

November 10 – November 14, 2025

Monday Nov 10	Tuesday Nov 11	Wednesday Nov 12	Thursday Nov 13	Friday Nov 14																																																																																	
Day 1 <table><tr><td>Block A</td><td>8:30</td><td>9:30</td></tr><tr><td>Block B</td><td>9:35</td><td>10:45</td></tr><tr><td>Ceremony</td><td>10:45</td><td>11:45</td></tr><tr><td>Break</td><td>11:45</td><td>12:00</td></tr><tr><td>Block C</td><td>12:05</td><td>1:05</td></tr><tr><td>Lunch</td><td>1:05</td><td>1:50</td></tr><tr><td>Block D</td><td>1:55</td><td>3:00</td></tr></table> Remembrance Day Ceremony McNair Budget Meeting Lunch (room 105)	Block A	8:30	9:30	Block B	9:35	10:45	Ceremony	10:45	11:45	Break	11:45	12:00	Block C	12:05	1:05	Lunch	1:05	1:50	Block D	1:55	3:00	Remembrance Day (School Closed)	Day 1 <table><tr><td>Block A</td><td>8:30</td><td>9:42</td></tr><tr><td>Flex Time</td><td>9:47</td><td>10:19</td></tr><tr><td>Block B</td><td>10:24</td><td>11:36</td></tr><tr><td>Break</td><td>11:36</td><td>11:46</td></tr><tr><td>Block C</td><td>11:51</td><td>1:03</td></tr><tr><td>Lunch</td><td>1:03</td><td>1:43</td></tr><tr><td>Block D</td><td>1:48</td><td>3:00</td></tr></table> Ed Fac Meeting Lunch (room 100)	Block A	8:30	9:42	Flex Time	9:47	10:19	Block B	10:24	11:36	Break	11:36	11:46	Block C	11:51	1:03	Lunch	1:03	1:43	Block D	1:48	3:00	Day 2 <table><tr><td>Block A</td><td>8:30</td><td>9:42</td></tr><tr><td>Flex Time</td><td>9:47</td><td>10:19</td></tr><tr><td>Block B</td><td>10:24</td><td>11:36</td></tr><tr><td>Break</td><td>11:36</td><td>11:46</td></tr><tr><td>Block C</td><td>11:51</td><td>1:03</td></tr><tr><td>Lunch</td><td>1:03</td><td>1:43</td></tr><tr><td>Block D</td><td>1:48</td><td>3:00</td></tr></table>	Block A	8:30	9:42	Flex Time	9:47	10:19	Block B	10:24	11:36	Break	11:36	11:46	Block C	11:51	1:03	Lunch	1:03	1:43	Block D	1:48	3:00	Day 1 <table><tr><td>Block A</td><td>8:30</td><td>9:50</td></tr><tr><td>Block B</td><td>9:55</td><td>11:15</td></tr><tr><td>Break</td><td>11:15</td><td>11:25</td></tr><tr><td>Block C</td><td>11:30</td><td>12:50</td></tr><tr><td>Lunch</td><td>12:50</td><td>1:35</td></tr><tr><td>Block D</td><td>1:40</td><td>3:00</td></tr></table> Learning Updates Due 8:00am Marlinares Food Drive November 6th to 18th Poinsettia Fundraiser Last Day	Block A	8:30	9:50	Block B	9:55	11:15	Break	11:15	11:25	Block C	11:30	12:50	Lunch	12:50	1:35	Block D	1:40	3:00
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Marlin Strong: Every student, every day, whatever it takes!

“Connectedness has the power to counterbalance adversity.”

Dr. B. D. Perry

Life is full of challenges, and no one gets through it without facing adversity. These experiences can change us, but they don't have to define us negatively. In fact, it's often during difficult times that we learn our most valuable lessons and develop resilience.

Research shows that people who go through hardships often discover inner strength they didn't know they had. Many also report feeling closer to family and friends. Strong connections—to family, community, and culture—are often the key to overcoming adversity.

Interestingly, the quality of our relationships matters more than the number of friends we have. Feeling truly seen, heard, and valued creates a sense of connection that supports mental health and well-being. When students and teachers experience this kind of connection, they are better equipped to handle stress and thrive. Studies also show that people who feel connected—whether to family or peers—tend to have lower anxiety, higher self-esteem, and a stronger sense of belonging. These feelings boost confidence and overall happiness.

For classrooms and homes, encourage open conversations where everyone feels heard. Create activities that build trust and collaboration. Celebrate cultural and community ties to strengthen belonging. Connection is powerful. When we nurture it, we help ourselves and others face life's challenges with courage and confidence. **At McNair we champion students & their learning.**

Preparing for Midterm Learning Updates (Report Cards)

A reminder to parents and legal guardians that Semester 1 midterm learning updates (report cards) will be published online on the MyEducation BC Portal on Wednesday, November 19th. We encourage parents to sit down with their teen and review this report looking at it in its entirety. Pay attention to learning achievement, as well as attendance and teacher comments. Celebrate the successes and discuss student plans for areas that may need some continued growth and improvement. If you have any questions, phone the school, email teachers directly or sign up for a parent-teacher conference.

Semester 1 Midterm Learning Update Timeline

November 3–14	Teachers prepare marks/comments for entry in MyEdBC and review verification reports
November 14	All marks/comments posted in MyEdBC by 8am Modified Supplemental Reports due to office
November 14–18	Admin/counselling review all report cards
November 18	Attachments due to office
November 19	Learning Updates published to student & parent MyEdBC. Parent-Teacher Conference Bookings Open
November 26-27	Parent-Teacher Conferences

DATES TO REMEMBER:

Nov 17	SCC Meeting
Nov 19	Learning Updates Published on MyEdBC
Nov 19	Parent-Teacher Conference Bookings Open
Nov 19	Mini School Meeting
Nov 20	Earthquake & Evacuation Drill (Block A - 9:15am)
Nov 20	School Based Team Meeting
Nov 21	Post-Secondary Fair (9:30-11:30)
Nov 24	Pep Rally and Basketball Home Opener
Nov 24	VCH Immunization Clinic
Nov 26	Parent-Teacher Conferences (2-4pm)
Nov 26	Early Dismissal
Nov 27	Parent-Teacher Conferences (2-4pm & 5-7pm)
Nov 27	Early Dismissal
Nov 28	Pro-D Day
Dec 1	Collaboration Day (Classes begin at 9:55 am)
Dec 1	Staff Meeting (after school)
Dec 2	Health & Safety Meeting
Dec 3	Mini School Potluck
Dec 4	Winter Music Concert
Dec 4	School Based Team Meeting
Dec 10	Ed Fac Meeting
Dec 10	Lockdown Drill (Lunch - 1:35pm)
Dec 15	At-Risk Learning Completion Plans Due (3:00 pm)
Dec 15	SCC Meeting
Dec 17	At-Risk Learning Completion Plans Emailed Home
Dec 17	Mini School Meeting
Dec 18	Locker Clean Up
Dec 19	Last Day of Classes before Winter Break
Dec 22	Winter Break
Jan 2	
Jan 5	School re-opens after Winter Break

Remembrance Day On November 10th, we remember those who volunteered, sacrificed, served, fought, and died for our freedom. We thank them, and we salute them for their sacrifice. Those who sacrificed greatly for our freedoms must always be remembered. But, along with never forgetting them, it is our responsibility to honour them with our own commitment to peace, kindness, and respect for all. During this year's ceremony, we ask all students: “What sacrifices do you make for others?” What sacrifices will you be remembered for? Will you be remembered for standing up for those who are being marginalized or mistreated and those who are experiencing racism and inequality? The ceremony will be during B Block at 10:45am. **LEST WE FORGET**

Support McNair buy a Poinsettia - deadline is Friday, Nov. 14th

Help support Matthew McNair Secondary School by support the winter flowers fundraiser. Go to:
mcnairfundraiser.growingsmilesfundraising.com

Guiding Principles for Flex Time

- Flex is Self-Directed, Self-Managed, and Self-Regulated
- Flex Enhances Curricular and Core Competency
- Flex supports Self-Care, Self-Awareness, Physical/Mental Health