



William Cook Elementary School
School District No. #38 (Richmond)
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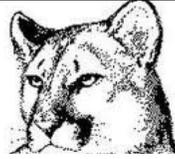
Ms. S. Loat
 Principal

“Celebrating Our Diversity as Learners”

Ms. E. Lee
 Vice Principal

COOK COUGARS

November 29th, 2016



NEWSLETTER

Issue #5

MESSAGE FROM THE ADMINISTRATION

With Report Cards just around the corner, one of the topics that teachers may be discussing with their students is the about “growth mindset”. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. Students who embrace growth mindsets—the belief that they can learn more or become smarter if they work hard and persevere—may learn more, learn it more quickly, and view challenges and failures as opportunities to improve their learning and skills.

Science shows that we learn the best when we’re stretched outside of our comfort zones and operate at the edge of our abilities. However, when we’re in this deep practice zone, things tend to get a little messy and mistakes happen. When we’re young we fall hundreds of times before we can walk, crash our bike before we learn to ride, and ask questions when we’re confused. We use mistakes to learn. At some point though, we’re conditioned to see mistakes in a negative light, to fear them, to punish them, and to avoid them. These negative views towards mistakes keep us from leaping into the special place where the magic happens and squashes our ability to learn. Deconstructing mistakes helps us recognize their value in the learning process. Most of the time they’re great teaching and learning opportunities. So please encourage your children to try new things and not be afraid to make mistakes. Some of the best learning comes from making mistakes!

MUSIC ASSEMBLY ON TUESDAY, DECEMBER 6th

Please join us at 10:45 for our annual Winter Music Assembly. There will be a number of musical performances from Ms. Quan’s music classes and some individual class performances as well. All families are welcome to join us for this special assembly!

We are asking for any can goods donation, if you are able to give. We want to send off at least one box of canned food to the Food Bank on the last day of school.

SWIS NEWS

Our SWIS have organized another workshop for parents. Here are the details:
 Title: Parent Conversation Circle
 Date: Beginning January 9th, 23rd, 30th, Feb 6th and 20th (5 Mondays)
 Time: 9:00 am – 10:30 am
 Where: Cook School Library
 A registration form is included with this newsletter, in both English and Chinese. We ask that you register before Thursday, December 8th. Please drop off your forms to the school office.

FOOD BANK DONATIONS

There is no formal fundraiser for the Food Bank this year but we will have a box near the office for donations during the month of December. If you are able to donate, send something along with your child(ren). Thank you so much!

PAC MEETING – TUESDAY, DECEMBER 6th

Please join us on Tuesday, December 6th at 8:45am in Rm. 3. We will be discussing the budget and the school's requests. PAC meetings are a great way to meet new parents and help PAC support the school!



FINAL DAY SING-A-LONG

Each year we hold a holiday sing-a-long on the last day of school in December. At 9:00am on Friday, December 16th, we will all be in the gym singing our favorite holiday songs. Parents are welcome to attend!

PROFESSIONAL DEVELOPMENT DAY- MONDAY DECEMBER 5th

Teachers and Educational Assistants will be learning together with other schools from the District during our next Professional Development Day to learn more about the new curriculum and inclusive practices. The school will be closed on this day.

LAST DAY OF SCHOOL - DECEMBER 16th, 2016

We will be taking a 2 week break for the winter holiday season. School will start again on Tuesday, January 3rd, 2017. Please see attached calendar for school wide events.

KINDERGARTEN REGISTRATION

Any families wishing to register for next year's Kindergarten (September 2017) must go to the School Board Office's Central Registration Desk.

TRANSFER APPLICATION & DISTRICT PROGRAM OPTION DEADLINES:

Transfers: if you want to transfer to a non-catchment school, you need to fill out a transfer form, have your current school initial it and submit it to the requested school between January 9th and February 10th, 2017. Transfers submitted after

February 10th and before June 16th, 2017 will be placed on a waitlist until the end of June 21st, 2017.

District Program Options: if you are requesting French Immersion or Montessori, the applications need to be in to the School Board Office by January 11th, 2017 by 4:00pm .

For more information, please check our district website www.sd38.bc.ca



CHRISTMAS COTTAGE AT COOK SCHOOL

To help us raise money for Canuck Place and the Richmond Food Bank, we are happy to be having the Christmas Cottage again this year. During the last week of school in December, students in Kindergarten, Grades 1, 2 and 3, will have an opportunity to purchase and wrap one gift for a family member. The gifts are donated by our staff and are priced at a dollar each. Depending on the number of gifts, we may be able to include Intermediate students as well. Classroom teachers will provide more details as the date approaches.

SUPPORT THROUGH THE HOLIDAYS

We know that the holiday season puts a strain on the finances in many households. There are some organizations that help families through these times in small ways.

Richmond Christmas Fund: Each year the city of Richmond provides support for families in financial need during the Christmas season. Registration and distribution will take place at the Richmond Caring Place in late November and early December. Program registration and toy distribution will happen on the same day.



This means that families will need to arrange for child care on the day they register (children are not permitted in the toy room) and families must be prepared to take toys home with you that day.

There are certain documents required to access this service. Please see the notice we posted on our Parent Board in the hallway or for more information call or email the Richmond Christmas Fund: 604-279-7035 or

christmasfund@volunteerrichmond.ca

Richmond Working Poor Fund: Many families have at least one family member working but still have a hard time paying bills and buying food through the year. During the month of December, when finances can be stretched even further, the City of Richmond organizes what they call 'The Working Poor Fund'. Families who are considered to have a low income can be nominated to receive an envelope with a gift card to a local grocery store and some recreation passes for the children. If families truly struggle with one parent working, the City can access sponsorship for these families.

If you would like more information on either of these programs, please speak to Ms. Collins or Ms. Lee in the office. All conversations are kept confidential.

MACNEILL INCENTIVE OUTDOOR ACADEMY

This district specialty program emphasizes academics and outdoor physical education in grades 8-10 at A.R. MacNeill Secondary School. The program has an experiential focus that encourages competent, confident and caring students with strong leadership skills developed through extensive outdoor physical education such as sailing, kayaking, hiking, skiing and snowboarding. There is an average fee of \$1000-\$1500 for the outdoor activities. The key to its success is the small friendly

atmosphere - 90 students are taught by only 4 teachers.

Presentations to parents of interested grade 7 students will occur on:

Thurs. Jan. 26 at 7:30 pm in Room 226 MacNeill

Tues. Jan. 31 at 7:30 pm in Room 226 MacNeill

Transfer applications will be accepted at the MacNeill office starting Monday, Jan. 9th, 2017. Applications for the Incentive Academy are available at the MacNeill office or on-line at the Incentive website. For more information, please check out their website:

<http://macneill.sd38.bc.ca/incentive>

BREAKFAST FOR LEARNING: HOLIDAY EATING TIPS

Breakfast for Learning, the organization that supports our Breakfast Club, sent us some great ideas for healthy eating during the holidays!

Healthy Tips and Treats for the Holiday Season

By Carolyn Frail, PHEc, BASc Food and Nutrition

The holiday season is upon us! Amidst the festivities, parents are faced with the challenge of trying to keep up with their children's healthy eating habits, while still indulging in the delicious foods that the holiday season has to offer. Many store-bought kid-friendly holiday treats are loaded with fat and sugar.

However, here are some easy tips to keep your holiday treats healthy:

- When baking cookies or other traditional baked goods, try experimenting with whole-wheat flour instead of white flour.
- Keep lots of cut up fruit and veggies on hand for easy grab and go snacking. Get your children involved with the shopping and ask them to choose at least one fruit and vegetable to try.

