

## May 5 – May 9 2025

Monday May 5	Tuesday May 6	Wednesday May 7	Thursday May 8	Friday May 9																																																																																																									
<div>Day 2</div> <table><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> <div>Staff Meeting (after school)</div> <div>Red Dress Day (wear red)</div>	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	<div>Day 1</div> <table><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>	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	<div>Day 2</div> <table><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> <div>Collaboration Day (Classes begin at 9:55am)</div>	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	<div>Day 1</div> <table><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> <div>SBT Meeting (at lunch)</div>	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	<div>Day 2</div> <table><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> <div>Last Day for UBC Teacher Candidates</div> <div>Happy Mother's Day May 11</div>	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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Grade 9 Mini School Trip: Timberline		Grade 11 Mini School Trip: Juan De Fuca hike																																																																																																											

**Marlin Strong: Every student, every day, whatever it takes!**  
*"Every moment of one's existence, one is growing into more or retreating into less."*  
 Norman Mailer

It is a busy time of year at McNair. Students are occupied with volleyball, badminton, field trips to Galiano Island, Timberline Ranch, and New York, as well as their classroom responsibilities. The critical development of executive function kicks into overdrive when students are busy and attempt to juggle life's priorities and manage workloads from teachers, coaches, and parents.

Executive function is a set of skills that helps us organize, prioritize, focus, and exercise self-control in order to be productive and to accomplish tasks. These skills have been shown to be strong indicators of success in school and in life.

The greater a student's ability to hold onto and work with information, focus thinking, filter distractions, and switch gears when required, the more successful a student will be. Researchers refer to these capacities as executive function and self-regulation. These are the skills that rely on three types of brain functions: working memory, mental flexibility, and self-control. Children aren't born with these skills, but they are born with the potential to develop them if given the opportunity at home, at school, and in the community.

As educators and as parents, we should promote a well-balanced and appropriately 'busy' schedule for our students and children. The full range of an individual's abilities continues to grow and mature through the teen years and into early adulthood. To ensure that children develop these capacities, it is important to provide them with opportunities to be busy with multiple responsibilities and activities both in and out of school. This will allow them to strengthen or further develop their emerging executive skills.

Busy teens, those who have well developed executive function skills, make more positive choices and resist pressure to participate in negative activities. Good executive functioning primes our biological systems and coping skills to respond well to stress. *Championing Students and Their Learning*

**AP Exams** –Reminder that many of our senior students will be writing AP exams. The following will be at McNair: AP Calculus (May 12<sup>th</sup> @8am). AP Physics (May 13 & 14) and AP Psychology (May 16<sup>th</sup> @ 12pm). The rest of the AP exams will be hosted by other schools in Richmond.

### DATES TO REMEMBER:

May 13-15 Gr. 8 Mini – Galiano Island  
 May 14-21 Social Justice New York Trip  
 May 14 Gauss Math Contest (Gr. 8)  
 May 14 Ed Fac Meeting (at lunch)  
 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)  
 June 2 Staff Meeting (after school)  
 June 3 Athletic Banquet  
 June 5 Spring Music Concert  
 June 5 SBT Meeting (at lunch)  
 June 10 VCH Immunization Clinic (Gr. 9)  
 Jun 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

### Red Dress Day May 5<sup>th</sup>

Monday, May 5<sup>th</sup>, Peace and Unity Club is asking everyone to wear red in recognition of Red Dress Day. A day to honour and remember missing and murdered Indigenous Women and Girls across Canada. The red dress is a powerful symbol of those we have lost and those still searching for justice. Please wear red t-shirts, tops, scarfs, or hairband.. show your support. Peace and Unity Club will also be holding a bake sale fundraiser at lunch on May 5<sup>th</sup>, supporting organizations working to raise awareness and provide support to the Indigenous community. Let's come together in solidarity, respect, and action. Wear red to show McNair cares.

**Marlinares' Soap 4 Hope Campaign - April 29<sup>th</sup> to May 13<sup>th</sup>**  
 Please donate toothbrushes, toothpaste, soap, deodorant, wet wipes and hand sanitizer for the DTES.