THE MCNAIR WAAG

March 30 – April 3, 2026

Monday Mar 30	Tuesday Mar 31	Wednesday Apr 1	Thursday Apr 2	Friday Apr 3
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 **First Day of Classes after Spring Break** **SCC Meeting**	**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	**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	**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**	**Good Friday** School Closed

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

It does not matter how much power, brilliance, or energy you have, if you don't harness it and focus it on a specific target and hold it there, you're never going to accomplish as much as your ability warrants. *Z. Ziglar*

Welcome Back! Spring Break has come to an end, and it's time to shift our attention back to learning. Lessons, assignments, routines — they're all waiting for us. Sounds simple enough, right? But we all know that "turning on our focus" isn't as easy as flipping a switch.

Focusing can be challenging for anyone, even adults. For children, it's often even harder. Their brains are naturally more active and curious, which makes staying focused for long periods more difficult. On top of that, today's fast-paced digital world adds even more distractions. Research shows that heavy technology use can influence how young brains develop, including areas that help regulate attention and emotions. So even when students *want* to focus, their minds can wander.

But there's good news — focus is a skill, and like any skill, it can grow with practice. To help students succeed, educators can support, guide, and strengthen these skills over time. Understanding how students are feeling, helping them transition calmly between activities, and creating space for single-task focus all play an important role. Mindfulness-based strategies can be especially effective: easing out of one activity before starting the next, paying attention to one thing at a time, and reducing distractions.

Even though students may be easily pulled off-task, incorporating simple mindfulness practices can nurture positive emotions and gradually improve their ability to concentrate. With patience, support, and consistent strategies, students can build stronger focus and confidence in their learning.

Championing Students and Their Learning

Communicating Student Learning

Semester 2 student mid-term evaluations will be communicated on April 22, 2025. These report cards will provide information on the students' learning progress to date, feedback to aid learning, as well as comments on the student's work habits and engagement.

Ramadan 2026

For the past month many McNair students have been gathering with family and friends to pray, fast during the daytime, and break the fast at 'iftar' after sunset. We wish everyone observing Ramadan a blessed and peaceful time of reflection. Ramadan Mubarak!

DATES TO REMEMBER:

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
May 7	School Based Team Meeting
May 12-14	Gr. 10 Mini - Egmont
May 12-15	Gr. 11 Mini - Juan de Fuca Hike
May 13	Ed Fac Meeting
May 15	Pro-D Day District-Wide Non-Instructional Day (Indigenous Learning Focus)
May 18	Victoria Day - School Closed
May 20	Mini School Meeting
May 21	School Based Team Meeting

Importance of Flex Time Time (Flex)

As we return from Spring Break and prepare for the last 3rd of the school, students are encouraged to use Flex Time. During Flex, students are given choices and ownership over their learning, while staff facilitate by providing a supportive learning environment. The goal is for students to "self-direct" their time, to independently learn and pursue their passions with teachers' support and mentorship.

Steps to success during Flex Time:

1) Organize your learning plan
2) Develop a game plan for the week and for Flex Time
3) Set your priorities – what do you need to accomplish
4) Be prepared and ready to learn