



# FAMILY WAAG OCTOBER 9 – 13, 2023

Monday Oct. 9	Tuesday Oct. 10	Wednesday Oct. 11	Thursday Oct. 12	Friday Oct. 13
<i>Thanksgiving Day School Closed</i>	PLT – ABCD	ABCD Grades 8-10 Connexions Assignment due in Teams	PLT – ABCD  Clubs Day! <i>Get involved</i>	ABCD  Clubs Day! S1 Interim Reports E-Mailed Home



• I acknowledge and thank the First Peoples of the Hul'qum'num (hull-kuh-mee-num) treaty group, including the Coast Salish Nations of the Musqueam, Snuneymuxw (snoo-NAI-muk), Tsawwassen, Sto:lo, Kwantlen, Stz'uminus (sha-main-us), Semiahmoo, Cayuse, Umatilla and Walla Walla on whose traditional and unceded territories we teach, learn and live.

## PERSONAL LEARNING TIME

We encourage students to review the PLT schedule posted on the McMath website on Monday to plan their PLT on Tuesday and Thursday. PLT is designed to provide extra learning support for all students in all subject areas. All students are expected to use this gift of time wisely and make choices that will benefit their learning.

## HEALTH AWARENESS

A friendly reminder that as we enter the flu season, that if you are not feeling well, please stay home. Take the time to rest and let your body heal while helping us control the spread of illnesses.

## CONNEXIONS CLASS

A friendly reminder that Connexions Assignments are due. Please see attached handout on how to access your Career Education account on Microsoft Teams. All assignments must be uploaded in Teams.

**Attention Grade 12 students,** reminder if you have not completed your Connexions Class assignments from 2022-2023 school year, you have until **October 31** to complete. These assignments make up a portion of you CLC 12 mark this year! All assignments must be uploaded in the Portal.

## SEMESTER 1 INTERIM REPORTS – Oct. 13

On October 13<sup>th</sup>, Semester 1 Interim Reports will be sent home through e-mail. If you have not done so already, kindly ensure that your e-mail information is up to date. This learning update is a snapshot of how your teen is currently doing as of October 9<sup>th</sup>. We encourage caregivers to review the learning update with their teen. If you have any questions or concerns, please do not hesitate to contact your teen's teacher directly. Staff e-mail addresses may be found at <https://mcmath.sd38.bc.ca/our-staff>. *\*If you have not received your teen's S1 Interim Report by 6pm on October 13<sup>th</sup>, kindly send the front office an email.*

## DATES TO REMEMBER

- Oct. 9: Thanksgiving Day (School Closed)
- Oct. 13: Semester 1 Interim Reports Sent Home via E-Mail
- Oct. 17: PAC Meeting
- Oct. 18: Photo Retakes
- Oct. 20: Professional Development Day (School Closed)
- Oct. 23: ADST 8 Rotation 2

## DROP OFFS AND PICK UPS

We are glad so many of our students are getting to school under their own power – mostly walking or biking. This is a great way to save on fuel. If your child needs to be dropped off or picked up, please do not use the neighboring town house complex area. This will really help our neighbours with traffic congestion. Thank you.

**Students, please remember to practice pedestrian and cyclist safety BEFORE crossing the road. Ensure vehicles have come to a complete stop and make eye contact with the driver, before crossing. Cyclists, wear a helmet!**

## OCTOBER'S HAPPINESS CALENDAR

The month of October is about showing love and respect to others. Check out Greater Good Magazine's monthly Happiness Calendar – a day-by-day guide to well-being at <https://shorturl.at/hluDS>.

### October 2023 Happiness Calendar

This month, show love and respect to others. Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Think about what you can contribute to the world.	2 Take our Science of Happiness at Work course.	3 Notice moments when you feel strong and healthy.	4 Do you love compassionately? Take our quiz to find out.	5 Express humility to make more convincing arguments.	6 Help someone, volunteer, or donate.	7 Watch an uplifting TV show.
8 Seek out awe in nature with your family.	9 Honor and cherish all living things.	10 Write a letter of gratitude to someone.	11 If you have a pet, give them a cuddle!	12 Be a warm, loving presence to yourself.	13 Show appreciation to your coworkers.	14 Give your partner the benefit of the doubt.
15 Find a community who shares your values.	16 Journal about a time you felt close and connected.	17 Offer support to your co-parent.	18 Reflect on someone who inspires you.	19 Acknowledge when your beliefs might be wrong.	20 Change minds with a message of love, not anger.	21 Go visit a park in your neighborhood.
22 Listen to someone with your full attention.	23 Embrace your feelings of concern and compassion for others.	24 Look for beauty in your surroundings.	25 Sign off social media before bedtime.	26 Practice kindness toward others.	27 Develop your identity as a family: What do you stand for?	28 Meditate to feel grounded on the earth.
29 Spend a little extra time to get to know someone.	30 Share your struggles to connect with others.	31 Be playful.				

## K-12 STUDENT REPORTING INFORMATION FOR CAREGIVERS

In 2016, the Ministry of Education and Childcare began implementing a redesigned provincial curriculum that is flexible, focusses on literacy, numeracy, and the First Peoples Principles of Learning, and supports deeper learning through concept-based and competency-driven education. This educational shift to how and what students learn in the classroom requires a corresponding change to student reporting policies and practices.

For more information, go to:

<https://curriculum.gov.bc.ca/reporting/resources-for-parents-and-caregivers>



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