



McKay's Week-At-A-Glance (WAAG): April 8th - April 12th

Welcome back from Spring Break! We were happy to reconnect with all of our students this week, and know that it was a tough adjustment back to early mornings and routines for many! The weather is getting nicer, and there are many exciting learning activities and events to look forward to this spring. All families received communication from the school district about the partial solar eclipse that will happen on Monday. It is currently forecasted to be cloudy and rainy on Monday, so we expect our day to proceed as normal, but for their safety you may still choose to talk to your children about not looking directly at the sun, ever.

Families, we are also seeking your help in emphasizing to your children the importance of being respectful of our school property. We teach and encourage our students not to litter, and to take care of our building and school grounds. One particular area of concern lately, has been our school washrooms. We will continue to teach our students about taking care of washroom spaces, but if you could also talk to your children about using these shared spaces respectfully, that would be helpful. We remind everyone that all body waste and toilet paper goes in the toilet, but all paper towel and other garbage items go in the garbage cans. And it is never okay to write or draw on bathroom stalls or other school property. Thank you for your help with this!

Highlights For Next Week Include:

Monday April 8 th	<ul style="list-style-type: none"> • Partial solar eclipse
Tuesday April 9 th	<ul style="list-style-type: none"> • PAC Meeting – 7:15pm on Zoom
Wednesday April 10 th	<ul style="list-style-type: none"> • Grade 6 & 7 Students – Cyber Safe from Exploitation presentation
Thursday April 11 th	<ul style="list-style-type: none"> • Class and Panorama Photos
Friday April 12 th	<ul style="list-style-type: none"> • PAC lunch orders due for next Friday's sushi lunch at 11:59pm on Munchalunch. https://munchalunch.com/schools/mckay/

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:

April 9	Ramadan Ends
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

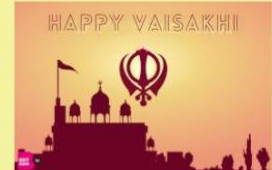


April 9th:
Ramadan Ends

April 9th or 10th:
Eid-al-Fitr Celebration

April 9th - 17th:
Chaitra Navratri

April 13th:
Vaisakhi



Information Items for Families:

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



McKay is excited to announce the launch of a new Hot Lunch Program through Libby's





Kitchen!!  in addition to our monthly Friday's hot lunch

Starting April 8, 2024, we will be offering delicious and nutritious hot lunches twice a week on Mondays and Wednesdays (to start), delivered to the hot lunch table inside the school hallway during lunchtime. Students can conveniently pick up their orders, which will include their name, division number, and lunch details.

Daily vegetarian options will be offered starting in May.

How to Order: Please refer to the attached Libby's Kitchen Registration guide for detailed instructions in creating your account and placing orders online at <https://www.libbyskitchen.ca/>. April menu has also been attached for your convenience.

****NOTE: ORDERS TO BE PLACE BY 5PM ON SUNDAY FOR THE WEEK****

Daily Hot Lunch Program:	Libby's Kitchen Menu:	Lunch sizes & Prices:
<p> LIBBY'S KITCHEN takes pride in providing high-quality hot lunch meals for children. Their offerings include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quality hot lunch and on-time delivery <input type="checkbox"/> Asian and Western style menu choices <input type="checkbox"/> Secure online ordering system via libbyskitchen.ca <input type="checkbox"/> Fast and responsive customer service via email, phone, and WeChat  <p><i>*Please note: 10% of the ordering proceeds from this program go directly to PAC which will be used to enrich the students' education inside and outside of the classroom.</i></p>	<p>Their menu is carefully designed in compliance with The Guidelines for Food and Beverage Sales in BC School Meal and School Nutrition Program Handbook to ensure nutrients intake and food variation.</p> <p>Libby's Kitchen aims to provide hot lunches that are:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nuts and MSG Free <input type="checkbox"/> Healthy and Delicious <input type="checkbox"/> Up-to-date with the Canada's Food Guide <input type="checkbox"/> Carefully designed to achieve balanced diet <input type="checkbox"/> Made to order <input type="checkbox"/> Rich in menu choices and fun to eat <input type="checkbox"/> Inclusive and diversified <input type="checkbox"/> Prepared daily and locally 	<ol style="list-style-type: none"> 1. Large 28 oz for \$11/Order (Recommend Grade 6 & up) 2. Medium 16 oz for \$9/Order (Recommend Grade 3 to 5) 3. Small 12 oz for \$7/Order (Recommend K to Grade 2) <p>Packaging & Delivery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Libby's Kitchen uses leak-proof microwavable containers to offer a convenient hot lunch experience! <input type="checkbox"/> Our cutlery is 100% biodegradable to minimize environmental pollution. <p>**We ask all students to please take their hot lunch containers home at the end of the day and re-use or Recycle.</p> 

Thank you for your support! For inquiries, please send an email to mckayelementarypac@gmail.com
The McKay PAC

Circle of Security® Parenting™ Group



Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships (attachment) can be supported and strengthened. The Circle of Security Program is an 8 week program designed for all parents and caregivers regardless of children's ages and abilities or family structure.

Using the COSP™ model developed by the Circle of Security originators, Dr. Wong, as a trained Facilitator in this approach, runs groups to work with parents and care-givers to help them to:

- Understand** their child's emotional world by learning to read emotional needs
- Support** their child's ability to successfully manage emotions
- Enhance** the development of their child's self esteem
- Honor** the innate wisdom and desire for their child to be secure
- Embrace** their role as the expert of their child to be caregiver they want to be

Delivery: Online group via secure Zoom link. Your primary care provider (eg family physician, nurse practitioner) can refer you to the group by filling out the back of the referral page of this form.

For more information about the program, please visit:

<https://www.circleofsecurityinternational.com/resources-for-parents/>



Content: For parents to expand their social support networks, share experience, and learn more about community resources. Parents will participate group discussion around parenting, child development, family relationship and self-discovery etc. At the same time, children will have interactive play in a safe and fun environment.

內容: 本計劃讓家長擴展社交網絡，交流經驗和認識更多的社區資源。透過講座和活動，提高家長們教導子女的能力，促進親子關係。同時，子女們可以在一個安全及愉快的環境中和其他小朋友玩樂。

Date: Every Monday & Wednesday
Time: 9:15 am to 11:15 am
Location: Woodward Elementary (StrongStart Classroom)
10300 Seacote Road, Richmond
Language: English, Cantonese and Mandarin
日期: 逢星期一和星期三
時間: 上午 9 時 15 分至 11 時 15 分
地點: Woodward 小學 (StrongStart 教室)
10300 Seacote Road, Richmond
語言: 英語, 粵語, 普通話

For enquiry, please contact:

604-341-2799 or 604-207-5027

Email: aleung@touchfam.ca

查詢請致電 604-341-2799 或 604-207-5027



* Please bring indoor shoes for adults and children.
請家長為自己及小朋友準備室內用的鞋。



Touchstone Family Association
Strengthening Family • Building Community

點石家庭協會

Suite 210-3031 Viking Way, Richmond B.C. V6V 1W1
Tel. 電話 : 604-279-5599 Fax 傳真 : 604-279-1814
Website: www.touchstonefamily.ca

CAP-C Program

CAPC 社區兒童行動計劃

FREE program for
Richmond Families
with children 0-6 years old

免費活動

歡迎有零至六歲子女的
列治文家庭參加

April– June 2024



Social Media Awareness Family Sessions

Safer Schools Together, in partnership with the Ministry of Education and Childcare, is offering “Social Media Awareness” family sessions. These sessions are designed to support families and caregivers navigate the digital world. Dates, times and information to register can be found in this [link](#) and flyer below.

Establishing Safe, Caring, & Respectful Digital Communities

Everyone Welcome!

Upcoming Remote Sessions:

April 10

April 16

[Register Now](#)

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. (60 minute session)

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion.

Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

Online Session Summer Learning 2024

Learn about the courses and camps available to students during Summer.

Presenter: Jason Higo
District Administrator- RSD

Apr 17 - 10 am to 11:30 am

SWIS RICHMOND SCHOOL DISTRICT
Settlement Workers
In Schools

To Register



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada