

# March 3 – March 7, 2025

Monday Mar 3	Tuesday Mar 4	Wednesday Mar 5	Thursday Mar 6	Friday Mar 7																																																																																																									
<p><b>Day 1</b></p> <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 at 3pm (Library)</p> <p>Pizza Fundraiser McNair Mini Council at Lunch</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><b>Day 2</b></p> <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>Informal Learning Updates Emailed Home</p> <p>Health &amp; Safety Meeting @lunch (Conference Room)</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><b>Day 1</b></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>Collaboration Day (Classes begin at 9:55am)</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	<p><b>Day 2</b></p> <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>McNair's Got Talent at Lunch (Gym)</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><b>Day 1</b></p> <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>Grade 12 TVR Assembly (Flex Time)</p> <p>Dry Grad Tickets on Sale</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!**

The learning process can be stressful, for both educators and students. It is important to remember that our body's "stress response" should be short. Long periods of time in a "stress response," is not healthy.

Research tells us that a stress response is supposed to be short-lived because it wears down our bodies, our health, and our energy. When we come out of the "stress response" in a timely fashion, the parasympathetic nervous system starts working to replenish our mind, body, and spirit.

When we don't come out of the "stress response", it impacts our emotional intelligence and decision making. When we are stressed, we are more likely to react to situations than to respond with reason. We also perceive the world differently. Stress makes us narrowly focused, preventing us from seeing the bigger picture. When we are calmer, our attention becomes broader. In fact, we literally see more things and are better learners and teachers.

Many of you know, that the body's "stress response" is vital for survival. Cultivating a calmer, more restful, relaxed state of mind doesn't mean that we'll drown under all our responsibilities or won't survive after coming out of the "stress response." Instead, research suggests a more relaxed mind will bring us greater attention, energy, and creativity to tackle life's problems.

Cultivating calm isn't about avoiding every kind of stressful emotion. In fact, when we make time to breathe, connect, and care, some of the negative feelings we've been running from might catch up with us. That's the time for self-compassion; it's okay to feel bad. Resilience doesn't mean that we'll be happy all the time, but it does mean we have the energy, the mindset, and the support from others to help weather the storm. **Championing Students and Their Learning**

**Communicating Student Learning**

Semester 2 student progress will be communicated with parents on March 4<sup>th</sup>. For each subject, all students will be given an Informal Learning Update Report. These progress reports will include information about the learning progress to date and feedback that will aid in improving a student's performance, as well as comments about a student's work habits and engagement.

**Informal Learning Update Timeline**

February 28	Learning Update Files due by 8am
March 3	Admin & Counsellors review Learning Updates
March 4	Learning Update Reports emailed home @ 2:00pm

**DATES TO REMEMBER:**

- 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/unplug electronics before break
- 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 16 Pro-D Day
- May 16 District Non-Instructional Day: (Indigenous Learning Focus)

**Concord Floral**

McNair's theatre production this year is Concord Floral. Directed by Mr. Marco Soriano, the production is a powerful example of storytelling with an emotional punch. Concord Floral will play from March 4 to 7 at 7pm each night.. Buy your tickets now, for an unforgettable evening of live theatre. Tickets are available at the school.

**Importance of McNair's Flex Time (Sign-up is required)**

Each day, we allocate instructional time for "self-directed" personalized learning. During Flex Time, students engage in independent learning and pursue their learning with the support and mentorship of teachers. Flex Time is Self-Directed, Self-Managed, and Self-Regulated. It is an important opportunity for students to get extra support and build upon their learning.