



## McKay's Week-At-A-Glance (WAAG): February 19<sup>th</sup> - February 23<sup>rd</sup>

We hope that you have a fantastic Family Day long weekend! Our staff were engaged in Professional Development learning opportunities today at our District Convention. On Monday, we will all enjoy the Family Day holiday. We hope that families are able to use this extra time to connect and find some enjoyable activities to do as a family (see below for activity ideas from the City of Richmond!)

### *Highlights For Next Week Include:*

<b>Monday</b> Feb 19 <sup>th</sup>	<ul style="list-style-type: none"> <li>Family Day Holiday – School closed.</li> </ul>
<b>Tuesday</b> Feb 20 <sup>th</sup>	
<b>Wednesday</b> Feb 21 <sup>st</sup>	
<b>Thursday</b> Feb 22 <sup>nd</sup>	<ul style="list-style-type: none"> <li>Basketball Game Steves @ McKay Go Mustangs!</li> </ul>
<b>Friday</b> Feb 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>PAC lunch Taco Luis for those who ordered</li> <li>Earthquake Drill</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.**

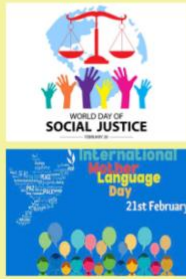
### Upcoming Important Dates and Special Events:

- |                                  |   |
|----------------------------------|---|
| Feb 28                           | Informal Learning Update (conferences) <b>Early dismissal at 1:45pm</b> |
| Feb 29                           | Informal Learning Update (conferences) <b>Early dismissal at 1:45pm</b> |
| March 7-14                       | Hip Hop Lessons for all students  |
| March 14                         | Hip Hop Performance <b>Afternoon</b>                                    |
| March 15 – April 1 <sup>st</sup> | Spring Break <b>No school in session</b>                                |
| March 29                         | Good Friday <b>No school in session</b>                                 |

March 31  
April 1

Easter Sunday **No school in session**  
Easter Monday **No school in session**

## Significant Dates in our Community



February 20th is:  
World Day of Social Justice

February 21st is:  
International Mother Language Day

February 24th is:  
Lantern Festival  
Magha Puja Day



## Significant Dates in our Community



February 19th is:

**Family Day!**

(Schools are Closed)



**FEBRUARY 16-19 | 60+ ACTIVITIES**  
[richmond.ca/FamilyDay](http://richmond.ca/FamilyDay)





# 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



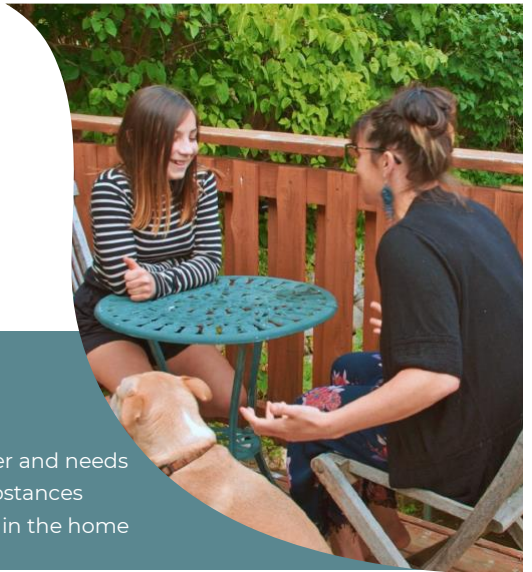
**RICHMOND CHILDREN'S ARTS FESTIVAL**  
PRESENTED BY **LANSDOWNNE** CENTRE

**FAMILY DAY**  
February 19  
10am-4pm  
Richmond Cultural Centre

 [ChildrensArtsFestival.ca](http://ChildrensArtsFestival.ca)  

# SUBSTANCE USE PREVENTION

An Online Presentation for Parents



## KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

## Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

## Online Session Information:

February 20<sup>th</sup>, 22<sup>nd</sup> or 28<sup>th</sup>

6pm-7:30 pm PST

*Note. The same presentation will be delivered on each date*



REGISTER



[openp.co/Feb20](https://openp.co/Feb20)

## Presenter:

### Dr Hayley Watson

*Clinical Psychologist & Founder of Open Parachute*

*(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)*



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.

*We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care.*

‘intheknow’

# Connect and Learn

## MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS WINTER 2024

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called “in the know.”

### JANUARY

Supporting a Crisis at Home  
Speaker: Lu Ripley, BC Crisis Centre and Tammy Music, Parent Peer Support Worker, Surrey Memorial’s CAPSU

### FEBRUARY

For Families: A Conversation about Eating Disorders  
Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie’s Legacy, Rylee McKinlay, Young Adult with Lived Experience, Terri McKinlay, Parent with Lived Experience

### MARCH

Beyond Behaviours: When Is It More? What it Looks Like in Ages 13–18  
Speaker: Karen Peters, RCC ThriveLife Counselling and Wellness

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

[familysmart.ca/events](https://familysmart.ca/events)





# Community Services Connectors Program



## Are you a Richmond resident with a lower income looking for services or support?

Drop by the Living Room at **Ironwood Library**, enjoy a drink and a snack, and chat with a Community Services Connector.

### When:

Every Sunday  
From January 28 - May 26  
2:00 - 4:00pm

### Where:

Ironwood Library  
8200-11688 Steveston Hwy,  
Richmond, BC



For more information, visit: [richmond.ca/CommunityResources](http://richmond.ca/CommunityResources)