



## McKay's Week-At-A-Glance (WAAG): Jan. 12<sup>th</sup> - Jan. 16<sup>th</sup>

Hello McKay Families!

Welcome back! It has been wonderful to see our families and students back from Winter Break this week. I hope you and your family are having a happy and healthy start to 2026!

This week has been about returning to routines. Please help your child be ready for school each day by: providing good nutrition, limiting screen time, having lots of sleep, preparing school bag and materials the night before. Current guidelines, research, and information about screen time from the Canadian Paediatric Society can be found here: <https://healthyscreenuse.cps.ca/families-and-communities/resource-library>

Re-establishing routines will help students arrive on time for school (between 8:40am and 8:45am).

Students need to be prepared to go outside (twice a day) in all kinds of weather! Please send changes of clothes, and warm and waterproof clothing each day.

-Ms. Livingston

### *Highlights For Next Week Include:*

|                                           |                                                                                                                                                                        |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b><br>Jan. 12 <sup>th</sup>    |                                                                                                                                                                        |
| <b>Tuesday</b><br>Jan. 13 <sup>th</sup>   | <ul style="list-style-type: none"><li>• Kindergarten Candy Cane Sale at Recess (flyer below)</li><li>• Drop, Cover and Hold Evacuation Drill 9:30 a.m.</li></ul>       |
| <b>Wednesday</b><br>Jan. 14 <sup>th</sup> | <ul style="list-style-type: none"><li>• Kindergarten Candy Cane Sale at Recess (flyer below)</li></ul>                                                                 |
| <b>Thursday</b><br>Jan. 15 <sup>th</sup>  | <ul style="list-style-type: none"><li>• Black Excellence Day</li><li>• Kindergarten Candy Cane Sale at Recess (flyer below)</li></ul>                                  |
| <b>Friday</b><br>Jan. 16 <sup>th</sup>    | <ul style="list-style-type: none"><li>• Kindergarten Candy Cane Sale at Recess (flyer below)</li><li>• PAC Hot Lunch- Bala Asian Foods for those who ordered</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:**

Wed Jan 21 Band Concert (evening- more information to come)

Fri Jan 23 Professional Development Day **No School in Session**

M-F Mar 2-6 Jess Dance Pow Wow Dance workshops

# Significant Dates in our Community



January is Tamil Heritage Month

Maghi: Jan. 13

Black Excellence Day : Jan. 15

Raoul Wallenberg Day: Jan. 17



Tamil Heritage Month is celebrated in January across Canada to recognize the rich culture, history, and significant contributions of Tamil Canadians to Canadian society, highlighting their resilience and achievements in business, arts, politics, and more, stemming from communities in South India and Sri Lanka. It's a time for education and celebration, marking the start of the Tamil calendar's first month, Thai, with events and acknowledgments from various levels of government and community organizations.



## Happy Maghi 2025

Maghi is a festival celebrated in the Indian subcontinent that has multiple meanings and is celebrated by multiple religions:

### Hindu Festival

Maghi is the regional name for the Hindu festival of Makar Sankranti, which is celebrated in Punjab, Haryana, Jammu, and Himachal Pradesh. It marks the transition of the sun from one zodiac sign to another, and the beginning of warmer days and the spring season.

### Sikh Festival

Maghi is a major holy day for the Sikh community that commemorates the martyrdom of the "Forty Immortals". Sikhs celebrate Maghi by reciting the Guru Granth Sahib and performing religious rituals in Gurdwaras. They also gather in Muktsar, Punjab for a fair and to bathe in a sacred pond. A traditional food for Maghi is Kheer, a sweet rice porridge with milk.

### Nepalese Festival

Maghi is also known as Maghe Sankranti in Nepal, where it is a major harvest festival. It is celebrated on January 14 and is considered an auspicious phase in Nepalese culture.

# BLACK EXCELLENCE DAY



Black Excellence Day celebrates the achievements, resilience, and cultural contributions of Black individuals and communities. It honors accomplishments, promotes representation, highlights cultural heritage, and fosters empowerment and education. The day advocates for equity, inspires future generations, and serves as a reminder of the ongoing pursuit of excellence within the Black community.



Raoul Wallenberg Day is observed annually in Canada on January 17. It honors the Swedish diplomat who saved tens of thousands of Hungarian Jews during the Holocaust.



# 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 Hot Lunch Days Jan - Mar 2026

| Order Deadline        | Food Vendor              | Food Date  |
|-----------------------|--------------------------|------------|
| Fri Jan 9 at 11:59pm  | Asian Menu by Bala Foods | Fri Jan 16 |
| Fri Jan 30 at 11:59pm | Triple O                 | Fri Feb 6  |
| Fri Feb 13 at 11:59pm | Sushi Lovers             | Fri Feb 20 |



**Scan to Order**

**Or go to this website to order --> <https://munchalunch.com/schools/mckay/>**



*Interested in helping with hot lunch days? Sign-up by clicking the "Volunteer" tab in MunchaLunch.  
Have questions? Please send an email to [mckayelementarypac@gmail.com](mailto:mckayelementarypac@gmail.com)*





is for January

# CANDY CANE SALE



**TUESDAY TO FRIDAY  
AT RECESS BY DOOR 3**

with all proceeds going to the  
Richmond Animal Protection Society

**\$1**  
each

# Parent's Guide to Discord

**13+**

**17+**

Discord age requirements are **17+ for the iOS app, 13+ for the Android app, and 13+ for the website**. There are over 260 million monthly users, with 70% of users between the ages of 18-34.

## What Is Discord?

Discord is a free communication platform that allows users to chat via text, voice, and video. It started as a gaming chat space but is now widely used for various social communities. Conversations happen in "servers" (groups) that can have multiple "channels" for different topics. Users can communicate via the messaging platform (text, images, video, etc...) or via voice / video chats. Discord requires users to submit their birthday but age verification is minimal. Those who are under 18 will be prevented from some channels that contain age-restricted content.



## Why Kids Love Discord



### Customization and Control

Kids can create their own servers, set roles, and personalize the experience, which appeals to their desire for independence.



### Private and Authentic

Discord isn't about public profiles or likes, and there are no algorithms pushing content or advertising.



### Variety

Discord offers servers focused on any topic where kids can connect with like-minded others.

## Potential Risks

### Inappropriate Content

Both public and private servers can include adult language, sexual content, or violent imagery.



### Cyberbullying & Harassment

Group chats and voice channels can lead to bullying, exclusion, or toxic behaviour.



### Mental Health Impact

Constant notifications and pressure to stay online can lead to stress or sleep disruption.



### Stranger Interaction

Teens can receive friend requests or direct messages from unknown users unless privacy settings are adjusted.





# Safety Tips for Parents

## 1. Enable Account Restrictions

- Turn on Parental Controls in settings to limit games curated by Roblox for younger players.
- Use Age Verification for accounts (Roblox now supports age-based experiences).

|            |                                                                                                                                                                                                                                                                                                                                  |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Minimal    | May contain occasional mild violence, light unrealistic blood, and/or occasional mild fear.                                                                                                                                                                                                                                      |
| Mild       | May contain repeated mild violence, heavy unrealistic blood, mild crude humor, and/or repeated mild fear.                                                                                                                                                                                                                        |
| Moderate   | May contain moderate violence, light realistic blood, moderate crude humor, unplayable gambling content, and/or moderate fear.                                                                                                                                                                                                   |
| Restricted | May contain strong violence, heavy realistic blood, moderate crude humor, romantic themes, unplayable gambling content, the presence of alcohol, strong language, social hangouts and private spaces, extended AI interactions, and/or moderate fear. These experiences are only available to 18+ users who verified their ages. |



## 2. Manage Chat Settings

- For younger kids, disable chat entirely or restrict it to friends only.
- Regularly review the Friends List and chat history.

## 3. Set Limits for Time and Spending

- Younger children should spend no more than 1 hour per day on Roblox
- Discuss budgeting for Robux and what purchases are allowed.



## 4. Teach Online Safety

- Remind kids: Never, never share personal info, passwords, or click unknown links.
- Report inappropriate behaviour using Roblox's Report Abuse feature.
- Be extra cautious when interacting with other users you don't know.

## More Information

1. Roblox Safety Information: This is the [main page](#) for information on all safety controls, policies, etc... on the Roblox site.
2. Mashable: [Click here](#) for steps on how to set up parental account that is linked to a child's account.
3. Entertainment Software Rating Board: This organization regularly updates their '[What Parents Need To Know About Roblox](#)' pages.

主题：儿童发展与行为--浅谈自闭症和多动症  
**Children with developmental and behavioural concerns-  
Autism & ADHD**

- 我的孩子不一样？遗传像我？还是我的教养方式？先天还是后天？
- 什么是自闭症？可以早发现吗？父母如何自我检测？
- 我的孩子是多动还是好动？我需要担心吗？有什么行为指标父母需要注意？
- 父母有疑惑时该怎么办？
- 家里有特殊需要的孩子（自闭多动等）父母能使用的资源有哪些？

讲座嘉宾：**Christine Hung(Autism Support&Resource Specialist)**  
**BC省儿童厅 (BC Ministry of Children and Family Development)**

时间：**2026年1月29日 周四 (10AM-12PM)**

方式：**ZOOM** 线上

语言：中文

报名链接：请点击这里

**<https://forms.office.com/r/DOzyOENxtR>**







# Setting screen-use limits for school-aged children and teens

School-aged children and teens are still developing. In some situations, they may find it hard to control their impulses, regulate their emotions, or assess and make decisions based on risks and consequences. They need you to set limits and provide support to ensure they make healthy choices online.

## How parents can help set limits on screen use

### **MANAGE** screen use through plans, rules, and limits.

- Create a Family Media Plan to guide media use at home.
- Be present and engaged when screens are used. Whenever possible, watch together and talk about the content.
- Discourage media multitasking—using/watching more than one screen—especially when doing homework.
- Learn about parental controls and privacy settings.
- Have your child or teen share their passwords and login information with you.
- Talk about acceptable and unacceptable online behaviour.

### **Encourage MEANINGFUL** screen use, so that it serves a purpose.

- Put daily routines and important activities ahead of screen time.
- Help children and teens choose appropriate content and encourage programs and activities that have learning goals.
- Be a part of your children's media lives. For example, play video games with them and ask about their experiences online.
- Ask your child's school or childcare provider about how screens are used throughout the day.

### **MODEL** healthy screen use, because children are watching you.

- Review your own media habits and consider where you might need to make changes.
- Never text or use headphones/earbuds while driving, walking, jogging or biking. These are activities where you need to hear what is going on around you to be safe.
- Encourage daily "screen-free" times, especially during meals and family time.
- Turn screens off when not in use, including background TV.
- Avoid screens at least 1 hour before bedtime and keep devices out of bedrooms.

## Signs of trouble

**Talk to your child's doctor if these signs persist, or interfere with family life:**

Complaints about being bored or unhappy without access to technology.

Oppositional behaviour or conflict when you set limits on screen time.

Screen use interferes with sleep, school or face-to-face interactions.

Screen use interferes with in-person/offline play, physical activities or socializing.

Negative emotions after interacting online, playing video games or while texting.

Parents can encourage responsible media use by paying attention, getting involved, and modelling positive media habits.



**Centre for Healthy Screen Use**

AT THE CANADIAN PAEDIATRIC SOCIETY



Canadian  
Paediatric  
Society