

next week at colquitz

friday, oct 09, 2026

THIS WEEK'S REFLECTIONS

Hello Colquitz families,

Hooray for another sunny week at Colquitz!

Monday was World Teachers' Day—which we re-name World Educator's Day, because every staff member supports our students' learning in some way.

Mr. Shortreed and I travelled the school delivering Bubly waters and thank-yous to all staff. We are very fortunate to have the kind, caring, and hard working educators that we do at Colquitz.

Speaking of thanks, we are of course going into the Thanksgiving weekend. Autumn is a time of the changing season and also a time to look back in gratitude and forward with excitement. We hope you all are able to have a restful and rejuvenating time together.

One important note: please speak to your children about NOT wearing or bringing items with strong scents to school. We have several people who have strong allergies, so it is a serious safety issue. Thank you for your help with this.

Have a wonderful long weekend with your friends and family.

- Carrie Schlappner, Principal



next week at a glance

- | | |
|-------------------|-----------------------------------|
| Monday, Oct 12 | • Thanksgiving (NO SCHOOL) |
| Tuesday, Oct 13 | • |
| Wednesday, Oct 14 | • |
| Thursday, Oct 15 | • Great Shake Out |
| Friday, Oct 16 | • |

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upcoming important dates—mark your calendars!

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) <i>Staff unavailable from 5.30-6pm</i> Early Dismissal @1.49pm Apple pickup (If ordered from PAC apple fundraiser) Book Fair
Thursday, Oct 29	Book Fair
Friday, Oct 30	Hallowe'en observed—wear costumes!
Monday, Nov 02	CPAPA Meeting @6.30pm

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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MUSIC UPDATE

Updates

- Google classrooms are up for band 6, 7, 8 and jazz band. Students have been invited!
- Practice records will resume this Sunday, October 11th. All band classes have been taught how to fill them out, and more instructions are in Katherine Forster's weekly email and every practice record on google classroom. Paper copies are also available in the band room.

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.

Extra Help/Practice Space is available the following days:

Tuesday: Nut Break

Wednesday: Nut break and Lunch Recess

Thursday: Nut break and Lunch Recess

Friday: Nut break



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

Monday: NONE- Thanksgiving

Tuesday:

Before School 7:40-8:35: Band 7/8 Combined, Choir 6
8:54-9:36: Band 6 Orange (With instruments, please!)
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 WOODWINDS. (students in both pods who play flute, clarinet, alto sax, and tenor sax 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
1:44: Intermediate/ Advanced strings

THEATRE

Wrath of the Buried King, our Fall Play, has rehearsals after school from 3:00 – 4:15pm on

Tuesday: Scene 17 (The Badlands) Quest Cast, Goblins, Elves)

Wednesday: Scenes 5, 8, 16 Castle Cast (Kita, Varden, Kentigen, Mac-cus, Daella, Servants, Guards)

Thursday: Scene 19 (the Otherworld) Mab, Fairies, Quest Cast called



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Parents Association Committee (PAC)

We are so grateful for all the orders that came in for the **Apple Fundraiser**! A total of **\$946** was raised for our students - amazing!

Pick up will happen on **October 28th** during parent teacher interviews. We will be looking for a few **helpers** to support pick up throughout that afternoon. Please email colquitzmiddleschoolpac@gmail.com if you can offer 90 minutes of your time!

Our next **fundraisers** include an **art card project** similar to last year, and we are getting ready for an online **silent auction** in November! If you have a business that would be willing to donate **items, services or gift certificates**, please let us know! Finally, we will be hosting a **bake sale table** at the **Tillicum School Winter Market** on November 21st - if you can contribute baked goods or help volunteer at the table, please let us know!

Our **next meeting** is coming up on **Monday October 19th at 6:30 PM** in the school Library. This will be an important meeting to help prioritize our **budget for 2026/2027**.

As always, if you have questions or ideas, please contact us at colquitzmiddleschoolpac@gmail.com or reach us on the **Colquitz PAC Facebook group**!



BOOK FAIR VOLUNTEERS NEEDED!

Our Book Fair is just around the corner, and we are looking for parent volunteers to help with setup and takedown.

The Book Fair will run from **October 26 to October 30** and will also be open during parent-teacher conferences.

We are seeking volunteers for:

- **Monday, October 26:** Setup from **10:30 a.m. to 12:00 p.m.**

Friday, October 30: Takedown and cleanup from **9:00 a.m. to approximately 10:30 a.m.**

If you are available to help, please email **Jane Spies** at jspies@sd61.bc.ca as soon as possible.

Thank you in advance for your support.

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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

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

October 12-16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school					Grade 7½ girls Basketball Open Gym
Lunch practice	Thanksgiving	2-Ball Intramurals	X-country wrap up fun run Gr 6/7 bball intramurals- all welcome	Gr 6/7 bball intramurals all welcome	2-Ball Intramurals
After school practice		Ultimate Rec 8 Boys Basketball Practice	Boys comp 8 bball practice	Rec 8 Boys Basketball Practice	Boys comp 8 bball practice
Competition			Ultimate game @ Shoreline Middle School		

*** Colquitz will be running an intramural basketball program for grade 6/7 players. Some grade 7 players may have joined a 7½ recreational or competitive team.



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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



SCAN TO
LEARN MORE

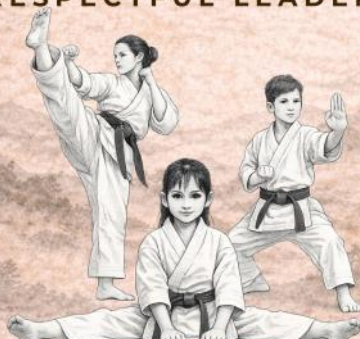


\$195
FOR 15.5 HOURS



**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



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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](https://www.instagram.com/sd61schools)



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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



PASS IT ON BOYS

FREE



Connect. Lead. Grow.

A free after-school program for boys in Grades 8-10 to connect, have fun, and build confidence through games, outdoor adventures, meaningful conversations, and community activities. Participants develop healthy relationships, strengthen life skills, and make lasting friendships.

WEDNESDAYS
4-6:30 PM
OCT 21-MAR 31

PANORAMA
RECREATION

FREE
SNACKS
PROVIDED



JOIN US
Scan to register or
contact Panorama
Recreation

CIRCLE EDUCATION IN PARTNERSHIP
WITH PANORAMA RECREATION

Canada



panoramarecreation.ca

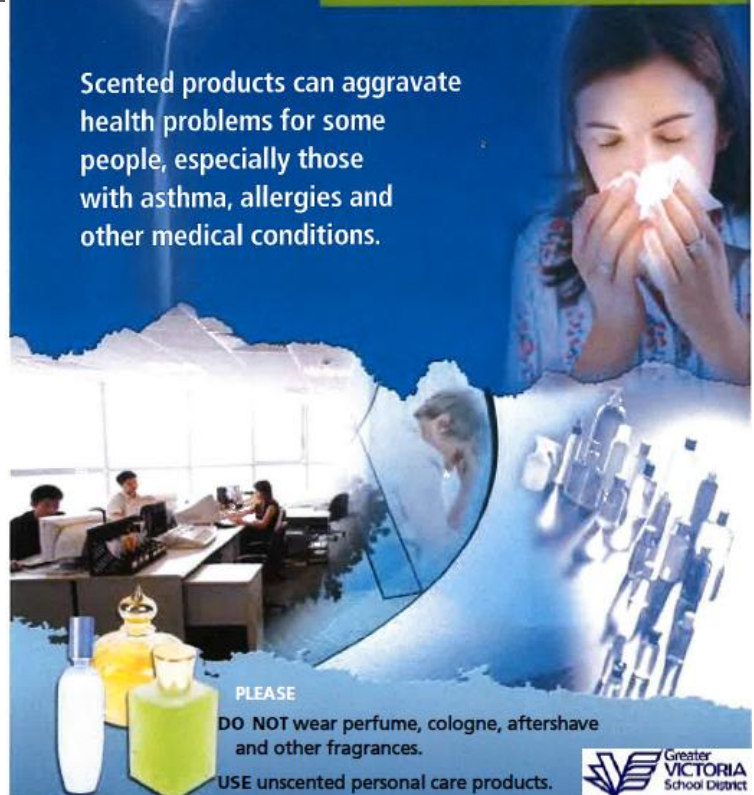
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Be Air Aware

... because we share the air

Scented products can aggravate health problems for some people, especially those with asthma, allergies and other medical conditions.



PLEASE

DO NOT wear perfume, cologne, aftershave and other fragrances.

USE unscented personal care products.

