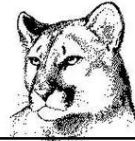


COOK COUGARS**NEWSLETTER**October 16th, 2017

Issue #3

MESSAGE FROM THE ADMINISTRATION

This month we have been focusing on Gratitude. You might be noticing some of our bulletin boards in our hallways highlighting what we are thankful for here at Cook. Here are some interesting facts about Gratitude.

- 1. Gratitude allows us to celebrate the present.** It magnifies positive emotions. Research on emotion shows that positive emotions wear off quickly. Our emotional systems like newness. They like novelty. They like change. We adapt to positive life circumstances so that before too long, the new car, the new spouse, the new house—they don't feel so new and exciting anymore.
- 2. Gratitude blocks toxic, negative emotions,** such as envy, resentment, regret—emotions that can destroy our happiness. There's even recent evidence, including a study by psychologist Alex Wood in the *Journal of Research in Personality*, showing that gratitude can reduce the frequency and duration of episodes of depression.
- 3. Grateful people are more stress resistant.** There's a number of studies showing that in the face of serious trauma, adversity, and suffering, if people have a grateful disposition, they'll recover more quickly.
- 4. Grateful people have a higher sense of self-worth.** When you're grateful, you have the sense that someone else is looking out for you—someone else has provided for your well-being, or you notice a network of relationships, past and present, of people who are responsible for helping you get to where you are right now.

**EARLY DISMISSAL DAY –**
OCTOBER 17th

Each year the district allows schools to have early dismissals in the first two terms so teachers can arrange conferences with families. This year our first early dismissal day will be **Tuesday, October 17th at 12:00 pm.**

Teachers will have conferences throughout that afternoon and, most likely, other days through the next week as well.

MULTIAGE TEAM ACTIVITY

On Thursday, October 19th, our school is going outside for an afternoon to learn playground games! All students are placed on a mini-team and each team get together to learn 3 different games. The mini-teams will meet at least three

times throughout the year for different activities. The teams are made up of students from Kindergarten to Grade 7.

HAVE YOU NOTICED THE TVs IN THE HALLS?

Our PAC helped purchase the two TVs you see in the hallways of the school. Ms. Lee is in charge of putting information on the TVs. This information could be helpful to parents. Please check the TVs for important information as you enter and leave the school. We will also post recent photos that are taken each week of the student activities throughout the school. Thank you to the PAC for helping make this happen. We think it's a great way to communicate information to parents.

PRO-D DAY COMING

Friday, October 20th is our next Professional Development Day. **Students do not attend on that day.** Teachers will be attending conferences throughout the province.

LIBRARY NEWS

Chapters/Indigo Adopt-A-School ended last weekend, and the good folks at Indigo Spirit raised **\$ 3,291.00** for us to buy new library books. Additionally, they accepted many donations of new books from customers. A BIG thank you to everyone who took part in this worthy program ... and watch for some brand new library books to be making their way to your homes soon!

HOMEWORK CLUB @ COOK

Homework Club began on Monday, October 2nd at Cook Elementary! Homework Club is an afterschool program for Cook students grades 4 – 7 where students can get help with homework plus play sports and games, try arts and crafts and enjoy a healthy snack. Dedicated volunteers work with students to provide academic and recreation opportunities. City Centre Community Centre offers two days of Homework Club at Cook:

Monday, October 2 – December 4

3:00 pm - 5:30 pm

Barcode: 2095642 (Grade 4/5)

Barcode: 2095644 (Grade 6/7)

Cost: \$80 / 8 sessions

Wednesday, October 4 – December 6

3:00 pm - 5:30 pm

Barcode: 2095643 (Grade 4/5)

Barcode: 2095645 (Grade 6/7)

Cost: \$100 / 10 sessions

If you are interested in registering your child for the program, you can register online (www.richmond.ca/register), call the Registration Call Centre (604-276-4300), or come to City Centre Community Centre to register in person (5900 Minoru Blvd).

HALLOWEEN ASSEMBLY

On Tuesday, October 31st we will be having our annual Halloween Assembly. Students are allowed to dress up for the morning. There may be some classes performing seasonal songs. We will also talk about Halloween Safety with Constable Walker. We will have some limited seating for any parents who would like to attend.



HALLOWEEN SAFETY

The Richmond Fire Department has sent the following “Tips For A Safe And Happy Halloween”:

For Trickers:

- wear light coloured costumes or affix reflective tape that can be seen by motorists
- be sure you can see through your mask or only wear make-up
- wear flame retardant costumes
- be sure costumes are short enough to prevent tripping
- travel while there is still daylight and carry a flashlight
- travel in groups, preferably with a parent or guardian
- walk on sidewalks or along the curb, never on the street
- don't carry sharp or pointed objects
- don't eat any treats until your parents have checked them

For Treaters:

- keep your porch lights on and the path to your door clear
- offer only commercially wrapped treats, coupons, gift certificates
- watch for little goblins when backing out of driveways
- slow down while driving and watch for trickers on foot

As well, parents are reminded that **toy guns, replica guns, or any other objects pretending to be a weapon** are NOT permitted at school. Please do not have students bring these to school as part of their costume.

TEACHER CANDIDATES AT COOK

Starting this month, we will have four Teacher Candidates here at Cook. The Teacher Candidates will be working in Ms. Kay's class, Ms. Ma's class, Mrs. Rollo's class and Mrs. Byrne's class this year. The Teacher Candidates are completing their teacher education program at the University of British Columbia. Once they finish their two-week practicum, they go back to the university for courses and will return to us in the spring for a much longer practicum experience. They have been visiting for a few weeks and we are enjoying getting to know them.



GRADE 5 ACTIVE PASS

Every grade 5 student in our district is entitled to an Active Pass which gives the student free entrance into pools and skating activities (this excludes organized lessons or programs) at all the Richmond facilities. You can pick up the Active Pass for your Grade 5 child at any Richmond community centre. All you'll need to do is provide one piece of identification that also shows your address to complete the process.

The grade 5 Active Pass includes, at NO CHARGE to the student:

- drop-in swimming at Watermania and Minoru Aquatic Centres
- drop-in skating at Richmond Ice Centre and Minoru Arenas
- West Richmond Pitch and Putt with a paying adult
- Various drop-in programs at local community centres

For detailed program information, please check out: www.richmond.ca/grade5pass.

PAC News:

We had a wonderful turnout at our first PAC meeting on Tuesday, October 3rd. Our main PAC fundraiser this year will be a Family Photo Night which will be held on Wednesday, November 1st. A notice has just gone home with information about this wonderful opportunity for families to come and get photos taken together!

LEADERSHIP AT COOK

We believe it's important for students to have opportunities to show leadership at a young age. At Cook School we have a number of opportunities for students to take on leadership roles around the school.

Our grade 4 and 5 students sweep the gym at recess and lunch each day. Since our gym is used every block, dirt builds up from shoes. Sweeping between gym classes helps everyone stay safe!

Our grade 5 – 6 students can sign up to do Play Buddies. These students spend their lunch breaks on inside days teaching younger students how to play board games in their classrooms.

Our grade 6 and 7 students do a variety of jobs around the school. They help our early primary students stay focused on eating at lunchtime, they work in the office at lunch time answering phones, they take care of our computer lab and our iPads and they organize special event days in the school. Each of these jobs is voluntary but we have so many students willing to help out! It really shows how responsible our students are at Cook!

VOLLEYBALL TEAM IN ACTION

We have a large and enthusiastic grade 6 & 7 Volleyball team this year. Mrs. Kay, Mr. Lee and Ms. Groenheyde are this year's coaches. There is a busy season ahead with many games already scheduled for the the month of October and November. Parent drivers are needed for our away games at other schools. Please contact the coaches if you are able to drive. The Volleyball tournament this year will be held at MacNeill High School on Wednesday, November 15th. Please come out and cheer our team on!