
COOK COUGARS

October 16th, 2019



NEWSLETTER

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 23rd

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 **Wednesday, October 23rd at 12:00 pm.**

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

PRO-D DAY COMING

Friday, October 25th is our next Professional Development Day. **Students do not attend on that day.** Teachers will be attending conferences throughout the province.

HALLOWEEN ASSEMBLY

On Thursday, **October 31st at 9:00 am** we will be having our annual Halloween Assembly.



Students are allowed to dress up for the day. The dance team will be performing as well as some classes presenting some seasonal songs. 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.

WELCOME TO KINDERGARTEN

Richmond School District 38 is excited to welcome kindergarten registration applications for children born in 2015, turning 5 in 2020. These children will begin kindergarten in September, 2020. Registration begins November 1st, 2019. Please visit our website <http://www.sd38.bc.ca/kindergarten> for more information.

Families are encouraged to register any time during the Priority 1 registration period (November – January) for the best chance at attending their catchment school. All registration applications received any time during the Priority 1 registration period will receive placement decisions by February 7th, 2020.

Please join us at one of our parent information evenings specifically for kindergarten families. At these sessions we will provide information on how and when to register, as well as program options including French Immersion and Montessori.

October 15th - McNeely Elementary - 6:30 – 7:30 p.m.

October 16th - Anderson Elementary - 6:30 - 7:30 p.m.

October 22nd – Lord Byng Elementary - 6:30 - 7:30 p.m.

October 24th – Spulukwuks Elementary - 6:30 - 7:30 p.m.

Kindergarten evening for parents of students with special needs:

November 13th – Brighthouse Elementary Library - 6:30 - 8:00 p.m.

PAC News:

We had a wonderful turnout at our first PAC meeting on Tuesday, October 2nd. Thank you for those that attended. Our PAC executive is:

Laura Margolin: Chair

Rose Schumacher: Treasurer

Jody Kovacs: Secretary

Fruit and Vegetable Coordinator: Vanessa Sobie

Special Events Coordinator: Makin & Wynne Lam

Members at Large: Alfred Kong

HOT FOOD DAY

Our Subway food day is Thursday, October 24th.

SELF-REGULATION AT COOK

Self-Regulation is part of Social Emotional Learning, an important focus here at Cook. Self-Regulation is the ability to respond effectively to stressors and return to a state of calm. Teachers at Cook School have talked extensively about Self-Regulation, how to help students learn about it, how to arrange a classroom to support it and how to design lessons and schedules to accommodate it.

In a classroom that helps students self-regulate you might see different kinds of work areas: desks, tables, standing areas, kneeling areas, floor space, and quiet working space. There could also be special tools that students are taught to use if they need them. These could include: noise cancelling headphones, wiggle cushions, stools, benches, desk dividers, and fidget toys.

Along with the areas and equipment, teachers help students learn about their brains and how to handle both positive (excitement) and negative (disappointment) stressors. There are a variety of 'programs' that teachers use to introduce and teach Self-Regulation. Mind-Up, Zones of Regulation and the Alert Program are just three of the programs available at the school for teachers to use with students. Most teachers use a combination of all available programs to create one that suits the needs of their classrooms.

