
COOK COUGARSMonday, April 29th, 2019**NEWSLETTER**Issue #13

MESSAGE FROM THE ADMINISTRATION

The year continues to fly by! May and June are very busy months, with many field trips, outside activities, track and field and year end events. It will be especially important for families to check backpacks regularly for notices over the next two months.

As the weather gets warmer, students and teachers will spend some time each day outside. Please be sure your children have sunscreen on and, if possible, a hat for extra protection would be helpful. We want everyone to enjoy their time outside and take care to protect their skin!

Another health related reminder is to monitor sleep patterns for your children. Our daylight hours are getting longer as summer approaches. Although it's hard to go to bed when the sun is still out, it is more important to get enough sleep. Experts tell us that children, aged 5 – 12, need at least 9 ½ hours of sleep a night with many needing 10 – 11 hours. If your child is not waking up independently, is grumpy in the morning, forgetful or upset, he or she may need more sleep!

COOK'S GOT TALENT!

Last week we had a wonderful school event 'Cook's Got Talent' on Thursday, April 25th. Seven acts performed and it was an exciting event for all. Thank you to Ms. John, Ms. Jimenez for organizing this event. Thank you to Ms. Quan and her music crew for helping and the leadership team for their support. We were all impressed by our own Cook students and their talents.

DENTAL HEALTH PRESENTATIONS THIS WEEK

Students from UBC Dental Club will be doing presentations in five of our classrooms this week. The UBC students will be teaching our students about how to keep their teeth and mouths clean and healthy.

**CLASS PICTURES AND PANORAMA**

Our Panorama, Team & Club Pictures and Class Pictures will be taken on Tuesday, May 7th. All students will get a free class photo. Any family wishing to purchase a copy of the Panorama or Team & Club pictures may come to the office for an order form. We will receive these order forms when the pictures arrive.

**GRADE 7s GO TO CAMP!**

Our Grade 7 students and their teachers are heading to Camp Jubilee on Wednesday, May 1st. The students and their teachers fundraised through the year to help reduce the costs of this trip. In addition, our PAC provides funds each year to offset the costs of camp. It's a wonderful experience for our grade 7 students. It is, in fact, the highlight of most students' time at Cook.

SCHOOL WIDE BADMINTON LESSONS

During the week of April 29 – May 5, all students will be given the opportunity to learn some basic Badminton skills offered by Al Liao of WEQual Foundation, a non-profit organization dedicated to advance badminton education. We are excited to have this opportunity at Cook School.

SWIMMING FOR DIVISION 18

Division 18 students will be going swimming each morning for two weeks starting on May 6th through May 16th. The class will walk over to Minoru Pool and walk back after their lessons. It's a great opportunity for parents to enroll their children in swimming lessons. Thank you Ms. Araki, for organizing this for your students.

ZONE TRACK MEET – WEATHER PERMITTING

Our Zone Track Meet is on Thursday, May 9th, 2019. We have over 250 students attending the Track Meet this year. A notice went home last week with information regarding the track day and a schedule of approximate times for events was sent home as well. If you have any questions about the Track Meet please see Mrs. Loat, Ms. Lee or Ms. Soo. We expect Cook Cougars to be great sports and show lots of team spirit. Please wear your Cook tee-shirts or the colour red to share in your enthusiasm! Good luck to everyone! Go Cook Go!

GRADE 7s TO VISIT MACNEILL

Our Grade 7 students heading over to MacNeill Secondary next year will be visiting the school on Wednesday, May 22nd from 10:00am to 12:15pm for an orientation event. It's a great chance for the students to get to know MacNeill and learn a few new teachers and leadership students who are already attending the school. This is done each year and the students LOVE it!



'WELCOME TO KINDERGARTEN EVENT

We would like to welcome our incoming Kindergarten students to our 'Welcome to Kindergarten' event on Wednesday, May 29th. A notice will be going home informing parents of the upcoming event.

If you know of any children ready for Kindergarten in September who have not registered, please have them register at the district office to start the registration process.

MAY 28th PAC AGMth

Our next PAC AGM meeting is scheduled on Tuesday, May 28th at 8:45am in the Multipurpose Room. A note is going home asking for volunteers for the PAC executive. Next year's PAC executive will be determined at this PAC Meeting based on the forms people send in. We hope you will consider helping the PAC in the work that they do. It certainly helps our school a great deal!!

SCHOOLCASHONLINE

We appreciate the effort that many new families are showing in being able to access our new district cashonline program.

SPORTS DAY – JUNE 7TH

Our annual Sports Day will be on Friday, June 7th. We spend most of the day outside. Students are in multi-age mini-teams and participate in creative relay races against other mini-teams. It's a great day for parents to visit and watch the excitement! PAC will arrange a Pizza Day for that day as well as selling snacks at a concession for parents. We hope you can join us!



APPRECIATION LUNCH – TUESDAY, JUNE 11TH

Each year our PAC and staff combine efforts and organize a pot luck lunch for everyone. This is an opportunity to enjoy each others' company and thank each other for the hard work we all do on behalf of our students/

your children.

A notice will go home closer to the date inviting you to come and asking families to contribute to this tasty lunch. Families are asked to bring main dishes. Staff will provide desserts.

MAY IS ASIAN HERITAGE MONTH

The month of May is Asian Heritage Month in Canada. There are a number of different events throughout the Lower Mainland to celebrate the wonderful heritage of Chinese-Canadians, Iranian-Persian-Canadians, Japanese-Canadians and Sikh-Canadians.

Our school has a rich and diverse population with most families coming from Asian and South Asian countries. We hope you enjoy the festivities this month in the Lower Mainland.

If you want to learn more about Asian Heritage Month, check out these websites:

<https://explorasian.org/education/chinese-canadian-histor/>

<http://www.cic.gc.ca/english/multiculturalism/asian/>

and Don'ts" presentation at the next sharing assembly on April 30th.



ECO TEAM

For the month of April, the Eco Team has been participating in an exciting pilot project for the City of Richmond. We have flexible plastic packaging recycling bins in all classrooms, and in hallway bins. Students (and families) can put their snack wrappers, chip bags, ziploc baggies, etc. in to be recycled by the City of Richmond recycling program at Lynas Lane, by the Olympic Oval. After April, we are encouraging classes, and families, to continue saving flexible plastic packaging and take it to the Lynas Lane works yard recycling depot.

Now that spring is here, our Cook garden is up and running, with classes doing garden clean up and beginning to plant seeds and seedlings, the Eco Team will be promoting the garden and reminding the school community about respectful, appropriate behaviour in the garden with a "Garden Do's