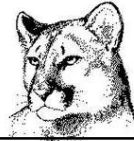


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**COOK COUGARS**October 2<sup>nd</sup>, 2017**NEWSLETTER**Issue #2

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**MESSAGE FROM THE ADMINISTRATION**

This year our Framework for Enhancing Student Inquiry is: **"How can we better support our student with "hands on, minds on learning opportunities to increase student engagement"?"**

We are beginning our year with a focus on **Mindfulness**. Practicing mindfulness can help kids learn to focus, manage stress, regulate emotions, and develop a positive outlook. A growing body of scientific research shows its positive effects on mental health and well-being. Practicing mindfulness has been shown to improve attention and reduce stress as well as increase one's ability to regulate emotions and feel compassion and empathy. Mindfulness also is widely considered an effective way to support adults, children, and adolescents with aggression, ADHD or anxiety.

Mindful awareness helps students with self-regulation, optimism, and planning and organizational skills. A lot of the research shows that mindful awareness—and understanding its pieces—helps students with cognitive and academic growth.

"It's really about getting students to reflect on their own thoughts and actions and learning how to make better choices for themselves and for others as well." Dr. Hersey PHD.

If you would like to learn more about our Framework for Enhancing Student Learning Focus please visit the Cook school website @ [cook.sd38.bc.ca](http://cook.sd38.bc.ca) to read our Cook School Story.

**SCHOOL SUPPLY PAYMENTS ARE NOW DUE**

If you have not yet sent in money for school supplies, planners and/or cooking fees (Kindergarten students) through the CASHONLINE, please do this by the end of this week (**October 6<sup>th</sup>, 2017**).

School Supplies Payment = \$30

School Planner (Grade 2 – 7 only) = \$6

Cooking &amp; Craft Payment for

Kindergarten/Gr. 1 = \$15

**BREAKFAST CLUB HAS STARTED!**

Our Breakfast Club runs on Mondays, Tuesdays and Thursdays each week (8:00am – 8:30am). This is an opportunity for all students to eat a healthy breakfast before school and have a bit of play time with friends as well. Parents and staff make breakfast for the students.

In addition to providing breakfast for many of our students, we maintain a small supply of lunch items for those students who forget their lunches at home.

We know having a healthy breakfast and lunch is important for learning. We are pleased to be able to offer these options for our students.

## THANKSGIVING DAY – MONDAY, OCTOBER 9<sup>th</sup>

Just a quick reminder that Monday, October 9<sup>th</sup> is Thanksgiving Day. School will be closed on that day and reopen on Tuesday, October 10<sup>th</sup>. Happy Thanksgiving to everyone!

### MEET THE TEACHER OPEN HOUSE

Many parents were welcomed into classrooms to see their children's work and meet their child's teacher. It was wonderful to see so many parents join us. If you were unable to join us for Meet the Teacher and you are available to come in at another time, please feel free to contact your child's teacher to make arrangements for a visit. Most likely the visit will be before or after school and you will be able to take time with your child to see where they sit and learn about their weekly activities.

### CHAPTERS/INDIGO ADOPT-A-SCHOOL

We're thrilled to announce that our school has been adopted by the Indigo Spirit store in Richmond Centre. Until October 8th this store is going to fundraise on behalf of our school library.

You can drop into the store to make a donation, or visit [adoptaschool.indigo.ca](http://adoptaschool.indigo.ca). We can't wait to see all of the new library books ... thank you Indigo Spirit!

### INDIVIDUAL STUDENT PHOTOS

Individual student photos will be taken on Thursday, October 12<sup>th</sup>. Typically, two poses will be taken. Once the proofs are made available, parents can select from these poses for their picture packages. All packages are optional – you do not need to purchase one. In case your child is absent or the photo proofs turn out badly, re-takes will be scheduled at the end of October. All orders and re-take orders will be completed well in advance of Christmas vacation.



### TERRY FOX RUN!

We had our annual Hao Hao's Run for Terry Fox this year on Friday, September 15<sup>th</sup> at 2:15. We collected many donations throughout the week for the Terry Fox Foundation and are proud to announce that Cook school raised over \$560.00! A big thank you goes to the PAC and Superstore who provided a healthy snack of oranges for all the students. Thank you for your support of this wonderful event!

### WALK OR WHEEL TO SCHOOL- OCT. 2-6



bike

This week is **Walk or Wheel To School Week**. Families are encouraged to walk to school to save energy and keep everyone healthy.

*A letter detailing the related activities has been sent home last week. Your children will have a chance to win some prizes and* hear more about our plan for **Walk or Wheel** to School Week this week!

### PARENT TEACHER CONFERENCES – OCTOBER 17<sup>TH</sup>

Each school year the Ministry asks schools to organize two informal conference times at their schools. Our first conference day will be Tuesday, October 17<sup>th</sup>. On this day, school will end for students at 12:00. Please note this is 20 minutes before our typical lunch break. The early dismissal allows teachers to begin booking conferences early in the afternoon.

Most teachers offer a wide range of days and times for these conferences. Please watch for a note from your child's teacher. If you are not able to attend during the times offered, contact the teacher to arrange another time.

### AFTER SCHOOL TIME ON THE PLAYGROUND

The fall weather is almost always lovely and families should take every opportunity to let kids play outside. Our playgrounds are available after school for children to play on

but school staff do not supervise during this time. It is expected that children will be supervised by their parents after school. When children are playing on the playgrounds they often play with a variety of children. Games and conflicts are a part of regular play and an opportunity for children to learn how to handle a variety of social situations. Parents should be monitoring their children's behaviours during this time, but not necessarily intervening. We always try to work toward independence with our children and handling uncomfortable social situations is one way for these skills to develop.

If you do see a situation escalate to aggressive verbal or physical interactions, we encourage you to call your child over and talk to them. You could tell them what you thought you saw and ask them what the situation is (is it a game or a social interaction), what their role is, how they think it should be solved, etc. Often calling your child over to talk will put an end to the conflict. You might also suggest they play in some other area of the playground.

We strongly discourage parents from disciplining other children – that is the sole responsibility of a child's parent on a playground. If negative interactions continue it might be time for you and your child to take a break from the playground for the day. By doing this, you are teaching your child to use some strategies (use your words, walk away, find something else to do) and model good decision-making that is not related to 'getting back at the person' or 'winning'.

### **PAC MEETING – OCTOBER 3<sup>rd</sup> @ 8:45 AM**

PAC meetings are held in the mornings at Cook, right after students have been dropped off. We encourage ALL parents to join the meeting. We always share information about school events and plan special events such as Pizza and Sushi Days. Our first meeting of the year will be on Tuesday, October 3<sup>rd</sup> at 8:45am in the Multipurpose Room. Please join us! The meetings usually run about one hour in length.

### **HOT FOOD DAY– OCTOBER**

Thursday, October 12<sup>th</sup> is Pizza Food Day. Primary students in Divisions 13 thru 22 will have their pizza order delivered to their classroom. Intermediate students will pick up their pizza order in the Multipurpose room. In addition, PAC will be selling a limited number of pizza slices for those who did not order on line.

### **ONLINE NEWSLETTERS**

As always, you will find our newsletters on our school website. If you believe a newsletter should have been sent home but you didn't get a copy, check our website and you will find all the newsletters published for the year.

### **TRANSLATER FOR NEWSLETTER WANTED**

If you are able to translate our school newsletter twice a month, please contact the office. Your help would be much appreciated.

