

JANUARY 29-FEBRUARY 2, 2024

Monday Jan 29	Tuesday Jan 30	Wednesday Jan 31	Thursday Feb 1	Friday Feb 2
<p>Professional Development Day No Scheduled Classes</p> <p><i>National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia</i></p>	<p>Day 1 First Day of Semester 2 Classes</p>	<p>Day 2</p>	<p>Day 1 <i>February is Black History Month</i></p>	<p>Day 1</p>

IMPORTANT INFORMATION:

Core Competency Reflections (NOW OVERDUE)

All McNair students are required to complete an online form to self-assess their Core Competencies and set some goals for the coming term. More information about this process can be found [on our website](#). To access the online form for students, [click here](#) (NOTE: students must log in with their SD38/Microsoft account to access the form). Students who have not yet completed this must do so as soon as possible.

Semester 2 Startup

With the beginning of a new semester, it is a terrific time for students to pause and reflect on their learning habits this year. Students may ask themselves questions such as: What have I done that has helped me be successful? What can I do more of? How might I improve my study habits, time management, and organization? Am I regularly putting in my best effort in class?

Flex Time Information and Reminders

As we begin Semester 2, we continue to have daily Flex Time periods. Flex Time is a valuable opportunity for students to complete work, ask questions, or explore their passions. Students must sign up for their Flex Time plans in advance. Parents are reminded to encourage their children to plan ahead by signing up for a teacher and setting clear goals for their daily Flex Time.

Valedictory Scholarship Application

The application is now live on our website, has been emailed home, and is available at this link.

[Scholarship Application 2024](#)

Social Media Awareness Family Sessions

Safer Schools Together, in partnership with the Ministry of Education and Childcare, is offering "Social Media Awareness" family sessions. These sessions are designed to support families and caregivers navigate the digital world. Dates, times and information to register can be found in the registration link. [Click here to register.](#)

DATES TO REMEMBER:

Feb 7	Collaboration Day Learning Updates Published on MyEdBC
Feb 10	<i>Lunar New Year (Buddhism)</i> <i>Moose Hide Campaign</i>
Feb 14	<i>Vasant Panchami (Hinduism)</i> <i>Ash Wednesday (Christianity)</i> <i>Nat'l Day of Action to Honour Missing Murdered Indigenous Women, Girls, Trans and 2- Spirited</i>
Feb 15	<i>Nirvana Day (Buddhism)</i>
Feb 16	Pro-D Day (No classes in session)
Feb 19	BC Family Day (School closed)
Feb 20	<i>World Day of Social Justice</i>
Feb 21	<i>International Mother Language Day</i>
Feb 24	<i>Lantern Festival</i> <i>Magha Puja Day (Buddhism)</i>

National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia

A day to pay tribute to the memory of the 6 victims of the Quebec City Mosque Attack and to reaffirm a stand against Islamophobia in all of its forms.

Black History Month (February)

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities. The theme for Black History Month 2024 is Black Excellence: A Heritage to Celebrate; a Future to Build.

Dry Grad 2024 Committees First Fundraiser of the Year: Emergency Preparedness Kits

Are you prepared for an emergency? See flyer below for a variety of kits available for purchase. Each kit sold will help DAG Committee's fundraising efforts. This campaign begins January 29th and ends February 16th. Please make cheques payable to *SOS Emergency Response Technologies* and drop off cheque with your order to the school office for the Dry Grad Committee.

Matthew McNair Secondary School

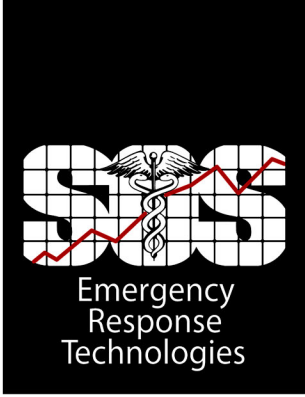
9500 No. 4 Road, Richmond, BC V7A 2Y9 Phone: 604-668-6575 Early Warning: 604-295-6427

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

Instagram: @mcnair_marlins_official



THE MCNAIR WAAG



Be PREPARED...NOT Scared.

Are you and your loved ones prepared for an emergency?

Seismic experts say that a major earthquake will happen in B.C. We cannot prevent an earthquake; however, we can prepare for it. 72hr kits can also be helpful in power outages, floods or other major emergencies.

Your school/organization has an opportunity for you to protect yourselves and your loved ones. Purchase emergency preparedness kits and first aid kits for the home, car or office at wholesale prices and help raise money at the same time.

The emergency kits we are selling have all the supplies you will need to be protected. The emergency food and water is the same product that is used for the Coast Guard and has a shelf life of 5 years.

Experts say that you should have at least 72 hours of emergency supplies, food and water in your kit because that's how long it could take for help to arrive.

We are asking all families to take this information to your loved ones, friends and neighbors as well as to your work place. Please keep track of all orders you receive.

Name of Organization _____

Family Name _____

Email _____

Phone Number _____

Payment Options

Cheque Make payable to _____ **Total Amount** _____

e-Transfer e-Transfer invoice will be sent before order is completed (DO NOT send funds until you receive your invoice)

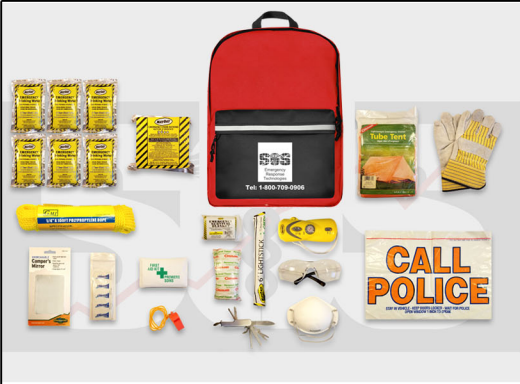


72HR EMERGENCY KITS

FUNDRAISING

1 PERSON 72HR DELUXE KIT SQ6001

\$164.64 (TAXES INCLUDED)



- 1 x Emergency Food Rations 3600 calories
- 6 x Emergency Water Packs
- 1 x Water Purification Tablets pkg 20
- 1 x Flashlight, Radio & Siren - Windup
- 1 x Lightstick 12 hour
- 1 x Whistle
- 1 x Poncho
- 1 x Mylar Foil Blanket
- 1 x Toilet Tissue Roll
- 1 x Dust Mask

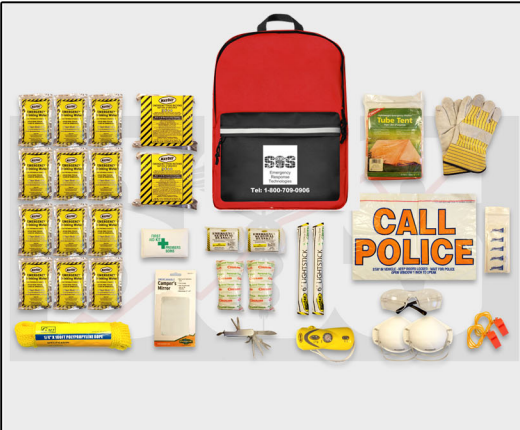
- 1 x Signal Mirror
- 1 x Safety Glasses
- 1 x Work Gloves / pair
- 1 x Rope 100"
- 1 x Tube Tent
- 1 x Multi Functional Tool
- 1 x Compact First Aid Kit
- 1 x Call Police Sign
- 1 x Backpack

Weight: 6 lbs

Quantity Needed

2 PERSON 72HR DELUXE KIT SQ6002

\$192.64 (TAXES INCLUDED)



- 2 x Emergency Food Rations 3600 calories
- 12 x Emergency Water Packs
- 1 x Water Purification Tablets pkg 20
- 1 x Flashlight, Radio & Siren - Windup
- 2 x Lightstick 12 hour
- 2 x Whistle
- 2 x Poncho
- 2 x Mylar Foil Blanket
- 2 x Toilet Tissue Roll
- 2 x Dust Mask

- 1 x Signal Mirror
- 1 x Safety Glasses
- 1 x Work Gloves / pair
- 1 x Rope 100"
- 1 x Tube Tent
- 1 x Multi Functional Tool
- 1 x Compact First Aid Kit
- 1 x Call Police Sign
- 1 x Backpack

Weight: 10 lbs

Quantity Needed

4 PERSON 72HR DELUXE KIT SQ6004

\$254.24 (TAXES INCLUDED)



- 4 x Emergency Food Rations 3600 calories
- 24 x Emergency Water Packs
- 1 x Water Purification Tablets pkg 20
- 1 x Flashlight, Radio & Siren - Windup
- 4 x Lightstick 12 hour
- 4 x Whistle
- 4 x Poncho
- 4 x Mylar Foil Blanket
- 4 x Toilet Tissue Roll
- 4 x Dust Mask

- 1 x Signal Mirror
- 1 x Safety Glasses
- 1 x Work Gloves / pair
- 1 x Rope 100"
- 2 x Tube Tent
- 1 x Multi Functional Tool
- 1 x Compact First Aid Kit
- 1 x Call Police Sign
- 1 x Backpack

Weight: 18 lbs

Quantity Needed



Unit 2135-12191 Hammersmith Way, Richmond, B.C. V7A 5H2
 Phone: 604.277.5855 Fax: 604.277.5859 Toll Free: 1-800-709-0906
 Email: info@sostech.ca Website: www.SOSTECH.ca

[f /SOSEmergencyResponseTechnologies](https://www.facebook.com/SOSEmergencyResponseTechnologies) [X @sosfirstaidbc](https://www.instagram.com/sosfirstaidbc)



Emergency
Response
Technologies

FIRST AID KITS

FUNDRAISING

GENERAL PURPOSE FIRST AID KIT FK1021

\$18.38 (TAXES INCLUDED)



- 12 x Band-aids Strip Plastic
- 2 x Band-aids Strip Fabric
- 2 x Band-aids Fabric Fingertip
- 2 x Band-aids Fabric Knuckle
- 2 x Band-aids Patch
- 2 x Band-aids Large Patch
- 1 x Adhesive Tape
- 2 x Gauze Pads 5cm
- 2 x Gauze Pads 10cm
- 6 x Antiseptic Wipes

- 12 x Alcohol Wipes
- 2 x Burn Gel
- 1 x Instant Cold Pak
- 1 x Tensor
- 1 x Forcep
- 1 x Scissor
- 1 x Pair Of Gloves
- 1 x Plastic Box

Weight: 1 lbs

Quantity
Needed

AUTOMOBILE FIRST AID KIT FK1024

\$38.33 (TAXES INCLUDED)



- 1 x Abd Pads 8" X 10'
- 1 x First Aid Cream
- 6 x Antiseptic Towellettes
- 25 x Band-aids
- 1 x Eye Pads, Sterile
- 1 x Sliver Forceps
- 2 x 2" Gauze
- 5 x 3" X 3" Sterile Gauze
- 6 x Pairs Of Nitrile Gloves
- 6 x Hand Cleansing Towellettes

- 1 x Emersafe Shield
- 1 x Pressure Dressings
- 1 x Biohazard Bag
- 1 x Bandage Scissors
- 1 x 1" Adhesive Tape
- 1 x 3" Tensor Bandage
- 1 x Triangular Bandages

Weight: 4.4 lbs

Quantity
Needed

BASIC FIRST AID KIT FK1025

\$32.50 (TAXES INCLUDED)



- 10 x Sterile Adhesive Dressings, Assorted Sizes, Individually Packaged
- 6 x 14 Cm X 19 Cm Wound Cleansing Towelettes, Individually Packaged
- 6 x 10 Cm X 10 Cm Sterile Gauze Dressings, Individually Packaged
- 1 x 10 Cm X 16.5 Cm Sterile Pressure Dressings With Crepe Ties
- 1 x Cotton Triangular Bandage, Minimum Length Of Base 1.25 M
- 1 x 14 Cm Stainless Steel Bandage Scissors Or Universal Scissors
- 1 x 2.5 Cm X 4.5 M Adhesive Tape
- 1 x 7.5 Cm X 4.5 M Crepe Roller Bandage
- 3 x Pairs Of Medical Gloves (preferably Non-Latex)
- 3 x Medical Masks **
- 1 x Safety Eyewear**
- 1 x Waterproof Waste Bag

Weight: 2 lbs

Quantity
Needed



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Unit 2135-12191 Hammersmith Way, Richmond, B.C. V7A 5H2

Phone: 604.277.5855 Fax: 604.277.5859 Toll Free: 1-800-709-0906

Email: info@sostech.ca Website: www.SOSTECH.ca

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FIRST AID KITS

FUNDRAISING

SMALL FIRST AID KIT FK01340

\$19.58 (TAXES INCLUDED)



- 12 x Band-aids Strip Plastic
- 2 x Band-aids Strip Fabric
- 2 x Band-aids Fabric Fingertip
- 2 x Band-aids Fabric Knuckle
- 2 x Band-aids Patch
- 2 x Band-aids Large Patch
- 1 x Adhesive Tape
- 2 x Gauze Pads 5cm
- 2 x Gauze Pads 10cm
- 6 x Antiseptic Wipes

- 12 x Alcohol Wipes
- 2 x Burn Gel
- 1 x Instant Cold Pak
- 1 x Tensor
- 1 x Forcep
- 1 x Scissor
- 1 x Pair Of Gloves
- 1 x Plastic Box

Weight: 1 lbs

Quantity
Needed

MEDIUM FIRST AID KIT FK01341

\$27.04 (TAXES INCLUDED)



- 1 x Abd Pads 8" X 10'
- 1 x First Aid Cream
- 6 x Antiseptic Towellettes
- 25 x Band-aids
- 1 x Eye Pads, Sterile
- 1 x Sliver Forceps
- 2 x 2" Gauze
- 5 x 3" X 3" Sterile Gauze
- 6 x Pairs Of Nitrile Gloves
- 6 x Hand Cleansing Towellettes

- 1 x Emersafe Shield
- 1 x Pressure Dressings
- 1 x Biohazard Bag
- 1 x Bandage Scissors
- 1 x 1" Adhesive Tape
- 1 x 3" Tensor Bandage
- 1 x Triangular Bandages

Weight: 4.4 lbs

Quantity
Needed



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FIRST AID KITS

FUNDRAISING

LARGE FIRST AID KIT FK01342

\$33.55 (TAXES INCLUDED)



Quantity
Needed

- 1 x Abdominal/Combine Pad, 12.7 x 22.9 cm, Sterile
- 3 x After Bite Treatment Swabs
- 8 x Alcohol Antiseptic Swabs
- 9 x Benzalkonium Chloride (Bzk), Antiseptic Towelettes
- 1 x Emergency Blanket, Foil/Mylar, 142.2 x 203.2 cm
- 1 x Cold Pack, Instant, Small, 10.2 x 15.2 cm
- 1 roll Conforming Stretch Bandage, 7.6 cm x 3.7 m
- 2 x Cotton Tipped Applicators, 2/Pk, 7.6 cm, Single-End, Sterile
- 1 roll Elastic Support/Compression Bandage, 7.6 cm x 4.6 m
- 6 x Fabric Bandages, 2.2 x 7.6 cm, Heavyweight
- 3 x Fabric Bandages, Fingertip Large, 4.4 x 7.6 cm, Heavyweight
- 3 x Fabric Bandages, Knuckle, 3.8 x 7.6 cm, Heavyweight
- 2 x Fabric Bandages, Large Patch, 5.1 x 7.6 cm, Heavyweight
- 3 x First Aid Ointment, 1 g
- 4 x Gauze Pads, 7.6 x 7.6 cm, Sterile
- 3 x Hand Cleansing Moist Towelettes
- 2 x Hand Sanitizer, Antiseptic Gel, 3.7 ml
- 1 pkg Nitrile Medical Examination Gloves, Powder-Free, Large, 2's
- 10 x Plastic Bandages, 1 x 3.8 cm, Junior
- 12 x Plastic Bandages, 1.9 x 7.6 cm
- 1 pkg Safety Pins, Assorted Sizes, 6's
- 3 x Sani-Hands, Alcohol Gel Hand Towelettes
- 1 x Scissors, Blunt Tip, Nickel-Plated, 10.5 cm
- 1 x Splinter Forceps, Blunt End, Nickel-Plated, 8.1 cm
- 1 pkg Splinter-Out, 2's
- 1 x Pocket Guide (English/French)
- 1 roll Tape, Clear Plastic, 1.9 cm x 0.9 m
- 2 x Telfa, Non-Adherent Pads, 5.1 x 7.6 cm, Sterile
- 1 x Water-Jel, Cool Jel, 3.5 g
- 1 x Nylon Soft Pack, Large Rectangle, 23.5 x 14 x 7 cm (9-1/4" x 5-1/2" x 2-3/4")

Weight: 3 lbs



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**BE PREPARED...
not scared, and
RAISE MONEY
for your school!**



*Are you and
your family
prepared for
a disaster ?*

- Pack**
- Plan**
- Practice**

Your Organization/School has an opportunity for you to protect yourselves and your loved ones.

Purchase emergency preparedness kits for the home, car or office at wholesale prices and raise money for your school at the same time.

**4 Person Deluxe
Survival Kit
\$254.24 (taxes included)**



Event Details

Date: _____

Time: _____

New Location:

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