

## COOK COUGARS

June 8, 2020



## NEWSLETTER

### **Message from the Administration:**

We are starting to plan for the next school year that starts in September 2020. By the middle of June, we make our best guess about our enrollment numbers for September. The district uses these numbers to determine how many teachers we will need to start the year. In the early spring, we sent home a form asking families if they plan to remain at Cook in the coming year. If your circumstances have changed since filling out the form, **please let us know as soon as possible.**

The number of students that return that first week in September is the number we use in organizing the classes. Parents are reminded that they **must** fill out a **Late Return Form along with a letter explaining the extended holiday** if their children will be returning to school later than **noon on Wednesday, September 9, 2020.** Students **must return to the school by end of Wednesday, September 16, 2020** in order to continue their enrollment at Cook Elementary School. Please be advise that any students plan to return later than September 16, 2020 will be taken out of our enrollment and will need to be re-registered at the School Board Office.

These forms are attached in this e-mail. They also available on the school website or may be obtained from the school office. **If parents do not complete one of these forms or write a letter to the principal, we cannot guarantee that your children will be able to return to our school in September.**

Thank you so much for helping us by keeping us informed!

### **Registration Deadline**



**Thursday, July 2<sup>nd</sup>** is the registration deadline to be guaranteed a place at your neighborhood school in September. All families registered after this date will be on a waitlist and approved on a "first come, first served" basis at the beginning of September. If you have been putting off registering your kindergarten child for school, we encourage you to do this before **July 2<sup>nd</sup>.** Please note that all families are registering and uploading required documents using Richmond School District online form at <http://studentregistration.sd38.bc.ca>. At this time, the School Board Office remains closed to the public.



### **PAC News**

Our PAC has members that are coming back next year. Here are your PAC executive members for next year:

**PAC Chair: Laura Margolin**

**Treasurer: Rose Schumacher**

**Secretary/Fruit and Vegetable Coordinator:  
Jody Kovacks**

If there is something you'd like to do, please contact Laura or let Mrs. Loat know.

### **Student Placement For 2020-2021 School Year**

In late June the Cook staff will begin the task of organizing students into next year's classroom settings. They do this by gathering information relevant to placements that can be used when classes are set. The June process is very tentative

because our class organization will not be approved by the school board until the end of the first week of September. Over the summer, Cook School gets many new families registering and some families move away. We must wait until September to confirm any organization.

The goal in student placement is for our staff to create a positive and balanced classroom – academically and socially.

If you, as a parent, have information about your child related to his/her learning, we ask you to **write an email to your child's classroom teacher**. This information can include the child's temperament, work habits at home, learning style and tolerance of structure. The content of each letter is shared with all teachers and administrators involved in placing the students. Please note that **teachers cannot accept letters that contain requests for or against specific teachers**. If you plan on writing a note, please give it to your child's teacher by Friday, June 19<sup>th</sup>.

## Library News

Mrs. Storey has begun collecting library books that may be in your home. If you will not returned to school for the month of June but have library books in your home, please drop them off in the bin labelled **"STUDENTS: PLEASE RETURN YOUR LIBRARY BOOKS HERE"** outside the temporary main doors of the school (Kindergarten wing where the swings and primary basketball court used to be) between 7:30 - 8:30 am OR 3:00 - 5:00 pm. The last day to return your library books will be **Thursday, June 25<sup>th</sup>**. Any library books left in classrooms will be returned on your behalf.



Richmond Public Library is also offering a Summer Reading Program. Online registration will be available at <http://bcsrc.ca> starting Wednesday, June 24<sup>th</sup>. Please continue to check out information and activities on our school library website: <http://cook.sd38.bc.ca/>

## Construction Update

Our new parking lot and sidewalks are almost complete. They are now working on completing the new main entrance, office and seismic upgrades to our Library and Gymnasium. It is very exciting. Have a look at the videos on our school website with live action footage!

## How Does Sleep Affect Our Decision- Making?

Summary of the National Sleep Foundation's Sleep Recommendations per day:	
Newborns (0-3 months)	Sleep range 14 – 17 hours each day
Infants (4-11 months)	Sleep range 12 – 15 hours each day
Toddlers (1-2 years)	Sleep range 11 – 14 hours each day
Preschoolers (3-5 years)	Sleep range 10 – 13 hours each day
School age Children (6-13 years)	Sleep range 9 – 11 hours each day
Teenagers (14-17 years)	Sleep range 8 – 10 hours each day
Younger Adults & Adults (18-64 years)	Sleep range 7 – 9 hours each day
Older Adults (65+ years)	Sleep range 7 – 8 hours each day

Getting enough sleep affects both our physical as well as our mental health. As it pertains to brain function and brain development, lack of sleep compromises memory and decision-making skills. In particular, when we are sleep deprived, we are prone to engage in more riskier decisions and behaviours, and we don't even perceive our risky decision-making as risky. Therefore, the most proactive strategy to ensure that we make least risky, and most responsible decisions, as often as we can, is to practise good sleeping routines.

Some tips include:

- Stick to a sleep schedule of similar bedtimes and wake-up times each day, even on weekends
- Practise a relaxing bedtime ritual ie: breathing, meditating, or reading a book
- Avoid naps, especially if you are having trouble falling asleep or staying asleep at night
- Exercise daily or being active outside in the fresh air daily
- Avoid electronics right before bedtime as light from these devices is activating to the brain