



McKay's Week-At-A-Glance (WAAG): January 13th - January 17th

Hello McKay Families!

Our first week back was a gentle return to our school routines. It was nice to reconnect with all of our students, and launch into our second term of learning.

As we are still in the winter cold and flu season, please remember that keeping your child home when sick helps them to rest and recover, and prevents spreading illness to others. In particular, if your child has vomited or had diarrhea, they should not attend school for at least 24hrs after the last episode.

https://sneezesdiseases.com/assets/uploads/Sneezes+Diseases_ResourceBook.pdf

Our Community Fridge has proven very popular, which is great! We want students to have access to healthy snack options when they have forgotten a snack or lunch, or if they are still hungry. We have noticed, however, that when we stock the fridge with individual yogurts, we have many students rushing to the fridge to take a yogurt... often before they have even eaten the snack or lunch they have brought from home. The Community Fridge is intended to be a support for anyone in need, not a preferred snack program. Please discuss with your children what items they really enjoy... if you are already able to send a snack with your child each day, please consider the healthy items they have identified that they enjoy... like individual yogurts 😊 This will allow our fridge to stay stocked for the times when your child forgets their snack, drops their lunch on the ground, or if and when you are unable to provide a snack or lunch. Thank you for your help with this!

Highlights For Next Week Include:

Monday Jan. 13 th	
Tuesday Jan. 14 th	<ul style="list-style-type: none"> • PAC Meeting 7:15pm on Zoom- Link will be emailed
Wednesday Jan. 15 th	<ul style="list-style-type: none"> • Black Excellence Day Performance: Krystle Dos Santos – 1:30 p.m.- 2:15 p.m.
Thursday Jan. 16 th	
Friday Jan. 17 th	<ul style="list-style-type: none"> • PAC Hot Lunch - Triple O's

Upcoming Important Dates and Special Events:

Wed	Jan 15	Black Excellence Day- Krystle Dos Santos performance
Wed	Jan 22	Band Concert 6:30pm for families
Fri	Jan 24	Pro D Day No School in session
Fri	Feb 14	Pro D Day No School in session

Mon	Feb 17	Family Day Holiday No School in session
Wed	Feb 19	Informal Learning Update- Conferences Early Dismissal at 1:45pm
Thurs	Feb 20	Informal Learning Update- Conferences Early Dismissal at 1:45pm
March	3-7	Dance Program for the whole school
Fri	Mar 14	Last Day Before Spring Break
Mon	Mar 31	School Reopens after Spring Break

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.

Significant Dates in our Community

January is Tamil Heritage Month



Happy Maghi 2025

Maghi: Jan. 13

Mahayana New Year: Jan. 14


Black Excellence Day: Jan. 15



HAPPY MAHAYANA NEW YEAR



BLACK EXCELLENCE DAY



Happy Maghi 2025

Maghi is a festival celebrated in the Indian subcontinent that has multiple meanings and is celebrated by multiple religions:

Hindu Festival

Maghi is the regional name for the Hindu festival of Makar Sankranti, which is celebrated in Punjab, Haryana, Jammu, and Himachal Pradesh. It marks the transition of the sun from one zodiac sign to another, and the beginning of warmer days and the spring season.

Sikh Festival

Maghi is a major holy day for the Sikh community that commemorates the martyrdom of the "Forty Immortals". Sikhs celebrate Maghi by reciting the Guru Granth Sahib and performing religious rituals in Gurdwaras. They also gather in Muktsar, Punjab for a fair and to bathe in a sacred pond. A traditional food for Maghi is Kheer, a sweet rice porridge with milk.

Nepalese Festival

Maghi is also known as Maghe Sankranti in Nepal, where it is a major harvest festival. It is celebrated on January 14 and is considered an auspicious phase in Nepalese culture.



MAHAYANA NEW YEAR

Mahayana New Year in 2025 is on Tuesday, January 14. It is a Buddhist holiday that celebrates the Buddhist New Year in the Mahayana tradition.

The Buddhist New Year is celebrated on different days by different Buddhist communities, depending on the country or ethnic background.

BLACK EXCELLENCE DAY



Black Excellence Day celebrates the achievements, resilience, and cultural contributions of Black individuals and communities. It honors accomplishments, promotes representation, highlights cultural heritage, and fosters empowerment and education. The day advocates for equity, inspires future generations, and serves as a reminder of the ongoing pursuit of excellence within the Black community.

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!



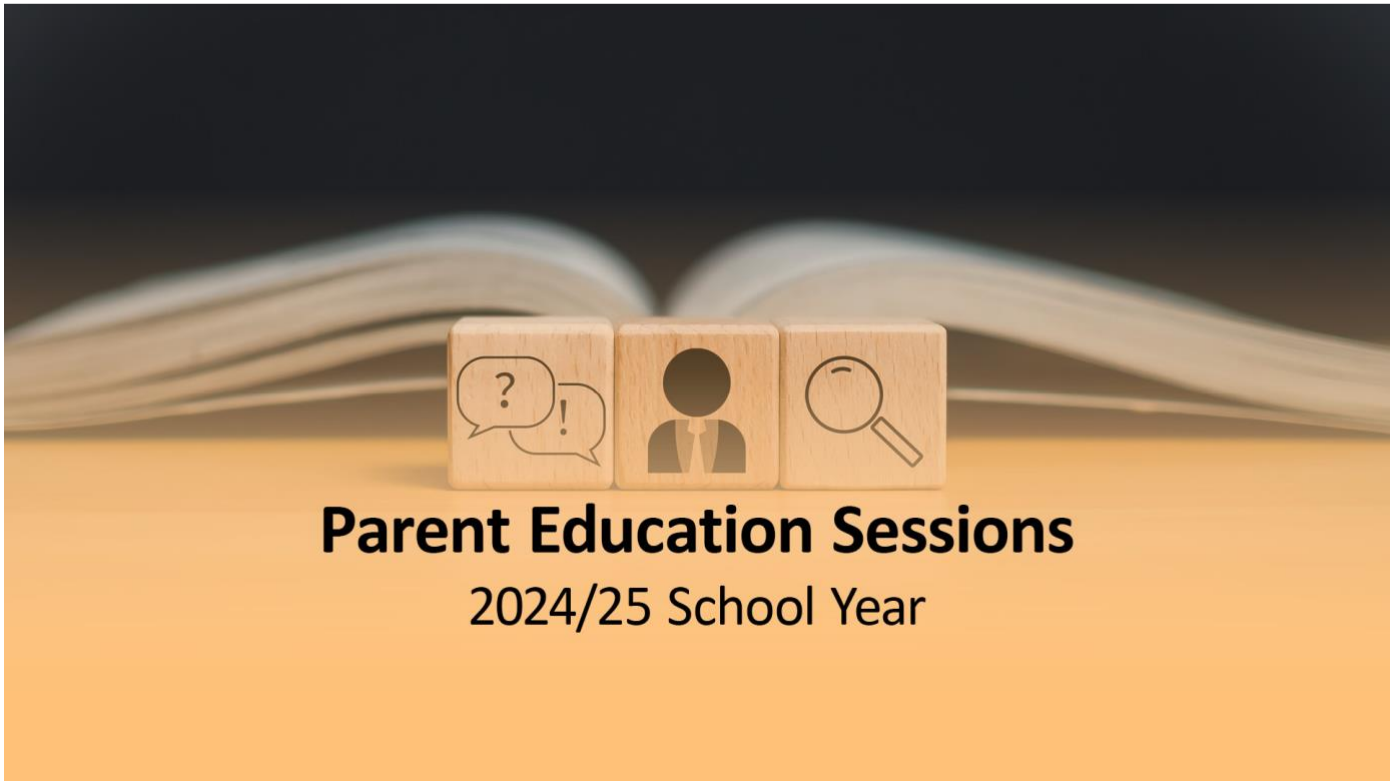
warm gear



rain gear



Extra clothes



Click [here](#) or on the above banner for information about the free, virtual Parent Education Sessions offered by the Richmond School District this year.



Cellphones: What's Healthy, What's Not, and What We Can Do to Support Our Kids

Parent Education Session | January 21, 2025

Presented by Hannah Beach

January 21, 2025 | 6:30 – 8 p.m.

Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become common and yet others seem to have stopped talking all together. As parents and caregivers, we are increasingly alarmed. We entice, cajole, bribe, encourage, shout, but nothing seems to work long term.

Join Hannah for a warm and conversational workshop exploring practical strategies we can use to help our children and youth when it comes to managing devices. This conversation has never been more important as we look at how we can support our children and youth to grow, learn, develop, and reach their fullest potential.

Closed captioning in multiple languages will be available for participants.

[Click here to register](#)

About the Presenter

Hannah Beach

Hannah Beach is an award-winning educator, author, emotional health consultant, and keynote speaker. She is the co-author of the best-selling book *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut-Down than Ever – and What We Can Do About It*.

Hannah was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Her bestselling *I Can Dance* book series, supporting the emotional health of children through movement, play, and expression, won a 2017 Gold International Moonbeam Children's Book Award. You can find her at hannahbeach.ca.



Snacks & Facts

Learn how to build financial security through tax filing, accessing benefit and tax credits and putting your money to work through saving and investing.



▶ Building Financial Security Tuesday, January 28, 2025

Presented by Family Services of Greater Vancouver

- learn about government benefit that can put money in your pockets
- find out about saving with FSAs, RESPs and RDSPs

▶ Income Tax Benefit and Credits Tuesday, February 25, 2025

Presented by Canada Revenue Agency

- find benefits and credits that you may be eligible for
- locate free tax clinics in Richmond

Workshops will be held:

- 2:00 – 4:00pm
- Ironwood Library
8200-11688 Steveston Hwy, Richmond
- Snacks provided,
no registration needed



More information at:
richmond.ca/CommunityResources



Date: January 14, 2025

Time: 6-8 p.m.

Where: Zoom

Register: QR code below

ONLINE PUBLIC OPEN HOUSE

LONG-RANGE FACILITIES PLAN

The Richmond School District invites community members to participate in an Online Public Open House.

This virtual event offers a convenient opportunity to learn about the 2025 Long-Range Facilities Plan (LRFP) and provide input that will help shape the district's long-term facilities strategy.

If you are unable to attend, you can still contribute. Email your questions or feedback to the Richmond Project Team at planning@sd38.bc.ca.

Scan QR code to register:





Richmond School District

IPALS Sessions for 2025

For Families New to Canada with Preschoolers

SD38's IPALS (Parents as Literacy Supporters in Immigrant Communities) program provides strategies for families to support preschool aged children's learning in fun and interactive ways.

Sessions focus on learning through play and includes adult learning time with a facilitator with time for children to learn, play and have fun together. This program aims to support the development of language and literacy skills to prepare for school. Caregivers learn to support their children's learning and benefit from building social networks with each other.



Woodward StrongStart: 10300 Seacote Rd, Richmond (Room 104)



Every Tuesday from January 14, 2025 - March 11, 2025



9:00am - 11:30am

If you have any questions, please contact
Megan Zeni at mzeni@sd38.bc.ca

Register Now!



<https://forms.office.com/r/bhg7D1BIC2>

Intake Session



Woodward StrongStart



Tuesday, January 7, 2025



9:00am - 11:30am



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Financé par :



Immigration, Refugees
and Citizenship Canada

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