

Weekly Update for McAdam High

Wow, November already! Time is quickly passing by! It must be due to the great school environment we have!

Monday

1. Remembrance Day Ceremonies

Tuesday

- Rick Wightman is visiting the school today from UNB, he is speaking to classes about careers in computer science.

Wednesday

1. District Math Staff here to support programming for students in grades 6-8

Thursday

1. **Badminton Club is happening after school, it is open to everyone!**

Friday

1. STU is visiting McAdam this morning.
2. The first round of the CyberTitian competition is happening today from 12-3, if you have a son/daughter come on out and cheer on the competition.

Upcoming Events

November 22 – No school for students, report cards for 6-8.

School Goal: Social Emotional Learning:

[Mind in a Jar - https://www.youtube.com/watch?v=gWaK2mI_rZw](https://www.youtube.com/watch?v=gWaK2mI_rZw)

[What is Mindfulness? - https://www.youtube.com/watch?time_continue=25&v=QNmMH6tqiMc](https://www.youtube.com/watch?time_continue=25&v=QNmMH6tqiMc)

The above two clips are directly related to the MindUp curriculum that Melissa and Jeremy are co-teaching in the classrooms. Mindfulness is at the very heart of one having self-management. Teaching and learning about these skills will go a long way in supporting every learner and every student in our school.