

November 3 – November 7, 2025

Monday
Nov 3

Day 2		
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

Collaboration Day
(Classes begin at 9:55 am)

Staff Meeting
(after school)

Tuesday
Nov 4

Day 1		
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

Health & Safety Meeting

Wednesday
Nov 5

Day 2		
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

Take Our Kids to Work Day
(Grade 9)

Literacy 12 Assessment
(Cancelled)

Thursday
Nov 6

Day 1		
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

School Based Team Meeting

Marlinaires Food Drive
November 6th to 18th

Friday
Nov 7

Day 2		
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

Suggested Marks Cutoff

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

"Have a balanced reaction to joy and misery....protects one from emotional agitation."
Buddhists

We often admire those who remain composed and balanced amid life's inevitable disruptions. Such individuals embody equanimity—an evenness of mind and temperament expressed through grace and serenity. This outlook, deeply rooted in spiritual and philosophical traditions, reflects a cultivated way of being rather than an innate gift.

Equanimity is not reserved for the few; it is a state of mind that can be intentionally developed. Through deliberate practice, we can nurture inner calm, reduce reactivity to external events, and release attachment to rigid outcomes. These qualities are increasingly recognized as essential for resilience and clarity in a complex world.

Contemplative practices—such as meditation, reflective inquiry, breathwork, and yoga—offer transformative benefits. They foster cognitive clarity, emotional regulation, and ethical awareness. In educational settings, contemplative pedagogy integrates these practices to help students respond thoughtfully rather than reactively, maintaining openness in the face of challenge. While sustaining calm is difficult, consistent engagement with these practices strengthens the mind-body connection and enriches daily life.

When students embrace contemplative learning, they deepen understanding, cultivate compassion, and engage with life's most profound questions. Beyond personal growth, equanimity enhances relationships by mitigating biases and fostering patience, acceptance, and understanding—qualities essential for effective communication and conflict resolution. Ultimately, the effort to cultivate equanimity is worthwhile: it equips us to navigate uncertainty with clarity, wisdom, and grace. **At McNair we champion students and their learning.**

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 10	Remembrance Day Ceremony
Nov 11	Remembrance Day - School Closed
Nov 12	Ed Fac Meeting
Nov 14	Learning Updates Due 8:00am
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	

Poinsettia Fundraiser deadline is Friday, November 14th

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

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**