

March 2 – March 6, 2026

Monday Mar 2	Tuesday Mar 3	Wednesday Mar 4	Thursday Mar 5	Friday Mar 6																																																																																																						
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Spring Drama Production Start: March 2 to 6. Shows start 7pm in the Theresa Watts Theatre.																																																																																																										

Marlin Strong: Every student, every day, whatever it takes!
Learning can be stressful—for educators *and* students. But here’s the thing: our body’s “stress response” is designed to be a quick spark, not a long-burning fire. Stay in it too long, and it stops being helpful and starts being harmful.

Research shows that stress is meant to be a short-lived boost, not a lifestyle. When we return to calm in a reasonable amount of time, the parasympathetic nervous system steps in like a skilled repair crew—restoring our energy, clarity, and overall well-being. But when we *don’t* come out of that stress state? Things get messy. Emotional intelligence drops. Decision-making falters. We react instead of respond. Our perception narrows until all we can see is the problem directly in front of us. Calm does the opposite. When we’re centered, our attention widens, our perspective expands, and we actually notice more. In other words, calm brains learn better and teach better.

We all know the stress response exists for a reason—survival. But cultivating a calmer, more grounded mind doesn’t mean we’ll drown under responsibility or lose our edge. In fact, research shows that a more relaxed state gives us sharper focus, more energy, and greater creativity to tackle challenges head-on.

Building calm isn’t about dodging every difficult feeling. When we pause long enough to breathe, reboot, and reconnect, some of the emotions we’ve been outrunning might finally catch up. That’s where self-compassion comes in. It’s okay to feel overwhelmed. Resilience doesn’t mean we’re cheerful 24/7—it means we have the mindset, the skills, and the support to weather the hard moments and come out stronger.

At McNair, we “Champion students and their learning.”

Communicating Student Learning

Semester 2 student progress will be communicated with parents on March 3rd. For each subject, all students will be given an Informal Learning Update Report. These progress reports will include information about the learning progress to date and feedback that will aid in improving a student’s performance, as well as comments about a student’s work habits and engagement.

Informal Learning Update Timeline

March 2	Admin Review Learning Update Reports
March 3	Learning Update Reports emailed home

Focus on Progress, Not Perfection: A Post-Interim Mindset

Interim reports can feel like a spotlight—bright, honest, and sometimes a little uncomfortable. They show us where we’re doing well and where we still have room to grow. But here’s the truth students often forget, interim reports a moment in time. A starting point, not the finish line. As you move into the next part of the school year, it’s time to shift the focus from perfection to progress.

DATES TO REMEMBER:

Mar 11	Ed Fac Meeting
Mar 12	Locker Clean Up
Mar 13	Last Day of Classes before Spring Break Turn off/unplug electronics before break
Mar 16-27	Spring Break
Mar 30	First Day of Classes after Spring Break SCC Meeting
Apr 2	School Based Team Meeting
Apr 3	Good Friday - School Closed
Apr 6	Easter Monday - School Closed
Apr 7	Grade 12 Mini Food Bank Experience Health & Safety Meeting
Apr 8	Ed Fac Meeting
Apr 10	Suggested Marks Cutoff
Apr 13	Collaboration Day (Classes begin at 9:55 am) Staff Meeting (after school)
Apr 14	Grade 12 Mini Food Bank Experience
Apr 15	Mini School Meeting Evacuation Drill (Block B - 10:30am)
Apr 16	School Based Team Meeting
Apr 17	Learning Updates Due 8:00am Grade 8 Reading Assessment
Apr 20	SCC Meeting
Apr 22	Learning Updates Published on MyEdBC P-T Conf. Bookings Open Grad Boat Cruise
Apr 23	Numeracy 10 Graduation Assessment
Apr 24	Pro-D Day
Apr 29	Parent-Teacher Conferences (2-4pm) Early Dismissal
Apr 30	Parent-Teacher Conferences (2-4pm & 5-7pm) Early Dismissal
May 4	Collaboration Day (Classes begin at 9:55 am) Staff Meeting (after school)
May 5	Health & Safety Meeting
May 6-8	Gr. 9 Mini - Timberline Ranch

The Lightning Thief: the Percy Jackson Musical

McNair’s theatre production this year is The Lightning Thief: the Percy Jackson Musical. Guided with energy and vision by Mr. Marco Soriano and supported brilliantly by Ms. Maria Zanikos, our creative team has worked fearlessly—much like the young heroes of the story—to bring this tale to life onstage. The Lightning Thief will play from March 2 to 6 at 7pm each night. Buy your tickets now, for an unforgettable evening of live theatre. For tickets, email Ms. Zanikos mzanikos@sd38.bc.ca

Importance of McNair’s Flex Time (Sign-up is required)

Each day, we allocate instructional time for “self-directed” personalized learning. During Flex Time, students engage in independent learning and pursue their learning with the support and mentorship of teachers. Flex Time is Self-Directed, Self-Managed, and Self-Regulated. It is an important opportunity for students to get extra support and build upon their learning.