

*“Celebrating Our Diversity as Learners”*

*Ms. S. Loat*  
*Principal*

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*Vice Principal*

## **COOK COUGARS NEWSLETTER**

December 4<sup>th</sup>, 2017

Issue #6

*Happy Holidays*

### **MESSAGE FROM THE ADMINISTRATION**

With Report Cards just around the corner, one of the topics that teachers may be discussing with their students is 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 THURSDAY, DECEMBER**

**7<sup>th</sup>**

Please join us at 10:45am 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.



### **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**

Please join us on Tuesday, December 5<sup>th</sup> at 9:00am in the Multipurpose room. 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!

## **KINDERGARTEN REGISTRATION**

Any families wishing to register for next year's Kindergarten (September 2018) must go to the School Board Office's Central Registration Desk.



## **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. On December 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>, 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.

### **Incentive Outdoor Academy:**

an academically driven outdoor leadership program at **MacNeill Secondary School**

The Incentive Program at MacNeill attracts high achieving, academically motivated students. Through the enriched curriculum and outdoor leadership opportunities, students are able to expand their horizons and challenge themselves mentally and physically.

Students join our program in grade 8 and stay until grade 10, enjoying a warm, supportive atmosphere where students work with 4 teachers. Highlights of the program include a 3-day biology field trip to Bamfield Marine Science Center, kayaking, sailing, snow hikes, PNE physics, an annual science fair, and much more. Some of the outdoor activities offer students the opportunity to gain nationally

recognized certifications. No prior outdoor experience is required. Students in the program can participate in and benefit from MacNeill Secondary programs such as clubs, sports teams, and band.

Depending on activity choices, yearly fees for the program can range from \$1000-\$2200. These costs include electives, PE, enrichment field trips, and two overnight trips (3 days and 6 days).

Come and find out more! Info presentations:

**Tues. January 16<sup>th</sup> at 7:30 pm in Room 226**

**MacNeill Secondary**

**Thurs. Jan. 25<sup>th</sup> at 7:30 pm in Room 226**  
**MacNeill Secondary**



For application information and to find out more, go to our website:

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

## **Report Card Envelopes Please Return**

Students will receive their report cards on Wednesday, December 20<sup>th</sup>. Parents should keep all of the paper material they receive, but need to sign and return the envelope to their child's classroom teacher as soon as possible. If parents have questions about the information they received in the report card, they are encouraged to call or make an appointment to see their child's teacher. If your child is part of the Communicating Student Learning Innovation Grant, you will be receiving a "learning check-in" and conference in December.



### **DECEMBER SING-A-LONG**

On Friday, December 22<sup>nd</sup> our school will gather in the gym at 9:00am to sing holiday songs together. Rumor has it that the big guy with a white beard will make an appearance! Parents are welcome to join us.

### **LOST AND FOUND PLUS...**

We will have the Lost and Found clothing and belongings set out on tables near the gym for students and parents to check out during the week of December 18<sup>th</sup>. Any clothing not claimed will be given to charity on the last day of school. Please check for your belongings before the week is out!

### **WINTER BREAK AND THEN...**

Friday, December 22<sup>nd</sup> is our last day of classes before our winter break. School will open again on January 8<sup>th</sup>, 2018.

### **JANUARY DATES TO REMEMBER**

We have one Professional Development day in January on Monday, January 22<sup>nd</sup>. School will not be in session for students on this day.

### **BASKETBALL SEASON BEGINS IN JANUARY**

Starting in January boys and girls in grades 6 and 7 can join the school's basketball teams. Practices are usually before school or at lunch with games once or twice a week after school. The grade 7 students cap their season with a feeder school tournament at MacNeill Secondary in March.

### **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.

