

October 26 – October 30, 2026

Monday Oct 26			Tuesday Oct 27			Wednesday Oct 28			Thursday Oct 29			Friday Oct 30		
Day 2			Day 1			Day 2			Day 1			Day 2		
Block A	8:30	9:51	Block A	8:30	9:41	Block A	8:30	9:41	Block A	8:30	9:41	Block A	8:30	9:51
Block B	9:54	11:15	Flex Time	9:44	10:24	Flex Time	9:44	10:24	Flex Time	9:44	10:24	Block B	9:54	11:15
Break	11:15	11:25	Block B	10:29	11:40	Block B	10:29	11:40	Block B	10:29	11:40	Break	11:15	11:25
Block C	11:30	12:51	Break	11:40	11:50	Break	11:40	11:50	Break	11:40	11:50	Block C	11:30	12:51
Lunch	12:51	1:36	Block C	11:55	1:06	Block C	11:55	1:06	Block C	11:55	1:06	Lunch	12:51	1:36
Block D	1:39	3:00	Lunch	1:06	1:46	Lunch	1:06	1:46	Lunch	1:06	1:46	Block D	1:39	3:00
			Block D	1:49	3:00	Block D	1:49	3:00	Block D	1:49	3:00			
VCH – Health Inspection			Hold & Secure, Lockdown & Evacuation Drill (During Flex)			Mini School Meeting at Flex (All Mini Students - Gym)			Haunted House \$2 (Block B & C)			Halloween Celebrations - Fashion		
UBC Short Practium														
Staff Vaccination (12:30pm – Staffroom)														
Universal Hot Lunch (Pot Pie - Grade 8)														
Spirit Week			Spirit Week			Spirit Week			Spirit Week			Spirit Week		
PJ Day			Fall Colours			White-Out Wednesday			Country vs Country Club			Halloween		

Marlin Strong: Every student, every day, whatever it takes!
 “The way we talk to our children becomes their inner voice.”

Peggy O'Mara

This insight highlights a profound truth: a child's sense of self, confidence, and hope is shaped by the voices that surround them, especially those of parents and educators.

An inner voice is the internal dialogue formed through years of external influence. When adults speak to children with kindness, encouragement, and compassion, they help cultivate a positive inner voice, one that inspires hope, resilience, self-worth, and confidence. Conversely, harsh or indifferent communication can foster self-doubt and uncertainty.

Hope is the belief that challenges can be overcome and that better days lie ahead. A strong inner voice nurtures that hope by reminding children of their strengths, their potential, and the unwavering support of those who believe in them. It encourages them to persevere through setbacks and approach new opportunities with courage and determination.

To nurture this voice, let children overhear your praise. Speak openly about their efforts, accomplishments, growth, and character. Let them hear how proud you are, how much you care, and how strongly you believe in their future. These affirmations become the foundation of hope, echoing in moments when they need encouragement most.

Every interaction with a child is an opportunity to shape how they see themselves and their possibilities. By consistently modeling empathy, encouragement, and belief in their abilities, we help build a resilient inner voice rooted in hope, one that will guide them through childhood and empower them throughout their lives. **At McNair we champion students and their learning.**

AP Exams: Students, not currently registered in AP courses at McNair but are interested in writing an AP exam, must pick up a registration form in the office. Forms and payment must be complete by Oct. 30. Mr. Jih's AP Psychology class must also register and pay for their AP exams by Oct. 30. Students in Mr. Yip's AP Calculus class and Ms. Mar's AP English class will register and pay for their AP exams in 2027.

Provincial Exam – Literacy 12 – November 4, 2026

Gr 12's check the Literacy 12 Assessment schedule posted outside the office. The Literacy Assessment is a graduation requirement. Arrive 15 minutes early, with Identification, your PEN number, and writing utensils. If your name on the schedule, or you have any other questions please see Ms. McColl in the office.

DATES TO REMEMBER:

Nov 2	Staff Meeting
Nov 3	Health and Safety Lunch
Nov 4	Take Your Kids to Work Day (Grade 9)
Nov 4	Literacy 12 Graduation Assessment
Nov 5	School Based Team Meeting
Nov 5	Photo Re-take Day (Morning)
Nov 6	Collaboration Day (Classes begin at 9:51am)
Nov 10	Remembrance Day Ceremony
Nov 10	Grade 7 Volleyball Jamboree 3:30pm
Nov 11	Remembrance Day (School Closed)
Nov 13	S1 Learning Updates Due at 8:00am
Nov 16	SCC Meeting
Nov 18	S1 Learning Updates Published at 3:00pm on MyEd BC
Nov 18	Parent Teacher Conferences Bookings Open
Nov 19	Earthquake and Evacuation Drill (Block A)
Nov 19	SBT Meeting
Nov 23	Vaccination Clinic – Grade 9 Immunization
Nov 24	Parent Teacher Conferences Sign Up closes 12PM
Nov 25	Parent Teacher Conferences (2-4PM) Early Dismissal
Nov 26	Parent Teacher Conferences (2-4PM & 5-7PM)
	Early Dismissal
Nov 27	Pro-D Day
Nov 30	Pep Rally and Basketball Home Opener

Haunted House 2026

Theatre McNair is proud to announce the return of our annual Halloween tradition, on **Thursday October 29th**. The Haunted House is a longstanding McNair tradition and always provides some excellent scares. The Stagecraft and Theatre students under the direction of Mr. Wallace and Mr. Soriano have been working very hard designing and transforming the theatre space for your enjoyment. The Haunted House open to the general school community at break and lunch, but teachers may book their classes during blocks B & C. Admission is \$2. First come, first served!

Take Our Kids To Work Day November 4, 2026

The Richmond School Board, in cooperation with The Students Commission of Canada, business, labour and the community, is proud to support Gr. 9 students in Richmond going to work with a parent, relative, or adult friend. **[Permission form](#) must be return no later than Wednesday, October 28th.**

Universal Hot Lunch Pilot at McNair Secondary

As part of our commitment to supporting student well-being and fostering hope within our school community, Universal Hot Lunch returns this week. McNair students will be offered a complimentary hot lunch during the week of October 26-30. This initiative helps ensure students have access to nutritious meals while creating opportunities to connect, learn, and thrive together.



THE MCNAIR WAAG