

# March 10 – March 14, 2025



THE MCNAIR WAAG

Monday Mar 10	Tuesday Mar 11	Wednesday Mar 12	Thursday Mar 13	Friday Mar 14																																																																																																									
Day 2	Day 1	Day 2	Day 1	Day 2																																																																																																									
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**Marlin Strong: Every student, every day, whatever it takes!**

Spring Break starts on Friday, and the excitement is palpable among students and teachers alike. Spring Break, like all breaks, big or small, is vital to the learning process. Down time or breaks prepare our minds and bodies for learning. Without them, we stagnate and plateau.

For many of us at McNair, being productive means spending countless hours engaged in the learning process, working hard at school and afterwards. Students are encouraged by people who love and care for them to be hard working, disciplined and dedicated to their learning.

When school is out for the day, or for winter/spring/summer break, it is filled with other activities. The cost of being always-on and doing something is high – it leads to burnout, anxiety, and an overall sense of unwellness. In many cases, “over-working” or working without a break has the opposite effect; it does not lead to success. Instead, it leads to lack of engagement and often learning plateaus.

We hear stories of students “routinely” waking up early and staying up late, working on lessons, assignments, and preparing for assessments. They do this to tackle an ever-increasing workload, many choosing to grind through, sometimes skipping meals, or skipping time with friends and family so that they can get everything done and they can be their best.

To be hard working and dedicated is good. However, it can be counterproductive not only to our overall health and well-being, but also to our performance. Don’t get me wrong, we know how important it is to be responsible and to take care of our responsibilities so that we can accomplish our goals.

If you are looking to improve and be successful at school and beyond, take time to relax, recharge your body and mind. Research shows that taking purposeful breaks, anywhere between 5–60 minutes from studying, to refresh your brain and body, increases your energy, productivity, and ability to focus. Taking days and weeks away from studying has the same effect; it helps increase focus, productivity, and most importantly, reduce stress.

If you want to finish the school year strong and be your best, put away your studies during Spring Break. Give your body and mind a break, spend time with friends and family, sleep in, laugh, go for a hike in the mountains and do things that you love with people you love. Happy Spring Break everyone!

*Championing Students and Their Learning*

**DATES TO REMEMBER:**

- Mar 17-28 Spring Break
- Mar 31 First Day of Classes after Break
- Mar 31 SCC Meeting (at lunch)
- Apr 2 Collaboration Day (Classes begin at 9:55am)
- Apr 3 SBT Meeting (at lunch)
- Apr 7-8 Mini 12: Food Bank
- Apr 7 Staff Meeting (after school)
- Apr 8 Grad Assessment: Numeracy10
- Apr 9 Ed Fac Meeting (at lunch)
- Apr 11 Suggested Marks Cutoff
- Apr 16 Mini School Meeting (at lunch)
- Apr 16 Evacuation Drill (Block B- 10:30am)
- Apr 17 SBT Meeting (at lunch)
- Apr 17 Learning Updates due 8:00am
- Apr 18 Good Friday (School Closed)
- Apr 21 Easter Monday (School Closed)
- Apr 23 Learning Updates Published on MyEdBC
- Apr 28 SCC Meeting (at lunch)
- Apr 30 Parent-Teacher Conferences (2-4pm) Early Dismissal
- May 1 Parent-Teacher Conferences (2-4pm/5-7pm) Early Dismissal
- May 5-6 Grade 9 Mini School Trip: Timberline Ranch
- May 6-9 Grade 11 Mini School Trip: Juan De Fuca hike
- May 7 Collaboration Day (Classes begin at 9:55am)
- May 8 SBT Meeting (at lunch)
- May 13-15 Gr. 8 Mini – Galiano Island
- May 12-21 Social Justice New York Trip
- May 14 Gauss Math Contest (Gr. 8)
- May 14 Ed Fac Meeting (at lunch)
- May 16 Pro-D Day
- May 16 District Non-Instructional Day: (Indigenous Learning Focus)
- May 19 Victoria Day (School Closed)
- May 21 Mini School Meeting (at lunch)
- May 22 SBT Meeting (at lunch)
- May 26 SCC Meeting (at lunch)
- May 26 At-Risk Learning Completion Plans Due (3:00pm)
- May 27 SD38 Indigenous Achievement Ceremony
- May 28 At-Risk Learning Completion Plans Emailed Home
- May 30 Evacuation Drill (Block A – 9:30am)

**Spring Athletics**

After a great winter season featuring our basketball teams, we move into the spring with grade 8 and 9 boys’ volleyball, Ultimate (co-ed), Badminton (co-ed), Track & Field (co-ed), and girls’ soccer. Students are encouraged to get involved in athletics as student-athletes, scorekeepers, officials, managers, coaches, and spectators. Be sure to connect with Athletic Director, Mr. Dhaliwal, if you want to get involved!

*HAPPY SPRING BREAK*