



McKay's Week-At-A-Glance (WAAG): March 11th - March 15th



This week our basketball team finished their season with a two-day tournament at Burnett Secondary. Thank you to Ms. Lam and Ms. Dong for coaching them through a tough tournament schedule to a very exciting final game victory!

Hip Hop lessons are underway for all students, and I know many of you will enjoy coming to our school on Thursday afternoon to see your child(ren)'s Hip Hop dance moves! And then... it's Spring Break!!

Gentle reminder to help us all stay healthy heading into Spring Break- If your child has been vomiting or has diarrhea, [Vancouver Coastal Health recommends that they are symptom free for 24 hours before returning to school](#). Thank you for your cooperation in keeping our students healthy and safe!

Highlights For Next Week Include:

Monday March 11 th	<ul style="list-style-type: none"> • Hip Hop Dance Program • Orders due TONIGHT at 11:59pm for PAC pizza coupon fundraiser https://munchalunch.com/schools/mckay
Tuesday March 12 th	<ul style="list-style-type: none"> • Hip Hop Dance Program
Wednesday March 13 th	<ul style="list-style-type: none"> • Hip Hop Dance Program
Thursday March 14 th	<ul style="list-style-type: none"> • Hip Hop Dance Performance- 1:30pm - Details to come via email • Last day of school before Spring Break
Friday Mar 15 th	<ul style="list-style-type: none"> • Spring Break Begins – No School In Session

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 15 – April 1 st	Spring Break No school in session
March 29	Good Friday No school in session

March 31	Easter Sunday No school in session
April 10	Cyber Safe from Exploitation presentations for Gr 6 & 7
April 11	Class photos and panorama
April 25	Written Learning Update #2 (Report cards published on MyEd BC)
May 9	Elementary Track Meet gr 4-7 @ Minoru Track
May 16	Saleema Noon Parent Info Meeting (Virtual, details to come)
May 17	Pro D Day No school in session
May 20	Victoria Day Holiday No school in session
May 21-22	Saleema Noon Body Science presentations for students (more details to come)
June 27	Last Day of School for students before summer break

Significant Dates in our Community



March 10th:
Ramadan Begins

March 14th:
Pi Day

March 15th:

International Day to Combat Islamophobia



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:

PAC PIZZA FUNDRAISER

BUY ONE, GET ONE FREE! FRESH SLICE AND THE MCKAY PAC ARE PLEASED TO OFFER BOGO CARDS AS A SPRING BREAK FUNDRAISER. BUY A \$2 COUPON AND REDEEM IT FOR A FREE WHOLE PIZZA WHEN YOU PURCHASE ANOTHER AT REGULAR PRICE.

ORDER YOUR COUPONS THROUGH MUNCH-A-LUNCH BY 11:59 PM ON MONDAY MARCH 11TH. CARDS WILL BE DELIVERED TO CLASSROOMS ON WEDNESDAY MARCH 13TH.

THANKS TO OUR FRESH SLICE-MCKAY CONNECTION, 100% OF THE PURCHASE PRICE GOES DIRECTLY TO OUR PAC! SUPPORT OUR SCHOOL, SUPPORT OUR KIDS, AND MAKE YOUR SPRING BREAK MEAL PLANNING A BIT EASIER...WINNER, WINNER, PIZZA FOR DINNER!



Evidence-Informed Mental Health Resources

[HealthyMindsBC](#) provides evidence-informed prevention and early intervention tools and resources, including online learning opportunities. This site is for parents, caregivers, families, educators and other professionals to help them support the everyday mental health of children and youth. A series of courses that focus on [Everyday Anxiety Strategies for Educators](#) (EASE K-7 and 8-12) and [Early Years](#) are available. The newest course, [Walking Alongside Youth with Anxiety](#) (WAY), is designed to build capacity and support the foster care providers and out-of-care/kinship care providers who are caring for Indigenous and non-Indigenous youth with mild to moderate anxiety.

Beyond Behaviours: When Is It More? What It Looks Like at Ages 9 to 12

March 12 @ 9:15 am - 10:15 am PDT



It can be tricky to tell if our kids' development is on track, if they are going through a phase, or struggling with something more? You are not alone. Join us in person to watch a 30 minute video conversation with Karen Peters, a mental health therapist who supports children, teens and families, for a discussion about understanding the developmental stages of 9 to 12 year old children.

Come together with other families to watch this video presentation followed by a facilitated discussion by the Family Peer Support Workers in Richmond.

This in person event will be hosted at Grauer Elementary in the school library – 4440 Blundell Rd, Richmond.

This is an informal opportunity to connect and learn with other Richmond families. It's okay if you are a few minutes late, we know it is school drop-off time.

Please note: The event is free. We would like to ask that you please register as the school is generously offering us space, and we want to make sure we are ready to welcome you.

Questions?: Email: richmond@familysmart.ca or Phone: 604-607-9570

With gratitude, FamilySmart would like to acknowledge that this is event is being offered by the Integrated Child & Youth Team in Richmond

PLAY STREETS

IN
RICHMOND!



We are creating spaces for play
for children and youth in Richmond!

Play Streets will include:

- Biking
- Board games
- Scootering
- Sports games
- Crafts
- Quiet reading area
- Lots of outdoor fun!

FREE

OPEN TO
EVERYONE!

COME PLAY

AT THE FOLLOWING LOCATIONS:

- 1 3300 Block Ketcheson Road, Richmond**
 - Sat, February 24 from 11:00am-2:00pm
 - Wed, March 13 from 3:30-5:00pm
- 2 7000 Block Abercrombie Drive, Richmond**
 - Sat, March 9 from 11:00am-2:00pm
 - Wed, March 20 from 1:00-3:00pm



SOCIETY FOR
children
and youth
OF BC

Richmond

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>





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 www.generationhealth.ca



University of Victoria

