

THE MACNEILL WEEKLY

PARENT EDITION

VOL. MAR

MON	TUE	WED	THU	FRI
03 Day 2	04 Day 1	05 Day 2	06 Day 1	07 Day 2
	Grade 7 Feeder Tournament			
	Core Competencies	Core Competencies	Core Competencies	Core Competencies



As we are still in the respiratory illness season, cold and influenza (flu), we want to take a moment to send some reminders regarding what to do if you aren't feeling well.

We ask all students to stay home and away from others until your symptoms resolve, your fever is gone (without the use of medicines that reduce fever, like Tylenol) and you feel well enough to participate in daily activities.

However, it is still important for people with symptoms to stay home to reduce any potential spread of illness until their symptoms have resolved, and they are able to participate in their usual activities.

Thank you for helping to keep our MacNeill Community healthy and safe!

DATES TO REMEMBER

MAR. 4 • GRADE 7 FEEDER TOURNAMENT
 MAR. 4- 7 • CORE COMPETENCIES
 MAR. 17-28 • **SPRING BREAK**
 MAR. 31 • WELCOME BACK TO SCHOOL

MACNEILL RAVENS

bubble tea

SALE!

MARCH 12, 2025
@ LUNCH TIME

ONE FOR \$7
OR
TWO FOR \$12

MENU:
 MILK TEA WITH PEARLS
 FRUIT TEA WITH COCONUT JELLY

CONNECT & LEARN WITH US!



In Person Community Events for Parents & Caregivers

Location: MacNeill Secondary School, 6611 No 4 Rd, Richmond (library)

Date: Thursday, March 13, 2025

Time: 6:30 – 8:00 PM

Understanding, Supporting and Connecting with Teens with Depression

When our teens are struggling with depression, we can feel lost about how to best support them. How do we know when they are experiencing a mental health challenge and when should we intervene?

Learn from Karen Peters, Registered Clinical Counsellor, about how depression shows up in teens and ways of journeying with them through it.

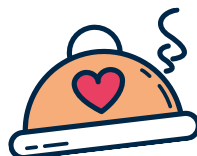
This video presentation will be followed by a facilitated discussion by the Family Peer Support Workers in Richmond.

Cost: Free

Register at: familysmart.ca/events

Questions?

Email: sandie.rai@familysmart.ca or phone/text: 604-607-9570



CAFETERIA MENU

- Chilli Cheese Dog & Fries / Chipotle Chicken Wraps • Monday
- Cheese Burger with Onion Rings & Fries • Tuesday
- Mac & Cheese & Garlic Toast • Wednesday
- Teriyaki Chicken Burger with Coleslaw & Fries • Thursday
- Pork Udon Stir Fry • Friday



familysmart.ca