



## McKay's Week-At-A-Glance (WAAG):

Jan. 19<sup>th</sup> - Jan. 23<sup>rd</sup>

Hello McKay Families!

We have settled into our school routines and are deeply engaged in our Term 2 learning! Thank you to everyone who supported our kindergarten students with their idea to sell candy canes as a fundraiser. It completely succeeded everyone's expectations about how successful it would be, and raised over \$500 for the Richmond Animal Protection Society, and it was very fun to see them engaged in the selling, organizing, and distributing of the candy canes. We have lots going on this week- core French crepe-making workshops, the girls' basketball team's first game of the season, field trips in several divisions, and our band concert. Please note- We finish the week with professional learning for staff... so no school on Friday.

Have a great weekend!

### **Highlights For Next Week Include:**

Monday Jan. 19 <sup>th</sup>	<ul style="list-style-type: none"><li>Crepe-making workshops Div. 1-6</li></ul>
Tuesday Jan. 20 <sup>th</sup>	<ul style="list-style-type: none"><li>Girls' Basketball Game @ Blair</li></ul>
Wednesday Jan. 21 <sup>st</sup>	<ul style="list-style-type: none"><li>Daytime Band Concert for the school – 10:45am</li><li>Evening Band Concert for families – 6:30 p.m. – 7:30 p.m.</li></ul>
Thursday Jan. 22 <sup>nd</sup>	
Friday Jan. 23 <sup>rd</sup>	<ul style="list-style-type: none"><li>Professional Development Day – <b>No School in Session</b></li></ul>

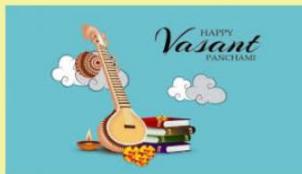
### **VERY IMPORTANT REMINDER FROM THE OFFICE.....**

**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:**

Tues	Jan 27	Family Teams- Literacy Focus
Thurs	Jan 29	Spirit Day: Dress like a Book Character
Wed	Feb 4	Green Thumb Theatre "500 Words" theatre production
W-T	Feb 11+12	Informal Learning Update: Conferences
Fri	Feb 13	Professional Development Day <b>No School in Session</b>
Mon	Feb 16	Family Day Holiday <b>No School in Session</b>
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



Lincoln Alexander Day: Jan. 21

Vasant Panchami: Jan. 23

World Day for African and Afrodescendant Culture: Jan. 24



LINCOLN ALEXANDER DAY 2021

"On January 21, Lincoln Alexander Day, we celebrate the trailblazer who fought for racial equality and who remained true to carrying on his legacy."

The Hon. Elizabeth Dowdell, Lieutenant Governor of Ontario



Lincoln Alexander Day

**Lincoln Alexander Day** is celebrated annually in Canada on January 21st, marking the birthday of Lincoln M. Alexander, Canada's first Black Member of Parliament, federal Cabinet Minister, and Lieutenant Governor of Ontario, honoring his trailblazing service, commitment to racial equality, and contributions to a more inclusive Canada. It's a day to recognize his achievements, from breaking barriers in government to championing human rights, education, and youth.



The World Day for African and Afrodescendant Culture is celebrated annually on January 24th, established by UNESCO in 2019 to recognize the vibrant cultures of Africa and the diaspora as vital for global heritage, sustainable development, dialogue, and peace. This day promotes cultural exchange, celebrates contributions to humanity, and encourages understanding of African and Afrodescendant histories and influences worldwide, coinciding with the adoption of the Charter for African Cultural Renaissance in 2006.



Vasant Panchami, also known as Basant Panchami or Saraswati Puja, is a major Hindu festival celebrating the arrival of spring (Vasant Ritu) and the birth of Goddess Saraswati, the deity of knowledge, music, and art.



# 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](mailto: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.

主题：儿童发展与行为--浅谈自闭症和多动症  
**Children with developmental and behavioural concerns-  
Autism & ADHD**

- 我的孩子不一样？遗传像我？还是我的教养方式？先天还是后天？
- 什么是自闭症？可以早发现吗？父母如何自我检测？
- 我的孩子是多动还是好动？我需要担心吗？有什么行为指标父母需要注意？
- 父母有疑惑时该怎么办？
- 家里有特殊需要的孩子（自闭多动等）父母能使用的资源有哪些？

讲座嘉宾：**Christine Hung(Autism Support&Resource Specialist)**  
**BC省儿童厅 (BC Ministry of Children and Family Development)**

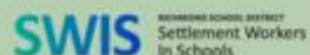
时间：**2026年1月29日 周四 (10AM-12PM)**

方式：**ZOOM** 线上

语言：中文

报名链接：请点击[这里](https://forms.office.com/r/DOzyOENxtR)

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





# Setting screen-use limits for school-aged children and teens

School-aged children and teens are still developing. In some situations, they may find it hard to control their impulses, regulate their emotions, or assess and make decisions based on risks and consequences. They need you to set limits and provide support to ensure they make healthy choices online.

## How parents can help set limits on screen use

### MANAGE screen use through plans, rules, and limits.

- Create a Family Media Plan to guide media use at home.
- Be present and engaged when screens are used. Whenever possible, watch together and talk about the content.
- Discourage media multitasking—using/watching more than one screen—especially when doing homework.
- Learn about parental controls and privacy settings.
- Have your child or teen share their passwords and login information with you.
- Talk about acceptable and unacceptable online behaviour.

### Encourage MEANINGFUL screen use, so that it serves a purpose.

- Put daily routines and important activities ahead of screen time.
- Help children and teens choose appropriate content and encourage programs and activities that have learning goals.
- Be a part of your children's media lives. For example, play video games with them and ask about their experiences online.
- Ask your child's school or childcare provider about how screens are used throughout the day.

### MODEL healthy screen use, because children are watching you.

- Review your own media habits and consider where you might need to make changes.
- Never text or use headphones/earbuds while driving, walking, jogging or biking. These are activities where you need to hear what is going on around you to be safe.
- Encourage daily "screen-free" times, especially during meals and family time.
- Turn screens off when not in use, including background TV.
- Avoid screens at least 1 hour before bedtime and keep devices out of bedrooms.

## Signs of trouble

Talk to your child's doctor if these signs persist, or interfere with family life:

Complaints about being bored or unhappy without access to technology.

Oppositional behaviour or conflict when you set limits on screen time.

Screen use interferes with sleep, school or face-to-face interactions.

Screen use interferes with in-person/offline play, physical activities or socializing.

Negative emotions after interacting online, playing video games or while texting.

Parents can encourage responsible media use by paying attention, getting involved, and modelling positive media habits.



**Centre for Healthy Screen Use**

AT THE CANADIAN PAEDIATRIC SOCIETY



Canadian  
Paediatric  
Society