



FAMILY WAAAG OCTOBER 6 – 10, 2025

Monday Oct. 6	Tuesday Oct. 7	Wednesday Oct. 8	Thursday Oct. 9	Friday Oct. 10
ABCD	A-PLT-BCD University of Alberta Lunch (11205)	ABCD 4pm Post-Secondary Fair (SLSS)	A-PLT-BCD	ABCD S1 Interim Reports E-Mailed Home <i>World Mental Health Day</i>

PERSONAL LEARNING TIME

[Click here](#) to view PLT sessions.

Friendly reminders:

- **Students:** log in using your MS Teams credentials
- PLT is **mandatory** for all students
- Students must be in a **learning space** during PLT
- Select sessions with your **Semester 1 teacher only**
- If you select multiple sessions, **only the last one** will be saved
- **Plan ahead** and sign up before PLT begins.

TERRY FOX RUN – We are almost there!

A huge THANK YOU to the Leadership and PHE departments for organizing McMath's annual Terry Fox Run. And thank you to all the staff and students who participated in the run on Friday, October 3. We have currently raised \$1780.85 of our \$2400 goal. To help us reach our goal, please donate at <https://schools.terryfox.ca/100497>.

LANGUAGE CHALLENGE EXAMS – Oct. 23

Language Challenge Exams are available as a way for students to earn credit for languages they can speak, read, and write. The languages that are eligible are: American Sign Language 11, Farsi 11/12, French 11/12, Japanese 11/12, Korean 11/12, Mandarin 11/12, Punjabi 11/12, and Spanish 11/12.

If your child is interested in writing an exam to earn elective credit towards their graduation, please direct them to see their counsellor. For more information, go to <https://www.deltasd.bc.ca/schools/secondary/challenge-exams>. **Completed applications are due to school counsellors by Oct. 23.**

GR. 10-12: PARENTS AS EDUCATION AND CAREER COACHES – Nov. 20

Educational Planner BC invites parents, families, and student supporters to join their virtual presentation from 6:30-7:45pm on November 20, 2025. Learn about post-secondary education and career opportunities, as well as tools to best support your child in planning for their future. Come explore their website! Search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, and FAQs. Learn how to create an account, save programs, paths, and careers to My List and apply to post-secondary in B.C. [Click here](#) to register.

GR. 10-11: CAREER PROGRAMS INFO NIGHT – Nov. 25

Learn about our dual credit programs and courses in both trades and art/science faculties online from 6:30-7:30pm on November 25. [Click here](#) to register.

ATTENTION GR. 12 STUDENTS: Loran Scholarship

Loran identifies students ready to embrace the challenge of leaving the world better than they found it. They are looking for young people with a guiding sense of purpose, the capacity to collaborate to drive change, an enthusiasm to grow by pushing their limits, and the potential to serve and lead with integrity. **Deadline to apply for the 2026 Loran Scholarship is 9am Oct. 16.** [Click here](#) for more information.

HALLOWEEN COSTUMES

Halloween can be fun; however, we need to be aware that celebrating Halloween needs to be fun for ALL and not at the expense of equity seeking groups. It is important to keep in mind that we need to be sensitive to groups that have been marginalized through mimicry and cultural appropriation during Halloween and other 'dress up' events. Please guide your teen's decision making to ensure their Halloween costume is appropriate. We must ensure Halloween costumes are safe and respectful. This message will be shared with students via school announcements as we approach Halloween.

Halloween costumes may be unsuitable if they contain any of these elements:

- Weapons - even fake ones are not allowed at school as part of their costume
- Cultural or racial stereotypes – includes black face/brown face, Indigenous regalia, dreadlocks, etc.
- Masks that cover one's face
- Religious faith – e.g. religious figures, gods, saints, gurus, hijab, etc.
- Gender – gender switching for humour or to mock
- Trauma – e.g. hangman's noose/weapons, etc.

If your teen is unsure about their costume, please check in with administration.

FALL READING - The Disengaged Teen: Helping Kids Learn Better, Feel Better, and Live Better by Jenny Anderson and Rebecca Winthrop

The McMath Staff Book Club is reading *The Disengaged Teen* this fall. *The Disengaged Teen* is a powerful toolkit for parents of both checked-out and stressed-out teens that shows exactly what to do (and stop doing) to support their academic and emotional flourishing. "Adolescents are hardwired to explore and grow, and learning is mainly how they do this. But a shocking majority of teens are disengaged from school, simultaneously bored and overwhelmed. This is feeding an alarming teen mental health crisis. As kids get older and more independent, parents often feel powerless to help. But fear not, there are evidence-backed strategies to guide them from disengagement to drive, in and out of school."

McMATH ATHLETICS!

Stay up to date on all information regarding McMath Athletics at [@mcmathwildcatathletics](#) on Instagram.

SCHOOL DROP OFF/PICK UP

If you are driving your teen to school for pick up or drop off, we recommend avoiding the peak rush times (8:15-8:30am and 2:45-3pm) as much as possible. Also, please be respectful of our neighbours, and do NOT use surrounding complexes or driveways to drop off/pick up your teen. Arriving on time helps students settle in, focus, and make the most of their learning experience.

UPCOMING DATES

- Oct. 10 S1 Interim Reports E-Mailed Home
- Oct. 13 Thanksgiving Day (school closed)
- Oct. 15 Photo Retake Day (morning only)
- Oct. 16 ADST 8 Rotation 2 Begins
- Oct. 21 PAC Meeting (7pm)
- Oct. 22 Conference Day #1 (in homeroom class)

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