

November 11 – November 15, 2024



THE MCNAIR WAAG

Monday Nov 11	Tuesday Nov 12	Wednesday Nov 13	Thursday Nov 14	Friday Nov 15																																																																																				
Remembrance Day (school closed)	Day 1 <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time Sign-in</td><td>9:45</td><td>10:20</td></tr> <tr><td>Block B</td><td>10:25</td><td>11:35</td></tr> <tr><td>Break</td><td>11:35</td><td>11:50</td></tr> <tr><td>Block C</td><td>11:55</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:45</td></tr> <tr><td>Block D</td><td>1:50</td><td>3:00</td></tr> </table>	Block A	8:30	9:40	Flex Time Sign-in	9:45	10:20	Block B	10:25	11:35	Break	11:35	11:50	Block C	11:55	1:05	Lunch	1:05	1:45	Block D	1:50	3:00	Day 2 <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time Sign-in</td><td>9:45</td><td>10:20</td></tr> <tr><td>Block B</td><td>10:25</td><td>11:35</td></tr> <tr><td>Break</td><td>11:35</td><td>11:50</td></tr> <tr><td>Block C</td><td>11:55</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:45</td></tr> <tr><td>Block D</td><td>1:50</td><td>3:00</td></tr> </table> <p>Ed Fac Meeting (at Lunch)</p> <p>Canadian Intermediate and Senior Math Contest</p> <p>Last Day to buy Tickets For Autumn Gala (Senior Formal)</p>	Block A	8:30	9:40	Flex Time Sign-in	9:45	10:20	Block B	10:25	11:35	Break	11:35	11:50	Block C	11:55	1:05	Lunch	1:05	1:45	Block D	1:50	3:00	Day 1 <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time Sign-in</td><td>9:45</td><td>10:20</td></tr> <tr><td>Block B</td><td>10:25</td><td>11:35</td></tr> <tr><td>Break</td><td>11:35</td><td>11:50</td></tr> <tr><td>Block C</td><td>11:55</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:45</td></tr> <tr><td>Block D</td><td>1:50</td><td>3:00</td></tr> </table>	Block A	8:30	9:40	Flex Time Sign-in	9:45	10:20	Block B	10:25	11:35	Break	11:35	11:50	Block C	11:55	1:05	Lunch	1:05	1:45	Block D	1:50	3:00	Day 2 <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time Sign-in</td><td>9:45</td><td>10:20</td></tr> <tr><td>Block B</td><td>10:25</td><td>11:35</td></tr> <tr><td>Break</td><td>11:35</td><td>11:50</td></tr> <tr><td>Block C</td><td>11:55</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:45</td></tr> <tr><td>Block D</td><td>1:50</td><td>3:00</td></tr> </table> <p>Learning Updates Due 8:00am</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Reminder Semester 1 Midterm Learning Updates published to MyEdBC on November 20th</p> </div>	Block A	8:30	9:40	Flex Time Sign-in	9:45	10:20	Block B	10:25	11:35	Break	11:35	11:50	Block C	11:55	1:05	Lunch	1:05	1:45	Block D	1:50	3:00
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Marlin Strong: Every student, every day, whatever it takes!
 “Connectedness has the power to counterbalance adversity.”
Dr. B. D. Perry

Life is full of adversity. Nobody makes it through life unscathed. These events of adversity will inevitably change an individual, but it does not all have to be negative. It’s living through difficult events that we learn the most important lessons in life and build resilience.

Research shows that people who experience negative events say they have much greater inner strength than they ever thought possible, and they are closer to friends and family. In fact, many credit connectedness to family, community, and culture as the key element that helped them overcome life’s adversities.

An individual’s connectedness to family, community, and culture is a better predictor of their current and future mental health than their history of adversity or trauma. It is important to note that “connection” is not defined by the number of friends or relationships a person has, but by the quality of relationships that exist.

In many families, the power of connection is defined by the energy that exists between people when they feel seen, heard, and valued. “The more that an individual feels seen, heard, and valued, the more that person feels ‘connected’ and the greater their ability to counterbalance adversity.”

In similar research, people showed lower levels of anxiety and higher self-esteem when they felt more connected to others, non-family members. Feelings of connectedness create a more positive well-being for individuals. Socially connected people experience increased feelings of belonging, self-worth, and confidence.

At McNair, we “Champion students and their learning.”

Autumn Gala: Senior Winter Formal

The Autumn Gala is taking place on Wednesday, November 20 from 6:30pm - 9:30pm at the Heritage Hall in Vancouver. Grads and invited guests will attend an evening of fun, food, dancing, and socializing. Deadline to purchase tickets is November 13th. Please purchase tickets on SchoolCashOnline .

Poinsettia Fundraiser deadline is Friday, November 15th

Please visit our fundraising website and select from a variety of flowers and arrangements: Poinsettias, Indoor Tropical Planter, Holiday Wreath, etc.

Pickup on Friday, Nov.29th.

Go to: mcnairfundraiser.growingsmilesfundraising.com

DATES TO REMEMBER:

- Nov 18 SCC Meeting (at lunch)
- Nov 20 Learning Updates published on MyEd BC
- Nov 20 Grad Autumn Gala @ 6pm (Heritage Hall)
- Nov 21 SBT Meeting (at lunch)
- Nov 22 Earthquake and Evacuation Drill @ 9:30am
- Nov 25 Professional Development Day
- Nov 26 VCH Immunization Clinic (Gr. 9)
- Nov 26 Pep Rally and Basketball Home Opener
- Nov 27 Parent-Teacher Conferences; Early Dismissal @ 12:50pm
- Nov 28 Parent-Teacher Conferences; Early Dismissal @ 12:50pm
- Dec 2 Staff Meeting (after school)
- Dec 4 Collaboration Day (Classes begin at 9:55am)
- Dec 4 Mini School Potluck
- Dec 5 Staff Meeting (after school)
- Dec 5 Winter Concert
- Dec 5 SBT Meeting (at lunch)
- Dec 11 Ed Fac Meeting (at lunch)
- Dec 11 Lockdown Drill (Lunch-1:35pm)

Semester 1 Midterm Learning Update Timeline

November 1–14	Teachers prepare marks/comments for entry in MyEdBC and review verification reports
November 15	All marks/comments posted in MyEdBC by 8am Modified Supplemental Reports due to office
November 16–19	Admin/counselling review all report cards
November 19	Attachments due to office
November 20	Learning Updates published to student & parent MyEdBC. Parent-Teacher Conference Bookings Open
November 27-28	Parent-Teacher Conferences

Preparing for Midterm Learning Updates (Report Cards)

A reminder to parents and legal guardians that Semester 1 midterm learning updates (report cards) will be published online on the MyEducation BC Portal on Wednesday, November 20th. We encourage parents to sit down with their teen and review this report looking at it in its entirety. Pay attention to learning achievement, as well as attendance and teacher comments. Celebrate the successes and discuss student plans for areas that may need some continued growth and improvement. If you have any questions, phone the school, email teachers directly or sign up for a parent-teacher conference.

Guiding Principles for Flex Time

- Flex is Self-Directed, Self-Managed, and Self-Regulated
- Flex Enhances Curricular and Core Competency
- Flex supports Self-Care, Self-Awareness, Physical/Mental Health

Possible options for students during Flex Time:

- complete homework, reading, journaling, reflecting
- work on projects with classmates, receive learning support in the learning center, get extra support from staff