

May 4 – May 8, 2026



THE MCNAIR WAAG

Monday May 4	Tuesday May 5	Wednesday May 6	Thursday May 7	Friday May 8																																																																																																						
Day 2 <table border="1"> <tr><td>Collaboration</td><td>8:30</td><td>9:50</td></tr> <tr><td>Block A</td><td>9:55</td><td>10:55</td></tr> <tr><td>Block B</td><td>11:00</td><td>12:00</td></tr> <tr><td>Break</td><td>12:00</td><td>12:15</td></tr> <tr><td>Block C</td><td>12:20</td><td>1:20</td></tr> <tr><td>Lunch</td><td>1:20</td><td>1:55</td></tr> <tr><td>Block D</td><td>2:00</td><td>3:00</td></tr> </table> <p>Red Dress Day (wear red)</p> <p>Collaboration Day (Classes begin at 9:55 am)</p> <p>Scholarship Meeting (Room 100 @ 8:30am)</p> <p>Staff Meeting @ 3pm</p>	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	Day 1 <table border="1"> <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> <p>Health & Safety Meeting (@ Lunch)</p> <p>Band: Strings Orchestra Performance (@Lunch-Hallway)</p>	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 border="1"> <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> <p>AP Literature and Composition Exam (8:30am to 12:00pm)</p>	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 border="1"> <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> <p>Grad Assembly (@Flex Time)</p> <p>School Based Team Meeting (@Lunch)</p>	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 border="1"> <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> <p>UBC Teachers Last Day</p>	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
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																																																																																																								
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																																																																																																								
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																																																																																																								
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																																																																																																								
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																																																																																																								
Gr. 9 Mini - Timberline Ranch																																																																																																										

Marlin Strong: Every student, every day, whatever it takes!
"Every moment of one's existence, one is growing into more or retreating into less."
 Norman Mailer

It is a busy time of year at McNair. Students are balancing classroom responsibilities alongside commitments such as volleyball, badminton, Mini School, and the Greece trip. When students are busy, the development of executive function moves into high gear as they learn to juggle priorities and manage expectations from teachers, coaches, and families.

Executive function refers to a set of skills that help us organize, prioritize, focus, and exercise self-control in order to complete tasks and be productive. These skills are strong indicators of success both in school and in life.

A student's ability to hold and work with information, focus attention, manage distractions, and shift thinking when needed directly supports learning and well-being. Researchers describe these abilities as executive function and self-regulation, which rely on three core brain functions: working memory, mental flexibility, and self-control. While children are not born with fully developed executive skills, they are born with the capacity to build them when given meaningful opportunities at home, at school, and in the community.

As educators and parents, it is important to support students in maintaining a well-balanced and appropriately busy schedule. Cognitive and emotional development continues throughout the teenage years and into early adulthood. Providing students with opportunities to manage multiple responsibilities—both in and out of school—allows them to strengthen these essential skills.

Busy teens with well-developed executive functioning are more likely to make positive choices and resist pressure to engage in unhealthy or risky behaviours. Strong executive function also supports healthy coping strategies, helping students respond more effectively to stress and challenge. *Championing Students & Their Learning*

AP Exams Schedule
 Reminder that many of our senior students will be writing AP exams.
 The following will be at McNair:
 AP Calculus AB and BC (May 11th @8:30am) room 107
 AP Calculus AB and BC (May 11th @8:30am) room 107
 AP Literature and Composition (May 6th @8:30am).
 The rest of the AP exams will be hosted by other schools in Richmond.

DATES TO REMEMBER:

May 12-15	Gr. 11 Mini – Cape Beal Lighthouse Trails
May 13	Ed Fac Meeting
May 14-24	Social Justice – Greece Trip
May 15	Pro-D Day District-Wide Non-Instructional Day (Indigenous Learning Focus)
May 18	Victoria Day - School Closed
May 19-21	Gr. 8 Mini Galiano Spring Trip
May 20	Mini School Meeting
May 21	School Based Team Meeting
May 25	At-Risk Learning Completion Plans Due (3:00 pm) SCC Meeting
May 26	SD38 Indigenous Achievement Ceremony VCH Immunization Clinic
May 26-28	Gr. 10 Mini - Egmont
May 27	At-Risk Learning Completion Plans Emailed Home
May 27-29	Gr. 12 Mini – Squamish
May 29	Evacuation & ICS Drill (Block A - 9:00am)
Jun 1	Staff Meeting (after school)
Jun 2	Athletic Banquet Health & Safety Meeting
Jun 4	Spring Music Concert School Based Team Meeting
Jun 8-11	Senior Directing Projects
Jun 10	Ed Fac Meeting
Jun 12	Suggested Marks Cutoff Valedictory Rehearsal
Jun 15	Valedictory Ceremony (7:00 pm - UBC Chan Centre) SCC Meeting
Jun 17	Mini School Meeting Mini School Farewell
Jun 18	Locker Clean Out School Based Team Meeting
Jun 19	Last Day of Semester 2 Classes Awards Ceremony and School Carnival
Jun 22-24	Learning Completion Day
Jun 22	Learning Updates Due (8:00am - Firm Deadline)
Jun 23	Graduation Dinner Dance & Dry After Grad
Jun 25	Final Summary of Learning Published on MyEdBC
Jun 26	Administrative Day Last Day for Staff Staff Luncheon 11am Turn off/unplug all electronics before break

Red Dress Day May 4th
 Monday, May 4th is Red Dress Day, a day to honor and remember missing and murdered Indigenous women and girls across Canada. The red dress is a powerful symbol of those we have lost and those still searching for justice. Please wear red t-shirts, tops, scarfs, or hairband.. show your support. Please support organizations working to raise awareness and provide support to the Indigenous community. Let's come together in solidarity, respect, and action. Wear red to show McNair cares.