

# February 10 – February 14, 2025

Monday Feb 10	Tuesday Feb 11	Wednesday Feb 12	Thursday Feb 13	Friday Feb 14																																																																																																										
<b>Day 2</b> <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time</td><td>9:45</td><td>10:20</td></tr> <tr><td>Sign-in</td><td></td><td></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>"Crush Cans" Last Day for Sales Sold by Student Council</p> <p>"Grad-itude" hosted by Student Council</p> <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Warm &amp; Fuzzy Day</td></tr> </table>	Block A	8:30	9:40	Flex Time	9:45	10:20	Sign-in			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	Spirit Week	Warm & Fuzzy Day	<b>Day 1</b> <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time</td><td>9:45</td><td>10:20</td></tr> <tr><td>Sign-in</td><td></td><td></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> <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Throwback 2000</td></tr> </table>	Block A	8:30	9:40	Flex Time	9:45	10:20	Sign-in			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	Spirit Week	Throwback 2000	<b>Day 2</b> <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time</td><td>9:45</td><td>10:20</td></tr> <tr><td>Sign-in</td><td></td><td></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>Program Planning Information Assemblies (grade 8-11)</p> <p>Ed Fac Meeting (at lunch)</p> <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Teacher Student Swap</td></tr> </table>	Block A	8:30	9:40	Flex Time	9:45	10:20	Sign-in			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	Spirit Week	Teacher Student Swap	<b>Day 1</b> <table border="1"> <tr><td>Block A</td><td>8:30</td><td>9:40</td></tr> <tr><td>Flex Time</td><td>9:45</td><td>10:20</td></tr> <tr><td>Sign-in</td><td></td><td></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>Articulation Breakfast 7:30am - Library Crush Can Distribution by Student Council</p> <p><a href="#">McNair PAC Meeting 7pm</a></p> <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Dress for Valentine's Day</td></tr> </table>	Block A	8:30	9:40	Flex Time	9:45	10:20	Sign-in			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	Spirit Week	Dress for Valentine's Day	<b>Professional Development Day</b>  <b>Pro-D Day Activities</b>  Food & Mood  Inclusive Language Instruction  Let's Make Art  <b>Happy Valentine's Day!!</b>  <table border="1"> <tr><td>Reminder</td></tr> <tr><td>School Closed for Family Day February 17th</td></tr> </table>	Reminder	School Closed for Family Day February 17th
Block A	8:30	9:40																																																																																																												
Flex Time	9:45	10:20																																																																																																												
Sign-in																																																																																																														
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																																																																																																												
Spirit Week																																																																																																														
Warm & Fuzzy Day																																																																																																														
Block A	8:30	9:40																																																																																																												
Flex Time	9:45	10:20																																																																																																												
Sign-in																																																																																																														
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																																																																																																												
Spirit Week																																																																																																														
Throwback 2000																																																																																																														
Block A	8:30	9:40																																																																																																												
Flex Time	9:45	10:20																																																																																																												
Sign-in																																																																																																														
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																																																																																																												
Spirit Week																																																																																																														
Teacher Student Swap																																																																																																														
Block A	8:30	9:40																																																																																																												
Flex Time	9:45	10:20																																																																																																												
Sign-in																																																																																																														
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																																																																																																												
Spirit Week																																																																																																														
Dress for Valentine's Day																																																																																																														
Reminder																																																																																																														
School Closed for Family Day February 17th																																																																																																														

**Marlin Strong: Every student, every day, whatever it takes!**  
*"Educating the mind without educating the heart is no education at all." —Aristotle*

We all recognize the importance of brain development in education, however, equally important is the heart and the role it plays in the learning process. February 14<sup>th</sup> is a day that we readily follow our hearts, but they are underused most of the time. The heart unleashes the full power of our emotions. Research shows the power of using the heart in learning helps students be successful in school and later in life.

The heart is the command center of intelligence. When we address our students, our children, or our loved ones, it is important to remember that sometimes our hearts need more time to accept what the mind already knows. Communicating with others pragmatically and logically alone does not always connect well with the heart.

The heart is emotion, the heart is decision-making, the heart is engagement, the heart is connectedness, the heart is passion, the heart is learning, and so much more. Think about that argument you had with a loved one or the insult that is never forgotten. It is not your mind that remembers the argument, insult, or put-down; it is not the mind that remembers failure or lack of success; it is your heart that remembers. When you hear people speak of their pain, their loss; when you hear their lack of confidence and motivation, you are listening to their heart. Our hearts are in complete command of our thoughts. The mind is just a powerful passenger.

As teachers, parents, and friends, we do ourselves and others a disservice when we speak to the mind and not the heart. Speak to the heart by operating differently. Operate better by listening more than speaking and giving attention rather than requesting attention. Operate differently by being curious, being kind, and most importantly being empathetic. Talk to the heart by sharing your time with someone, take them for a walk, and listen to their story. Live in your heart

**Graduation Status Update (Grade 10-12)**

Along with the Summary of Learning, a Graduation Status Update was also published to MyEducationBC. This document should also be visible under the "Published Reports" heading. The Graduation Status Update provides an overview of where each student is in their way to meeting their graduation requirements. Should you have questions about this, please contact your child's counsellor.

**Please join us for the McNair PAC Virtual Meeting on February 13, 2025 @ 7pm on [MS Teams](#)**

**DATES TO REMEMBER:**

- Feb 17 BC Family Day (School Closed)
- Feb 19 Mini School Meeting (lunch)
- Feb 20 SBT Meeting (lunch)
- Feb 23 Deadline for Online Course Request Entry
- Feb 24 SCC Meeting (lunch)
- Feb 26 Pink Shirt Day
- Feb 26 Grade 9-11 Math Contests
- Feb 28 Informal Learning Updates Due 8:00am
- Mar 3 Spring Drama Production (Mar 3-7)
- Mar 3 Staff Meeting (after school)
- Mar 4 Informal Learning Updates Emailed Home
- Mar 5 Collaboration Day (Classes begin at 9:55am)
- Mar 6 SBT Meeting (at lunch)
- Mar 10 Elementary Basketball Tournament (Mar 10-11)
- Mar 12 Mini School Meeting (at lunch)
- Mar 12 Ed Fac Meeting (after school)
- Mar 13 Locker Clean Up
- Mar 14 Last Day of Classes before Break
- Mar 14 Turn off/unlug electronics before break
- Mar 17-28 Spring Break
- Mar 31 First Day of Classes after Break
- Mar 31 SCC Meeting (at lunch)

**Program Planning Timeline**

The [Program Planning](#) process for the 2025-26 school year is underway. There are a number of important dates for students and families to be mindful of:

Date	Event
<b>Feb 12</b>	Assemblies to review program planning process Grade 8: Block A      Grade 9: Block B Grade 10: Block C    Grade 11: Block D Personalized Planning Sheets Distributed
<b>Feb 12-23</b>	Online Course Selection through MyEducationBC
<b>Feb 18-21</b>	Counsellors visit classrooms to answer student questions
<b>Mar 10</b>	Course Request Confirmation sent by email

All course requests must be entered online through MyEducation BC. It is important that we have accurate and complete course selections for all students, as we build our timetable based on this information. Once our timetable is built, it may be difficult to accommodate requests to change selected courses.

**Choosing courses for 2025-26: "What is your mindset?"**

At McNair, during course selection and timetable building, we encourage students to take *full*, in-person course loads that are broad and well-balanced. Certainly, we encourage our students to follow their passions and strengths. We also want our students to be open to the notion of improving their stretches and tapping into other parts of their brain and body, including their creative and kinesthetic sides.