



## McKay's Week-At-A-Glance (WAAG): May 25<sup>th</sup> - May 29<sup>th</sup>

Hello McKay Families!

As we enter the last week of May, we know this time can bring about some anxious feelings... change is ahead with the end of the school year approaching, and students are already anticipating transitions- to high school, to new classes in the Fall, to new social groupings... as always, we can support by calmly listening, reassuring, and encouraging. For students returning to McKay, over the next while we will begin considering class placements for next year... a process that continues in the Fall as we gain a clearer picture of our enrolment size and composition. Our staff carefully, thoughtfully, and thoroughly consider the placement of each child. On Monday, I will email families about sharing information that you may have as parents, if you feel like there is important information about your child that we may not know, that may affect our consideration of placement for your child. Please refer to that email coming Monday for guidelines around how to share your thoughts with us.

**Next Friday, June 5<sup>th</sup> is Sports Day!** More information will come home this week- families are welcome to join and watch as our day begins with a bike/scooter parade (helmets mandatory), followed by outside activity stations, lunch, and then grade races and Tug-of-War in the afternoon **before dismissal at 1:30pm.**

The Richmond RCMP have shared some important information about e-bikes and e-scooters:

<https://rcmp.ca/en/bc/richmond/news/2026/05/4353263>

Have a great weekend!

-Ms. Livingston

### *Highlights For Next Week Include:*

<b>Monday</b> May 25 <sup>th</sup>	<ul style="list-style-type: none"><li>• Burnett Volleyball Tournament after school for Gr. 7 volleyball players</li></ul>
<b>Tuesday</b> May 26 <sup>th</sup>	
<b>Wednesday</b> May 27 <sup>th</sup>	<ul style="list-style-type: none"><li>• Band Concert @ 6:30pm (Students arrive by 6:00pm and gym doors open for families at 6:20pm)</li></ul>
<b>Thursday</b> May 28 <sup>th</sup>	<ul style="list-style-type: none"><li>• McKay Talent Show (for school only)</li></ul>
<b>Friday</b> May 29 <sup>th</sup>	<ul style="list-style-type: none"><li>• Burnett Grade 7 Orientation Day</li><li>• Deadline at 11:59pm for ordering hot lunch for Sports Day next Friday! <a href="http://www.munchalunch.com">www.munchalunch.com</a></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:

Fri June 5	Sports Day
Wed June 10	Hoop Dance and Powwow
Thurs June 11	Hoop Dance and Powwow
Fri June 12	Divs 1-6 @ FIFA Richmond Oval
Mon June 15	Beach Day Field Trip (Whole School)
Tues June 23	Grade 7 Farewell
Thurs June 25	Last Day for Students and Term 3 Written Learning Updates Published

### *Significant Dates in our Community*

May is Asian and Jewish Heritage Month

May is Speech & Hearing Month

The Hajj - May 24 - 29



In Islamic terminology, Hajj is a pilgrimage made to the Kaaba, the "House of Allah", in the sacred city of Mecca in Saudi Arabia. It is one of the Five Pillars of Islam, alongside Shahadah (oath that one believes there is no god but Allah), salat (prayer), zakat (almsgiving), and sawm (fasting during Ramadan). An annual pilgrimage to Mecca, all Muslims must take at least once in their lives.



# PUBLIC WORKS OPEN HOUSE

Saturday, May 30 | 11:00am–3:00pm  
City Operations Yard, 5599 Lynas Lane

[richmond.ca/PWOpenHouse](http://richmond.ca/PWOpenHouse)

*Come out with your friends  
and family to enjoy the fun!*



## McKay Hot Lunch Days Apr - Jun 2026

Order Deadline	Food Vendor	Food Date
Fri Apr 3 at 11:59pm	Fresh Slice Pizza	Fri Apr 10
Fri Apr 17 at 11:59pm	Asian Menu by Bala Foods	Fri Apr 24
Fri May 15 at 11:59pm	Triple O	Fri May 22
Fri May 29 at 11:59pm	Fresh Slice Pizza	Fri Jun 5



**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)*

# WHAT HAPPENS IN A CHILD'S BRAIN DURING A MELTDOWN?

When a child has a meltdown, their brain believes it is in danger. The danger might be frustration, embarrassment, feeling unheard or being overwhelmed.

www.SocialWorkersToolbox.com

## FIRST - THE AMYGDALA SWITCHES ON



The amygdala is the brain's alarm system. When something feels unsafe, it activates quickly. The body moves into survival mode:



FIGHT

FLIGHT

FREEZE



Heart rate increases.  
Breathing changes.  
Muscles tighten.

This happens automatically. it is not a choice.

## THEN - THE THINKING BRAIN GOES OFFLINE

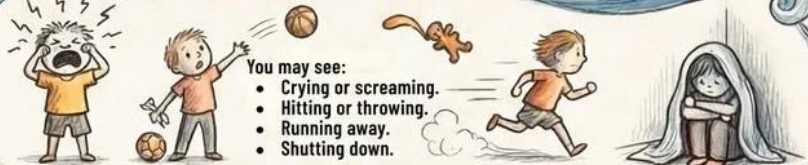


The prefrontal cortex is the thinking part of the brain. It helps with reasoning, listening, problem solving and making good decisions. When the alarm system is active, this part cannot work properly.

That is why a child cannot:

- Calm down just because they are told to.
- Explain themselves clearly.
- Learn a lesson in the moment.

## WHAT YOU ARE SEEING



You may see:

- Crying or screaming.
- Hitting or throwing.
- Running away.
- Shutting down.

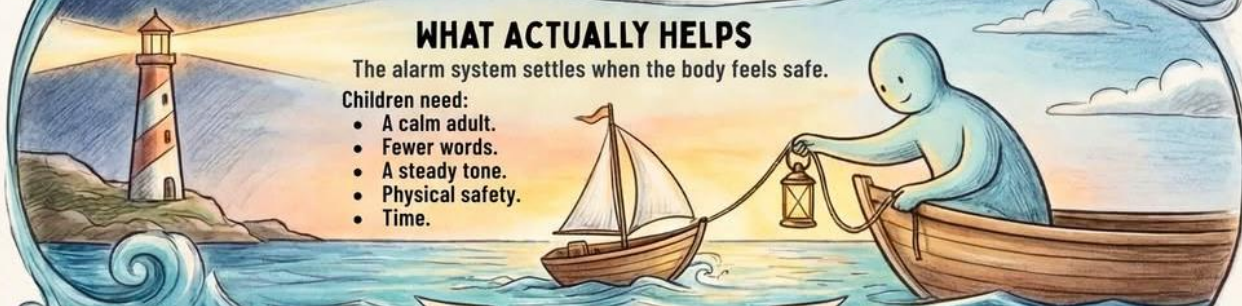
This is a nervous system under stress, not deliberate misbehaviour.

## WHAT ACTUALLY HELPS

The alarm system settles when the body feels safe.

Children need:

- A calm adult.
- Fewer words.
- A steady tone.
- Physical safety.
- Time.



Calm first. Teaching later.



## REMEMBER

Children borrow regulation from adults. Connection quiets the alarm system. Learning happens after the storm, not during it.



# CLUBHOUSE

After-School Care Program



**Kidropolis Clubhouse** is designed to create a safe, inspiring, and high-energy environment where children can learn, move, create, and connect after the school day ends.

Our programs combine structured enrichment activities with supervised free play to support families with quality after-school care while encouraging

confidence, creativity, teamwork, movement, and social development in a fun and positive setting.

In partnership with Nooma Space and Kidropolis, we have proudly been providing programming and after school care and enrichment programming since 2016, creating spaces where children feel supported, encouraged, and excited to learn.

For Ages 5+

Monday–Friday | Afterschool – 6:00PM



**Arts  
& Crafts**



**Improv &  
Creative Games**



**Themed  
Activities**



**Hands-on  
Projects**



**Friendship  
Building**

\*Program activities, themes, and timing may vary depending on school pick up location, age groups and seasonal programming.

## Offering Diverse & Fun Programs

- ★ **Dance & Movement**  
Hip-hop grooves, rhythm games, freestyle activities, and confidence building through dance.
- ★ **Creative Arts**  
Painting, crafts, collaborative creations, and imagination-based activities.
- ★ **Team Games & Leadership**  
Scavenger hunts, cooperative games, group challenges, and leadership activities.
- ★ **Wellness & Mindfulness**  
Stretching, yoga-inspired movement, breathing exercises, and mindfulness activities.
- ★ **Fun Experiences**  
Mini performances, talent sharing, themed activities, movie party moments, and celebration-based fun.

## Program Goals

- Build confidence through encouragement and participation
- Encourage teamwork, empathy, and communication
- Inspire creativity through arts, movement, and imagination
- Promote healthy movement and active lifestyles
- Create a safe and welcoming space for all children
- Support families with reliable and engaging after-school care

**We believe positive environments, movement, creativity, and meaningful experiences can leave a lasting impact on both children and families.**

**Sibling Discount** Receive 10% off tuition for each additional sibling enrolled in Kidropolis Clubhouse.

kidropolis  
**CLUBHOUSE**

(604) 285-7529 [WWW.KIDROPOLIS.CA](http://WWW.KIDROPOLIS.CA) Find Out More:

