

November 4 – November 8, 2024



THE MCNAIR WAAG

Monday Nov 4	Tuesday Nov 5	Wednesday Nov 6	Thursday Nov 7	Friday Nov 8																																																																																																									
Day 2	Day 1	Day 2	Day 1	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>Staff Meeting (Library) @3pm</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	<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 Assessment Literacy 12 8:30-11:30</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	<p>Collaboration Day (Classes begin at 9:55am)</p> <table border="1"> <tr><td>Collaboration</td><td>8:30</td><td>9:50</td></tr> <tr><td>Block A</td><td>9:55</td><td>10:55</td></tr> <tr><td>Block B</td><td>11:00</td><td>12:00</td></tr> <tr><td>Break</td><td>12:00</td><td>12:15</td></tr> <tr><td>Block C</td><td>12:20</td><td>1:20</td></tr> <tr><td>Lunch</td><td>1:20</td><td>1:55</td></tr> <tr><td>Block D</td><td>2:00</td><td>3:00</td></tr> </table> <p>Grade 9: Take Our Kids to Work Day</p>	Collaboration	8:30	9:50	Block A	9:55	10:55	Block B	11:00	12:00	Break	12:00	12:15	Block C	12:20	1:20	Lunch	1:20	1:55	Block D	2:00	3:00	<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>Suggested Marks Cutoff</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	<p>Remembrance Day Ceremony</p> <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:30</td></tr> <tr><td>Block B</td><td>9:35</td><td>10:45</td></tr> <tr><td>Ceremony</td><td>10:45</td><td>11:45</td></tr> <tr><td>Break</td><td>11:45</td><td>12:00</td></tr> <tr><td>Block C</td><td>12:05</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:50</td></tr> <tr><td>Block D</td><td>1:55</td><td>3:00</td></tr> </table>	Block A	8:30	9:30	Block B	9:35	10:45	Ceremony	10:45	11:45	Break	11:45	12:00	Block C	12:05	1:05	Lunch	1:05	1:50	Block D	1:55	3:00
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																																																																																																											
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																																																																																																											
Collaboration	8:30	9:50																																																																																																											
Block A	9:55	10:55																																																																																																											
Block B	11:00	12:00																																																																																																											
Break	12:00	12:15																																																																																																											
Block C	12:20	1:20																																																																																																											
Lunch	1:20	1:55																																																																																																											
Block D	2:00	3:00																																																																																																											
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																																																																																																											
Block A	8:30	9:30																																																																																																											
Block B	9:35	10:45																																																																																																											
Ceremony	10:45	11:45																																																																																																											
Break	11:45	12:00																																																																																																											
Block C	12:05	1:05																																																																																																											
Lunch	1:05	1:50																																																																																																											
Block D	1:55	3:00																																																																																																											

Marlin Strong: Every student, every day, whatever it takes!
"Have a balanced reaction to joy and misery...protects one from emotional agitation."
Buddhists

We all know people who can maintain a sense of composure, balance, and stability as they navigate the many curveballs that life throws at them. They have an evenness of mind and temperament; they carry themselves with grace and serenity. They possess a contemplative mindset that is spiritual, philosophical, and ancient in tradition.

Fortunately, a contemplative mindset, or equanimity, is not just a psychological trait that we are born with; it is a state of mind that we can actively cultivate. We can seek to enhance our inner sense of peace, reduce our reactivity to external stimuli, and cultivate our non-attachment to specific outcomes.

Contemplative practices can be transformative because they focus on helping us become calmer, wiser, kinder, and happier. A contemplative pedagogy in a classroom and at home empowers students to maintain an open heart and mind, to be non-reactive in the face of challenging situations. It is not easy to remain calm but through reflection, meditation, deep breathing exercises, and yoga (connecting the mind and body) we can live with an open heart without letting it overwhelm us. We should all take time each day to reflect, meditate, breathe deeply, and practice yoga.

Empowering students through a contemplative pedagogy will deepen their understanding, foster greater connection to and compassion for others, and engender engaged inquiry into their most profound questions.

By maintaining equanimity, we can relate to others without being swayed by personal preferences, biases, or expectations. It promotes an attitude of acceptance, patience, and understanding, creating a conducive environment for effective communication, conflict resolution, and empathy. It is well worth our effort because when we are in a state of equanimity, we can respond to life's ups and downs with more clarity and wisdom.

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 15th. Please purchase tickets on SchoolCashOnline (starting soon).

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 11 Remembrance Day (school closed)
- Nov 13 Ed Fac Meeting (at lunch)
- Nov 13 Canadian Intermediate and Senior Math Contest
- Nov 15 Learning Updates Due 8:00am
- 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

Literacy 12 Graduation Assessment

On November 5th, all grade 12 students will be writing their Literacy 12 Assessment. The assessment will begin at 8:30am on Tuesday. The staff invigilation schedule is posted on Teams.

Take Our Kids To Work Day

On November 6, 2024, Gr. 9 students in Richmond will go to work with a parent, relative, or adult friend. Students are asked to return [the permission form](#) to the school office no later than Friday, November 1st.

Remembrance Day "What do you want to be remembered for?"

On November 8th, we remember those who volunteered, sacrificed, served, fought, and died for our freedom. We thank them, and we salute them for their sacrifice. Those who sacrificed greatly for our freedoms must always be remembered. But, along with never forgetting them, it is our responsibility to honour them with our own commitment to peace, kindness, and respect for all. During this year's ceremony, we ask all students: "What sacrifices do you make for others?" What sacrifices will you be remembered for? Will you be remembered for standing up for those who are being marginalized or mistreated and those who are experiencing racism and inequality? The ceremony will be during B Block at 10:45am. **LEST WE FORGET**

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