

November 18 – November 22, 2024



THE MCNAIR WAAG

Monday Nov 18	Tuesday Nov 19	Wednesday Nov 20	Thursday Nov 21	Friday Nov 22																																																																																																									
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> <p>SCC Meeting (at lunch)</p> <p>Multiculturalism Week</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 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>“The Other People” Assemblies Block A: Grade 8-9 Block B: Grade 10-12</p> <p>Lunch and Learn Room 137 (at lunch)</p> <p>Learning Updates Attachments due</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> <p>Grad Autumn Gala (at 6pm Heritage Hall)</p> <p>Learning Updates Published to MyEd BC</p> <p>Parent-Teacher Conference Sign-up Opens</p> <p>Mini School Meeting (at lunch)</p> <p>Post-Secondary Institution Fair (10am-11:30am)</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 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>SBT Meeting (at lunch)</p> <p>Sign-up For Parent-Teacher Conferences</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> <p>Earthquake & Evacuation Drill (at 9:30am)</p> <p>Health & Safety Committee Meeting (at lunch)</p> <p>Sign-up For Parent-Teacher Conferences</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
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Marlin Strong: Every student, every day, whatever it takes!
“I am stuck in fight or flight mode.”

Unknown

Our brains are designed to act and feel before we think. This seems odd, right? Logic would dictate that we think and then react with actions and feelings, but this is not the case. Our brains function sequentially, working from the bottom up. This means that our “old brain,” which includes the amygdala and the brain stem, is activated first, followed by our upper brain - our “new brain,” the cerebral cortex.

This sequence of activation is important because the old brain prioritizes survival, winning, and actions that will remove the perceived threat as quickly as possible. The “new brain” is where we solve problems, think logically, and develop reasoning. The “new brain” is our thoughtful brain. It houses our values, our personality, as well as our social skills. This is the part of the brain that we count on to resolve conflict.

Whether young or old, student or teacher, it doesn’t matter who the person is; if they get stuck in the “old brain,” their blood pressure and heart rate will rise, and adrenaline and cortisol will enter the bloodstream. This results in rapid loss of creative thought, logic, reasoning, and diminished empathy. In these situations, the individual is more likely to escalate an interaction by saying and doing things that they normally wouldn’t. These actions and feelings occur before their “new brain” is activated and given the opportunity to thoughtfully address the situation.

It is important to remain dignified and respectful when upset, but that is not the goal. Instead, the goal is to manage the conflict so that one doesn’t get stuck in the “old brain,” becoming overly upset or emotional, and then responding by fighting or fleeing. Knowing how to help an individual calm down and, more importantly, understanding how and when to take a time out when things begin to get out of hand are skills to learn and practice. **At McNair, we “Champion students and their learning.”**

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 child 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.

DATES TO REMEMBER:

- 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 Winter Concert
- Dec 11 Ed Fac Meeting (at lunch)
- Dec 11 Lockdown Drill (Lunch-1:35pm)
- Dec 16 SCC Meeting (at lunch)
- Dec 16 At-Risk Learning Completion Plans Due (3:00pm)
- Dec 18 At-Risk Learning Completion Plans Emailed Home
- Dec 18 Mini School Meeting (at lunch)
- Dec 18 Staff Winter Luncheon
- Dec 19 Locker Clean Up
- Dec 20 Last Day of Classes before Break
- Dec 20 Santa/Winter Breakfast all students and staff welcome
- Dec 20 Turn off/unplug electronics before break
- Dec 23 Winter Break

Semester 1 Midterm Learning Update Timeline

November 16–19	Admin/counselling review all report cards
November 19	Attachments due to office
November 20	Learning Updates published to MyEdBC. Parent-Teacher Conference Bookings Open
November 27-28	Parent-Teacher Conferences

Parent Teacher Conferences (In-Person and Virtual)

November 27th (2-4pm) and 28th (2-4pm & 5-7pm). All conferences can be virtual or in-person, with all teachers available on site at McNair. Parent sign up begins on November 20, 2024, after Learning Updates are published to MyEdBC. Instructions will be posted on McNair’s website. Students are welcome to join parents during the Parent Teacher Conferences. **All parent-teacher conferences must be [booked online](#).**

Autumn Gala: Senior Winter Formal

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

The Other People Assemblies (November 19th)

We are pleased to welcome [The Other People](#), who will speak to all students about their experiences. Their aim is to expose teenagers and young adults to people who have experienced discrimination based on their religious, ethnic or cultural background. By enabling students to meet them first hand, hear their stories and ask questions, “The OTHER People” are helping to dismantle the “us vs. them” divide that leads to prejudice, exclusion and marginalization.