



PARENTS



April 19-23

Monday April 19	Tuesday April 20	Wednesday April 21	Thursday April 22	Friday April 23
E1/F2	E2/F1	E1/F2	E2/F1	E1/F2 Quarter 3 ends

QUARTER 3 ENDS – APRIL 23RD

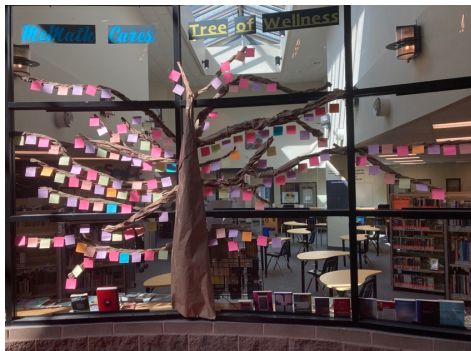
Quarter 3 is nearing an end and we encourage all students to talk to their teachers and find out if they have any missing assignments. Please encourage your teen to finish Q3 on a positive note.

#MCMATH CARES 10 DAY WELLNESS CHALLENGE

Over this last week many classes at McMath have started the #McMath Cares 10 Day Wellness Challenge. This challenge will run in two portions; a Q3 challenge from April 12- 23 and a Q4 challenge from May 3-14. Classes will be encouraged to complete 10 Social Emotional Learning activities in their classrooms for 10 days. These activities will provide students with an outlet to connect with each other safely, build coping strategies and access resiliency during this time. To see some of the activities that are happening in different classrooms follow us [@mcmathcares](#) on Instagram or Twitter.

#MCMATH CARES WELLNESS TREE

Over the next 10 days students will be asked to share a wellness activity that they have done for themselves. They will be writing this activity on a post it note and then it will be placed on our Wellness Tree that is located on the library windows. We are excited to watch our tree blossom over the next week.



STUDENT WELLNESS TIP

It is always important to look after and take care of yourself, even more so during this extraordinary time of COVID-19.

Pay attention and respond to how you're feeling.

There are signs that our bodies give us when we are not well. It is important to not ignore them but rather respond to them before they worsen. When you notice that you're struggling with your physical and/or mental health, getting help is a good first step.

- Don't be afraid to ask for help. We all need help sometimes.
- You may want to reach out to a family member or friend first.
- See your school counsellor. They will be able to connect you with resources in the community.
- See your doctor or a health care professional.

CAREER EXPLORATION

Are you a parent looking for tools to help your youth discover the career of their dreams and start a career conversation with them? [@WorkBC.ca](#) can help! Join their webinar from 7-8pm on April 27th (<https://bit.ly/32bYBwE>)

DATES TO REMEMBER

- April 23 – Q3 ends
- April 26 – Q4 begins
- April 27 – PAC meeting via Zoom @ 7pm
- April 30 – Pro D Day
- April 30 – Q3 marks published on MyEd
- May 4-14 – AP Exams
- May 17 – Grade 8 ADST rotation
- May 21 – Pro D Day

THE WILDCAT WAAG