

## May 26 – May 30 2025

Monday May 26	Tuesday May 27	Wednesday May 28	Thursday May 29	Friday May 30																																																																																																																																				
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<p>Grade 12 Info Session Large Gym (at flex)</p> <p>Scholarship Meeting Conference (at lunch)</p> <p>Learning Completion Plans due (3:00pm)</p>	<p>SD38 Indigenous Achievement Ceremony (Large Gym @ 5pm)</p> <p>Valedictory Speakers <a href="#">Self Nomination</a> Opens May 26 to May 30</p> <p>Valedictory <a href="#">Grad Speaker Nomination</a> Form Opens May 26 to May 30</p>	<p>Learning Completion Plans Emailed Home</p>	<p>McNair PAC Meeting On Teams @7pm <a href="#">Join Meeting</a></p>	<p>Grade 12 Films Viewing Party Theatre @2pm</p> <p>Valedictory Speakers <a href="#">Self Nomination</a> Closes</p> <p>Valedictory <a href="#">Grad Speaker Nomination</a> Form closes</p>																																																																																																																																				
Mini Grade 12 Tofino Trip (May 26 to May 29)																																																																																																																																								
Student Council Elections – Campaigning – Voting June 2-5																																																																																																																																								

### Marlin Strong: Every student, every day, whatever it takes!

*Remember, you've been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens."*

**Louise L. Hay**

We all stumble and fall, and experience setbacks in life. Our students are no different. In fact, they may stumble and fall more often because they are constantly being assessed at school and at home as they develop and grow. It is common for students to respond to their setbacks by either becoming defensive and blaming others, or more commonly and unfortunately, blaming themselves. Blaming others, such as teachers and classmates, alleviates responsibility, but it comes at the expense of learning. Blaming oneself, on the other hand, may feel warranted in the moment, but it can lead to an inaccurately harsh assessment of one's potential, which undermines personal development, self-esteem, and motivation.

What if, instead, we were to encourage students to treat themselves as they would treat a friend in a similar situation when they fail? More likely than not, they would be kind, understanding, and encouraging. That type of response internally, toward one-self, is self-compassion. This response encourages new learning. Research indicates that self-compassion is a useful tool for enhancing performance in a variety of settings, from classrooms to athletic fields.

Self-compassion leads to personal growth. People with high levels of self-compassion demonstrate three behaviors: first, they are kind rather than judgmental about their own failures and mistakes; second, they recognize that failures are a shared human experience; and third, they take a balanced approach to negative emotions when they stumble or fall short—they allow themselves to feel bad, but they don't let negative emotions take over and stop the learning process.

Encouraging self-compassion does not mean we are encouraging students to convince themselves that they are better than they are, but rather helping them avoid defeatism - thinking they're worse than they are. **Championing Students and Their Learning**

**Athletic Banquet** On June 5<sup>th</sup>, there will be an Athletics Banquet to recognize McNair's student athletes. Families are encouraged to attend this special event to celebrate student athletes. **Awards Ceremony** on June 20<sup>th</sup>, we will have an Awards Ceremony in the Gym during the school day for grades 8-12. Families are encouraged to attend to celebrate their student.

### DATES TO REMEMBER:

June 2	Staff Meeting (after school)
June 5	Athletic Banquet at 3:30pm
June 5	Spring Music Concert
June 5	SBT Meeting (at lunch)
June 10	VCH Immunization Clinic (Gr. 9)
June 11	Ed Fac Meeting (lunch)
June 13	Graduation Dinner Dance
June 16	SCC Meeting (at lunch)
June 16	Mini School Farewell
June 18	Mini School Meeting (at lunch)
June 19	Valedictory Rehearsal
June 19	Suggested Marks Cutoff
June 20	Last Day of Semester 2 Classes
June 20	Awards Ceremony and Carnival
June 23-25	Learning Completion Days
June 23	Valedictory Ceremony (7:00pm – UBC Chan Centre)
June 23	Learning Updates due (8:00am-firm deadline)
June 26	Final Summary of Learning Published on MyEdBC
June 27	Administrative Day
June 27	Last Day for Staff
June 27	Staff Luncheon at 11:00am
June 27	Turn off/Unplug all electronics before break
July 1	Canada Day
Aug 4	BC Day

### Grade 12 Graduation Timeline

Valedictory Speakers Self Nomination	May 26 – May 30
Red Carpet at McNair (Gym) all family and friends are welcome	June 13 @ 4pm
Prom at Richmond Country Club	June 13 @ 6pm
Dry Grad Celebration at McNair	June 13 @ 11:30pm
Rehearsal and Grad BBQ	June 19 <sup>th</sup>
Last Day of Classes at McNair	June 20 <sup>th</sup>
Valedictory Ceremony at UBC @ 7pm	June 23 <sup>rd</sup>

### Capstone Film-Fest: May 30<sup>th</sup>

The Capstone Film Fest is an opportunity for students to further showcase their strengths, passions, and learning journey over the past few months and years. As a celebration of their learning, on May 30<sup>th</sup> Grade 12 students will share their short films, documenting their capstones with their peers and junior students at McNair. The top capstone projects will be forwarded to McNair Scholarship Committee for consideration for the Capstone Scholarships. Five scholarships will be awarded to the students with the top Capstone Projects.