

*"Celebrating Our Diversity As Learners"*

**Ms. S. Loat**  
Principal

**Ms. N. Kusch**  
Vice Principal

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## **COOK COUGARS**

January 15<sup>th</sup>, 2021



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## **NEWSLETTER**

Issue #6

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### **HAPPY NEW YEAR!**

We hope everyone had a restful and safe holiday. We are happy to see everyone back at school. It will be a busy term, filled with great learning and engaging activities for everyone. Often in the New Year we feel a sense of optimism. The New Year is a time to set goals and make a "fresh start."

### **CHOOSING OPTIMISM**

#### **What is Optimism?**

Optimism is a way of seeing life hopefully and having an expectation of success and well-being. Optimism correlates strongly with good health and effective coping strategies. Optimism is a learned trait and, if practiced, can become a way of thinking.

#### **Why Practice Optimism?**

Choosing to view life optimistically can increase our brain capacity; it relaxes our amygdala, creates chemical balance in our brains, and allows our prefrontal cortex to take charge. Practicing optimism also makes it easier to learn – optimistic thinkers prime their brains to be ready to focus and make more room for new information to be absorbed and new ideas to stretch their wings. Socially, practicing optimism allows students to strengthen their perspective-taking skills and accept viewpoints different from their own, as well as connect with other people.

#### **Optimism: A Learned Skill for Success**

The research is clear – attitude matters! Students who are generally optimistic enjoy better physical health, have more success at school, flourish in relationships, and are more well equipped to handle stress in their lives. Brain research has confirmed that optimism is more a learned trait than a genetic one. We can train our brain to have an optimistic perspective

### **STAFFING CHANGES**

Mrs. Sarah Loat will be leaving Cook after five years of being Principal at Cook on February 1<sup>st</sup>, 2021. She is being moved to Blair Elementary School. It is common practice for administrators to move to different schools, and this year some of the school movements are occurring on February 1<sup>st</sup>. We are pleased to welcome Mrs. Carolyn Latu, an experienced principal to Cook. Mrs. Latu is coming from Westwind Elementary School. I know the Cook community will make her feel welcome!



### **MESSAGE FROM MRS. LOAT**

Being at Cook School has been a wonderful experience and a true highlight in my career. I have always believed in the importance of children learning how to be caring and kind problem solvers in the world. The students at Cook develop compassion, curiosity, collaborative skills, communication skills, and problem-solving skills, along with content skills on a daily basis.

I would like to take this opportunity to thank the staff at Cook School for their hard work and dedication to the community and their passion for teaching and learning. I would like to thank the parents in the community for the trust they show us each day, for the support they provide for their children and for the connections they make with the school. Finally, I would like to thank the students at Cook School for their hard work, their inclusiveness and their kind hearts. It has been a busy and exciting five years here at Cook and I will miss you all very much!

**NOTICE OF INTENT TO ATTEND**

Planning for the 2021/22 school year is underway. It is critical that school principals know the number of students who will be attending each school for September 2021 in order to allocate staff and resources for the upcoming year. To this end, parents/guardians are asked to either complete the information that was e-mailed out to Transitional Learning students or the yellow form that was sent home for the in-class learning students. Please reply the e-mail or return the form by **Friday, January 22<sup>nd</sup>**.

**REGISTRATION AND TRANSFER APPLICATIONS**



Please note the following important dates for Registration, District Program Applications and Transfer Applications:

- **2021/22 Registration is now open for Kindergarten – Grade 12** – All registrations are being submitted online, and completed by Central Registration staff over email and phone. Please visit [Student Registration](#) page for more information and access the online registration application.
- **Priority 1 Registration deadline for 2021/22 is Friday, January 22, 2021.** This is the deadline for our first round of registrations for next school year. All online registrations must be received by this date in order to be eligible for placement by Friday, February 5, 2021.
- **District Program Options Application 2021/22 deadline is Friday, January 22, 2021** – Applications for EFI, LFI and Montessori are being accepted using our new online system. Parents must have their child’s registration ID number (new students) or Pupil Number (current students) in order to apply at <https://dpoapplication.sd38.bc.ca>. The deadline for applications for 2021/22 is Friday, January 22, 2021. After this date, the online application will close and parents who wish to submit a late application will need to email a PDF application to [programoptions@sd38.bc.ca](mailto:programoptions@sd38.bc.ca).

- **Transfer Applications for 2021/22 will open on Monday, February 8, 2021.** The application forms and information will be available in late January for parents to download on the [Transfer Application](#) page. This year, the form asks parents to submit their applications through email to the requested school(s).

**GR. 7 TRANSITION TO HIGH SCHOOL**



Our grade 7 students will soon begin the transition to High School. A letter has been sent home indicating their catchment high school and the corresponding school’s grade 7 parent

information evening date and time. Counsellors from MacNeill Secondary had a Zoom Breakfast Meeting with the grade 7 teachers on January 12<sup>th</sup>, and a few staff from MacNeill will have Zoom meeting with the students regarding program planning during school time on January 26<sup>th</sup>.

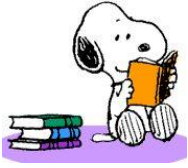
Below are the Grade 7 Parents Information Evening dates. Please visit each Secondary School website directly for more information.

<u>School Name</u>	<u>Date</u>
Hugh Boyd Secondary	February 4, 2021
JN Burnett Secondary	January 28, 2021
Cambie Secondary	January 19, 2021
MacNeill Secondary	January 28, 2021
McMath Secondary	February 9, 2021
McRoberts Secondary	February 3, 2021
McNair Secondary	January 21, 2021
Palmer Secondary	January 21, 2021
Richmond Secondary	February 10, 2021
Steveston London Secondary	February 3, 2021

**GRADE 8 INCENTIVE OUTDOOR ACADEMY PROGRAM**

MacNeill Secondary hosts the district’s Incentive Program for grade 8-10 students. The program focuses on outdoor experiences and has an accelerated academic program. The Incentive Program is offering an information session on Wednesday, January 27<sup>th</sup> at 7:00pm via Zoom Meeting. Please check [MacNeill Secondary Website](#) for more information.

## READERS CHOICE IS BACK!



Readers' Choice has started at Cook School! This annual event, organized and run by Mrs. Storey, is a reading program to select the best book of 2020-2021 in both picture book and novel genres. Mrs. Storey has selected 8 new books in each category and has purchased several copies of each title. Thank you to the PAC for providing funds for the purchase of books. Intermediate students sign out books from the library, read at least 3 and complete a book review for each. At the end, in the beginning of March, they will vote for their favourite. Also, 8 names will be drawn for door prizes as long as you have read at least 3 novels and completed 3 book reviews. The book review worksheet is available just outside the library. This is also where you hand in your completed ones. Teachers all have a copy of the book review too so you can get it from them if you can't make it down to the library.

Novels are also available for our *Transitional Learners* at home! You can check out the eBooks online in Destiny Discover:

<https://search.follettsoftware.com/metasearch/ui/14348>

Students who are on site are encouraged to put novels on hold in Destiny Discover, and then Mrs. Storey can check them out and deliver them to your classroom.

Primary students will have the picture books to read to them by their classroom teachers and they will 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 Mrs. Storey for organizing this event. There will be a Zoom Reader's Choice Book Awards wrap up presentation in March!



**Happy Reading!**

## FAMILY DAY HOLIDAY

School will be closed on Monday, February 15<sup>th</sup>, 2021 for BC's Family Day.



## PAC MEETING – FEBRUARY 9<sup>th</sup>

Please join us for the next PAC meeting on Tuesday, February 9<sup>th</sup> at 6:30pm by Zoom. The Zoom link to the meeting will be sent out closer to the date.

## DRESSING FOR COLD WEATHER

**Wear a coat with a hood.** Your coat should fit a little loose on your body so that you can comfortably layer clothing underneath it. Stick with zippers instead of buttons. Zippers provide a tighter seal when it comes to windy weather. Jackets are shorter than coats and tend to only keep your upper body warm. Longer coats will provide more protection from inclement weather.

**Cover your head and ears with a thick hat.** If your coat does not come with a hood, feel free to get a hat made out of wool, knit fabric, or a poly-cotton blend. Pick a hat that will cover your ears, since cold ears can make your entire head feel cold even if the top of your head is covered. Your ears don't naturally have a lot of protection, so it's important to keep them warm.

**Protect your hands by wearing a thick pair of waterproof gloves with padding.** A thick pair of gloves is essential in cold weather. The cuffs of your gloves should extend past the cuffs of your coat to ensure that your wrists aren't exposed to the elements.

**Get thick socks and a pair of big boots to keep your feet warm.** To protect your feet, opt for a pair of thick winter boots. Get boots that rise above your ankles, and buy a pair that is a half-size bigger than your regular shoe size to make room for your socks.

**Keep legs warm with a pair of long underwear or snow pants.** In very cold temperatures, wear snow pants over your pants to keep your legs warm. If you're going to work or want an added layer of protection, wear a set of long underwear under your pants to give your legs some added protection. For most people, boots, a coat, gloves, and a hat are enough to stay warm. If it isn't too cold out, there's no need to wear any extra garments to protect your legs.



## PRO-D DAYS

Cook staff will be participating in Professional learning opportunities on **Friday, January 29<sup>th</sup>**. School will be closed that day.

All schools will be closed on **Friday, February 12<sup>th</sup>**. Teachers will be learning with their colleagues on this day through Zoom.