



McKay's Week-At-A-Glance (WAAG): February 24th - February 28th

Hello McKay Families!

We had a short week with a couple of shortened days for conferences... thank you for coming out to see and celebrate your child's progress, and to continue the collaborative partnership with our staff as we support your child's learning and growth.

On Friday afternoon some of us felt the little jolt of shaking from the earthquake that occurred north of us. While it was brief and minor, and did not require us to evacuate, it was a good reminder that we live in an earthquake zone, and that we need to be prepared for earthquakes. At school we practice earthquake drills, and we have supplies and procedures to support us in the event of a significant quake. It would be a good idea to speak with your children about your plans for earthquakes and other emergencies, so that your family feels prepared as well.

Have a great weekend 😊

Highlights For Next Week Include:

Monday Feb. 24 th	<ul style="list-style-type: none"> • Scholastic Book Fair • Boys Basketball Game vs Brighthouse (away)
Tuesday Feb. 25 th	<ul style="list-style-type: none"> • Girls Basketball Game vs Garden City (home) • Hannah Beach presentation 6:30pm Register here (more info below)
Wednesday Feb. 26 th	<ul style="list-style-type: none"> • Pink Shirt Day- people may choose to wear pink • Boys Basketball Game vs Blair (home)
Thursday Feb. 27 th	<ul style="list-style-type: none"> • Girls Basketball Game vs Thompson (away)
Friday Feb. 28 th	

Upcoming Important Dates and Special Events:

March 3-7	Dance Program for the whole school
Thurs March 13	BC Lions Energy Champions presentation @ 1pm
Fri Mar 14	Last Day Before Spring Break
Mon Mar 31	School Reopens after Spring Break
Wed Apr 2	Squash in Schools Divs 1-7
Fri Apr 18	Good Friday No School in session
Mon Apr 21	Easter Monday No School in session
Fri Apr 25	Term 2 Written Learning Updates published to MyEd

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.

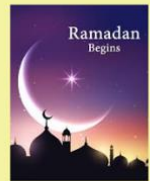
Significant Dates in our Community

February is Black History Month

Maha Shivaratri: Feb. 26

Pink Shirt Day: Feb. 26

Ramadan Begins (Ends March 29): Feb. 28



Ramadan is the holiest month in Islam, observed by Muslims worldwide as a time of fasting, prayer, reflection, and community. It falls in the ninth month of the Islamic lunar calendar and lasts 29 or 30 days, depending on the sighting of the moon. During Ramadan, Muslims fast from dawn to sunset, abstaining from food, drink, and other physical needs, focusing on spiritual growth, self-discipline, and devotion to God. Nights are spent in prayer, including Taraweeh (special nightly prayers), and the Quran is recited. The month concludes with Eid al-Fitr, a festival of feasting and gratitude. Ramadan fosters charity, compassion, and a deeper connection with faith.



Maha Shivaratri is a major Hindu festival dedicated to the worship of Lord Shiva, celebrated annually on the 13th night/14th day of the Phalgun month (usually in February or March). The day is marked by fasting, night-long vigils, prayers, and chanting of mantras, particularly the Om Namah Shivaya mantra. Devotees believe that observing Maha Shivaratri brings spiritual benefits, purification, and the opportunity to seek blessings from Lord Shiva for health, prosperity, and liberation. The festival is widely observed in India and Nepal, with significant celebrations at temples and sacred sites. It is a time for deep meditation and devotion, symbolizing the victory of light over darkness.



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



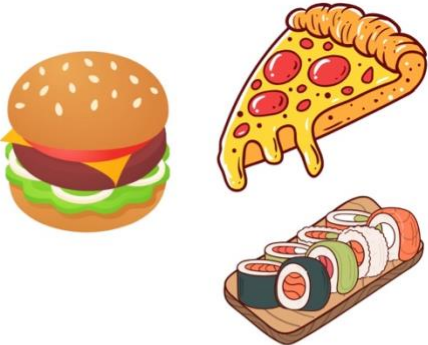
Rain gear



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



Parent Education Session: Presented by Hannah Beach

February 25, 2025 | 6:30 – 8 p.m.

Children are becoming more anxious and aggressive. The common thread? A stark decline in free play. After this session, you may never see play the same way again. Our current culture has replaced play with entertainment and structured activities. We are now seeing the emotional side effects of the loss of play in the lives of children as aggression and anxiety in young people is at an all-time high.

The research is clear: children learn and develop best through play. And yet, children are playing less than ever. In fact, this is the first generation of children that does not have a play-based childhood. The side effects? Children and youth are struggling. It has become harder than ever to lead and care for kids.

This conversation has never been more important as we look at how we can support children's emotional health and learning. We'll unpack the science behind play and how it lowers anxiety and aggression, builds resilience, and fosters social and emotional health.

Little changes can have big effects. Join Hannah for a powerful workshop that will help you discover practical ways to transform your family culture and support your children in becoming their best selves.

Closed captioning in multiple languages will be available for participants.

[Click here to register](#) Or [go to our School District Website!](#)

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.

SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



Key Takeaways:

- ✔ Learn the factors that contribute to youth mental health/substance use
- 🧠 Understand the skills that youth need to overcome these needs
- 🧠 Acquire practical tools for empowering your child and youth to make positive choices
- 🧠 Increase your ability to support your own mental health

Time: 6–7:30pm PST
Date: 20th, 25th, 26th Feb 2025

Scan the QR
Code to Register



REGISTER NOW

Need dental insurance?

If your children don't have dental insurance, they may be eligible for dental benefits.



NEW

Canadian Dental Care Plan

Eligibility:

- ✓ Do not have access to dental insurance
- ✓ Have an adjusted family net income of **less than \$90,000**
- ✓ Be a Canadian resident for tax purposes
- ✓ Have filed your tax return in the previous year
- ✓ Children must be **under 18 years old**

*If your child has dental insurance through a provincial, territorial or federal government social program, **they can still qualify** for the Canadian Dental Care Plan*



Scan here for more info and how to apply!

BC Healthy Kids Program

Eligibility:

- ✓ Must be eligible for Medical Services Plan (MSP) Supplementary Benefits
- ✓ Have an adjusted family net income of **\$42,000 or less**
- ✓ Children must be **under 19 years old**



Scan here for more info and how to apply!

Visit www.vch.ca/dentalhealth for dental health services and resources.

Who is Eligible?

Children are eligible for coverage if they are:

- a) more than 6 months old;
- b) less than 27 years old; and
- c) live in Canada, except the province of Quebec.

If a child is 14 years old or older at any time during the Coverage Period, they must be a full-time student within the 12 months prior to any claim. We define a full-time student as being enrolled in a minimum of 3 courses at the same time, during any 4-month period.

If you have children enrolled in different schools or school boards, they may all be insured under one policy.

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🌐 www.INSUREMYKIDS.COM

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Richmond Board of Education Strategic Plan 2025–2030



Shaping the Next Five Years, Together.



Scan to learn more and find
out how you can get involved

  | sd38.bc.ca/strategicplan

RICHMOND
SCHOOL DISTRICT NO. 38