



McKay's Week-At-A-Glance (WAAG): Feb. 2nd - Feb. 6th

Hello McKay Families!

This past week at McKay we have been celebrating literacy with our school wide family teams activity reading the wonderful book, Our Table by Peter H Reynolds and talking about all of the wonderful meals our McKay families share together. Your children shared stories about their favourite foods- usually anchored in family memories of making meals together, celebrating special events, and just being together.

We saw some fantastic book character costumes as well! And in the week ahead, we will welcome Green Thumb Theatre company, who will put on their production "500 Words" for our whole school... a play about students discovering their unique strengths and overcoming writer's block together.

Reading together and eating together are two fantastic ways to connect, enjoy time together, and to nurture learning. Maybe this weekend you will find a few moments to read a story or make a favourite meal together.

Have a great weekend!

Highlights For Next Week Include:

| | |
|-----------------------------------|--|
| Monday Feb. 2 nd | |
| Tuesday Feb. 3 rd | |
| Wednesday Feb. 4 th | <ul style="list-style-type: none">Boys' Away Basketball Game vs. BlairGirls Home Basketball Game vs. ThompsonGreen Thumb Theatre Production, "500 Words" |
| Thursday Feb. 5 th | |
| Friday Feb. 6 th | <ul style="list-style-type: none">PAC Hot Lunch – Triple O's (for those who ordered) |

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:

| | | |
|-----|-----------|--|
| W-T | Feb 11+12 | Informal Learning Update: Conferences |
| Fri | Feb 13 | Professional Development Day No School in Session |
| Mon | Feb 16 | Family Day Holiday No School in Session |
| Wed | Feb 25 | Family Teams- Kindness |

| | | |
|-----|---------|--|
| M-F | Mar 2-6 | Jess Dance Pow Wow Dance workshops |
| Fri | Mar 13 | Last Day of school before Spring Break |

Significant Dates in our Community

February is Black History Month

UN World Interfaith Harmony Week: Feb. 1-7



World Interfaith Harmony Week (WIHW) is an annual United Nations observance held during the first week of February (February 1-7). It was established to promote a culture of peace and non-violence by encouraging dialogue and mutual understanding among people of all faiths, beliefs, and even those with no faith.



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



McKay Hot Lunch Days Jan - Mar 2026

| Order Deadline | Food Vendor | Food Date |
|-----------------------|--------------------------|------------|
| Fri Jan 9 at 11:59pm | Asian Menu by Bala Foods | Fri Jan 16 |
| Fri Jan 30 at 11:59pm | Triple O | Fri Feb 6 |
| Fri Feb 13 at 11:59pm | Sushi Lovers | Fri Feb 20 |



Scan to Order

Or go to this website to order --> <https://munchalunch.com/schools/mckay/>



*Interested in helping with hot lunch days? Sign-up by clicking the "Volunteer" tab in MunchaLunch.
Have questions? Please send an email to mckayelementarypac@gmail.com*

Inclement Weather: School Closure Notifications

The district will try to determine school closures due to inclement weather by 6:30 a.m.
Updates will be delivered using social media and school and district websites.

No radio or television announcement will be made saying that schools are open. Only school closures will be announced by the media. To reach as many people as possible – as quickly as possible – we work closely with our local media to share information. Listen to local radio stations and follow local news outlets online to also get information about the impact of severe weather or emergencies in our schools.

If snowfall begins while school is in session, in most circumstances, schools will remain OPEN until the end of the school day.

If schools are open, and you wish to keep your child home due to weather conditions, you may do so. Please let your school know of this decision. Parents/guardians are responsible for their child's safe travel to school.

Facebook: <https://www.facebook.com/RichmondSD38/>
Twitter: <https://twitter.com/RichmondSD38>

Stay Informed with SchoolMessenger Text Alerts (Opt-In)

Our District uses SchoolMessenger to share important school and district updates, including weather closures, emergency notifications, reminders, and time-sensitive announcements.

All families with a current cell phone number in our MyEdBC database will receive a text message from SchoolMessenger (Text #: 978338) in February 2026. To start receiving text alerts, you will need to opt in.

How to opt in:

1. Watch for a text from SchoolMessenger (Text #: 978338).
2. Reply with “Y” to 978338.
3. You will receive a confirmation message letting you know you’re successfully subscribed.

Want alerts on more than one device?

To receive text alerts on multiple phones, each phone number must opt in separately by replying “Y” to 978338.

CARE AND SUPPORT FOR FAMILIES



Parenting when Anxiety shows up as Anger.

Parenting can become challenging when anxiety shows up as anger in our kids. Join us in a conversation with Karen Peters, Registered Clinical Counsellor, to learn about some strategies that can help us better understand and manage these hard moments.

当焦虑在孩子身上表现为愤怒时，为人父母就会面临挑战。欢迎收听我们与注册临床咨询师凯伦·彼得斯的对话，了解一些可以帮助我们在这些艰难时刻之前、之中和之后应对的策略

**Wednesday, February 11, 2026
10:00am to 11:30am online session**

SWIS RICHMOND SCHOOL DISTRICT
Settlement Workers
In Schools

IN PARTNERSHIP WITH
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Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Parent's Guide to Discord

13+

17+

Discord age requirements are **17+ for the iOS app, 13+ for the Android app, and 13+ for the website**. There are over 260 million monthly users, with 70% of users between the ages of 18-34.

What Is Discord?

Discord is a free communication platform that allows users to chat via text, voice, and video. It started as a gaming chat space but is now widely used for various social communities. Conversations happen in "servers" (groups) that can have multiple "channels" for different topics. Users can communicate via the messaging platform (text, images, video, etc...) or via voice / video chats. Discord requires users to submit their birthday but age verification is minimal. Those who are under 18 will be prevented from some channels that contain age-restricted content.



Why Kids Love Discord



Customization and Control

Kids can create their own servers, set roles, and personalize the experience, which appeals to their desire for independence.



Private and Authentic

Discord isn't about public profiles or likes, and there are no algorithms pushing content or advertising.



Variety

Discord offers servers focused on any topic where kids can connect with like-minded others.

Potential Risks

Inappropriate Content

Both public and private servers can include adult language, sexual content, or violent imagery.



Cyberbullying & Harassment

Group chats and voice channels can lead to bullying, exclusion, or toxic behaviour.



Mental Health Impact

Constant notifications and pressure to stay online can lead to stress or sleep disruption.



Stranger Interaction

Teens can receive friend requests or direct messages from unknown users unless privacy settings are adjusted.



Safety Tips for Parents

1. Learn the Basics

- Familiarize yourself with Discord's features—servers, channels, roles, and permissions.
- Discuss why your child wants to use Discord and agree on rules for usage.
- Check Age Compliance: Ensure your child meets the minimum age requirement.



2. Review 'Content & Social' Settings

- Block Mature Sexual Media and Graphic Media
- Filter all DMs for spam
- Allow 'Direct Messages' from server members"
- Turn off Message requests from server members you may not know
- Limit friend requests to "Friends of Friends."

3. Family Center

- Connect your child's account with Guardian in the Family Center settings. This allows parents / guardians to:
 - See new friends added
 - Servers joined or participated in
 - Total time spent in calls across direct message, group chats and servers



4. Teach Online Safety

- Remind kids: Never, never share personal info, passwords, or click unknown links.
- Report inappropriate behaviour using Discord's Report Message feature.
- Be extra cautious when interacting with other users you don't know.

More Information

1. Discord Parent and Educator FAQ Page: This is the [main page](#) on the Discord site for info for parents and educators.

2. ConnectSafely: [Click here](#) for info on various safety measures parents can take, including steps on how to set up the Connect with Guardian that links to a child's account.

3. [This article on Mashable](#) shares the new safety features on Discord that arose from a recent lawsuit.