



McKay's Week-At-A-Glance (WAAG): April 15th - April 19th

Every week brings interesting experiences and learning at McKay! We had a non-visible eclipse, class and panorama photos, the staff-student basketball game, and the week ended with a wonderful showcase of student learning from Divisions 1, 2, 3, 8, and 9 in the gym for the McKay Expo!

Our staff have been helping out in the parking lot in the afternoons, gently reminding everyone to slow down, and abide by signage in the drop off lanes, and parking areas. Thank you everyone for your cooperation as we work together to ensure our parking lot and adjacent areas are as safe as possible for our students!

Please note- we are planning to have our Sports Day on Friday, June 14th, weather permitting - there will be an early dismissal that day at 1:30pm. If the weather does not cooperate, we will have a regular day, and have Sports Day on June 17th, with an early dismissal at 1:30pm.

Highlights For Next Week Include:

Monday April 15 th	<ul style="list-style-type: none"> BC Fruit and veggie program- cucumbers this week
Tuesday April 16 th	<ul style="list-style-type: none"> Track Attack- Gr 4-7 weather permitting- pm PAC meeting- 7:15pm on Zoom (rescheduled from last week)
Wednesday April 17 th	
Thursday April 18 th	
Friday April 19 th	<ul style="list-style-type: none"> PAC Sushi lunch for those who ordered Track Attack Weather permitting

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 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 14	Sports Day Early Dismissal at 1:30pm unless rainy
June 17	Sports Day Rainout Day- Early Dismissal only if June 14 th was cancelled.
June 25	Grade 7 Farewell Assembly and Celebration
June 27	Last Day of School for students before summer break and Year End Assembly

Significant Dates in our Community



April 14th:
International Day of Pink

April 9th - 17th:
Chaitra Navratri

April 17th:
Ram Navami



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

Information Items for Families:



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

FOR RICHMOND FAMILIES
Connect & Learn

IN PERSON EVENTS FOR PARENTS & CAREGIVERS
IN RICHMOND

**Beyond Behaviours: When Is It More?
What it Looks Like Ages 4 - 8 years**

Speaker: Karen Peters, RCC

Tuesday, April 16

9:15am - 10:15am

Grauer School Library

Join us to watch a 30 minute video with an expert speaker and to talk with other families about what helps. Hosted by Family Peer Support Workers.

Registration Required: familysmart.ca/events

Questions?: richmond@familysmart.ca / 604-607-9570



familysmart.ca



Kelty
Mental
Health
Resource Centre



THE UNIVERSITY
OF BRITISH COLUMBIA

Rising Up: Collaborating with Chinese Families and Communities



**Are you a Chinese parent or grandparent of a
child aged 3-12 years old?**

WE WANT TO HEAR YOUR IDEAS

About **Parenting Resources** for **Chinese Families**
on **Child Emotional & Behavioural Well-Being**

**Come tell us what parenting resources you want us to
develop for you! Join a 90-minute workshop in-person at
community venues or virtually over zoom.**

**A \$20 gift card will be
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out our pre-screening survey!





NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

Online Event for Parents and Caring Adults

with Kim Barthel

CONNECTING WITH KIDS: We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Kim Barthel is a Canadian occupational therapist, speaker, multi-disciplinary teacher, mentor and best-selling author who is active in supporting people in many contexts globally. Kim is passionate about understanding mental health, complex behaviour, neurobiology, movement, trauma-sensitive practice, attachment, sensory processing and learning. KimBarthel.ca.

DATE: Tuesday, May 7, 2024

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: familysmart.ca/events

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations, for more info and resources go to: may7icare.ca





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