

"Celebrating Our Diversity As Learners"

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Principal

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COOK COUGARS

November 27th, 2020



NEWSLETTER

Issue #4

MESSAGE FROM THE ADMINISTRATION

As we enter the time of year of giving, please remember, "No act of kindness, however small, is ever wasted." (Aesop) "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." (Buddha) Make what change you are able to make now, and let the 'giving spirit' spread, infinitely touching the lives of people you may never meet, across boundaries you may never cross, in ways you may never imagine. That is the power of giving and your way to changing the world.

NEW COVID-19 SCHOOL EXPOSURES TAB

If you are looking for the most up to date information regarding school exposures and information about COVID-19, there is now a tab that you can click on, on our School Website. We have also attached a copy of the Mandatory Daily Health Declaration document to remind you of the process to follow if your child shows any symptoms of illness. If you have any questions, please give the school office a call at 604-668-6454.

COVID-19
School Exposures



COOK-McMATH CANDY CHALLENGE

Our students from Cook School and McMath Secondary School participated in the candy challenge. The candy was delivered to the Good Shepherd Ministry in Vancouver that provides homeless people with candy bags.

REMEMBRANCE DAY ASSEMBLY

Our virtual Remembrance Day assembly on November 10th was wonderful! A big thank you goes to Ms. Lee, Ms. Ma, Mrs. Verkade and Mrs. Kusch for organizing the assembly on Zoom. There were messages of remembrance and peace displayed on our classroom bulletin boards throughout the school as well. Thank you to the classroom teachers for preparing these. The Cook School Community is truly diverse and we recognize and celebrate our diversity each and every day. The link to access the slide show of our school bulletin boards set to the song Imagine is here: <https://animoto.com/play/flfPreuMosGfRhqmtPLPCQ>

PAC NEWS

Our next PAC meeting is on **Tuesday, December 8th at 6:30 pm**. We hope you can make it.

Join Zoom Meeting

<https://ca01web.zoom.us/j/61679984536?pwd=RHNKM0QxZm12QzR2QXloWUVjcUJmdz09>

Meeting ID: 616 7998 4536

Passcode: zS4h@HX9

LOST AND FOUND PLUS...

We will have the Lost and Found clothing and belongings set out on tables by the gym for students to check out during the week of December 7nd to 11th. 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!



THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI) IS COMING TO YOUR SCHOOL IN JANUARY/FEBRUARY!

The Richmond School District has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Year Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.



Grade 5 students are invited to complete the MDI during class time between: **January 11th and March 5th, 2021.**

For more information and to view the questionnaires: <http://earlylearning.ubc.ca/mdi/>

Parent FAQs:

<http://earlylearning.ubc.ca/mdi/parent-guardian-resources/>

If you don't want your child to participate please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at mdi@help.ubc.ca.

GENTLY USED COATS

We have some gently used boy's coats that were donated. If anyone is interested, please call the office.



SAFETY AT COOK

This edition of the newsletter has important information regarding safety at Cook School.

We try to ensure that students are as safe as possible while they are at school. In order to do this, we must put some rules in place that we want all visitors, staff and students to follow. Please read this section carefully.

Morning Safety:

All students are encouraged to walk to and from school. The younger students are encouraged to walk to and from school with a responsible older sibling or adult. We ask students to do this so that we can cut down on traffic dangers.



If you must drive, we ask that all drivers use the new drop off zones to drop students off in the morning. **Do not park your car in the drop off zone. Please park your car in the middle lot and walk your child inside.**

After School Safety:

All students are dismissed from their outside doors. For those students who do not have outside doors, we ask parents to wait patiently outside the school until their children come to them. This will also help teachers continue to teach without interruptions until it is time for dismissal. **Please pick up your child and leave the school grounds as quickly as possible, as we are trying to ensure that large groups are not occurring after school on our playground for all of our safety.**

Entrance Doors at Cook:

Our office is open from 8:00am to 4:00pm each school day. All outside doors to the school will be secured during the day in order to safely monitor who is entering and exiting the school.

If you need to come into the school, please call and make an appointment with the office or your child's teacher.

Walking Safety:

To keep everyone safe, we expect that bikes, scooters, roller blades and other wheeled devices will **NOT be used on school grounds**. Please make sure students walk this equipment until they are off school grounds. In this way, students walking will not be in danger of being hit by riders. There are 4 bicycle racks for student use and security.

Lunch Time Safety:

At lunchtime we have 4 noon hour supervisors on duty. They wear orange safety vests for easy visibility. Our noon hour supervisors all carry first aid equipment. They have specific areas on the school grounds that they supervise and we encourage students to ask these adults for help or assistance if needed during lunch time.

Early Warning:

Cook Elementary has an Early Warning Program. The Early Warning system is designed to ensure your child's safe arrival at school. **If your child will be late or absent, please leave a message at 604-668-6461**, stating your child's name, division, teacher's name, length and reason of absence. When teachers complete attendance in classes, they indicate students who are absent without a reason. These are the students we check on by listening to the answering machine messages and then phoning home to be sure they are accounted for by parents and caregivers.



OUTDOOR LEARNING/RECESS AND LUNCH



Being prepared for the weather!

We know that if children are well prepared to be outside in the rain and cold, 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. **There is an expectation this year, in particular, that students' will be expected to spend time outside every day.** 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.

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

It has been strongly encouraged to spend time outside each and every day by Bonnie Henry. However, occasionally we have weather conditions that are unreasonable to expect students to stay outside in. These days include hard, driving rain with extreme cold or wind. We don't expect to have more than 2 or 3 of these days a year.



Richmond School District SD38 is excited to welcome kindergarten registration applications for **children born in 2016, turning 5 in 2021**. These children will begin kindergarten in September, 2021. **Online registration started on November 1, 2020**. Please visit our Kindergarten page for more information about our online registration process, required documents, important dates and FAQs. <http://www.sd38.bc.ca/kindergarten>

Families are encouraged to register any time during the Priority 1 registration period (November – January) for the best chance at attending their catchment school. All registration applications received any time during the Priority 1 registration period will receive placement decisions by February 5, 2021.

Instead of in-person information evenings this year, we have posted short videos that provide our new parents with information about the registration process, English Language Learner (ELL) assessments, and District Program Options – Early French Immersion and Montessori. These videos are available in English and Mandarin.

Please share this information with your friends and family who have Kindergarten-aged children! Thank you!

Mandatory Daily Health Declaration Process for Staff and Students



Ask yourself the following:

1. Key Symptoms of Illness:	Do you have any of the following <u>NEW Key Symptoms of Illness</u> ?
	<ul style="list-style-type: none"> • Fever • Chills • Cough or worsening of chronic cough • Shortness of breath • Diarrhea • Nausea and vomiting • Loss of sense of smell or taste
2. International Travel:	Have you returned from travel outside of Canada in the last 14 days?
3. Confirmed Contact:	Are you a confirmed contact of a person confirmed to have COVID-19?

Answering YES to any of the questions will prevent the staff/student from entering the school or worksite effective immediately.

What if you answered YES?

Question 1:

- If you answered “YES” to one of the symptoms included under NEW Key Symptoms of Illness (**excluding fever**), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.
- If you answered “YES” to two or more of the symptoms included under NEW Key Symptoms of Illness **or you have a fever**, seek a health assessment.
- A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.
- If your symptoms are consistent with a previously diagnosed health condition and are not unusual for you (i.e. the symptoms are not **NEW** for you), you may return to school/work or continue to be at school/work. No assessment or note is required from a health care provider.

Question 2: If you answered YES to question 2, you will need to stay home to self-isolate based on the *Quarantine Act*.

Question 3: If you answered YES to question 3, you will need to stay home to self-isolate based on the advice of the Public Health Authority.