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## COOK COUGARS

May 25, 2022



## NEWSLETTER

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

It is hard to believe it is the last week of May! We hope this newsletter finds you and your families safe and healthy. As you are aware, schools will be opening on June 1<sup>st</sup> for those families that have chosen to attend. Thank you for filling out the parent survey as it is very important that we have accurate numbers of students returning. **If you have not filled out the survey indicating whether your child(ren) will be attending school or not, please call the school and let us know as soon as possible as we are busy planning for the students return.**

During the month of June some staff will be in coming into the building teaching on site and some staff will continue to work from home. All the teachers will continue to be connected with your child(ren) in some way. It may take some adjustment to the school day during the month of June as there are a number of Health and Safety protocols that we will be following that will make the school day look different than before Spring Break. Remote learning may also look differently as some of the staff transition back to working on site. There will be more information shared regarding the back to school plan and online support for students in another newsletter at the end of the week. We appreciate your support and hope that you understand how hard all the staff have been working to support your child(ren) during this very challenging time. Our custodians have been deep cleaning the classrooms getting ready for students and staff returning on June 1<sup>st</sup>. We appreciate all their hard work and dedication to our health and safety.



### **What is SEL?**

**SEL** is the process through which children and adults understand and manage emotions, set and achieve goals, **feel and show empathy for others**, establish and

maintain positive relationships, and make responsible decisions (CASEL.org).

- being able to communicate clearly and to listen actively
- cooperating with one another
- negotiating conflicts in a constructive manner
- engaging in appropriate social pressure, and
- being able to seek as well as to offer help when needed

These skills are not all learned in one shot or within a specific time period; relationship skills are something that we work on and develop over our whole life. As well, with each new or familiar person we encounter, the exchange or situation may be different, and we find that we need new strategies and ways to interact with them.



### **The SEL focus this week:** **Relationship Skills**

This is the ability to establish and maintain healthy and rewarding relationships with people from all walks of life. The skills that are needed for positive interactions include:

## Why is it important to develop good Relationship Skills?

As humans are social creatures, successful navigation of relationship skills is vital to a happy, good life. The key is to cultivate and maintain loving, faithful relationships with other people. One research by psychologist, George Vaillant, followed 268 Harvard graduates in a study that spanned 75 years. He looked at all aspects of their health and well-being. The summarized findings were: *"Happiness is love. Full stop. People who have loving relationships with family and friends thrive; those who don't, don't."*



### EDUCATION ASSISTANTS (EA'S) FIND CREATIVE WAYS TO CONTINUE SUPPORTING STUDENTS

Education assistants (EA's) have been working on-site to support the children of essential service workers, as well as students with diverse abilities who benefit from being in a school setting. In some cases, the EA's are preparing and delivering nutritious food to families whose children have been a part of meal programs at school. All the while, they do this within the public health guidelines.

Other creative ways EA's are connecting with students, are through in person social emotional check- ins, online chats and online story-reading. They are tireless and have played a crucial role in making schools safe and inclusive for our most vulnerable students.

To read the full article, follow the link: <https://news.gov.bc.ca/releases/2020EDUC0031-000723>



### Construction Update:

We are excited to announce that our new parking lot is just about complete. They will be pouring asphalt this week. The new office and foyer area are still under construction. Our gymnasium and library will be closed for the rest of the school year due to seismic upgrading. Landscaping will be starting very soon around the school grounds.

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