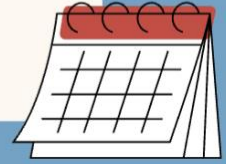




## Weekly Parent Newsletter

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 16-20

<b>Monday</b>	Family Day - stat - <b>NO SCHOOL</b>
<b>Tuesday</b>	<b>School-wide presentation: The Dancers of Damelahamid 1:30 PM in the gym – Families welcome to join us!</b> Girls B-ball practice after school Happy Lunar New Year
<b>Wednesday</b>	Girls B-ball game at Westwind
<b>Thursday</b>	Div 14 field trip Boys b-ball practice at lunch Boys b-ball game after school at Westwind Girls B-ball practice after school Hot Lunch (Dominos)
<b>Friday</b>	<b>Lunar New Year Assembly at 10:30 – Families welcome to join us!</b> Div. 11/12 field trip – Richmond Cultural Center

Dear McKinney Families,

Like many of you, we are deeply saddened by the recent tragedy in Tumbler Ridge. Our hearts are with all those affected. Please know that the safety and well-being of your children remain our highest priority. Our staff are attentive to students' emotional needs, and our counselling supports are available for any child who may need extra care or someone to talk to.

Out of an abundance of caution, we will also be conducting an additional safety drill; however, we will allow some time to pass before we do this. As usual, these drills will be carried out in a calm, age-appropriate manner to help students feel prepared and confident, not anxious. We will ensure that staff review procedures carefully and support students throughout. In case you didn't know, we conduct a variety of drills throughout the school year (fire, earthquake, etc.)

As always, we are committed to providing a safe, caring, and supportive learning environment. If you have any concerns or feel that you or your child may need additional support, please don't hesitate to contact us.

Sincerely,  
Ms. Zvi and Ms. Sood

#### Important Information:

- Thank you to the PAC for sponsoring our Assembly this Tuesday—we are excited to have the **Dancers of Damelahamid** (Indigenous group) come and perform for us. Families are welcome to join us in the gym at 1:20 PM.
- We also have another dance presentation on Friday—**Vancouver Chinese Lion Dance Inc** will come to do a special assembly in honour of Lunar New Year. Families are welcome to join us at 10:20 AM on Friday!
- Friday February 27<sup>th</sup> our senior intermediate students will be showcasing their band skills at our first **Band Concert** of the year. Families are invited to join at 1 PM and watch!
- March 2 – 6<sup>th</sup> we are very excited to welcome the **Rhythm Art Group** to teach all students about dance! We will learn some new moves and then showcase them at a performance on Friday Feb 6<sup>th</sup>. More info to follow soon! Families will be invited to join us!



### **Upcoming Dates:**

Feb 24 RAM meeting 7 PM for Montessori families  
Feb 25 Pink Shirt Day Assembly  
Feb 27 Band Concert Assembly – Parents invited to join for 1 PM  
March 9 PAC Meeting 7 PM  
March 13 PAC Movie Night/ Spirit Day/ Last day before Spring Break  
March 16-27 Spring Break  
March 30 Back to School

## **PAC INFO**

### **February is Black History Month**

Located in Vancouver's Strathcona area, Hogan's Alley was an exciting community filled with restaurants, theatres, a church and more. Nearly 400 Black families had moved to British Columbia in 1858. They came from California, after being invited by the governor of Vancouver Island to help establish a community. Years later, many of their descendants settled in Hogan's Alley. Popular American performers could be seen regularly enjoying Hogan's Alley's vibrant entertainment scene.

Famous Canadians with ties to Hogan's Alley include Nora Hendrix (community activist, grandmother of famous musician Jimi Hendrix) and Vie Moore (entrepreneur).



The fountain chapel building in Hogan's Alley, Nora Hendrix was one of the founders. (Wikimedia/Public Domain)

### **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 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**

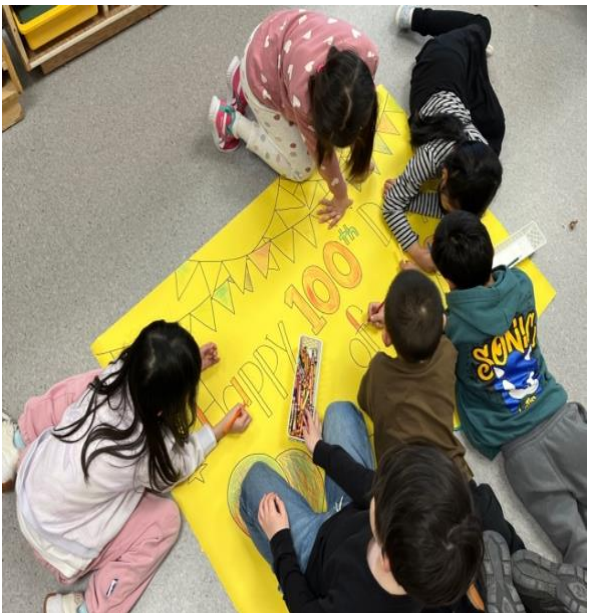
Stay connected on social media with the McKinney PAC to receive updates and reminders on upcoming PAC events, initiatives, and community resources.

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

Facebook: [James McKinney Elementary School PAC](https://www.facebook.com/JamesMcKinneyElementarySchoolPAC)



# PHOTOS OF THE WEEK



We had a wonderful week of learning at McKinney! Students got to experience our huge map of Canada in the gym, exploring and learning about different Indigenous communities around the country. Ask your child about it!





# NURTURING YOUR CHILD'S PHYSICAL HEALTH: *SLEEP*



*Only about half of BC kids say they're getting a good night's sleep 5 days per week<sup>1</sup>*

<sup>1</sup>(MDI, 2023)

## Why is sleep important?

- ✓ Good sleep is important for your child's mental and physical health.
- ✓ Sleep helps children feel energized, learn better, concentrate longer, and be more creative.
- ✓ Regular, restful sleep also strengthens their immune system.
- ✓ A well-rested mind makes better decisions and manages stress more effectively.
- ✓ Regular sleep allows the body to develop, grow, and function properly.

## How much sleep is enough?



## Sleep Guidelines:

- 9 to 11 hours of sleep per night for those aged 5–13 years
- 8 to 10 hours per night for those aged 14–17 years

## Aim for:

- Uninterrupted sleep with *consistent* bed and wake-up times
- Less than 2 *hours* of recreational screen time per day