

COOK COUGARS

May 4, 2020

**NEWSLETTER*****Message from the Administration:***

It is hard to believe that we are into Week Five of our online learning. On behalf of the staff we would like to thank parents for finding the time in your busy schedules to support your children in completing their learning plans to the best of their ability. Teachers will communicate with you about your child's learning plans on a regular basis. We hope that you will connect with your child's teacher(s) to work together to understand what is reasonable for your child to complete at home. Teachers are expected to complete a progress report in June about your child's learning. Your child's progress will be determined based on learning provided by the teacher before spring break and after spring break. It will be difficult for teachers to determine your child's progress if there is a lack of assignments to assess. Please try and complete at least one numeracy and one literacy activity a week so there is evidence of your child's participation in the online learning your teacher has been providing. If you have questions or concerns you can reach your child's teacher by email or phone during their working school hours of 8:30-4:30. If these times do not work for you please make special arrangements to talk at another time that works for both of you.

Online Learning:

This week Zoom meeting invitations were sent out to students and families. I know that the children and teachers are very excited to see their students and classmates. Please try your best to have your children present at these Zoom meetings as teachers are trying very hard to keep strong connections with their students. Relationships are so important in times of stress and it may be very comforting for your children to see their friends and teachers after such a long time away from being together at school. Please see the information sent out by the school district about Zoom etiquette.

Also, the information sent out has direct links to videos that are available to support you in using Zoom and to access and post into your child's e-portfolio.

Who has the primary responsibility for learning at this time?

Teachers and schools have primary responsibility for your child's learning

experiences. We understand that every family's situation is different. If you would like your child to engage in extra learning beyond what your child's teachers provides you are welcome to do so. There are many ideas that can be found on the [School District's Learning Resources](#) page and the [Ministry of Education's Keep Learning](#) websites.

Is my child expected to engage in the learning plans provided by their teacher or can we do our own home schooling?

Home schooling is an alternative method of teaching and learning that is outside of the BC education system where a family member delivers the educational program without direct support from the registered school. If you are thinking of homeschooling and not engaging in the learning provided by your child's teacher and school, you should review the obligations and understand that choosing this option will result in your child no longer being enrolled as a student in the Richmond school district. More information can be found [here](#).

WHY IS TIME MANAGEMENT IMPORTANT FOR STUDENTS?

Good time management skills help students prioritize tasks, so they are able to complete schoolwork and assignments on time. Students are able to plan ahead, set aside the time they need for projects and assignments, and make better use of that time.

Becoming better at managing time allows students to become more organized, more confident, and learn more effectively.

So how can you help your child learn to manage time more effectively?

Check out these time management tips and learn how your child can start being more productive.

1. Create a Schedule
2. Eliminate Distractions
3. Set Goals For Each Study Session
4. Start Working On Assignments Early
5. Work On One Thing At A Time
6. Study In Shorter Bursts
7. Start Early In The Day
8. Get 8-10 Hours Of Sleep



LIBRARY NEWS FROM MRS.STOREY

For any news update from Mrs. Storey, school librarian, please visit Cook Library Learning Website at:

<http://destiny.sd38.bc.ca/common/servlet/present/homeform.do?l2m=Home&tm=Home&l2m=Home>



What is SEL?

SEL is the process by which children and adults learn and develop knowledge, attitudes and skills to better understand

and manage emotions, better set and achieve goals, better able to feel and show empathy for others, better establish and maintain positive relationships, and better make responsible decisions. These are the 5 pillars of the CASEL wheel.

(Collaborative for Academic, Social and Emotional Learning).



The SEL focus this week:

Self-Management Pt. 2

Last week, we talked about breathing exercises as an effective strategy to manage our emotions when practised regularly. But how do we know when we're about to go into stress mode? Try this ...

Take a moment right now and think about where in your body, you feel happy - is it in your face, around your lips and your eyes? Think about where in your body, you feel angry. Is it in your ears - do they turn red and/or burn? Or stress - is it in your shoulders or hands - do they tense up? Recognizing physical signs, especially when we feel negative emotions, helps us so we can do something to avoid melting down.

Manage our emotions by managing our thoughts...

Positive Self-Talk - saying encouraging words in your head about yourself and the world around you. Ask yourself about your thought - is it a helpful or unhelpful one? Realistic self-talk may involve referring to yourself in the 3rd person.

From - "I'm never going to see my friends again," to "Ellen, is that really true? Of course you will."

Using **Psychological Distancing** when you're experiencing a difficult moment. Sometimes it's easier to be kind to others and offer them advice. Try framing your own challenges as if you're supporting a friend. Say, "Well, how would I support my best friend who is telling me that they are really worried. What would I say to them?" Whatever advice you give to your friend is good advice for you to follow yourself.

Self-Compassion - interrupt your inner critic by acknowledging that suffering is a human experience. Be kind to yourself, it's ok to say, "This is really hard." When you're feeling stress in your body, use calming physical touch to relieve it.

Being able to recognize our emotions, to co-manage negative emotions with our children, to practise the strategies, models for them that we can respond rather than react. As we do this, we will build emotional stability in both them and us.



Self Care Plans

~ Source: Ricky Robertson

Self care should be a daily routine. It can be any activity that we deliberately do to take care of our mental, emotional, and physical health. It sounds easy but practising self care is something that we often overlook. Good self care improves mood and reduces stress. When we practise self care plans, it isn't just about doing things to relief stress, it is about building our resilience as we change the ways we respond to stress. So, what's the difference between **Stress Relief** and **Building Resilience**?

Stress relief is doing soothing activities but doesn't change the things that caused our stress in the first place. They include things like:

- Consuming favourite food and drink
- Watching Netflix
- Watching or playing sports
- Calling a friend to "vent"

Building resilience involve things that we practise regularly that will help us change how we respond to stress. They include things like:

- Getting enough sleep
- Having a healthy diet
- Having supportive relationships
- Defining boundaries
- Engaging with a spiritual domain

Both:

- Exercising
- Journaling
- Meditating
- Resting

