



PARENTS



April 26-30

Monday April 26	Tuesday April 27	Wednesday April 28	Thursday April 29	Friday April 30
G1/H2 Q4 Starts	G2/H1 PAC Meeting @7pm via Zoom	G1/H2	G2/H1	PRO D DAY School Closed Q3 marks published on MyEd @4pm

QUARTER 4 STARTS- APRIL 26TH

Please note that Quarter 4 (Day 1) starts on Monday. We encourage all students to review their Quarter 4 schedule and make a good first impression by being on time. Please check for your entrance door.

PAC MEETING – APRIL 27TH @ 7 pm

Parents of all McMath students are invited to attend our PAC meeting on Tuesday night via Zoom. If you are interested, please [click here](#) and fill out the form. We are pleased to have a special presentation on Internet Safety by Constable Eric Chan. Thank You.

CAREER EXPLORATION – APRIL 27TH

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 7-8 pm on April 27th (<https://bit.ly/32bYBwE>)

QUARTER 3 REPORT CARDS – APRIL 30TH

Report Cards will be published on Friday, April 30th on the Parent Portal. Any marks you see on the portal before that date may not be accurate as editing is underway. Marks will be official April 30th. If you do not have an account, please contact our school and we can sign you up for one. Instructions on how to login and navigate the Parent Portal are posted on our school website under the “PARENTS” top tab. This account will give you access to your child’s class attendance, demographic information, schedule, report card and transcript information.

PRO D DAY – APRIL 30TH

Friday is a Pro D Day and school will be closed. Please plan accordingly and encourage your teen to use this time wisely.

GRATITUDE

Parents, thank you for all you are doing to help with our safety protocols, starting with the Daily Health Declaration each morning. We are very appreciative that our students are wearing masks and sanitizing their hands. Thank you to our teachers who have been so compassionate and flexible as they make adjustments and prioritize work for students who have been home because of symptoms or Covid (illness or isolating). We are a resilient, caring community. If your teen needs support, please connect with our counsellors.

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.

Too Much Sugar?

With the warmer weather, we may begin to indulge in more sweet treats like ice cream, slushies, bubble tea, etc. Sugar is in many foods that we eat and too much sugar can cause serious medical conditions like obesity and diabetes, inflammation of body systems, and slower cognitive function which impacts memory and attention. Limit your sugar intake by:

- cutting back on sugar-filled drinks, desserts and sauces
- keeping healthy, low-sugar snacks in the house to munch on
- eating treats like fruit, greek yogurt, dates, dark chocolate

DATES TO REMEMBER

- April 26 – Quarter 4 starts
- April 27 – PAC meeting via Zoom @ 7pm
- April 30 – Pro D- Day (school closed)
- 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