

COOK COUGARS

April 14, 2020



NEWSLETTER

Message from the Administration:

During this time where we are communicating and learning online we would like to send home a weekly newsletter that will have the following items:

- 1) Important School District information
- 2) Technology Tips Section- Online Learning Section
- 3) Social and Emotional Information
- 4) Physical Fitness Information
- 5) Construction Updates



We miss seeing you and your families and hope that you are all healthy and safe! Thank you for staying off the playground equipment and basketball courts as they are off limits. You are still welcome to use the walking/bike path around the field for daily exercise.

Please check our school website for weekly birthday announcements, newsletters and tweets!

Technology/E-portfolios:

As you may be aware, we are in the process of reviewing the information that teachers collected from you regarding the technology needs for your family. This week we will be contacting you if you indicated that your family requires a device in order to participate fully in the online learning opportunities being sent by your child's teachers. Teachers have been planning interesting and engaging lessons for their students.

It is important that you check your e-mail each day and sign in to your child's e-portfolio if you have not already. Checking the e-portfolio is the way your child is going to know what is expected of them as far as their learning plan for the week.

Remember the portal username starts with **SDO** (a zero NOT the letter O) and their **7 digits student number**. The password is your child's birthday in the format of **mmddyyyy**. For example: March 24, 2010 would be typed in as 03242010. Last week, we were experiencing some problems with the portal, therefore, you may not have been able to sign in successfully. This week you should have

much more success with signing in and staying signed in.

Thank you for your patience as we launch our first week in to our second week of home learning.

Band Instruments:

If your child has a band instrument that they have not yet picked up from the school, please call the school at 604-668-6454 and make an appointment to come retrieve it.



What is SEL?

SEL is the process by which children and adults learn and develop knowledge, attitudes and skills to better understand and manage emotions, better set and achieve goals, better able to feel and show empathy for others, better establish and maintain positive relationships, and better make responsible decisions. These are the 5 pillars of the CASEL wheel.

(Collaborative for Academic, Social and Emotional Learning).

How do you practice SEL at home with your child?

- Self - Awareness - take time to talk about feelings with your children every day. Name your own feelings and ask them to name theirs too.
- Self - Management - teach and model positive ways to manage stress, disappointment and anger.
- Social Awareness - use story to help develop what your children might do or feel in scenarios of the characters in the story.
- Relationship Skills - help your children resolve conflicts by asking them to express through questioning. ie) "What do you think they might feel if you ...?"
- Responsible Decision - Making - talk about consequences by asking your child to think about "what happens if you did ...?"



Construction Update:

The Cook construction project has continued to proceed during the Spring Break and over the last two weeks. The new staff parking lot has been built and paved. They are also in the process of building the new office area and staff room. They are trying to get as much done as possible while students and staff are staying safe at home.



Fitness and Well Being

Get outside at least once a day for at least 30 minutes. If you're concerned of contact, try first thing in the morning or later in the evening, or less travelled streets. It's amazing how much fresh air can do for spirits.

Dress for the social life you want, not the social life you have. Get showered and dressed. Take the time to do a bath or facial. Put on some bright colours. It is amazing how our dress can impact our mood.

