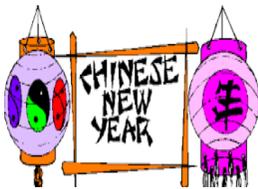


COOK COUGARS**NEWSLETTER**January 23rd, 2017

Issue #8

**MESSAGE FROM THE ADMINISTRATION**

Gung Hey Fat Choy!
Next week brings Chinese New Year and we know we will see the excitement on the

faces of our students who celebrate this special time.

Chinese New Year is the main Chinese festival of the year and it is not a religious event. In China the holiday is called the Spring Festival. The date of this festival changes each year because it's based on a lunar calendar. The date corresponds to the first new moon in January or February. This year Chinese New Year starts on January 28th. It is traditionally celebrated for 15 days ending on the date of the next full moon. In China, the celebration is 3 days long. The Chinese lunar calendar is made up of a cycle of twelve years and each year corresponds to one of 12 animals. This year is the Year of the Rooster.

February will bring many exciting activities to the school. Over the next few weeks classes will be celebrating Chinese New Year and Valentines Day.

note will have gone home outlining the practice times and game dates.

A big thank you goes to Mrs. Kay, Mrs. Fournier and Mr. Hawke for coaching the girls teams, and and to Ms. Tennant and Miss Underwood for coaching the boys teams. We appreciate you volunteering your time to support our students!

GOING ON AN EXTENDED HOLIDAY?

We understand that many families like to keep in touch with extended families in other countries. We always encourage families to make those visits on school breaks such as during summer holidays, winter break or spring break. Did you know that if you were to take one month's holiday during school time each year, by the time your child graduates, he/she would have missed more than 1 year of instruction. If you plan on being away for more than 1 week during the school year, you must fill in an 'Extended Leave Form' at the office. It allows us to document your child's absence and avoid calling you each morning as part of our early warning system. ***Any child absent for more than 20 instructional days will be removed from our school. The parent will need to re-register the child at the School Board Office and placement back in the same school and class is not guaranteed.***

**BASKETBALL SEASON STARTS**

Our grade 6 and 7 students have been invited to join the basketball team at Cook.

There is a grade 6 & 7 Girls team and grade 6 & 7 Boys teams. The teams practice at recess, at lunch time and occasionally after school. There are scheduled games between other schools that are held after school. If your child is on the basketball team, a

FSA's HAVE STARTED

Students in grades 4 and 7 have started writing the Foundation Skills Assessments (FSA). These assessments are created by educators and administered through the Ministry of Education. The assessments take 5-6 hours to complete over three weeks. They are just a snapshot of a student's performance and cannot be used as an indicator of achievement for individual students. The most effective use of

the data is at the provincial level where larger participation numbers could indicate true trends in performance. At the school level it is not possible to see trends because of the small sample size. It's even difficult to see trends over time at the district level because of the small participation numbers.

Students whose English limits their ability to show what they know will not write the assessment. Students who may find the experience significantly stressful may not write the assessment. Information has gone home to parents of grade 4 and 7 students regarding the FSA assessment. In addition, your child, or their teacher, will let parents know if they have been excused from writing the FSA.

The written portions of the FSAs are marked locally by educators. The electronic portions of the FSAs are combined with the results of the written portions and a composite performance scale is created. The parents of grade 4 and 7 students will receive the results of this assessment just before spring break.

RICHMOND SOCKEYES HOCKEY TEAM

Two members of the Richmond Sockeyes Hockey Team will come to our school on Monday, February 6th. The team has been in Richmond since 1972. It is a junior hockey team with members in their late teens and early twenties.

The Sockeyes are offering a special game night for Cook School. Students get in free and adults and teens pay only \$2. Usual ticket prices are \$10. A form will go home on Monday, January 30th with students. If you'd like to attend the game on Thursday, February 9th, fill in the form and return it with your money to the office.



FAMILY DAY HOLIDAY IN FEBRUARY

School will be closed on Monday, February 13th, 2017 for BC's Family Day holiday.

EARLY DISMISSAL IN FEBRUARY

We have an early dismissal on Thursday, February 16th, 2017. School will dismiss at 12:00pm on that day to allow teachers to meet with parents. Some teachers will be meeting with all parents and others will meet face to face



with a few parents. If you would like to meet with your child(ren)'s teacher(s), please contact them directly to arrange a time.

PAC MEETING – FEBRUARY 7th

Please join us for the next PAC meeting on Tuesday, February 7th at 8:45am.

'READY SET LEARN' NEXT WEEK!

Cook School will be hosting 'Ready Set Learn' in the afternoon of Wednesday, January 25th. This event is for 3 – 5 year olds. Join us for a musical concert with Will Stroet and participation in some fun activity stations.

If you plan to attend this event with your child, please contact our school at 604-668-6454 as soon as possible. If you have friends or neighbours with young children, please share this information with them and urge them to attend this valuable event.

CELEBRATING CHINESE NEW YEAR

We like to celebrate Chinese New Year in some way at Cook School because so many of our students celebrate it at home! This year we have an event on Thursday, January 26th at 10:40am to watch a Lion Dance. All parents are welcome.

READERS CHOICE IS BACK!

Readers Choice has started at Cook School! This annual event, organized and run by Mr. Rosell, is a competition to select the best book of 2016-2017

in both picture book and novel genres. The Richmond Teacher Librarians have short-listed a number of excellent books and Mr. Rosell has purchased several copies of each title. Thank you to the PAC for providing funds for the purchase of the books. Intermediate students sign the books out from the library, read them and then vote for their favourites. Primary students will have the books read to them by their teachers and they vote for their favourites as well. This is a much-anticipated event for students and a great deal of reading goes on! Thank you to Mr. Rosell for organizing this event. At the end of the event, names are drawn for our Cook winners.



FLU SEASON

As many of you have noticed on the news, it is flu season. It's always hard to tell if you should keep your child home or not. Here are some guidelines for you (taken from the internet – <http://health.co.kendall.il.us/schoolinfo/DRAFT%20Initial%20Parent%20Flu%20Letter%20for%20Schools.pdf>):

Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to bring him/her to school. Your child should be physically able to participate in all school activities upon returning to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom.

Consider keeping your child home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or a cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees by mouth. Your child may return to school only after his or her temperature has been consistently below 100 degrees by mouth for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing – use paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

OPEN HOUSE – MACNEILL SECONDARY

MacNeill Secondary is hosting an open house on Thursday, January 26th at 7:00 pm for Grade 7 students will be attending MacNeill in September, 2017.