

FEBRUARY 19 – 23, 2024

Monday Feb 19	Tuesday Feb 20	Wednesday Feb 21	Thursday Feb 22	Friday Feb 23
BC Family Day <i>School Closed</i>	Day 2 <i>World Day of Social Justice</i>	Day 1 <i>International Mother Language Day</i>	Day 2 PAC Meeting 7PM (Virtual: Details to Follow)	Day 1
	RVS Registration for 2024-2025 Opens			<i>Feb 24 Lantern Festival Magha Puja Day (Buddhism)</i>

IMPORTANT INFORMATION:

2024-2025 Course Selections (NOW OVERDUE)

All students returning to McNair next year should now have returned their signed program planning form AND completed their online course entry. Students who have not completed either of these steps must do so as soon as possible. Completed and signed forms should now be returned to the school office as teachers have returned their folders.

RVS Registration Opens (Feb 20)

All students taking an online course next year must register for the course through the RVS website **in addition to** selecting it in MyEducationBC. This applies for all McNair online courses, including Career Life Education, Yearbook, and Leadership. Additionally, all students entering grade 12 must register for Career Life Connections through RVS as well. Students must make sure they register in the “McNair Only” classes. [Click here](#) for more information.

Upcoming Parent Education Sessions

Please see the attached flyers for the following sessions:

- Consent Education – Feb 28
- Digital Well Being and Mental Health – Feb 20
- Beyond Behaviours: When Is It More? – Mar 5 & 12
- Substance Use Prevention – Feb 20, 22, & 28

Dry Grad Fundraisers:

Return It Depot: Return bottles and use Customer #252588

FlipGive: Purchase cards through

<https://flipgive.app.link/r?code=1920281>



DATES TO REMEMBER:

Feb 26 –	McNair Theatre Presents:
Mar 8	The Addams Family
Feb 28	PCF Math Contests Pink Shirt Day
Mar 1 – 31	Irish Heritage Month
Mar 1	Zero Discrimination Day
Mar 6	Informal Learning Updates (Interim Reports) Emailed Home Collaboration Day
Mar 8	Maha Shivaratri (Hinduism) International Women's Day
Mar 10	Ramadan Begins (Islam - Ends April 9)
Mar 11-12	Elementary Basketball Tournament
Mar 15	Day in Lieu of Statutory Holiday School Closed International Day to Combat Islamophobia

World Day of Social Justice (Feb 20)

The day is an opportunity to remember that social justice is necessary for peace, security, and development around the world.

International Mother Language Day (Feb 21)

A United Nations day that focuses on how languages and multilingualism can advance inclusion, and the Sustainable Development Goals' focus on leaving no one behind.

Lantern Festival (Feb 24)

A Chinese celebration that marks the end of the Lunar New Year.

Magha Puja Day (Feb 24)

A major holy day observed by most Buddhists on the first full moon day of the third lunar month. A day of prayers, chants, and offerings.

Matthew McNair Secondary School

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Instagram: @mcnair_marlins_official



THE MCNAIR WAAG

FOR RICHMOND FAMILIES

Connect & Learn

IN PERSON EVENTS FOR PARENTS & CAREGIVERS IN RICHMOND

FEBRUARY

**A Conversation for Families about
Digital Well Being and Mental Health**

Speaker: Dr. Kristy Goodwin

Tuesday, February 13th

9am - 10am

McNeely Elementary School Library -
12440 Woodhead Rd

Tuesday, February 20th

9am - 10am

Grauer Elementary School Library -
4440 Blundell Rd

MARCH

**Beyond Behaviours: When Is It More?
What it Looks Like Ages 9 - 12 years**

Speaker: Karen Peters, RCC

Tuesday, March 5th

9am - 10am

McNeely Elementary School Library -
12440 Woodhead Rd

Tuesday, March 12th

9am - 10am

Grauer Elementary School Library -
4440 Blundell Rd

Join us to watch a video with an expert speaker and to talk with other families about what helps. Hosted by Family Peer Support Workers.

Registration Required: familysmart.ca/events

Questions?: richmond@familysmart.ca / 604-607-9570



JOIN US for a virtual parent presentation

Consent Education for Teens

FEB 28, 2024

Did You Know?

- Youth under the age of 17 make up the majority of sexual assault cases in Canada
- The majority of Canadians do not understand consent
- 1/3rd of the time, sexual offences against youth are committed by other youth

- Consent education is a requirement of the B.C. Curriculum Competencies
- We provided this education to all Richmond secondary schools using a thought-provoking and interactive approach

What we will cover:

- Consent as the freedom to provide enthusiastic permission
- Sexual exploitation and coercion
- How to incorporate consent as a life skill
- Consent challenges and peer pressure
- Digital consent with intimate image sharing
- How to teach teens to gracefully accept rejection
- Empowering teens to stand firm in their boundaries
- Legalities and tools



Register at:

<https://shorturl.at/hkHK1>

SUBSTANCE USE PREVENTION

An Online Presentation for Parents

KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

REGISTER



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.