

"Celebrating Our Diversity As Learners"

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Principal

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COOK COUGARS

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NEWSLETTER

Issue #8

MESSAGE FROM THE ADMINISTRATION



Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Open a door
Plant a tree Help carry a load Share a snack
Cheer up a friend Thank a teacher or mentor
Read to a young child Lend a hand Do a kind act daily

NO SCHOOL – FRIDAY, FEBRUARY 14TH & MONDAY, FEBRUARY 17TH

This is a reminder that Friday, February 14th is our Pro-D Day and Monday, February 17th is BC Family Day. School will not be in session.

EARLY DISMISSAL – WEDNESDAY, FEBRUARY 26TH

We have our second term early dismissal day on **Wednesday, February 26th**. 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.



PINK SHIRT DAY – WEDNESDAY, FEBRUARY 26TH & THURSDAY, FEBRUARY 27TH

It's a day when we consider ways to try to stop bullying. We encourage all students, staff and parents to wear pink on Wednesday and Thursday to remember we all have the power to stop bullying. If you would like to learn more about this day and its history check out these two websites:

<http://www.pinkshirtday.ca/>

and <http://www.dayofpink.org/>

We will be having a family team activity in the afternoon on Thursday.

All students in the school have been placed on one of four large teams. Each large team is broken up into 10 mini teams. These mini teams have students from Kindergarten to grade 7 on them. Having family teams like this helps all students feel a sense of belonging. It spills out onto the playground when the little ones recognize their bigger teammates! The afternoon should be great fun for everyone. We hope you get a chance to ask your children all about it!



SUBWAY DAY

Our next Subway Day is scheduled for Thursday, February 27th. Please remember that there is no extra food available on these food days.

CORONAVIRUS UPDATES:

The BC Centre for Disease Control recommends that to reduce the risk of exposure to novel coronavirus, individuals employ the same measures that are taken in relation to colds and flu:

- √ Wash one's hands frequently for at least 20 seconds using soap and hot water (it is the single most effective way of reducing the spread of infection).
- √ Practice other good hygiene habits: do not touch one's face/eyes/mouth with one's hands and cover one's mouth and nose when sneezing or coughing (ideally with a disposable tissue or the crease of the elbow).
- √ Clean and disinfect frequently touched workspace surfaces.
- √ Maintain good general health (eat a balanced diet, get enough sleep, exercise in moderation).
- √ Stay home if sick.

A new toll-free phone number (1-833-784-4397) has been established to answer questions from Canadians about the 2019 novel coronavirus. Service is available from 8 a.m. to 11 p.m.



Ready, Set, Learn!

READY SET LEARN – A GREAT SUCCESS!

We had a great turnout for Ready Set Learn this year.

Many preschoolers and their parents joined us for an afternoon of music and learning activities. Our own kindergarten and Gr. 1 students got to join the fun for the concert by Will Stroet. Thank you to Marie Thom, our district teacher consultant for early childhood programs, for organizing the event!

EXTENDED ABSENCES:

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

ENTERING AND EXITING THE SCHOOL

Students are encouraged to use the doors closest to their classroom to enter and exit the school building to help with traffic flow in the building. **The front door is reserved for visitors and staff.**



MOVIE NIGHT – FRIDAY, FEBRUARY 28th

On the evening of Friday, February 28th, our Cook PAC will be hosting a movie night as a fundraiser. We welcome all students and parents to attend this evening of entertainment to watch **“Frozen 2”** with your family and friends!

A notice was sent out earlier this week with information about ordering tickets and pizza for this event. Please remember the cut off will be on **Monday, February 24th at 9 p.m.**

What is Climate Change?

“Climate Change” is the changing of climate, usually during a long period of time. Climate change is very natural because in the past, climate change happened during the start of the ice age when everything became covered with ice and snow. This era of climate change is the opposite of the ice age. Instead of the planet becoming colder, the Earth is becoming warmer. This is also known as “Global Warming”. You might think this is not a big deal, but it is because we are making climate change happen quicker than it's supposed to.



Why is this happening and how are we making climate change happen quicker?

Climate Change is happening because we are creating more and more greenhouse gases. Greenhouse gases help trap heat inside the earth. Greenhouse gases are

actually good because without it, we would all freeze but having too much is bad. Some of the greenhouse gases are carbon dioxide, nitrous oxide, methane, perfluorocarbon, hydrofluorocarbon, and sulphur hexafluoride. Carbon dioxide is the main contributor to climate change from the burning of fossil fuels, factories, and cars.

What can we do to help stop Climate Change?

Some of the things we can do to help stop Climate Change is to use more eco-friendly forms of transportation. Some examples of eco-friendly transportation are using bikes, taking public transit, (sky-train/ bus) carpool, or switch to an electric or hybrid vehicle. Possible ways of not wasting water would be to not let it run too long because it takes tons of energy to heat and pump the water from the supplying company to your home. Finally, you could reduce the use of electricity in your home by simply turning off the lights or electronics in a room that you are currently not using.

**** Submitted by our Grade 6/7 Leadership Team ****