

GR. 8 CAREGIVER INFORMATION NIGHT

École Secondaire R.A. McMath Secondary School

Home of the Wildcats | Together We Learn



LAND ACKNOWLEDGEMENT

We acknowledge and thank the First Peoples of the hən'qəmin'əm' language group on whose traditional and unceded territories we teach, learn and live.

WELCOME!





YOUR SUPPORT TEAM

ADMINISTRATORS

Principal – Ms. A. Vaughan
avaughan@sd38.bc.ca

Vice-Principal – Mr. L. Banta
lbanta@sd38.bc.ca

Vice-Principal – Ms. D. MacDonald
damacdonald@sd38.bc.ca

COUNSELLORS

Ms. C. Bagnall (A-Gri)
cbagnall@sd38.bc.ca

Ms. T. Babecoff-Kimhi (Gro-La)
tbabecoffkimhi@sd38.bc.ca

Ms. F. Arvanitis (Le-Sc)
faravanitis@sd38.bc.ca

Ms. H. Dhanoa (Se-Z)
hdhanoa@sd38.bc.ca

AGENDA

1. Orientation

2. Courses

3. Preparation

4. Questions

5. School Tour

A LITTLE BIT ABOUT US

Opened in 1997

Approximately 1200 Students

Over 80 Staff Members

School Mascot - Wildcat

French Immersion Program

Advanced Placement (AP) Program

Work Experience Program (WEX)

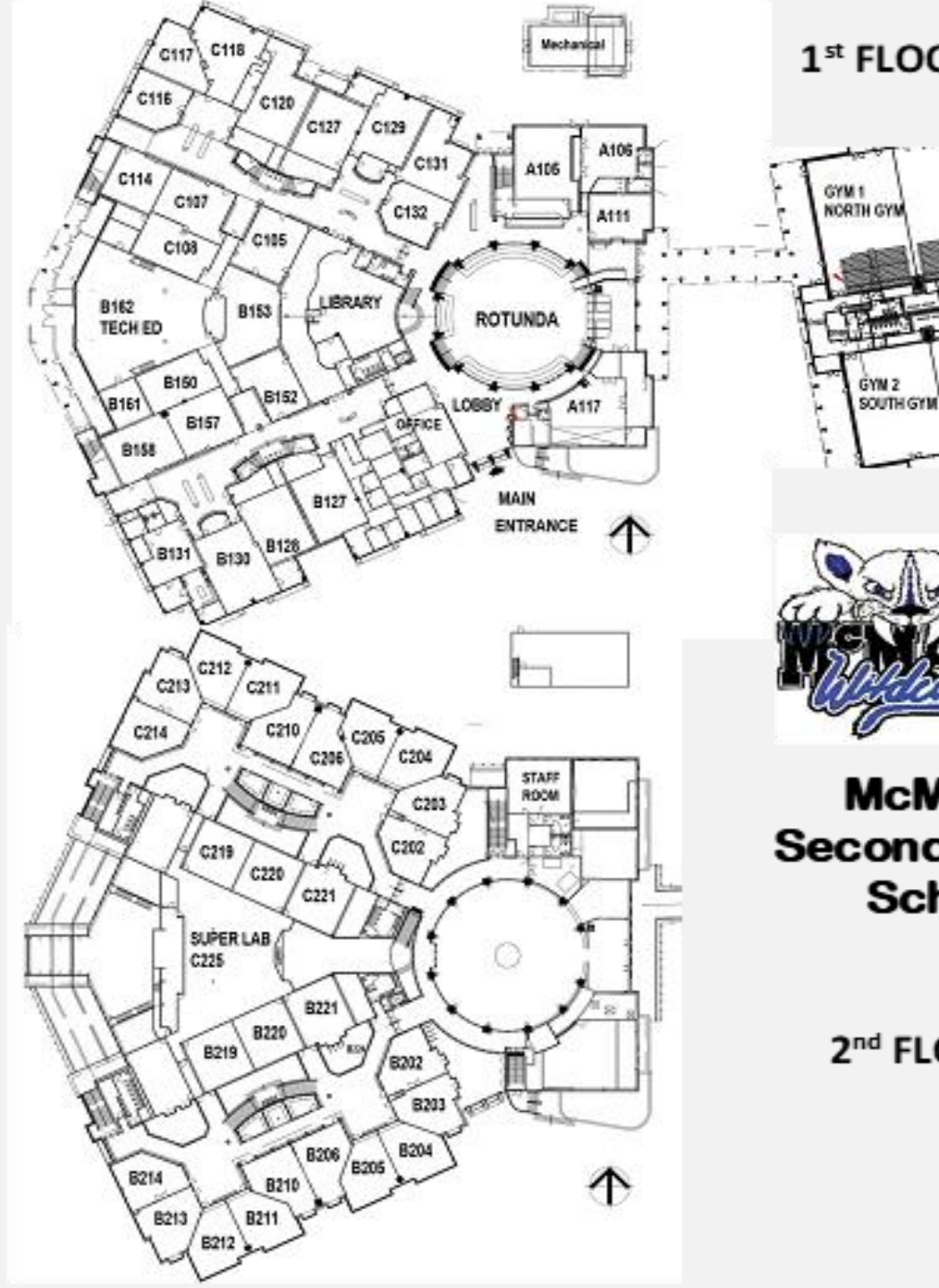
Special Education Program

Full Athletics Extracurricular Program

Over 60 Extracurricular Clubs

FINDING YOUR WAY AROUND

- Finding your way around the school can seem a little scary at first, but our school is not complicated. Classes will be in A, B or C wings. Once students travel to their classes a few times they catch on pretty quick.
- **Late August**, we had an optional Grade 8 Orientation for students to pick up their timetables and find their classes with a Leadership student.
- The **first week in September**, Leadership 11/12 students were paired up with Gr. 8 Homeroom classes and be available to help students with their lockers and find their classes. **Grade 8 Day** – Sept. 22



REGULAR Monday/Wednesday/Friday		PERSONAL LEARNING TIME (PLT) Tuesday/Thursday	
8:30am – 9:51am	Period 1	8:30am – 9:36am	Period 1
9:56am – 11:17am	Period 2	9:41am – 10:41am	PLT
11:17am – 11:27am	Nutrition Break	10:46am – 11:52am	Period 2
11:30am – 12:51pm	Period 3	11:52am – 12:02am	Nutrition Break
12:51pm – 1:36pm	Lunch	12:05pm – 1:11pm	Period 3
1:39pm – 3:00pm	Period 4	1:11pm – 1:51pm	Lunch
<i>Note: Different teachers for each class</i> <i>Students move for each class</i>		1:54pm – 3:00pm	Period 4

BELL SCHEDULE



The “**MySchoolDay**” app helps students keep track of the daily schedule.

GRADE 8 REQUIRED COURSES ENGLISH PROGRAM

English 8

Social St. 8

Science 8

Math 8

French 8

Physical Health
Education 8

ADST 8 Wheel

Fine/Performing
Art 8 Elective

*Fine/Performing Art 8 Elective Choices: Fine and Performing Art 8 Wheel (Art/Drama/Guitar) or Band 8.

*ADST 8 Wheel includes Business and Computer Technology Ed., Home Economics, and Technology Ed.

GRADE 8 REQUIRED COURSES FRENCH IMMERSION PROGRAM

English 8

Sciences
Humaine 8

Sciences
Naturelles 8

Math 8

Français Langue
8

Education
Physique et
Santé 8

ADST 8 Wheel

Fine/Performing
Art 8 Elective

*Fine/Performing Art 8 Elective Choices: Fine and Performing Art 8 Wheel (Art/Drama/Guitar) or Band 8.

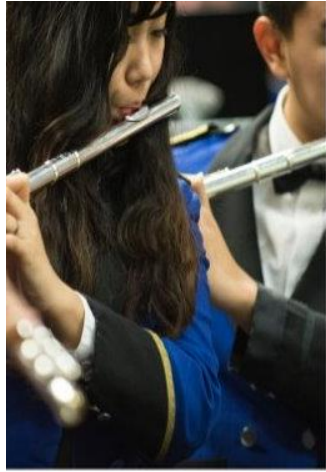
*ADST 8 Wheel includes Business and Computer Technology Ed., Home Economics, and Technology Ed.

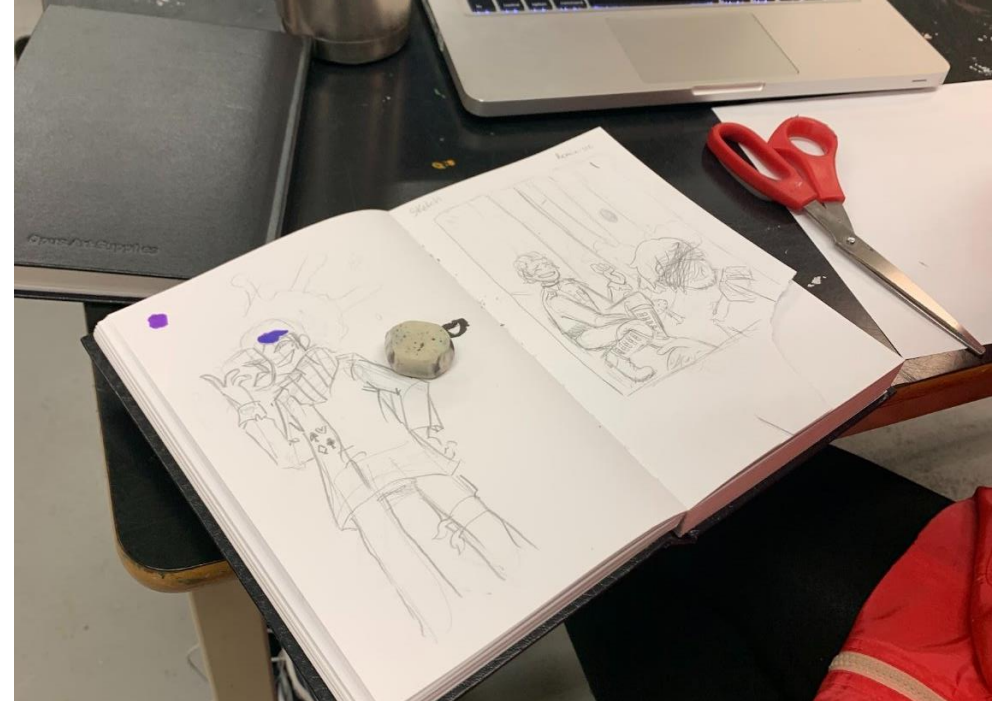
ENGLISH LANGUAGE LEARNER PROGRAM

ELL LEVEL 1	ELL LEVEL 2	ELL LEVEL 3	ELL LEVEL 4	ELL LEVEL 5
ELL Support	ELL Support	ELL Support	English 8	English 8
ELL Support	ELL Support	ELL Support	Science 8	Science 8
Science 8	Science 8	Science 8	Math 8	Math 8
Math 8	Math 8	Math 8	PHE 8	PHE 8
PHE 8	PHE 8	PHE 8	Social St. 8	Social St. 8
FA 8 Elective	Social St 8. or FA 8 Elective	Social St. 8	French 8 or FA 8 Elective	French 8
FA 8 Elective	FA 8 Elective	FA 8 Elective	FA 8 Elective	FA 8 Elective
ADST 8 Wheel	ADST 8 Wheel	ADST 8 Wheel	ADST 8 Wheel	ADST 8 Wheel

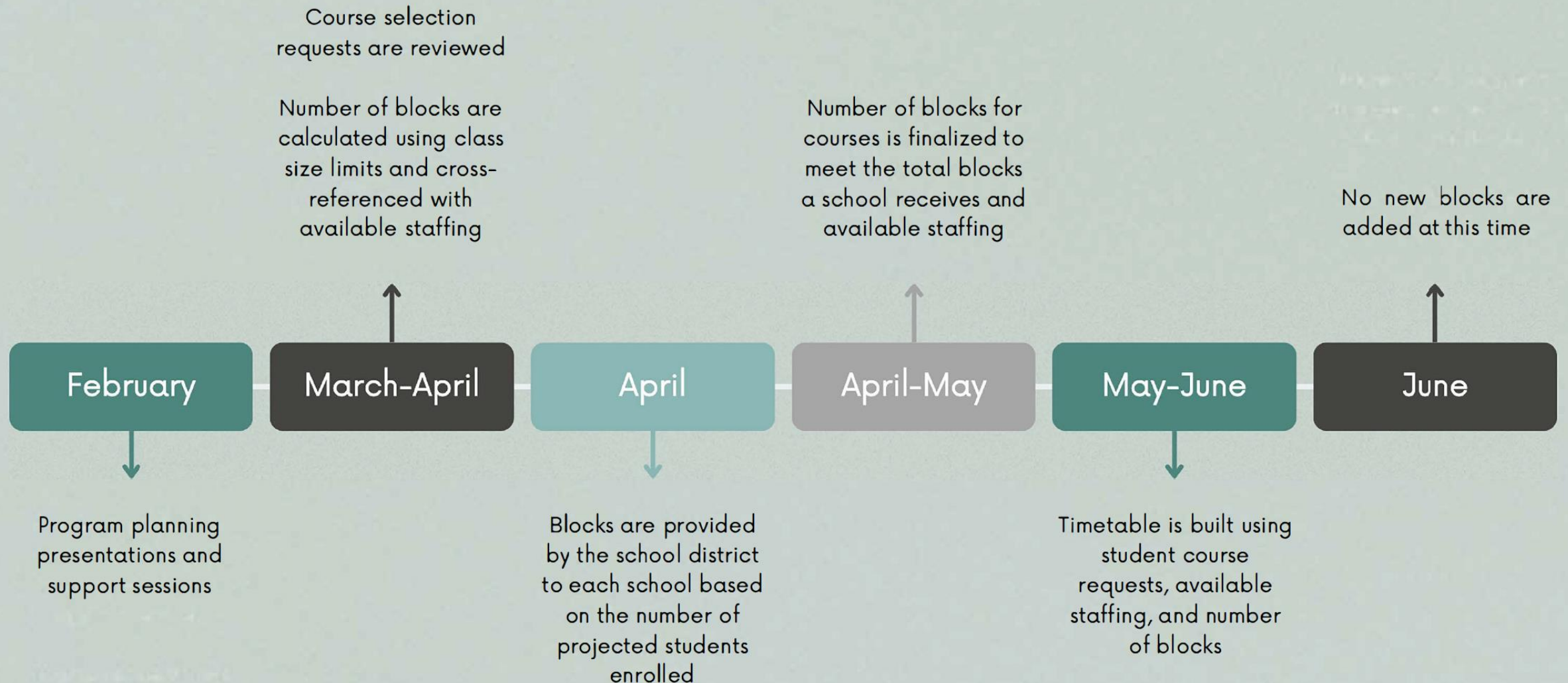
**Fine/Performing Art 8 Elective Choices: Fine and Performing Art 8 Wheel (Art/Drama/Guitar) or Band 8*

**Supplemental ELL Support for Levels 1-5 may look like small group or in class support*





PROGRAM PLANNING TIMELINE



PROGRAM PLANNING FORM DUE FEB. 2027



R.A. McMath Secondary School
4251 Garry Street, Richmond, BC V7E 2T9 Phone 604.718.4050 Fax 604.718.4051
Website: <http://mcmath.sd38.bc.ca> E-Mail: mcmath@sd38.bc.ca

2026-2027 GRADE 9 COURSE REQUEST PLANNING WORKSHEET

Enter course selections ONLINE in MyEducation BC from February 11 – 22, 2026

PROGRAM PLANNING NOTES

- For more information on the courses that are offered, please refer to: <https://mcmath.sd38.bc.ca/students/program-planning/courses>
- Timetabling (the number of sections of each course) is based on the course requests made by students in February.
- Choose your courses responsibly because these choices determine the master schedule. Once the timetable is built, there is very little room for change.
- Students who select above their grade level, be aware that priority is given to students in higher grades.
- Once you have identified your 8 courses and alternatives, you must load them into your MyEducation BC student account online. See instructions below.
- Remember, these are course requests only and do not guarantee placement.

STEP 1: SELECT (✓) A PROGRAM

English, French Immersion, OR an ELL program based on the projected 2026-2027 ELL level.

✓	☐ ENGLISH	☐ FRENCH IMMERSION	☐ ELL 1	☐ ELL 2	☐ ELL 3	☐ ELL 4
1	ENGLISH 9	SCIENCES HUMAINES 9	ELL 1 SUPPORT	ELL 2 SUPPORT	ELL 3 SUPPORT	ENGLISH 9
2	SOCIAL ST. 9	FRANÇAIS LANGUE 9	ELL 1 SUPPORT	ELL 2 SUPPORT	ELL 3 SUPPORT	SOCIAL ST. 9
3	SCIENCE 9	SCIENCES NATURELLES 9	SCIENCE 9	SCIENCE 9	SCIENCE 9	SCIENCE 9
4	MATH 9 OR PRE-CALCULUS 10 (for students who took Math 8/9)	MATH 9 OR PRE-CALCULUS 10 (for students who took Math 8/9)	MATH 9 OR PRE-CALCULUS 10 (for students who took Math 8/9)	MATH 9 OR PRE-CALCULUS 10 (for students who took Math 8/9)	MATH 9 OR PRE-CALCULUS 10 (for students who took Math 8/9)	MATH 9 OR PRE-CALCULUS 10 (for students who took Math 8/9)
5	PHYSICAL AND HEALTH EDUCATION 9	ÉDUCATION PHYSIQUE ET SANTÉ 9	PHYSICAL AND HEALTH EDUCATION 9	PHYSICAL AND HEALTH EDUCATION 9	PHYSICAL AND HEALTH EDUCATION 9	PHYSICAL AND HEALTH EDUCATION 9
6	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ENGLISH 9	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	PICK ONE (✓): ☐ Social St. ☐ Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	SOCIAL ST. 9	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses
7	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses
8	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses	ELECTIVE Choose electives from Fine/Performing Arts, Modern Languages, and/or Applied Design, Skills, and Technology Courses

STEP 2: SELECT THREE ALTERNATIVE ELECTIVES (these courses should be different from your choices above)

Rank the following electives in order of preference, with 1 being first choice and 3 being last choice.

1st Choice: _____ 2nd Choice: _____ 3rd Choice: _____

STEP 3: ENTER YOUR COURSE SELECTION INTO MYEDUCATION BC

STEP 2: SELECT THREE ALTERNATIVE ELECTIVES *(these courses should be different from your choices above)*

Rank the following electives in order of preference, with 1 being first choice and 3 being last choice.

1st Choice: _____ 2nd Choice: _____ 3rd Choice: _____

STEP 3: ENTER YOUR COURSE SELECTION INTO MYEDUCATION BC

- Using the instructions on the back side, enter your course selection into your student MyEducation BC account.
- Include any notes for your counsellor, such as intent to take a Summer Learning course and/or online course, transfer to another school, etc.

Enter your selection ONLINE to MyEducation BC by February 14, 2025.

WHY IS THIS SECTION SO IMPORTANT?

- The timetable is built based on what students request NOW. Requests after the due date may not be possible as the timetable is already built.
- Include alternative courses! We cannot guarantee you will get your first choice. A well-built timetable can only satisfy approximately 80% of all student requests.

YOUR SCHOOL COUNSELLOR

*Assigned by student last name

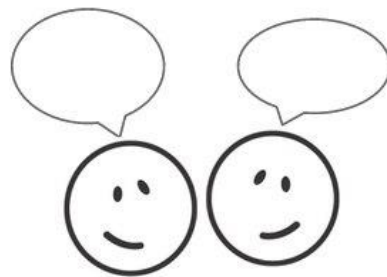
Ms. Bagnall
A-Gri

Ms. Babecoff-
Kimhi
Gro-La

Ms. Arvanitis
Le-Sc

Ms.
Dhanoo
Se-Z

WHAT IS THE ROLE OF THE SCHOOL COUNSELLOR AT MCMATH?



COUNSELLORS ARE HERE TO SUPPORT

Personal

Social & Emotional
(mental health,
friends, family,)

Academics

Courses
Graduation

Future

Post-Secondary
Career Planning

Most students see their counsellors during PLT, break, lunch, before and after school, or sometimes during class. If something is really bothering a student, we encourage students to come down right away to the Counselling Centre.

**GET INVOLVED - SCHOOL SPIRIT
EVENTS**

GET INVOLVED - EXTRACURRICULAR CLUBS



Animal Rescue
Aviation Club
Bazinga
Blog Team
Board games Club
Book Club
Chess Club
Coding Club
Dance Team
Debate Team

Design Club
Display Club
Dungeons & Dragons Club
First Responder Team
Fruit & Veggie Club
Game of Apps Club
Grad Committee
Interact Club
Improv Team
Japan Bowl
Jewelry Club
Lighthouse Club
Lord of the Rings Club
Mindfulness Club
Model UN Team
Multi-cultural Club
Natural Club

Operation Smile
Poetry Club
Pride/GSA Club
Rabbitats Club
Reach for the Top Team
Rich City Idol
Richmond Hope for Hospitals Club
Robotics Club
Science Club
Student Council
Ski & Snowboard Club
Table Tennis
Trivia Club
Wildgainz Weightlifting Club
Young Authors' Club

.....and more!

GET INVOLVED - ATHLETICS

FALL SPORTS

Gr. 8, 9 & 10 Girls' Volleyball
Senior Girls' Volleyball
Gr. 10 Boys' Volleyball
Senior Boys' Volleyball
Cross-Country
Boys' Soccer
Swimming
Grade 8/9 Boys Rugby

WINTER SPORTS

Grade 8 Boys' Basketball
Grade 9 Boys' Basketball
Grade 10 Boys' Basketball
Senior Boys' Basketball
Grade 8 Girls' Basketball
Grade 9 Girls' Basketball
Grade 10 Girls' Basketball
Senior Girls' Basketball
Table Tennis

SPRING SPORTS

Girls' Soccer
Gr. 8 & 9 Boys' Volleyball
Track and Field
Junior Badminton
Senior Badminton
Gr. 10-12 Boys Rugby
Tennis
Ultimate
Golf

HOW TO PREPARE FOR HIGH SCHOOL

- **Well-being & Health**

Caring for Kids

Family Media Plan

Media Smarts

Canadian Paediatric Society (CPS)

Kids Help Phone



SLEEP

3-3-3 RULE



- A wind-down guideline that suggests stopping heavy meals, intense mental work, and screen time three hours before bedtime.

How the Rule Works:

- Actions to complete 3 hours before you sleep:

1. Stop heavy eating: Finish large meals to give your body time to digest and prevent acid reflux or discomfort.

2. Stop intense work: Put away tasks, stressful thoughts, or heavy mental stimulation so your brain can begin to relax.

3. Stop screen time: Turn off phones, tablets, and TVs to limit blue light exposure and help your body produce melatonin (the sleep hormone).

...Need between 8 and 10 hours of sleep every day

~Canadian Paediatric Society

RESOURCE: CARING FOR KIDS ~ SCREEN USE/SOCIAL MEDIA

- *Caring for Kids*
- <https://caringforkids.cps.ca>
 - Watch for signs that screen use is becoming a problem, such as:
 - Your child complains about being bored or unhappy without access to technology.
 - Oppositional behaviour when you set limits on screen use.
 - Screen use is interfering with sleep, school or face-to-face interactions.
 - Screen use is interfering with offline play, physical activities or socializing with friends and family.
 - Negative emotions after interacting online, playing video games or while texting.
- **Talk to your child's doctor if these signs persist, or if they interfere with family life.**

RESOURCE: ~ MEDIA SMARTS

TIP SHEET



- Tips sheet

CO-VIEWING WITH YOUR KIDS

One of the most important things you can do to raise media-savvy kids is what's called shared media engagement. That includes listening to their music, watching TV, movies and videos together, getting to know their favourite apps and playing the games they enjoy. It also includes talking to them about their media lives: what they like, what they're excited about or looking forward to, and what worries or annoys them. While just being with them is an important step, this is also a great opportunity to help your kids think critically about the media they consume, by asking them questions about it and, sometimes, answering back.

THINKING CRITICALLY

There are ten key ideas that help kids think critically about media. You can start to make your kids aware of these concepts almost as soon as they start asking you questions!

Media are made by people

It's not obvious to kids that somebody made the media products they enjoy, and even older kids and teens may forget that every element of any media product is the result of somebody's decision.

It can be an eye-opener for children to realize that all media are written and created by people with their own biases and experiences, as well as the media the creators themselves have seen. Understanding that media are not "windows on reality" but instead the result of creators' choices has a big effect on media's impact on kids. When you co-view with your children, point out the people who were involved in making it. How did their choices — about what was included, what was left out, and how things were presented — affect its impact on us?

For example: you can show them how families on TV or in books do — and don't — resemble your family or their friends' families.

Media are made to make money

Almost all media are made so that the creators can make money from them, and most cost money to make too. Many of the decisions they make are influenced by wanting to create a product that will make them money and by the costs of making media. Because of that, it's important for kids to understand *how* different media make money—especially with things like social media where you're not paying for it directly.

For example: ask kids whether they think their favourite YouTuber, streamer or influencer was paid to promote a particular game, toy or other product: "Do you think she was paid to unbox that? If not, do you think the company gave it to her for free? Would that change what you think about it?"

Media shape our beliefs and values

We get a lot of our ideas about what the world is like, about what's right and wrong, and even about who we are from media. Media don't actually tell us what to think, but they have a big impact on what we think *about*: these messages come from who the main characters are or who is quoted in a news story — who and what are shown as being important, and what things characters do that are rewarded or punished.

RESOURCE: KIDS HELP PHONE (INSIGHTS)

<https://kidshelpphone.ca> OR [1-800-668-6868](tel:1-800-668-6868), texting [686868](https://text.kidshelpphone.ca) or [messaging online](https://messaging.kidshelpphone.ca) for support.

Wellness tips, tools and resources for:

- When you need help with something at school...
- When you feel anxious
- When you need to reach out / feel connected...
- When you're a high school or post-secondary student...
- When you're starting a new school year...
- When you need to take care of yourself...
- When you're thinking about what's going on around you...
- When you're struggling with mental health and well-being...
- When there are other things going on / on your mind...



École Secondaire R.A. McMath Secondary School

Home of the Wildcats

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Search

Upcoming Events

[A-PLT-BCD](#)

Sep 17 2026

[ABCD](#)

Sep 18 2026

[ABCD](#)

Sep 21 2026

[Photo Day](#)

Sep 21 2026

[A-PLT-BCD](#)

Sep 22 2026



Early Warning Line

Reporting Student Lates,
Absences or Early Dismissals

Please email

mcmath@sd38.bc.ca OR leave a
message on the Early Warning
Line at [604-718-4004](tel:604-718-4004).

Latest News

2026-2027 School Year Overview

Important dates for the 2026-2027 school year and bell schedules are attached below. This list contains dates for learning updates, parent-teacher conferences, semester dates, and...

McMath Family WAAG - September 14-18, 2026

Happy Friday! Please find attached the September 14-18, 2026 edition of the Family WAAG.

Board Policies for Parents & Guardians

Each year, we invite all parents and guardians to review Board Policy 105: District Code of Conduct and Board Policy 103: Complaints and Appeals by...

Student Accident Insurance Plan

As in previous years, families can choose to purchase an optional student accident insurance plan for their children through the "InsureMyKids®" program, underwritten by Old...

Traffic Safety in School Zones

With the new school year upon us, it is important to remind both drivers and pedestrians to keep traffic safety in mind and remain alert...

Accessibility Settings

Translate



English



MyEducationBC

SchoolCashOnline

erase EXPECT RESPECT & A SAFE EDUCATION



Student Notices



My School Day

GET CONNECTED!
WE WANT CAREGIVERS AND STUDENTS
TO CONNECT WITH US



mcmath.sd38.bc.ca



MySchoolDay App - McMath



mcmathsecondaryschool

Follow



mcmathstuco

Follow



ANY QUESTIONS?

THANK YOU FOR
JOINING US
TONIGHT

École Secondaire R.A. McMath Secondary School
Home of the Wildcats | Together We Learn





IMPORTANT DATES

Program Planning Forms:

- Hand-in to your Grade 7 teacher or McMath Office (in-person or email: mcmath@sd38.bc.ca)
- **Due February 17, 2027**

“Grade 7 Orientation Day”

- Friday, May 28, 2027 at McMath
- More Information to come

HOW TO PREPARE FOR HIGH SCHOOL

- **Health**
(sleep, screens & social)
- **Organization**
(courses & life)
- **Grade 7** – finish well!



IMPORTANT POINT

STEP 2: SELECT A FINE ARTS ELECTIVE

Kindly rank the following electives in order of preference, with 1 being first choice and 3 being last choice.

_____ART/DRAMA/GUITAR 8 WHEEL _____BAND 8 _____CHORAL MUSIC 8

STEP 3: REVIEW AND SIGN

Go over the course requests very carefully. **Changes are very difficult and may not be possible in September. *These are course requests only and do not guarantee placement.*** Please sign below indicating your consent to the completed student program.

WHY IS THIS SECTION SO IMPORTANT?

- The timetable is built based on what students request NOW. Requests after the due date may not be possible as the timetable is already built.
- Include alternative courses! We cannot guarantee you will get your first choice. A well-built timetable can only satisfy approximately 80% of all student requests.

GET INVOLVED
SCHOOL SPIRIT

GET INVOLVED SCHOOL TRIPS

- Europe
- Japan
- New York
- Orlando
- Quebec

