



## McKay's Week-At-A-Glance (WAAG): February 26<sup>th</sup> - March 1<sup>st</sup>

We had a short but eventful week at McKay – we started the week with a Dragon Parade, showing off the dragons all of our students helped make for our Lunar New Year school wide teams activity. Our basketball team won an exciting game at home on Thursday, and we finished the week with a sharing assembly for Black History Month. Our students are demonstrating growth in so many areas and will have a chance to highlight their learning this week coming up as we have our Informal Learning Updates- Conferences. These conferences are an important opportunity for you to hear about your child's progress from their teacher, and for your child to show you what they have been working on this term.

An important note about lunchtime soccer- we are asking our students not to bring cleats to school for playing soccer during outside play times. With only some students wearing cleats, and no students wearing shin guards, having some students wearing cleats is becoming a safety concern. Outside play times are for recreational, inclusive, and fun sport opportunities. Please do not send cleats to school. Thank you for your help with this!

### *Highlights For Next Week Include:*

<b>Monday</b> Feb 26 <sup>th</sup>	
<b>Tuesday</b> Feb 27 <sup>th</sup>	<ul style="list-style-type: none"> <li>• BC Fruit and Veggie Program- snap peas this week!</li> <li>• Book Fair in the library</li> </ul>
<b>Wednesday</b> Feb 28 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Pink Shirt Day – <b>Wear pink to stand up for kindness!</b></li> <li>• Informal Learning Update (Conferences) <b>Early Dismissal @ 1:45pm</b></li> <li>• Book Fair in the library</li> </ul>
<b>Thursday</b> Feb 29 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Informal Learning Update (Conferences) <b>Early Dismissal @ 1:45pm</b></li> <li>• Book Fair in the library</li> </ul>
<b>Friday</b> Mar 1 <sup>st</sup>	<ul style="list-style-type: none"> <li>• Book Fair in the library</li> <li>• Basketball Game @ home vs Gilmore Go Mustangs!</li> </ul>

## VERY IMPORTANT REMINDER FROM THE OFFICE.....

**If your child will be absent or late for school please inform  
the office directly by calling the early  
warning line as soon as possible at 604.668.6572.**



## Upcoming Important Dates and Special Events:

March 7-14 <sup>th</sup>	Hip Hop Dance program
March 15 – April 1 <sup>st</sup>	Spring Break <b>No school in session</b>
March 29	Good Friday <b>No school in session</b>
March 31	Easter Sunday <b>No school in session</b>
April 1	Easter Monday <b>No school in session</b>
April 11	Class photos and panorama



## Significant Dates in our Community





February 28th is:

 Pink Shirt Day 

February 29th is:

 Leap Year! 

March 1st is:

 Zero Discrimination Day 



## Dress for the weather!

Students will go outside for recess and lunchtime play in all weather.

Rain gear, layers, and extra clothing are helpful to stay comfortable!



warm gear



rain gear



Extra clothes

## Information Items for Families:

**Registration for September 2024 opens soon!**  
*Children born in 2020 may apply*

**Our preschool program is specifically designed for 4-year old children (born in 2020) to attend Just B4 with the hope of inspiring and supporting the creation of rich, joyful early childhood spaces. Our approach is emergent, play-based and focuses on children's natural inquiries.**

*"The image of the child is upheld in the belief that children are strong and capable in their uniqueness and full of potential."*

**PROGRAMS**

**Just B4 – Lee Elementary**

M/W/F Program (9:00 – 11:30 am)

**Just B4 – Lee Elementary**

T/Th Program (9:00 – 11:30 am)

**Just B4 – Grauer Elementary**

M/W/F Program (12:30 – 3:00 pm)

**Just B4 – Grauer Elementary**

T/Th Program (12:30 – 3:00 pm)

**Just B4 – Grauer Elementary**

M/T/W/Th/F Program (12:30 – 3:00 pm)

Apply online in the beginning of March 2024:

<https://sd38.bc.ca/programs/early-learning-programs/just-b4-preschool>



# TRY SOFTBALL!



Monday Mar. 4

Ages 6-10: 6<sup>30</sup> -7<sup>30</sup>

Ages 11-13: 7<sup>30</sup> -8<sup>30</sup>



This **free session** is open to youth aged 6-13 who want to learn more about softball.



**REGISTER NOW!**

 [rgsa\\_bc](https://www.instagram.com/rgsa_bc)

‘intheknow’

# Connect and Learn

## MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS WINTER 2024

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called “in the know.”

### JANUARY

Supporting a Crisis at Home  
Speaker: Lu Ripley, BC Crisis Centre and Tammy Music, Parent Peer Support Worker, Surrey Memorial’s CAPSU

### FEBRUARY

For Families: A Conversation about Eating Disorders  
Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie’s Legacy, Rylee McKinlay, Young Adult with Lived Experience, Terri McKinlay, Parent with Lived Experience

### MARCH

Beyond Behaviours: When Is It More?  
What it Looks Like in Ages 13–18  
Speaker: Karen Peters, RCC ThriveLife Counselling and Wellness

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

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





**generationhealth**



A FREE 10-week family program to inspire healthier BC families with kids ages 8-12.

- Learn together about:
- Healthy Eating
  - Physical Activity
  - Positive Mental Health
  - Screen Time
  - Sleep Routines



Family activity credits and cooking classes included!

In-Person at The Cambie Community Centre in Richmond BC.  
Sundays 1:00 - 3:00pm, February 11 - April 14, 2024

**Register for the programs today at:**

[info@generationhealth.ca](mailto:info@generationhealth.ca)      [www.generationhealth.ca](http://www.generationhealth.ca)



**University of Victoria**



Generation health is a FREE program for families with children **ages 8-12 years old** offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. It is for families to complete together, **at least one parent or caregiver must attend the sessions with the child** (it does not need to be the same parent or caregiver each week).

The program is offered both Virtually via Zoom for families across British Columbia, and In-Person in many communities.

It was designed in B.C. by healthy lifestyle and behaviour change experts.

- The program supports participants to make family changes to health behaviours such as **healthy eating, physical activity, positive mental health, screen time, and sleep.**
- The focus is on practical, fun activities that build family connectedness while building both the parent and child's skills to make lasting changes. The positive mental health components aim to build resilience and self-confidence.

During the 9-week program, families in Weekly Group Sessions are also offered:

- 3 virtual group cooking classes led by a Registered Dietitian
- 1 virtual group Q&A / info session with a Registered Dietitian
- 1 virtual group Q&A / info session with a Mental Health Specialist
- After successfully completing the program, **families will receive a family recreation centre pass**, continued access to the mobile App, and our monthly healthy living e-newsletter.

**The Richmond program is offered at the Cambie Community Center:**

**Dates: Sundays February 11 – April 14, 2024. Registration will be open until February 18, 2024.**

**Times: 1:00-3:00pm**

**Locations: Cambie Community Centre**

\*\*Does this program not work for your family's schedule? We also have BC wide virtual via Zoom programs, visit [www.generationhealth.ca](http://www.generationhealth.ca) to see all the program times and locations.

**To register, find exact program dates, or find out more about the program:**

Phone: 604-251-2229

Email: [registration@generationhealth.ca](mailto:registration@generationhealth.ca)

Website: <https://generationhealth.ca/registration-contact/>