



## McKay's Week-At-A-Glance (WAAG): May 20<sup>th</sup> - May 24<sup>th</sup>

Hello McKay Families!

I hope you are already enjoying a lovely extra long weekend. Our staff today were learning, attending professional development workshops on Planning for Equity and Inclusion, Indigenous Weaving, Math Assessment, and more.

Thank you to our PAC for a fantastic and fun Bubble Tea fundraiser on Thursday! What a refreshing end to a warm and sunny week 😊

### *Highlights For Next Week Include:*

<b>Monday</b> May 20 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <b>Victoria Day Holiday – No School in Session</b></li> </ul>
<b>Tuesday</b> May 21 <sup>st</sup>	<ul style="list-style-type: none"> <li>• <b>Saleema Noon Workshops – Grades K to 7</b></li> </ul>
<b>Wednesday</b> May 22 <sup>nd</sup>	<ul style="list-style-type: none"> <li>• <b>Saleema Noon Workshops – Grades K to 7</b></li> <li>• <b>Welcome to Kindergarten</b></li> </ul>
<b>Thursday</b> May 23 <sup>rd</sup>	
<b>Friday</b> May 24 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <b>Grade 7 Students @Burnett in the A.M.</b></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:

June 5	Band Concert in the afternoon and evening
June 14	Sports Day- <b>Early dismissal at 1:30pm</b>
June 17	Spring Immunization Clinic K/1/6/7
June 19	Sports Day Rainout Day
June 21	National Indigenous Peoples Day and Pow Wow Dance Performance
June 25	Gr 7 Farewell

*Significant Dates in our Community*  
May is Asian Heritage and Canadian Jewish Heritage Month

**Anti-Racism Awareness Week May 19-25**

**May 21st**  
World Day for Cultural Diversity for Dialogue Development

**May 23rd**  
Anniversary of Komagata Maru

**May 24th**  
Vesak/Wesak/Buddha Day/Visakha Puja



# 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!



**Hats**  
Sunscreen (applied at home!)



**rain gear**



**Extra clothes /layers**

**Information Items for Families:**

## Telus – Internet for Good Program

Families that receive the maximum Child Care Benefit and can provide a recent Canada Child Benefit statement showing your family net income of less than or equal to \$34,863 can apply for discounted internet services.

### Internet Options:

- The program offers three choices of internet packages that range from \$10 to \$30 per month (not inc. taxes).
- Each plan gives a range of internet services related to upload/download speeds and data usage.
- Plans are guaranteed for 2 years at which time clients are required to re-apply.


### Step 1: Go to Program Page


- Use this link to review plan details and eligibility requirements, and to submit an application for service: [Telus Internet for Good Program](#)


### Step 2: Apply On-Line

- You can apply on-line for this program. Applicants will be required to provide some documentation and details at the time of the application.
- Use the 'Apply Now' button to begin the process.

### How to apply

 **Apply online**  
Confirm that you meet the above eligibility criteria, then apply below.



 **Apply by mail**  
If you are unable to apply online, you can mail a copy of your documents to:

TELUS  
Attention: CART - Internet for Good Program  
4535 Canada Way  
Burnaby, BC  
V5G 1J9

If applying by mail, please include your full name, return address, and contact phone number. If you provide an email address, we can expedite our response to your application.

### Step 3: Telus Follow Up

- Successful applicants will receive a one-time code and a call centre number from Telus to activate the service and arrange a service appointment.



# FAMILY

## Peer Support in Richmond

We offer support for parents and caregivers of children and youth with mental health and/or substance use challenges.

### HOW CAN WE HELP YOU?

- We provide a safe space to talk, free of judgement and blame.
- We listen and help you find the resources and services in your community
- We can help you prepare for meetings with your school and other professionals who are working with your child.
- We can meet in ways that work best for you - in person, by phone, video chat, or email.

### WHY DO WE DO IT?

- We have been there ourselves and we have connected with and learned from other families over 20+ years, and we want to share that with you.

**FAMILIES CAN ACCESS PEER SUPPORT SERVICES IN CANTONESE, ENGLISH, MANDARIN AND PUNJABI.**

### TO CONNECT WITH A FAMILY PEER SUPPORT WORKER:

Email: [richmond@familysmart.ca](mailto:richmond@familysmart.ca)

Phone: 604-607-9570

Family Peer Support workers are part of BC's Integrated Child & Youth (ICY) Teams

### WE ARE FAMILIES, AND WE HELP FAMILIES.

請讓我們幫助您和您的家人。因為我們都是一家人。 請讓我們幫助您和您的家人。因為我們都是一家人。

ਅਸੀਂ ਪਰਿਵਾਰ ਹਾਂ, ਅਤੇ ਅਸੀਂ ਪਰਿਵਾਰਾਂ ਦੀ ਮਦਦ ਕਰਦੇ ਹਾਂ।





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\*\***

<b>Daily Hot Lunch Program:</b>	<b>Libby's Kitchen Menu:</b>	<b>Lunch sizes &amp; Prices:</b>
<p> <b>LIBBY'S KITCHEN</b> takes pride in providing high-quality hot lunch meals for children. Their offerings include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quality hot lunch and on-time delivery</li> <li><input type="checkbox"/> Asian and Western style menu choices</li> <li><input type="checkbox"/> Secure online ordering system via libbyskitchen.ca</li> <li><input type="checkbox"/> Fast and responsive customer service via email, phone, and WeChat</li> </ul>  <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"> <li><input type="checkbox"/> Nuts and MSG Free</li> <li><input type="checkbox"/> Healthy and Delicious</li> <li><input type="checkbox"/> Up-to-date with the Canada's Food Guide</li> <li><input type="checkbox"/> Carefully designed to achieve balanced diet</li> <li><input type="checkbox"/> Made to order</li> <li><input type="checkbox"/> Rich in menu choices and fun to eat</li> <li><input type="checkbox"/> Inclusive and diversified</li> <li><input type="checkbox"/> Prepared daily and locally</li> </ul> 	<ol style="list-style-type: none"> <li><b>1. Large 28 oz for \$11/Order (Recommend Grade 6 &amp; up)</b></li> <li><b>2. Medium 16 oz for \$9/Order (Recommend Grade 3 to 5)</b></li> <li><b>3. Small 12 oz for \$7/Order (Recommend K to Grade 2)</b></li> </ol> <p><b>Packaging &amp; Delivery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Libby's Kitchen uses leak-proof microwavable containers to offer a convenient hot lunch experience!</li> <li><input type="checkbox"/> Our cutlery is 100% biodegradable to minimize environmental pollution.</li> </ul> <p><b>**We ask all students to please take their hot lunch containers home at the end of the day and re-use or Recycle.</b></p> 

Thank you for your support! For inquiries, please send an email to [mckayelementarypac@gmail.com](mailto:mckayelementarypac@gmail.com)  
The McKay PAC

**Content:** For parents to expand their social support networks, share experience, and learn more about community resources. Parents will participate group discussion around parenting, child development, family relationship and self-discovery etc. At the same time, children will have interactive play in a safe and fun environment.

**內容:** 本計劃讓家長擴展社交網絡，交流經驗和認識更多的社區資源。透過講座和活動，提高家長們教導子女的能力，促進親子關係。同時，子女們可以在一個安全及愉快的環境中和其他小朋友玩樂。

**Date:** Every Monday & Wednesday  
**Time:** 9:15 am to 11:15 am  
**Location:** Woodward Elementary (StrongStart Classroom)  
10300 Seacote Road, Richmond  
**Language:** English, Cantonese and Mandarin  
**日期:** 逢星期一和星期三  
**時間:** 上午 9 時 15 分至 11 時 15 分  
**地點:** Woodward 小學 (StrongStart 教室)  
10300 Seacote Road, Richmond  
**語言:** 英語, 粵語, 普通話

For enquiry, please contact:

604-341-2799 or 604-207-5027

Email: [aleung@touchfam.ca](mailto:aleung@touchfam.ca)

查詢請致電 604-341-2799 或 604-207-5027



\* Please bring indoor shoes for adults and children.  
請家長為自己及小朋友準備室內用的鞋。



## 點石家庭協會

Suite 210-3031 Viking Way, Richmond B.C. V6V 1W1  
Tel. 電話 : 604-279-5599 Fax 傳真 : 604-279-1814  
Website: [www.touchstonefamily.ca](http://www.touchstonefamily.ca)

## CAP-C Program

## CAPC 社區兒童行動計劃

**FREE** program for  
**Richmond Families**  
with children 0-6 years old

### 免費活動

歡迎有零至六歲子女的  
列治文家庭參加

**April– June 2024**

