

"Celebrating Our Diversity as Learners"

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COOK COUGARS NEWSLETTER

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Issue #6

Happy Holidays

MUSIC ASSEMBLY ON FRIDAY, DECEMBER 5th

Please join us at 1:00 pm for our annual Winter Music Assembly. There will be a number of musical performances from Ms. Lee's music classes and some individual class performances as well. All families are welcome to join us for this special assembly! Note: We are asking for any can goods donation, if you are able to give.



PAC MEETING

Please join us on Tuesday, December 3rd 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!

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 2nd to 6th. 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!



DECEMBER SING-A-LONG

On Friday, December 20st our school will gather in the gym at 1:00 to watch some classes music presentations as well as sing some holiday songs together. Rumor has it that some staff members may show their musical talents as well! All families are welcome to join us for this special assembly!

CHRISTMAS COTTAGE AT COOK SCHOOL

To help us raise money for Canuck Place we are happy to be having the Christmas Cottage again this year. On December 10th, 11th and 12th, students in Kindergarten through to Gr. 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.



STUDENT VACATIONS

If you are planning on a family vacation before the end of this term, please fill out an **Extended Leave Form**, which can be found at the office. Remember that it is a practice at the Richmond School Board that only allows for 20 school days absence at one time.




Friday, December 20th is our last day of classes before our winter break. School will open again on January 6th, 2020.

Report Card Envelopes

Please Return!

Students will receive their report cards on Wednesday, December 18th. 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 in Div.1-6,11-17 and Div. 22 you will be receiving information about your child's growth and progress through an e-portfolio through out the year. You are able to access your child's e-portfolio at any time of year and give feedback on the work that you are seeing. Assessment posts will be made throughout the year and may be at alternate times to the rest of the schools reporting periods. Please speak with your child's teacher if you are unsure as to how to access their e-portfolio.



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.

SEISMIC UPGRADE INFORMATION:

In January, we will begin to demolish the front six classrooms and office area of our school. The new entrance into the school will be by the gymnasium. The new office will be located in the Resource Room across from the Gym. We will still have our regular office hours of 8am – 4pm.

The 6 classrooms that were occupying the front part of the school will move back into their original classrooms after the winter break.

Thank you so much for your patience and understanding as we go through the seismic upgrading project here at Cook School.

COOK BELL SCHEDULE:

Please try and come to school on time. You should be in your classroom by 8:40 so that when the bell rings at 8:45 you are settled, organized and ready for the school day to begin. Many students are signing in late each day.

8:30	Doors Open
8:40	Warning Bell
8:45	Class Begins
9:55 – 10:10	Recess
12:00 – 12:15	Lunch Time
12:15 – 12:47	Outside Time
12:52	Afternoon Class Begins
2:45	School Finishes

To be as **healthy** as possible¹, children need adequate **night time sleep**:

5-13 year olds
9-11 HOURS
of sleep/night

14-17 year olds
8-10 HOURS
of sleep/night

But... **1 in 4** children are **NOT getting enough** sleep.

Let's talk about **sleep quality**, shall we?

1 in 3 children have trouble **going to sleep** or **staying asleep**.

1 in 5 children have difficulty **staying awake** during waking hours.

1 in 10 children **do not** find their sleep **refreshing**.

WEST COAST RECESS AT COOK:

Starting on December 2nd Cook school will be starting a *West Coast Recess*.

Living in a rain forest offers many diverse weather conditions. It makes sense therefore, that we are well prepared to be outside in the rain. It is important for children to get outside throughout the day for fresh air and exercise. Research has proven time and time again, the impact that physical activity has on learning. For this reason, many local schools and districts are adopting a *West Coast Recess*.

Being prepared for the weather

We know that if children are well prepared to be outside in the rain they actually enjoy it. As long as they stay dry and warm there is a great deal of fun to be had in all kinds of weather. To be prepared to be outside in the rain it is important for your child to have appropriate clothing such as:

- A rain jacket or poncho
- Rubber boots so they can enjoy the puddles
- Rain pants
- An umbrella
- A rain hat or coat with a hood
- A change of clothes just in case. (sweatpants, socks, underwear, t-shirt)

Commonly Asked Questions:

I am worried that my child will get sick being out in the rain.

It is not cold that makes us sick but rather viruses. People get sick more often in the winter because they are exposed to each other more in the winter than in the summer. When it is cold outside people tend to stay inside and are more likely to spread germs to one another. Getting outdoors is more likely to protect our children from illnesses than keeping them indoors.

My child has been sick but is now returning to school. Can he stay inside today?

We are quite reluctant to allow this for a couple of reasons. First, if your child is still not quite well it would be better to keep them at home until they are 100% ready to function fully at school. If they are too sick to go outside they are also probably too sick to get through the day's work successfully – give them another day of rest. Secondly, we have very limited supervision inside so if more than a couple of students are requesting this it becomes problematic. We do make exceptions to this based on special circumstances so if you want to chat about your child's specific health conditions please contact your teacher and to talk about your concerns.

Why don't you keep them in – they would be far more comfortable.

We are concerned that if we set things up for our children to avoid inclement weather by staying indoors we are teaching them that they need to protect themselves from it. The habits we set up with our children as they grow up tend to last into adulthood. Rather than feeling that they need to stay indoors we want to encourage them to find ways to enjoy the rain. Another reason why it is so important that our children go outside is that it is extremely difficult for most of them to focus on their school work in the afternoons when they have not had the opportunity to get some fresh air.

Are the children ever allowed to stay inside due to the weather?

We occasionally have weather conditions that are unreasonable to expect students to stay outside in. These days include hard, driving rain with extreme cold or wind. On these days we intend to declare it an inside day however we don't expect to have more than 2 or 3 of them a year.



