



## Weekly Parent Newsletter

James McKinney Elementary School  
10451 Lassam Rd, Richmond, BC, V7E 2C2  
Phone: 604-668-6133 Early Warning: 604-668-6691  
Website: <http://mckinney.sd38.bc.ca>

Ms. Zvi, Principal & Ms. Sood, Vice Principal



### **McKinney Community** **The Week Ahead: Feb 2<sup>nd</sup> to 6<sup>th</sup> , 2026**

<b>Monday 2</b>	
<b>Tuesday 3</b>	Boys B.B practice at lunch Boys' basketball <i>Home</i> game Steveston Community centre after school program begins (registration required)
<b>Wednesday 4</b>	Girls B.B Game Div 1 and 2 field trip
<b>Thursday 5</b>	Hot Lunch Boys B.B practice at lunch Girls B.B practice after school
<b>Friday 6</b>	Girls B.B practice after school

Dear Families,

We are excited to announce that along with *Feeding Futures* and *The National School Food Program* funding, the **Richmond School District** will be piloting a **universal hot lunch program** at James McKinney elementary school. This will be a **FREE** hot lunch for every single student at school. It is anticipated that a lunch will be offered to all students **TWICE per month (on Tuesdays)**. We will be using the MunchaLunch ordering platform which most of you are already familiar with since you use it to order PAC hot lunches (Thursdays) from the school already. **More details will be shared in the coming weeks, so please look for that communication so you can pick your child's FREE lunch!**

We also wanted to remind families that for the first time ever our school will be participating in the **2026 Vancouver Sun Run** on **Sunday, April 19**. The run starts at BC Place! Our students will have the opportunity to join the 2.5 km Mini Sun Run as part of our school team. We are very grateful to Ms. Hulyk for leading us in this fun endeavor! If you and your child would like to register please make sure that your child is signed up to attend practice sessions with Ms. Hulyk and that you have filled out the paper and online registration form. On the day of the Sun Run, students will need to be accompanied by an adult. If your child enters the Mini Sun Run, entry includes one adult escort. Both child and adult will need to register individually. Our Run club will start training for the Sun Run **every Monday and Wednesday during lunch**. Our first session will begin on February 2nd, 2026, but students do not have to be a part of our Run Club to participate in the run. If you have any questions, please do not hesitate to email or

connect with us. There are registration fees associated with the Sun Run, if the cost is prohibitive, please contact Ms. Zvi for assistance.

Team Name: **McKinney Eagles**

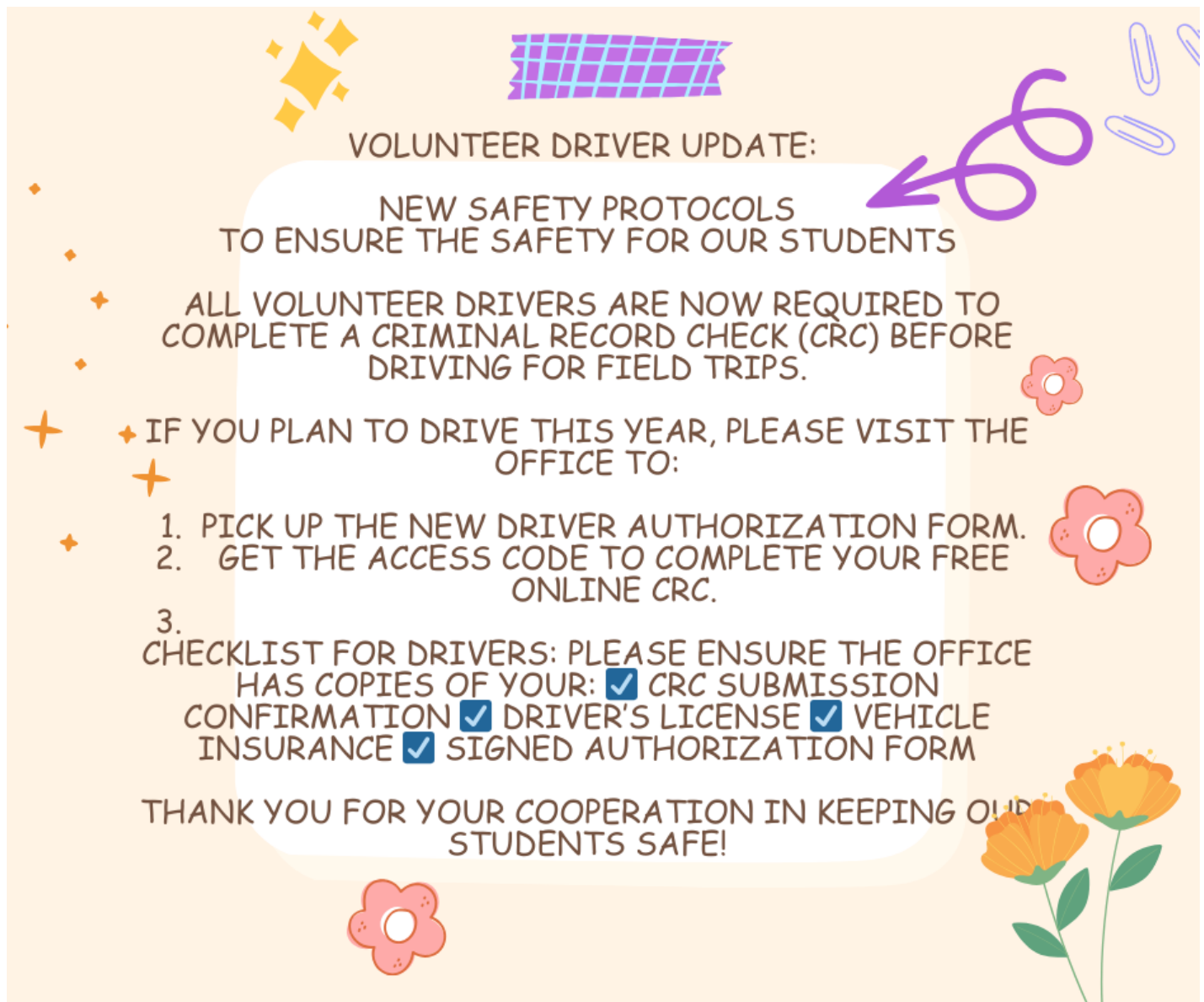
Team Access Code: **LPXGCG**

Link to JOIN OUR YOUTH TEAM:

<https://event.vansunrun.com/172858/register/?urlcattype=t&zsecure=GabuutrY131Jkkj>

Warm regards,

Ms. Zvi and Ms. Sood



**VOLUNTEER DRIVER UPDATE:**

**NEW SAFETY PROTOCOLS  
TO ENSURE THE SAFETY FOR OUR STUDENTS**

**ALL VOLUNTEER DRIVERS ARE NOW REQUIRED TO  
COMPLETE A CRIMINAL RECORD CHECK (CRC) BEFORE  
DRIVING FOR FIELD TRIPS.**

**IF YOU PLAN TO DRIVE THIS YEAR, PLEASE VISIT THE  
OFFICE TO:**

1. PICK UP THE NEW DRIVER AUTHORIZATION FORM.
2. GET THE ACCESS CODE TO COMPLETE YOUR FREE  
ONLINE CRC.
- 3.

**CHECKLIST FOR DRIVERS: PLEASE ENSURE THE OFFICE  
HAS COPIES OF YOUR: ☒ CRC SUBMISSION  
CONFIRMATION ☒ DRIVER'S LICENSE ☒ VEHICLE  
INSURANCE ☒ SIGNED AUTHORIZATION FORM**

**THANK YOU FOR YOUR COOPERATION IN KEEPING OUR  
STUDENTS SAFE!**

## PAC News

### Hot Lunch Orders for 2026

Don't miss out on these exciting lunch menus! To place an order, visit <http://www.munchalunch.com>. You can place an order for multiple lunches in advance! First time users will need to create an account to log in.

- 👉 Feb 5 is Yummy Slices Pizza Day - Order by Jan 30, 11:59PM
- 👉 Feb 12 is BM Gourmet Day - Order by Feb 6, 11:59PM
- 👉 Feb 19 is Domino's Pizza Day - Order by Feb 13, 11:59PM
- 👉 Mar 5 is Fukuroku Sushi Day - Order by Feb 27, 11:59PM
- 👉 Mar 12 is Kokitchen Rice Day - Order by Mar 6, 11:59PM

### McKinney PAC is on Social Media

Stay connected on social media with the McKinney PAC to receive updates and reminders on upcoming PAC events, initiatives, and community resources.

Instagram: [@mckinneyelementarypac](https://www.instagram.com/mckinneyelementarypac)

Facebook: [James McKinney Elementary School PAC](#)

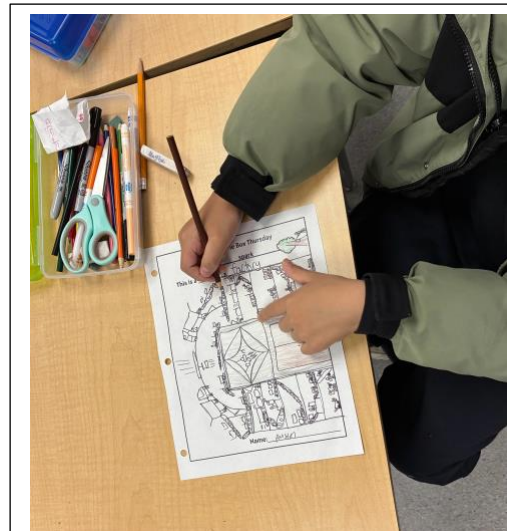
## **Photos of the week!**

The whole school is focusing on Showing Care to Others this term. Check out our Kindness Quilt Art! More coming soon...









Using our imaginations in division 8



Goal setting!

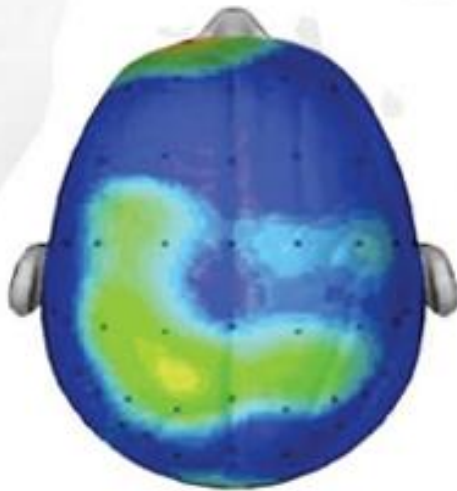


Division 7 is learning about non-fiction reading strategies!

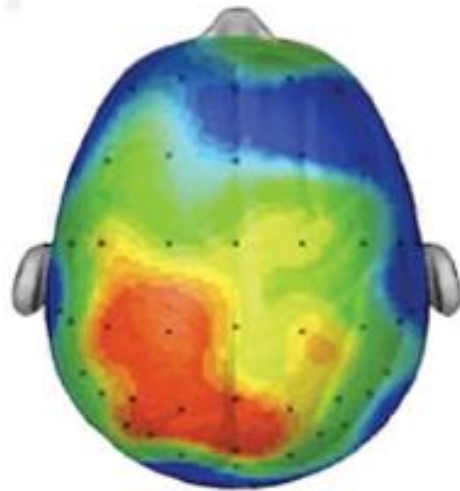




# NURTURING YOUR CHILD'S PHYSICAL HEALTH: *PHYSICAL ACTIVITY & PHYSICAL LITERACY*



**AFTER SITTING QUIETLY**



**AFTER 20 MINUTE WALK**

## ***Our brains learn better with movement!***

When we're physically active, a number of hormones are released in our brain that helps to boost our energy, mood and learning. These hormones create the image of a colourful "rainbow brain" shown above.<sup>1</sup> In your child's class, we talk about how we like to have rainbow brains as much as possible so that we can learn at our best- that's why we are bringing movement into the classroom!

Both brains did a math test after they sat or walked for 20 minutes.<sup>1</sup>

***Which brain do you think did better on the math test?***

**Looking for more ideas to build movement into your child's day?** Try using active transportation (walking, biking, rolling, or running) to get to school. This can save you time in the drop-off line up and can be a fun and social way to start the day.

<sup>1</sup>Hillman, C., Pontifex, M., Raine, L., Castell, D., Hall, E., Kramer, A., (2009). University of Illinois. The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*. 159, 3: 1044-1054.

## PHYSICAL ACTIVITY CAN...



Help your child manage their emotions and improve mood



Help your child move their body in all the ways they want to



Make it easier for your child to fall asleep



Boost your child's immune system



Improve your child's ability to focus and do better in school



Provide opportunities to make friends

## Help your child activate their rainbow brain at home!

### Wondering how to teach your child movement skills like running?

These videos from Active for Life can help:

<https://activeforlife.com/resource/fundamental-movement-skills-videos/>

### DRIVING AROUND ACTIVITY

Pretend to be a car and follow the instruction shouted out.

**Highway driving:** Running

**Speed limit:** Walking

**Out of gas:** Stand on one leg to refuel

**Raining:** Do 5 Jumping Jacks like windshield wipers

**Construction:** Jump from two feet to two feet

**Tip:** For older children and youth, you can also change the skills to make them harder.



To find out how you can help develop your child's physical literacy at home, visit <https://pise.ca/physical-literacy-resources/> and try this game!