



McKay's Week-At-A-Glance (WAAG): January 20th - January 24th

Hello McKay Families!

Did your children tell you about the amazing performance we had on Wednesday by Krystle Dos Santos and her wonderful band? We learned so much about Black Canadian women in history through Krystle's meaningful and informative stories and powerful songs.

We also had BC teaching and literacy expert, Faye Brownlie, working with our school, and visits from our district staff. Everyone is always impressed by our McKay community's warmth, and our wonderful students.

It is going to be another frosty week ahead... make sure your children are bundled up!

And I hope to see some of you online on Tuesday so we can all learn how to support our children with cellphone, internet, and social media use.

Have a great weekend 😊

Highlights For Next Week Include:

Monday Jan. 20 th	
Tuesday Jan. 21 st	<ul style="list-style-type: none"> • Cellphones: What's Healthy, What's Not, and What We Can Do To Support Our Kids... online presentation 6:30-8pm... Register here.
Wednesday Jan. 22 nd	<ul style="list-style-type: none"> • Band Concert for Families– Band students come to school for 6pm. Gym doors open for families at 6:30pm.
Thursday Jan. 23 rd	
Friday Jan. 24 th	<ul style="list-style-type: none"> • Pro-D Day – No School in Session

Upcoming Important Dates and Special Events:

<p>Fri Jan 31 Fri Feb 14 Mon Feb 17 Wed Feb 19 Thurs Feb 20 March 3-7</p>	<p>Miss D Performance for the whole school (Francophone Hip Hop/Rap & Soul Artist) Pro D Day No School in session Family Day Holiday No School in session Conferences Early Dismissal @ 1:45pm Conferences Early Dismissal @ 1:45pm Dance Program for the whole school</p>
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Fri Mar 14
Mon Mar 31

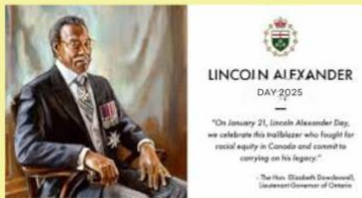
Last Day Before Spring Break
School Reopens after Spring Break

VERY IMPORTANT REMINDER FROM THE OFFICE.....

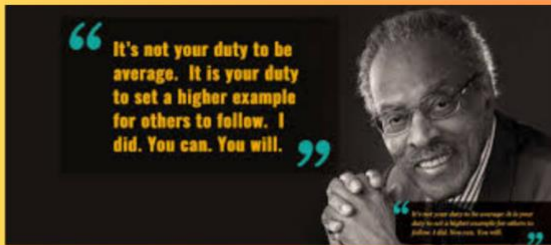
If your child will be absent or late for school please inform the office directly by calling the early warning line as soon as possible at 604.668.6572.

Significant Dates in our Community

January is Tamil Heritage Month



Lincoln Alexander Day: Jan. 21
World Day for African and Afrodescendant Culture: Jan. 24



Lincoln Alexander Day is a Canadian observance celebrated annually on January 21st to honor the life and legacy of Lincoln MacCauley Alexander (1922–2012), a trailblazing politician, lawyer, and advocate for racial equality. Born in Toronto to West Indian immigrants, Alexander broke barriers as the first Black Member of Parliament (1968), the first Black federal Cabinet Minister, and the 24th Lieutenant Governor of Ontario (1985–1991). Throughout his career, he championed education, diversity, and social justice, inspiring countless Canadians. Designated in 2015, Lincoln Alexander Day commemorates his contributions to building a more inclusive society and celebrates his commitment to equality and public service.



World Day for African and Afrodescendant Culture is celebrated annually on January 24th to honor the rich diversity, creativity, and contributions of African and Afrodescendant cultures worldwide. Established by UNESCO in 2019, this day recognizes the cultural heritage, resilience, and achievements of people of African descent, promoting the values of inclusion, unity, and cultural dialogue. It highlights the role of African and Afrodescendant communities in shaping global art, music, literature, and traditions while raising awareness about their ongoing struggles for equity and justice. The observance encourages the preservation of cultural identities and fosters mutual respect among cultures.



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



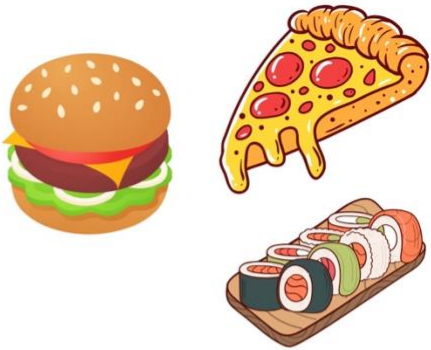
Rain gear



Extra clothes



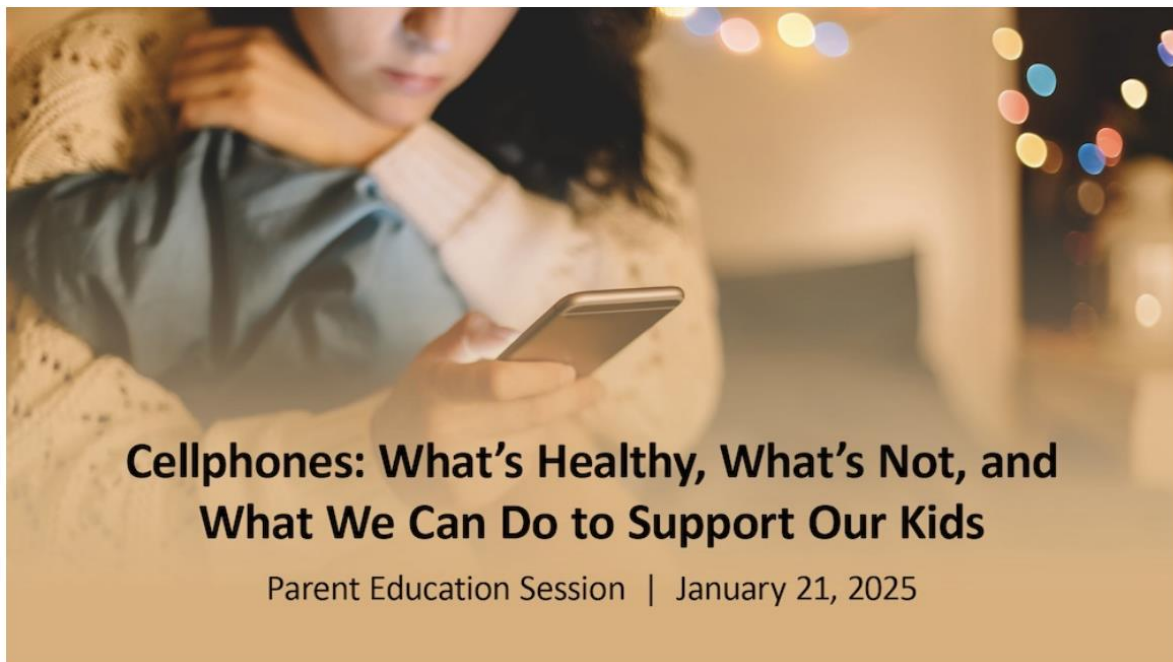
PAC Hot Lunch Days



Order here:

<https://munchalunch.com/schools/mckay/>

Hot Lunch Days		
Order By	Vendor	Lunch Date
Fri Jan 10 at 11:59pm	Triple O	Fri Jan 17
Fri Feb 14 at 11:59pm	Fresh Slice Pizza	Fri Feb 21
Fri Apr 4 at 11:59pm	Taco Luis	Fri Apr 11
Fri May 16 at 11:59pm	Sushi Lovers	Fri May 23
Fri Jun 6 at 11:59pm	Fresh Slice Pizza	Fri Jun 13



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



STARTS JAN 25TH 2025

SATURDAY | 3:30-5:00PM

TOMSETT ELEMENTARY SCHOOL

9671 ODLIN RD, RICHMOND

Contact: president@richmondlacrosse.com or scott@lacrossingbarriers.org

If you are interested in volunteering please contact president@richmondlacrosse.com



 RICHMOND OLYMPIC
EXPERIENCE

RICHMOND SCHOOL DISTRICT
PRO-D DAYS
SPECIAL

Guests can receive up to 3 complimentary child/youth tickets with the purchase of 1 paid adult ticket

JAN 24 JAN 27 FEB 14 MAY 16

FOR MORE INFORMATION:
6111 River Road, Richmond BC
778.296.1400 | olympicexperience.ca



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