



McKay’s Week-At-A-Glance (WAAG) for McKay Families: January 23rd – 27th

This past week we held our first School-wide Teams, and our students gathered in K to 7 grade groupings to create some beautiful dragons in honour of the upcoming Chinese Lunar New Year. We would like to wish those students, staff and families who will be celebrating the Lunar New Year on Sunday, a happy and prosperous “Year of the Rabbit”! Hope you have a fun and memorable weekend.

Bell Let’s Talk Mental Health Day is on Jan 25th.

Social and emotional health is the foundation of good mental health. We know that people of all ages can struggle with mental health challenges. In Richmond, middle years research shows that there is an increase in mental illness in our children. We know that what matters is: caring adults, happiness, sleep, nutrition, friendship & after school activities in their lives.

Looking for ideas on how to foster social emotional health in your child? Check out the Heart-Mind online resources. <https://heartmindonline.org/>

For more important and useful information, please check out the Bell Let’s Talk website, for some great action ideas/ resources. <https://letstalk.bell.ca/>

Highlights For The Week Include:

Monday 23 rd	<ul style="list-style-type: none"> • Program Planning for Grade 7s: With Burnett Team at 9:30 – 10:45 am • 6/7 Girls Basketball Practice: At lunch
Tuesday 24 th	<ul style="list-style-type: none"> • 6/7 Boys Basketball Practice: At lunch • 6/7 Girls Basketball Game: Home game vs Thompson
Wednesday 25 th	<ul style="list-style-type: none"> • Bell’s “Let’s Talk” Mental Health Day • 6/7 Boys Basketball Game: Home game vs Grauer
Thursday 26 th	<ul style="list-style-type: none"> • 6/7 Girls Basketball Game: Away game vs Brighthouse • 6/7 Boys Basketball Game: Away game vs Thompson
Friday 27 th	<ul style="list-style-type: none"> • Pro-D Day: No School for McKay students (and many other schools in Richmond)

Upcoming Important Dates, and Special Events at McKay:

Tues Feb 14	Valentine’s Friendship Spirit Day: Stay tuned for more info on this special day
Feb 14 – 16	Scholastic Book Fair: in the Multi-Purpose Room
Wed Feb 15	Early Dismissal for Student-led Conferencing: Students dismissed at 1:45 pm
Thurs Feb 16	Early Dismissal for Student-led Conferencing: Students dismissed at 1:45 pm
Fri Feb 17	Pro-D Day: District Convention – No School for all Richmond students
Mon Feb 20	BC Family Day Holiday
Wed Feb 22	Pink Shirt Day: “Lift Each Other Up” theme for 2023 – Family/School-Wide Team Activity TBD
Fri Mar 10	Last Day Before Spring Break
	Term 2 Reports sent home today
Mar 13 – 24	Spring Break

A Reminder: Please report lates and absences to our Early Warning Phone Number at 604-668-6572