



November 17 – November 21, 2025

Monday Nov 17	Tuesday Nov 18	Wednesday Nov 19	Thursday Nov 20	Friday Nov 21																																																																																																																		
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SCC Meeting at Lunch (room 100)		Mini School Meeting at Lunch (room 117) Learning Updates Published on MyEdBC Parent-Teacher Conference Bookings Open	Earthquake/Evacuation Drill (Block A - 9:15am) School Based Team Meeting at Lunch (conference room) Sign-up For Parent-Teacher Conferences	Post-Secondary Institution Fair (9:30am-11:30am) Sign-up For Parent-Teacher Conferences																																																																																																																		

Marlin Strong: Every student, every day, whatever it takes!
“I am stuck in fight or flight mode.”

Unknown

Your brain has a quirky habit: it feels and reacts before it thinks. Sounds backward, right? You’d expect logic to lead the way—think first, then act—but biology has other plans. The brain runs on a bottom-up system. First in line? The “old brain,” home to the amygdala and brain stem. Only after that does the “new brain,” the cerebral cortex, clock in.

Why does this matter? Because the old brain is all about survival. It’s the primal CEO barking orders: *Win fast. Stop the threat. Don’t overthink it.* Meanwhile, the new brain is the philosopher—calm, rational, and full of big-picture ideas. It’s where problem-solving, reasoning, and empathy live. It’s the part we count on to resolve conflict like adults.

But here’s the catch: when someone gets stuck in old-brain mode—whether they’re a student or a teacher, a kid or an adult—the body goes full alarm system. Heart rate spikes, blood pressure climbs, and stress hormones flood in. Creativity tanks. Logic evaporates. Empathy? Gone. In this state, people say and do things they’d never dream of in their “new brain.” All this happens before the thoughtful part even gets a chance to weigh in.

So what’s the real goal? Not just staying polite when you’re upset. It’s avoiding the trap of the old brain—where fight-or-flight takes over. That means learning how to calm others *and* knowing when to hit pause yourself. These aren’t just nice-to-have skills; they’re survival tools for modern conflict. **At McNair we champion students & their learning.**

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.

Basketball Home Opener and Pep Rally

The senior girls and boys basketball home opener will be December 2, 2025. Athletic council will also, host a Pep Rally to introduce all the teams and players during the Block C.

DATES TO REMEMBER:

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-Jan	Winter Break
Jan 5	School re-opens after Winter Break
Jan 6	Health & Safety Meeting
Jan 8	School Based Team Meeting
Jan 12	Collaboration Day (Classes begin at 9:55 am)
Jan 14	Career Programs Assembly - Block B (Grade 10/11 Students)
Jan 14	Ed Fac Meeting
Jan 16-20	Artona Grad Photo Sessions

All grade 12s [must book appointments](#) online at [artona.com](#)

Importance of Parent Teacher Conferences

Parent-teacher conferences build collaboration, strengthen communication, and ensure shared responsibility for student success, fostering trust and academic growth. All parents are encouraged to sign-up.

Parent Teacher Conferences (In-Person and Virtual)

November 26th (2-4pm) and 27th (2-4pm & 5-7pm).

All conferences can be virtual or in-person, with all teachers available on site at McNair. Parent sign up begins on November 19, 2024, after Learning Updates are published to MyEdBC. Instructions will be posted McNair’s website. Students are welcome to join parents during the Parent Teacher Conferences.

All parent-teacher conferences must be [booked online](#).

Semester 1 Midterm Learning Update Timeline

November 14–18	Admin/counselling review all report cards
November 18	Attachments due to office
November 19	Learning Updates published to student & parent MyEdBC. PT Conference Bookings Open
November 26-27	Parent-Teacher Conferences