



THE MCNAIR WAAG

FEBRUARY 26 – MARCH 1

Monday Feb 26	Tuesday Feb 27	Wednesday Feb 28	Thursday Feb 29	Friday Mar 1
Day 2	Day 1	Day 2	Day 1	Day 2
		Theatre McNair Presents: The Addams Family Opening Day PCF Math Contests Pink Shirt Day		Eco-Marlins Present: Sweater Day <i>Zero Discrimination Day</i>
Feb 27-29: South Fraser AA Sr. Boys Zone Championships				

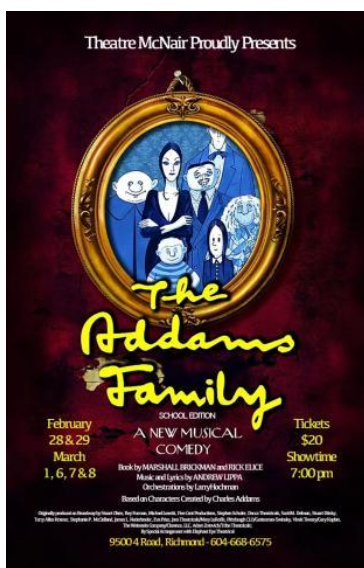
IMPORTANT INFORMATION:

Theatre McNair Presents: The Addams Family

Our theatre program has been hard at work to put together a fantastic musical for this year's production.

Evenings performances will be:
Feb 28 & 29th, March 1, 6, 7 & 8 at 7:00pm

For tickets, contact mzanikos@sd38.bc.ca or the school office.



Pink Shirt Day (Feb 28)

All members of the McNair community are encouraged to wear pink to show your support for anti-bullying initiatives.

Sweater Day (Mar 1)

On March 1, Eco-Marlins will be lowering the temperature in the school by 1 degree. All are encouraged to wear sweaters (or more layers) so that we don't need to rely on the thermostat to stay warm. Anyone with their own mug, will be rewarded with hot chocolate.

DATES TO REMEMBER:

- 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
- Mar 15-
Apr 1 Spring Break
- Mar 19 *Nowruz - Iranian (Persian) New Year*
- Mar 21 *International Day for the Elimination of Racial Discrimination*
- Mar 23-24 *Purim (Judaism)*
- Mar 25 *Hola Mohalla (Sikhism - Mar 25-27)*
Holi (Hinduism)
Int'l Day of Remembrance of Slavery Victims and the Transatlantic Slave Trade
- Mar 29 *Good Friday (Christianity)*
- Mar 31 *Easter Sunday (Christianity)*
- Apr 1 Easter Monday Statutory Holiday

Zero Discrimination Day (Mar 1)

Zero Discrimination Day celebrates the right of everyone to live a full and productive life—and live it with dignity. Zero Discrimination Day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change. Zero Discrimination Day is helping to create a global movement of solidarity to end all forms of discrimination.

Parent Sponsored Dry After Grad

Please see letter from the 2024 Dry Grad Committee

Matthew McNair Secondary School

9500 No. 4 Road, Richmond, BC V7A 2Y9 Phone: 604-668-6575 Early Warning: 604-295-6427

Email: mcnair@sd38.bc.ca • Website: <https://mcnair.sd38.bc.ca/>

Instagram: @mcnair_marlins_official

Dear McNair Families,

McNair Dry Grad is organized each year by parent committee and the 50/50 Raffle fundraiser is now open for sales. This event provides a safe, fun environment that is alcohol and drug free for all grads following the dinner and dance. Funds will go towards the venue, transportation, activities and security details for the event. Thank you for your support in helping the grads have a memorable night. Good Luck!

Please click here to purchase your 50/50 tickets to help this year's 2024 Dry Grad. Tickets are available for purchase until March 27th 11:30am, the draw will be on March 27th 12pm.

<https://mcnairdrygrad2024.rafflenexus.com/a/mcnair-families>

Thank you for your continued support!

2024 Dry Grad Committee

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.