THE MCNAIR WAAG

November 2 – November 6, 2026

Monday Nov 2	Tuesday Nov 3	Wednesday Nov 4	Thursday Nov 5	Friday Nov 6
Day 1	**Day 2**	**Day 1**	**Day 2**	**Day 1**
Block A 8:30 9:51 **Block B** 9:54 11:15 **Break** 11:15 11:25 **Block C** 11:30 12:51 **Lunch** 12:51 1:36 **Block D** 1:39 3:00	**Block A** 8:30 9:41 **Flex Time** 9:44 10:24 **Block B** 10:29 11:40 **Break** 11:40 11:50 **Block C** 11:55 1:06 **Lunch** 1:06 1:46 **Block D** 1:49 3:00	**Block A** 8:30 9:41 **Flex Time** 9:44 10:24 **Block B** 10:29 11:40 **Break** 11:40 11:50 **Block C** 11:55 1:06 **Lunch** 1:06 1:46 **Block D** 1:49 3:00	**Block A** 8:30 9:41 **Flex Time** 9:44 10:24 **Block B** 10:29 11:40 **Break** 11:40 11:50 **Block C** 11:55 1:06 **Lunch** 1:06 1:46 **Block D** 1:49 3:00	**Collab** **8:30** **9:48** **Block A** 9:51 10:53 **Block B** 10:58 12:00 **Break** 12:00 12:13 **Block C** 12:18 1:20 **Lunch** 1:20 1:55 **Block D** 2:00 3:00
Staff Meeting At 3pm Library	**Health and Safety Meeting** at Lunch	**Grade 9 Take Your Kids to Work Day** **Literacy 12 Graduation Assessment** (Library & Room 139)	**SBT Meeting** Conference Room (at Lunch) **Photo Re-take Day** (Morning)	**Collaboration Day** (Classes begin at 9:51am) **Diwali Celebrations**

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

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

– Buddhist Teaching

Hope is often described as the belief that better days lie ahead. Yet genuine hope is not simply optimism when things are going well. It is the ability to remain grounded, resilient, and purposeful even when faced with uncertainty or challenge.

In a world that can sometimes feel overwhelming, the practice of equanimity offers an important pathway to hope. Equanimity is the ability to maintain balance in our thoughts and emotions, responding thoughtfully rather than reacting impulsively. It is not about ignoring difficulties or suppressing feelings. Rather, it is about developing the inner strength to navigate life's highs and lows with patience, perspective, and grace.

The encouraging news is that equanimity is a skill that can be cultivated. Through practices such as mindfulness, reflection, meditation, breathwork, and yoga, individuals can strengthen their capacity for calm, focus, and self-awareness. These contemplative practices help us pause, reflect, and make thoughtful choices, fostering resilience and well-being.

In schools, these skills are especially valuable. When students learn to slow down, reflect, and remain open to new perspectives, they build confidence in their ability to overcome obstacles and embrace growth. Hope emerges when students believe they can learn from setbacks, persevere through challenges, and contribute positively to their communities.

As we embrace McNair's 2026-2027 theme of Hope, we recognize that hope is nurtured through daily practices that strengthen both mind and heart. By cultivating balance, compassion, and understanding, we create a school community where students feel supported, empowered, and optimistic about the future.

At McNair, we champion students and their learning, inspiring hope through resilience, reflection, and meaningful connections.

Provincial Exam – Literacy 12 – November 4, 2026
Gr 12's check the Literary 12 Assessment schedule posted outside the office. The Literary 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 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 (2-4 & 5-7PM) Early Dismissal
Nov 27	Pro-D Day
Nov 30	Pep Rally and Basketball Home Opener
Dec 1	Health and Safety Meeting
Dec 3	SBT Meeting
Dec 4	Collaboration Day (Classes begin at 9:51am)
Dec 7	Staff Meeting
Dec 9	Lockdown Drill (Lunch)
Dec 9	Ed Fac Meeting
Dec 10	Winter Conference
Dec 11	Staff Luncheon

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.**

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

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. The ceremony will be during B Block at 10:45am.
LEST WE FORGET