

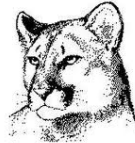
"Celebrating Our Diversity As Learners"

Ms. S. Loat
Principal

Ms. N. Kusch
Vice Principal

COOK COUGARS

October 6th, 2020



NEWSLETTER

Issue #2

MESSAGE FROM THE ADMINISTRATION

This month we have been focusing on Gratitude. 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.

SCHOOL SUPPLY PAYMENTS ARE NOW DUE

If you have not yet paid school supplies, planners and/or cooking fees (Kindergarten students), **please do this by the end of this week** (October 9th). All items can be paid for using **SchoolCashOnline**. Transitional Learners can contact the office to make an appointment for pickup if you require school supplies.

School Supplies Payment = \$30

School Planner = \$6

Cooking & Craft Payment for Kindergarten = \$15



Parent-Teacher
Conferences

EARLY DISMISSAL DAY – OCTOBER 21st

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 on **Wednesday, October 21st at 12:00 pm**. Teachers will have conferences by Zoom or telephone throughout that afternoon and, most likely, other days through the next week as well.



PHOTO DAY AT COOK

Individual photos will be taking place at Cook on **Wednesday, October 14th**. Please see attached information from Mountain West Studios regarding photo day. If you are a Transitional Learner and would like your photo taken, please contact the school for an appointment time for your photo between 1-1:45 pm.

PRO-D DAY COMING

Friday, October 23rd is our next Professional Development Day. **Students do not attend on that day.** Teachers will be attending conferences throughout the province by Zoom.



EARLY WARNING

Cook Elementary has an Early Warning Program. The Early Warning system is designed to ensure your child's safe arrival at school. **If your child will be late or absent, please leave a message at 604-668-6461**, stating your child's name, division, teacher's

name and length of absence. When teachers complete attendance in classes, they indicate students who are absent without a reason. These are the students we check on by listening to the answering machine messages and then phoning home to be sure they are accounted for by parents or caregivers.

PAC NEWS:

Our PAC executive is:

Chair: Laura Margolin

Treasurer: Rose Schumacher

Secretary: Jody Kovacs

Fruit and Vegetable Coordinator: Jody Kovacs

Special Events Coordinator: Elaheh Shavalian

Members at Large: Alfred Kong, Erika Thomas

The first PAC meeting of this year will be held **Tuesday, October 13th at 6:30 pm on Zoom.**

In preparation for the meeting, please find attached the Minutes from the last meeting and the Agenda for this week's meeting. When you join the Zoom meeting, we ask that you enter your name, your child's name and division(s).

Topic: Cook School PAC Meeting

Time: Oct 13, 2020 06:30 PM Canada/Pacific

Join Zoom Meeting

<https://ca01web.zoom.us/j/63419222553?pwd=cjM2bDNyVnprWk9CM0NUTVZ0cWdGZz09>

Meeting ID: 634 1922 2553

Passcode: 0e.Be8LA



ORANGE SHIRT DAY

Last week on September 30th, it was Orange Shirt Day. With current world events highlighting the injustices faced by different groups, this is a good time to recognize how the First Nations, Aboriginal and Inuit people in Canada have and continue to be treated in this country. Indian Residential Schools had a profound effect on the culture and language of Aboriginal people across Canada, and forever changed the lives of thousands of Aboriginal children. As the terrible legacy of these schools has become public, the Canadian government offered an apology to Aboriginal people for the forced cultural assimilation embodied in the Residential School system that existed from 1884 to 1996. The government then instituted a Truth and Reconciliation Commission to document much of the suffering on the public record, and to offer recommendations for a new relationship.

There is much more work to do, but together, we can help to bring awareness and positive change! We were thrilled to see how many students were wearing an orange shirt to show their support!



TRANSITIONAL LEARNING

Thank you for your patience while the District and school get the program up and running. It looks different than it did last year, so there have certainly been some glitches to be worked out with the initial challenge being getting everyone online for the District lessons at the same time. There is also a difference in the level of access to staff this year. Please note that the teachers who are helping with transitional learning at the school are not available at other times of the day, as they have other teaching responsibilities. If your child has a question about work, please save those for the check-in times during the day. We look forward to you returning to school when you are able. The deadline to let us know of your return is **Tuesday, October 6th at 4:00 pm.** If you are not going to be returning on October 13th, the next entry point into school is November 16th.

TEACHER CANDIDATES AT COOK

Starting this month, we will have three Teacher Candidates here at Cook. The Teacher Candidates will be working in Mrs. Naka's class, Ms. Lo's class and Mrs. Bailey'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.

KINDERGARTEN REGISTRATION

Richmond School District 38 is excited to welcome kindergarten registration applications for children born in **2016**, turning 5 in 2021. These children will begin kindergarten in September, 2021. Online registration / n begins on **November 1, 2020.**

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 completed any time during the Priority 1 registration period will receive placement decisions via e-mails from the school by **February 5, 2021.**



For more information, please visit <https://www.sd38.bc.ca/student-registration/kindergarten-registration>