



## Weekly Parent Newsletter

James McKinney Elementary School  
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Ms. Zvi, Principal & Ms. Sood, Vice Principal



### **McKinney Community** **The Week Ahead: January 19-23, 2026**

<b>Monday 19</b>	Division 4 and 6 skating field trip Girls B.B practice after school
<b>Tuesday 20</b>	RAM meeting (online on Teams) 7 PM Boys B.B practice at lunch Boys basketball game at Wowk Steveston Community centre after school program begins (registration required)
<b>Wednesday 21</b>	Girls B.B Home game
<b>Thursday 22</b>	Hot Lunch (Boston Pizza) Boys B.B practice at lunch Boys B.B game at Blundell Girls B.B practice after school
<b>Friday 23</b>	PAC movie night – Bad Guys 2



Dear Families,

Our basketball season is off to a great start! And we have more great news regarding Athletics. McKinney will be sending a group of students to the **Sun Run** in Vancouver in May! Check out the information below for more info about the 2.5 km Mini Run!

Parents, please also scroll down to find out more information about PAC events coming up, as well as information about our Montessori RAM meeting on Tuesday.

On another note, as many of you already know our School Learning Story is about improving our Social-Emotional Learning at McKinney. You can read more about the things we are doing on our school website. In the next few Parent Newsletters, I will also be sharing information about how you can support the Social-Emotional Learning of your child at home. Please scroll through the whole newsletter so you don't miss some important information! Thank you. And as always, thank you for your partnership with our school. It takes a village!

Have a great weekend,

Ms. Zvi and Ms. Sood

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## Vancouver Sun Run – School Team Registration

We are excited to share that our school will be participating in the **2026 Vancouver Sun Run** on **Sunday, April 19**, starting at **BC Place**! Our students will have the opportunity to join the **2.5 km Mini Sun Run** as part of our school team.

Because the event takes place on a weekend, we kindly ask parents to support their child's training and to accompany them on race day.

Participation is open to all students from **Kindergarten to Grade 7**. If you would like your child to take part, please visit the school office **before or after school beginning January 15** to complete the required consent form.

More details—including training schedules and raceday information—will be shared soon.

We look forward to a fun, active, and community building experience!

### Stay Informed with SchoolMessenger Text Alerts (Opt-In)

**IMPORTANT**

Our District uses **SchoolMessenger** to share important school and district updates, including weather closures, emergency notifications, reminders, and time-sensitive announcements.

All families with a current cell phone number in our MyEdBC database will receive a text message from SchoolMessenger (Text #: 978338) in February 2026. To start receiving text alerts, you will need to opt in.

#### How to opt in:

1. **Watch for a text from SchoolMessenger (Text #: 978338).**
2. **Reply with “Y” to 978338.**
3. **You will receive a confirmation message letting you know you're successfully subscribed.**



Want alerts on more than one device?

To receive text alerts on multiple phones, each phone number must opt in separately by replying “Y” to 978338.

## PAC News

### PAC Movie Night - The Bad Guys 2 - Friday January 23

The votes have been counted, and the winning movie is The Bad Guys 2! We hope to see you at our next movie night on January 23 (next Friday).

Food orders are now available on [Munchalunch](#) and the order deadline is next Monday January 19.

**Important reminder:** Students in attendance **must** be accompanied by a supervising parent/guardian. For a group of students, as long as there's one parent/guardian supervising the group, that is fine. Students without a parent/guardian present will not be permitted to stay. Thank you for your cooperation in ensuring the event runs safely and smoothly!

### Hot Lunch Orders for 2026

Don't miss out! Hot lunch orders are now live for the first bit of 2026. 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.

👉 Jan 22 is 🍕 Boston Pizza Day 🕒 - Order by Jan 16, 11:59PM

### Ongoing Fundraisers

Please support the McKinney PAC through these ongoing fundraising initiatives:

<b>COBS Bread (Blundell Centre Store)</b>	No promotion but mention McKinney Elementary School at checkout and a portion of sales will be donated to the PAC
<b>Domino's Pizza (No. 2 Rd Store)</b> <a href="https://www.dominos.ca/">https://www.dominos.ca/</a>	25% off your order with promo code: JME Exclusive to No. 2 Rd Store and for Online Orders
<b>Mabel's Labels</b> <a href="https://mabelslabels.ca/fundraising/support">https://mabelslabels.ca/fundraising/support</a>	20% off your order online Search for the "James McKinney PAC" fundraising portal
<b>Oliver's Labels</b> <a href="http://www.oliverslabels.com/McKinneyPAC">http://www.oliverslabels.com/McKinneyPAC</a>	20% off your order online

### School Zone Traffic Safety Reminder

This is a friendly reminder to all parents/guardians and students of the McKinney community about school zone traffic safety. Please take a couple moments to review the tips below to ensure the safety of everyone in the school and the neighbouring community.

Parents/Guardians:

1. Plan your route early: Give yourself more time, consider leaving home earlier
2. Use designated drop-off zones: Obey posted parking restrictions, and do not block intersections and neighbouring homes' driveways
3. Watch for pedestrians: Be aware of pedestrians crossing the road and on sidewalks (before opening your vehicle doors)

4. Obey school zone speed limits: Obey speed limit of 30 km/h during school hours (8:00-5:00 on School Days).
5. Follow the instructions of cross guards: Reminder that the crosswalk is a No Stopping Zone
6. Be patient

Students:

1. Use crosswalks
2. Look both ways before crossing
3. Stay on the sidewalk
4. Pay attention

*Thank you*

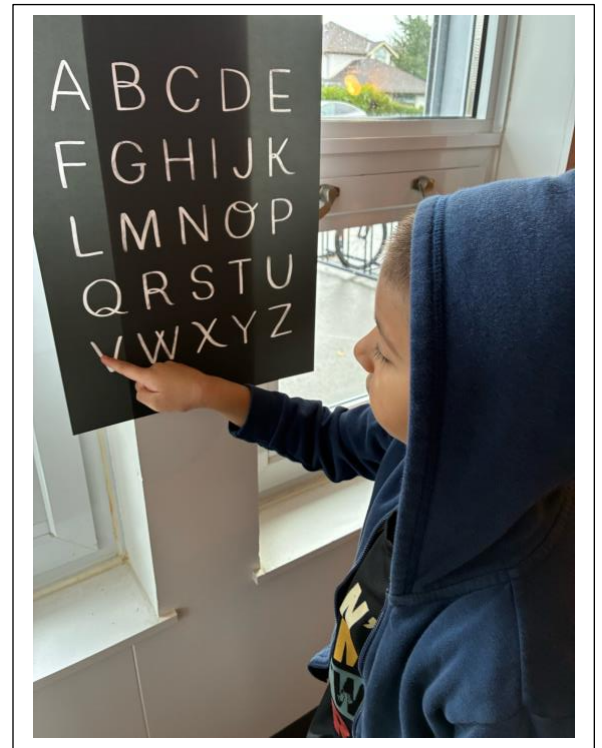
### **McKinney PAC is on Social Media**

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](https://www.facebook.com/JAMES.McKinney.Elementary.School.PAC)

### **Photos of the week!**



MONTESSORI PARENTS...

# NOTICE

• OUR UPCOMING RAM MEETING WILL TAKE PLACE VIRTUALLY ON  
• TUESDAY JANUARY 20 AT 7 PM. OUR AGENDA IS ATTACHED. WE WILL  
• KEEP THE ZOOM MEETING ROOM OPEN FOR 10-15 MINUTES  
• AFTERWARDS FOR SOCIALS.

• ZOOM LINK WILL BE SENT BY THE SCHOOL.

• BEST REGARDS,  
• RICHMOND ASSOCIATION OF MONTESSORI

INFO@RICHMONDMONTESSORI.CA



# TOQUE DAY!

DATE:  
JANUARY  
30, 2026







NO EQUIPMENT  
NEEDED



# LACROSSE!

**FREE TO ALL PLAYERS**

LOCATION **MANOAH STEVES SCHOOL GYMNASIUM**

**DECEMBER 10<sup>TH</sup> | 17:00 TO 18:30**  
WEDNESDAY

LOCATION **DIEFENBAKER SCHOOL GYMNASIUM**

**JANUARY 14<sup>TH</sup> | 17:00 TO 18:30**  
WEDNESDAY

**FEBRUARY 8<sup>TH</sup> | 10:00 TO 11:30**  
SUNDAY

**MARCH 4<sup>TH</sup> | 17:00 TO 18:30**  
WEDNESDAY

**MARCH 15<sup>TH</sup> | 10:00 TO 11:30**  
SUNDAY

**PRE REGISTER  
HERE**  
TO SECURE YOUR SPOT



# Supporting your Child's Mental Wellness: Screen Use for Children aged 5-12



This is an emerging area of research. However, we know that there are both benefits and risks of screen use.<sup>1</sup>

<sup>1</sup>(Canadian Pediatric Society, 2019)

## Potential benefits include<sup>1</sup>:

- ✓ Social connections and friendships, self-expression and creativity
- ✓ Learning opportunities, cognitive and social development

## How much screen time is too much?

The Canadian 24 hour movement guidelines recommend that children spend **less than 2 hours per day on recreational screen time**

(not including time spent on school-work)

However, **quality matters as much as quantity**, and **every child** is **unique** and **will experience the benefits and risks** of screen use **differently**.

## Risks include<sup>1</sup>:

- ✓ Behaviour and conduct challenges, negative impacts on learning and academic outcomes
- ✓ Negative impacts to mental health, decreased sleep quantity and quality, impacts to vision health, and lower levels of physical activity



Parents and guardians are encouraged to create **personalized family media plans** to address their child's needs. Setting limits when children are young is easier than cutting back when they're older.

Revised Jan 2025



## Follow the 4 C's for some evidence-based tips to manage your child's screen use<sup>1 2</sup>: <sup>2</sup>(American Association of Pediatrics, 2024)

### 1) Communicate- Have regular, open conversations with your child about their tech use.

- Be open and curious when talking to your child about tech use. Ask questions like "what do you like about this show/app/game?" or "how does it make you feel after watching/using/playing it?"
- Let your child know that they can talk to you about anything negative or upsetting they see online. If they've gotten a phone and have started texting friends, check in about how those interactions are going.
- Continue to be present and engaged when screens are used. Whenever possible, **co-view and talk about content with children.**

### 2) Content- When using screens, prioritize activities that are educational, active, or social.

- Help children choose developmentally appropriate content and recognize problematic content or behaviours. Read reviews, such as those on [Common Sense Media](#) or [Plugged-In](#) to find out what shows, games, and movies are the right fit for their maturity level.
- **Consider using [parental controls](#) with the ultimate goal of having your child begin to manage their own limits as they grow older.**

### 3) Calm- How does your child calm down emotions or go to sleep?

- **Support kids in settling their bodies to sleep by putting devices away at least 1 hour before bedtime.** Teach them techniques such as deep breathing and listening to quiet music to help calm their brains.
- When your child is bored, try going outside to play, do something creative, or play a game together instead of using screens.

### 4) Crowding Out- Instead of focusing on 'reducing screen time,' think about what your family wants to 'add back in.'

- **Ask your child: what does media get in the way of?**
- Talk with your kids about balancing time on screens so that there is enough time to sleep, read, play outside, draw, hangout, and play sports with other kids. Parents can role model putting phones down at bedtime, dinnertime, or on car rides - whatever makes sense for your family's media plan.