also to everyone who wore orange as well as took time to reflect on and commit to ways to support reconciliation moving forward.

On Wednesday, my husband and I connected to the land of the Songhees and Kosapsum peoples with a hike at Thetis Lake in the morning, and then connected to community through the South Island Pow Wow in the afternoon. It is always a moving experience to come together there in a sea of orange to show support for truth and reconciliation. We hope you as families were also able to mark the day in a reflective way.

Have a wonderful weekend with your friends and family.

- Carrie Schlappner,
Principal



next week at a glance

- | | |
|-------------------|--|
| Monday, Oct 05 | <ul style="list-style-type: none">• International Teacher's Day• CPAPA meeting @6.30 pm |
| Tuesday, Oct 06 | <ul style="list-style-type: none">• |
| Wednesday, Oct 07 | <ul style="list-style-type: none">• |
| Thursday, Oct 08 | <ul style="list-style-type: none">• |
| Friday, Oct 09 | <ul style="list-style-type: none">• |

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upcoming important dates—mark your calendars!

Monday, Oct 12

Thanksgiving (NO SCHOOL)

Thursday, Oct 15

Great Shake Out

Monday, Oct 19

PAC Meeting @6.30pm

Thursday, Oct 22

Photo Retakes

Friday, Oct 23

Pro D Day **(NO SCHOOL)**

Monday, Oct 26

Intersex Awareness Day

Tuesday, Oct 27

Book Fair

Wednesday, Oct 28

Parent-Teacher Interviews (2.30-7pm) Staff unavailable from 5.30-6pm

Early Dismissal @1.49pm

Book Fair

Thursday, Oct 29

Book Fair

Friday, Oct 30

Hallowe'en observed—wear costumes!

Colquitz Middle School Spirit Wear is here!

- The store will be open until **October 18th** after which we will produce the order all at once and then send the individual orders back to the school for distribution.
- This process takes about three weeks.
- Please note that these are custom orders and all sales are final.

Proceeds will go towards a donation to the [Victoria Native Friendship Centre](#)

[Click Here – Please visit the Colquitz Middle School – Spirit Wear Online Store**](#)**



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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SAFETY TIPS FOR GETTING TO SCHOOL:



BE SEEN

Wear reflective clothing, carry a flashlight, and stick to well-lit areas so all road users can see you.



FOLLOW ROAD RULES

Use sidewalks and crosswalks, looking both ways and making eye contact with drivers before leaving the curb.



STAY ALERT

Be aware of your surroundings and avoid using your phone or wearing both earbuds while walking.



WALK IN GROUPS

Walk with a friend and let an adult know your route and expected arrival time.

 www.sd61.bc.ca

  @sd61schools

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MUSIC UPDATE

Updates

- Band 7 and 8 students have registered for band. **It is NOT too late to register!** Please email Katherine Forster with your student's name and division.
- Google classrooms are up for band 6, 7, 8 and jazz band. Students have been invited!
- Thank you to everyone who came to CPAPA on Monday! Our next meeting is this Monday, October 5th.
- Practice records will resume soon! Hopefully next week.

Grade 6 morning band is starting! **Students in both pods who play trumpet, trombone, euphonium, electric bass AND percussion are called.** All other students do not need to attend this week. Please try to get your student to school before 7:40 to give time for set up. More information will be sent out directly from Ms. Forster and is available on the grade 6 google classroom.

Extra Help/Practice Space is available the following days:

Tuesday: Nut Break

Wednesday: Nut break and Lunch Recess

Thursday: Nut break and Lunch Recess

Tour 2027:

Grade 7/8 band, strings and choir students are all invited on tour in April. We will do one night and will try to send out a survey/ draft itinerary soon.

MUSIC Schedule: If students don't have their instrument, they are still expected to attend classes.

Monday:

9:36-10:18: Choir 6

10:33- 11:15: Choir 8

11:15-11:57: Choir 7

1:02: Beginner Strings

1:44: Intermediate/ Advanced strings

Tuesday:

Before School 7:40-8:35: Band 7/8 Combined, Choir 6

8:54-9:36: Band 6 Orange

9:36-10:18: Band 6 Green

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

Wednesday:

Before School 7:40-8:35: Band 6 BRASS, BASS AND PERCUSSION. (students in both pods who play: trumpet, trombone, euphonium, electric bass AND percussion are called. All other students do not need to attend this week.) Choir 7/8

10:33-11:15: Band 7

11:15-11:57: Band 8

Thursday:

Before School 7:40-8:35: Jazz Band

9:36-10:18: Band 6 Orange

10:33-11:15: Band 7

11:15-11:57: Band 6 Green

Friday:

8:54- 9:36: Band 8

1:02: Beginner Strings



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Parents Association Committee (PAC)

Thank you to all the parents who came to our first PAC meeting of the year on Monday. Parents had a chance to learn more about how the school works, activities for students, how fundraising work and what we are able to help support with funds, and upcoming events at the school. Our next meeting is on October 19th @ 6:30 PM!

We have just a few days left in our Apple Fundraiser - this is a healthy option to order 10 pound boxes of Honeycrisp or Ambrosia apples at prices below grocery stores, and with \$8 to \$10 from each box going back to the PAC! Deadline for ordering is Tuesday October 6 2026!

Ordering Link:

https://fundraising.sunokafruit.com/seller_1/082073248/org-campaign/colquitz-middle-school-pac-harvest-2026



We are looking for volunteers to support us with an upcoming Bake Sale at Tillicum Elementary on November 21st during their Winter Market. All money raised from this bake sale will come to the Colquitz PAC. If you are interested in signing up to bake for this event, or help the day of the market (10 AM - 3 PM) please email us at colquitzmiddle-schoolpac@gmail.com!

We have more volunteering and fundraising opportunities coming up - including distributing apples on Parent Teacher Interview day (October 28th 2:30 PM - 7:00 PM), an online auction, and more!

As always, our Facebook group (Colquitz PAC (Parent Advisory Council)) is a great resource for updates!

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THEATRE

Fall Play Rehearsals for the Week of October 4-9 —

Wrath of the Buried King has rehearsals on

Sunday Oct. 4— Stage crew arrives at noon, Quest cast
(Pip, Ace, Eghan, Aoife, Gannix, Erhoon,
Turi) arrives at 1:00 - 4:00pm

Monday Oct. 5— 3:00 - 4:00pm Aetheric, Stek, Damon, Sozz,
Baza, and all Goblins

Tuesday Oct. 6— 3:00 - 4:00pm Scene 9 Pip, Ace, Eghan,
Aoife, Gannix, Erhoon, Turi, Nor, Elves

Wednesday Oct. 7— 3:00 - 4:00pm Scenes 3 & 5 (Castle
scenes) Kestrel, Kita, Varden, Kentigen,
Maccus, Daella, Servants, Okhra & Valma
Mallow, Pip, Ace, Eghan, Gannix, Aoife

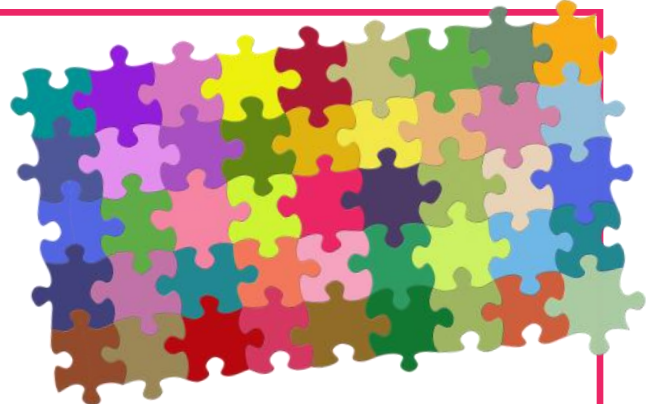
Thursday Oct. 8— 3:00 - 4:00pm Scene 15 (Kulshedra, Pip, Eghan,
Aoife)



Puzzle Donations Needed for the Library

The Colquitz Library is looking for donations of 6–50 piece puzzles and 8–100 piece puzzles for our Speed Puzzling Bin.

If you have any puzzles in good condition that you would be willing to donate, please contact Jane Spies (Teacher-Librarian) at jspies@sd61.bc.ca.



Thank you so much!"



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How can families support healthy development in a world of smartphones, social media, and AI? This engaging session shares current research and practical, evidence-based strategies to help foster wellness, resilience, balance, and digital wellbeing.

Arbutus Global Middle School PAC is pleased to host this presentation for interested parents/caregivers from all 10 Middle Schools in the Greater Victoria School District

Supporting Adolescent Mental Health in a Digital World

with Registered Clinical Counsellor

Julie-Anne Richards

M.A., R.C.C., C.C.C., www.JulieAnneRichards.com



Julie-Anne Richards
Clinical Counsellor

Julie-Anne Richards, M.A., R.C.C., C.C.C., is a seasoned clinical counsellor, educator, and dynamic speaker with more than 25 years of experience in mental health and education. She brings extensive experience working with children, adolescents, parents, and schools, translating psychological research into practical strategies for supporting young people's mental health. Known for her warmth, humour, and engaging style, Julie-Anne helps audiences understand the challenges young people face in an increasingly digital and connected world.

**NEW
SCHEDULE**

Arbutus Global Middle School

in the Cafeteria

2306 Edgelow St, Victoria

Tuesday, November 3, 2026

6:30 to 8:30 pm

UPDATED

No charge, but pre-registration on a first-come first-serve basis is required.

To register, click [Nov 3rd Parent Education Event](#)

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COLQUITZ SPORTS AT A GLANCE

***We are looking for Basketball coaches for grade 6 and 7's!** If you are interested, please contact the Athletic Director Christine Crljenkovic ccrljenkovic@sd61.bc.ca

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

October 5-9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school					Grade 7½ Basketball Open Gym
Lunch practice	X-country run practice	2-Ball Intramurals	X-country run practice		Fun Run Ultimate 2-Ball Intramurals
After school practice	Rec 7½ and Comp 8 Boys Basketball Practice 3-4:30	Ultimate	Basketball coach/AD meeting 5:30	Rec 7½ and Comp 8 Boys Basketball Practice	Rec 7½ and Comp 8 Boys Basketball Practice
Competition	Soccer game @Colquitz		Ultimate game @ Lansdowne Middle School	X-Country race Beaver Lake	



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COLQUITZ SWIM CLUB REGISTRATION IS OPEN!

Does your child love swimming? FAST Swim Club is back! This school-based program is designed to be a fun, active, and welcoming to swimmers of a range of abilities. The FAST program is intended for students who are comfortable participating in a group swimming environment.

Interested students will receive a notice from Ms. Schuring this week. Parents will need to complete the notice AND register their child on the [Pacific Swim Club website](#).

Starts: October 16, 2026

Location: Saanich Commonwealth Place

Practices: Fridays, 3:15–4:00 p.m.

 Tentative Swim Meet Dates at Commonwealth Place

Sunday November 15, 2026 9:30-12:00

Sunday, December 13, 2026 10:30-1:30

Sunday, February 14, 2027 9:00 - 12:00

Sunday March 7, 2027 12:00- 4:00

Registration deadline: October 25, 2026 **Register here:** [FAST Program](#)

\$ Cost: \$160.00 per swimmer. Payment will be taken after the first practice via School Cash Online

Swimmers must:

Be comfortable in the water without an instructor in the pool

Be able to swim 25 metres unassisted

Be able to get to and from Commonwealth Pool for practices and meets



If you have any questions, please DO NOT respond to this email. Please email Ms. Schuring at mschuring@sd61.bc.ca



Triple Threat
BASKETBALL ACADEMY

**BASKETBALL
SKILL DEVELOPMENT
FOR GIRLS
IN VICTORIA**

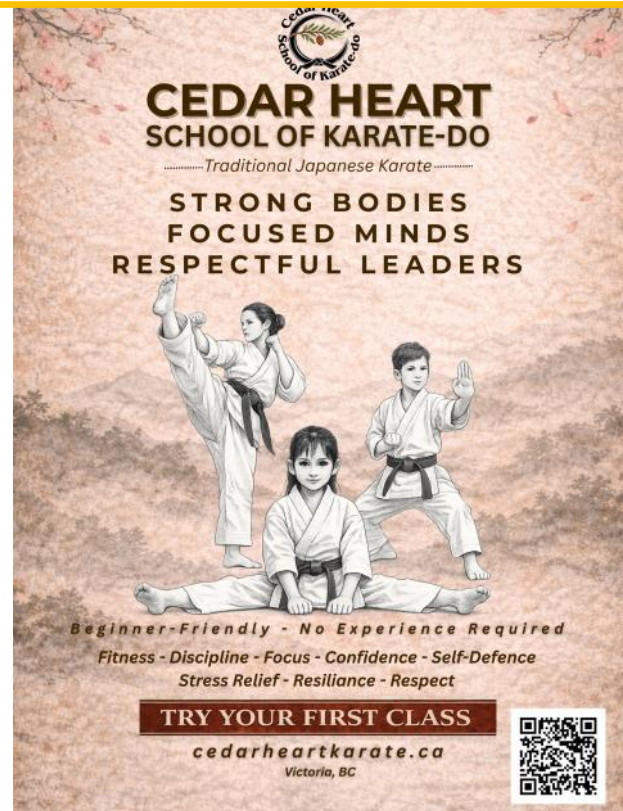
 GRADES
3 - 8

 ALL LEVELS
WELCOME

 OCT 25 -
FEB 28

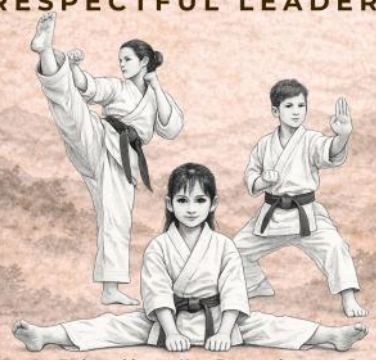
\$195
FOR 15.5 HOURS

SCAN TO
LEARN MORE




CEDAR HEART
SCHOOL OF KARATE-DO
.....Traditional Japanese Karate.....

**STRONG BODIES
FOCUSED MINDS
RESPECTFUL LEADERS**



Beginner-Friendly - No Experience Required
Fitness - Discipline - Focus - Confidence - Self-Defence
Stress Relief - Resilience - Respect

TRY YOUR FIRST CLASS

cedarheartkarate.ca
Victoria, BC

