



McKay's Week-At-A-Glance (WAAG): June 1st - June 5th

Hello McKay Families!

Our past week was full of Spring celebrations of learning- gr 7 volleyball players had one last tournament at Burnett, our band students got to share their learning at our Spring band concert, and our Teacher Candidates put on a Talent Show for our school and students had the opportunity to share their special interests and skills.

The week ahead brings us to June! **Friday June 5th is Sports Day, so please make arrangements to pick up your children at 1:30pm**, as we have a condensed day of fun and outdoor Physical Health Education!

Also, please check for an email sent last Monday (May 25th) if you have any information you wish to share directly with me ahead of our Class Placement process.

Our district is also seeking feedback about the updated track and field format:

This year, the Richmond School District introduced an updated elementary track and field format for students in Grades 4 to 7.

The district is providing a survey to gather input from parents, students, staff and community members about their experience with the updated format and considerations for future elementary track and field planning.

The survey will be open from May 25 to June 8, 2026.

Your feedback is important and will help inform planning for next year.

[English Track and Field Survey](#)

[Chinese Track and Field Survey](#)

Have a great weekend,

Ms. Livingston

Highlights For Next Week Include:

Monday June 1 st	Free book fair just inside door 2 (by the multipurpose room) while supplies last! These are discarded books from our school, but are still great for your home collections!
Tuesday June 2 nd	
Wednesday June 3 rd	Gr 7 Freezie sale \$2 each (extras will be sold after school in the gym)
Thursday June 4 th	Kindergarten Dental Screening
Friday June 5 th	Sports Day -Early Dismissal – 1:30 pm

**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	June 10	Hoop Dance and Powwow
Thurs	June 11	Hoop Dance and Powwow
Fri	June 12	Divs 1-6 @ FIFA Richmond Oval
Mon	June 15	Beach Day Field Trip (Whole School)
Tues	June 23	Grade 7 Farewell
Thurs	June 25	Last Day for Students and Term 3 Written Learning Updates Published

Significant Dates in our Community

June is National Indigenous Heritage Month,
Filipino, Italian and Portuguese Heritage Month
Pride Season Begins

National Accessibility Week - June 1 - 6



BC Summer Reading Club 2026

UNDER the SEA

Summer Reading Club is **FREE** and **FUN** at your local library!

Important dates:

- **June 24** - Booklets available at all RPL locations
- **June 28** - Kick-off Event at Brighthouse library
- **July 8** - First sticker available
- **August 26** - Completion medals available



How it works:

- **Sign up** at any Richmond Public Library location starting June 24 and receive your free reading record booklet!
- **Pick** a reading goal - you can read 15 minutes a day, a chapter a day, it's up to you! Read by yourself or have someone read a story to you!
- **Track** your progress each day by checking off a bubble on your reading booklet.
- **Visit** the library each week to collect a sticker to add to your booklet and enter weekly prize draws.
- **Participate** in programs and activities at the library throughout the summer. Maybe write a book review for a chance to be featured in the Richmond News!
- **Pick up** your completion medal at the end of the summer at any RPL location.

For more information about programs and events happening this summer, visit www.yourlibrary.ca or call the library at 604-231-6412



20 FUNNY WAYS TO REGULATE YOUR NERVOUS SYSTEM

SILLY IDEAS. REAL RELIEF. YOU'VE GOT THIS!

Recovery Trauma
Heal. Grow. Thrive.

1 SHAKE LIKE A WET DOG

Literally shake it out.
Bonus points for fur.



2 DRAMA QUEEN FLOP

Throw yourself onto the couch like life just cancelled your show.



3 SING LIKE NO ONE'S LISTENING

Even if it sounds like a screaming goat. Especially then.



4 HUG A PILLOW LIKE IT OWES YOU EMOTIONAL SUPPORT



5 DANCE BADLY ON PURPOSE

The worse the dancing, the better the healing.



6 TALK TO YOURSELF LIKE A COACH

"You got this, champ."
Let's go, legend."



7 BE A COUCH POTATO

Full permission to do absolutely nothing and feel great about it.



8 MAKE SOUP OR TEA LIKE A MAGICAL FOREST HEALER

Stir with intention.
Sprinkle in self-care.



9 BREATHE IN LIKE YOU SMELL COOKIES

Breathe out like you're blowing out birthday candles.



10 WRAP UP IN A BLANKET BURRITO

Become one with the burrito.
Resist the urge to salsa.



11 STARE OUT THE WINDOW

Pretend you're in a movie soundtrack montage.



12 DO ABSOLUTELY NOTHING GUILT-FREE

Your nervous system called in sick today.



13 PET AN ANIMAL

Preferably a dog.
Accepts all species.
Even stuffies.



14 SCREAM INTO A PILLOW

The pillow doesn't judge.
It understands.



15 DO A LITTLE HAPPY DANCE

Any tiny victory deserves a celebration.



16 LIST 3 GOOD THINGS

They can be tiny.
"My coffee."
"My pet."
"I didn't trip."
Counts.



17 SPLASH COLD WATER ON YOUR FACE

It's like a reset button for your brain.



18 GO OUTSIDE AND TOUCH GRASS

Literally.
Touch it.
Feel weirdly better.



19 HUM YOUR FAVORITE SONG

Even the weird part. Especially the weird part.



20 REMIND YOURSELF: YOU ARE DOING YOUR BEST

And that is enough. Always.



YOUR NERVOUS SYSTEM WORKS HARD FOR YOU EVERY DAY.
THANK IT. SUPPORT IT. BE KIND TO IT.

YOU MATTER. YOUR FEELINGS MATTER. YOU'VE GOT THIS!

