

# CAPTAIN JAMES COOK ELEMENTARY

3340 E. 54th Ave. Vancouver, BC, V5S 1Z3  
Phone: (604) 713-4828 Fax: (604) 713-4830  
<http://cook.vsb.bc.ca>

*'The students, staff, and parents of Cook Elementary are committed to providing educational opportunities for intellectual, social, physical and creative growth for all children, in a setting that reflects mutual respect and social responsibility.'*

**Principal:** Ms. Lisa Nucich

**Office Administrative Assistant:** Mrs. Joanne Carruthers

**Director of Instruction:** Mrs. Magdalena Kassis

**Community School Coordinator:** Ms. Theresa Schiewe

**Strong Start Program:** Ms. Cindy Chu (604-713-4828 Ext. 2160)

**PAC Chair:** Mr. Jeff Lee

**Superintendent of Schools:** Mrs. Suzanne Hoffman

## September 2018 Newsletter

**\*PLEASE NOTE THAT NEWSLETTERS WILL BE POSTED ON THE COOK WEBSITE [www.cook.vsb.bc.ca](http://www.cook.vsb.bc.ca). ONE WILL ALSO BE POSTED ON THE SCHOOL PARENT BOARD. THIS WILL BE THE ONLY NEWSLETTER HARDCOPY YOU WILL RECEIVE ALIGNING WITH THE V.S.B.'S VALUE OF SOCIAL RESPONSIBILITY.**

### SCHOOL HOURS:

**Educational Teaching Time - Monday-Friday- 9:00am-3:00pm**

**Lunch-12:10- 12:57pm**

**Supervision in the mornings** on the playground for students- 8:40-9:00 a.m.

**Supervision after school** on the playground- 3:00-3:20pm

### SCHOOL NEWS



#### PRINCIPAL'S MESSAGE:

Dear Captain Cook Parents and Guardians,

What an exciting start to the school year we've had this September in welcoming two new classrooms into the Cook family fold. Welcome to the new students and families who have just arrived at the school and to the returning students and their families.

The staff and I have enjoyed meeting and welcoming back all of our Cook children and families. We certainly look forward to working with you and your children, especially watching them grow in our educationally supportive and caring environment.

We welcome Mr. Tony Ramsell, our wonderful P.E. Teacher back to Cook this year. As well, we welcome:

- Mrs. Hannah Suk Division 5, Grade 5 Th./Fri. and Mon.-Wed. Resource
- Mr. Riley Martens Division 6, Grade 4/5
- Mrs. Jessica Wilkes Division 17, Kindergarten
- Mr. Anowar Hossain Evening Engineer
- Ms. Catherine Kiely SSA

Thank you to all the PAC members who organized, ran, and did the clean up for the Dessert Potluck that occurred in the gym before the STEM Meet The Teacher Night. What a wonderful turnout and truly special evening it was to begin the 2018-2019 school year. We are proud of our school community. Cook is such a dynamic and caring place built on respectful teamwork and communication. We welcome the coming year as well as the many new and old connections.

## **INSTRUCTIONAL TIME AND CODE OF CONDUCT**

Please be aware that school hours are 9:00 a.m. to 3:00 p.m.. The warning bell will ring at 8:55 a.m. **and Instructional Time begins at 9:00 a.m..** All children go outside during recess whether it rains or shines! Outside supervision begins before school at 8:40am. After school supervision is from 3:00-3:20p.m..

We appreciate your cooperation in meeting your children at these times where your child's teacher has indicated and respecting the work spaces of not only our students, but of our staff as well. Much is going on at all times and both staff and students need to be able to work in their respectful respected spaces.

### **\* Please carefully read over Captain Cook's Code Of Conduct that was sent home:**

Our Code of Conduct reflects how the Cook community is caring, respectful and safe. It recognizes the rights of all students to learn, school staff members to perform their duties, provides for a safe environment for staff and students to work and learn and allows staff, students, and parents to be treated respectfully. The acronym **CARES** reminds staff, students, parents and families to:

- **CARE** about self, others, the school community and our communal properties.
- **ACCEPT** others, including tolerating differences and practicing inclusive behaviors such as friendliness.
- **RESPECT** other cultures and individuals by being courteous and seek to understand others' ideas and feelings.
- **EXCELLENCE** trying to do our best towards attaining excellent results in academics, artistic, and athletic pursuits.
- **SELF CONTROL** means we take responsibility for our actions and learn about ways to avoid aggression.

## **LABELING HOME ITEMS/ LOST AND FOUND**

Starting the school year is a quick change from the relaxation of the summer holidays. It is extremely helpful if you put your child's name on his or her clothing and belongings. This helps us with the inevitable task of matching our mountain of lost articles with their owner. The Lost and Found Bin is located inside just East of the school entrance at the front of the Primary Wing. When you are in the building, please come by and see if any lost items can find their home!

## **SCHOOL PACKAGE FULL OF SPECIFIC SCHOOL INFORMATION**

This month is the beginning of a year full of activity. Please go over each sheet of the school package that was sent home as it contains important emergency and health information. It is full of notices containing important upcoming dates, forms, and information. It is important that each form is carefully read, filled out completely with accurate up to date information, and returned to your child's teacher as soon as possible. We update all of your child's contact information each year (and throughout the year if things change) and appreciate the time you take to fully complete and return the forms for Health and Safety reasons. We will be unable to release your child in an emergency to anyone who is not written in your Safety Contacts. They will need to provide picture identification before we are able to release your child to them. \*Please note there will be a further information sheets sent home this year very shortly that will need to follow the same procedures.

## **SIGN IN/OUT PROCEDURES - HEALTH AND SAFETY**

Please remember to send a healthy snack and lunch with your child as children do become hungry in the morning and will require the energy that a good snack provides. If your child is going home for lunch please let the office know by signing your child out, and again back in; this helps us with student safety. If your child is leaving the school grounds on their own, please write a note with your signature and date giving them permission. This note will be kept on file in the Office. If your child arrives late to school or must leave early for an appointment, please sign your child in or out at the office. This is intended for correct communication and Health and Safety purposes, as this way we know who is in our building at all times.

## **SCHOOL FEES**

Our school supplies fee is \$25.00 per student which pays for items such as paper, writing tools, rulers, scissors, glue sticks, erasers, paint sets and exercise books for the school year. Please pay your child's teacher.

Most Divisions will be using an agenda book this year to manage homework, projects and studying for tests. The fee for an agenda is an additional \$7. Please pay your child's teacher.

## HAVE YOU SIGNED UP YET FOR THE SCHOOL CASH ONLINE PAYMENT?

### SchoolCashOnline

For safety and efficiency reasons, the Vancouver School Board would like to reduce the amount of cash and number of cheques coming into our schools. Please join the many parents who have already registered for the convenience of paying online; it takes less than five minutes. After following the easy, step-by-step instructions below, you will begin to receive email notifications regarding your child(ren)'s upcoming events.

NOTE: If you require assistance, select the *SUPPORT* option in the top right hand corner of the screen.

#### Step 1: Register

- If you have not registered, please go to the *School Cash Online* home page <https://vsb.schoolcashonline.com> and select the "Get Started Today" option.
- Complete each of the three Registration Steps  
\*For Security Reasons your password, requires 8 characters, one uppercase letter, one lowercase letter and a number.



#### Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and *School Cash Online* account. The confirmation link will open the *School Cash Online* site prompting you to sign into your account. Use your email address and password just created with your account.



#### Step 3: Find Student

This step will connect your children to your account.

- Enter the School Board Name. Vancouver School Board
- Enter the School Name.
- Enter Your Child's Usual First Name, Last Name and Birth Date.
- Select *Continue*.
- On the next page confirm that you are related to the child, check in the *Agree* box and select *Continue*.
- Your child has been added to your account.

#### Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" and repeat the steps above. 8 children can be added to one parent account. If you do not wish to add additional children, select "View Items for Students" option. A listing of available items for purchase will be displayed.

## TRAFFIC AND PARKING REGULATIONS

**BACK TO SCHOOL ROAD SAFETY:** School is back in session and so is the importance of obeying all traffic laws in the vicinity of schools in order to keep students and other pedestrians safe. In particular: "**Slow Down**" in **School Zones**. Please note that with the removal of the bus stop in front of the school, parking regulations have changed. Please respect the time limits posted and slow down as people are adjusting to the new regulations. The **Staff Parking Lot** is for **VSB Staff** only. It is not intended for pick ups and drop offs. We have a large school with a large staff and large grounds. There is work being done consistently for maintenance throughout the year and the parking lot and VSB vehicle access to the fields must be in place at all times.



### X-COUNTRY SEASON!

Our X-Country season is underway for another year. This continues to be a popular extra-curricular activity and this year is no exception. There will be several mini-meets and the District Meet held at Trout Lake on Thursday, October 19th. As with previous years we always require parent volunteers to help transport and supervise our students, both at the Mini-Meets and for the District Meet, we wouldn't be able to provide this opportunity without your help. Thank you to Mr. Randall, Ms. Lyon and Ms. Cavers.

## **PARENT ADVISORY COUNCIL, (PAC):**

The role of the Parent Advisory Council is to encourage parental input and involvement in their child's schooling. The group has a constitution, an executive, and holds meetings most months during the school year. If you have a child in the school you are automatically a member of the PAC and you are encouraged to attend meetings. Meetings are held the second Monday of the month in the Library. Child minding will be provided.



## **TERRY FOX RUN**

The students and staff will run in memory of Terry Fox and to raise money for Cancer research on Friday, September 28th. Student Volunteers will be accepting donations for Cancer Research during the run and throughout next week so please donate what you can, every little bit helps!

## **Student Sign Out Procedure**

When you pick up your child during the school day, please ensure that you sign them out at the school office. If you do not sign out your child, they will be unaccounted for, and the school will identify your child as a 'missing' student and will commence a search of school grounds. If the school staff do not locate the child, and are unable to reach a parent promptly, the school will call the Vancouver Police Department. Therefore, clear communication is essential for ensuring the safety of your child and to prevent unnecessary searches. Thank you for helping us keep your children safe!

## **SAFE ARRIVAL - Reporting Student Absences:**

Student safety is of paramount importance at the Vancouver School District. Ensuring student safety is a shared responsibility. In order to assist schools, we ask parents to notify schools of student absences. If your child will be absent from school, please phone the school to report this absence as early as possible. Parents should leave a message on a dedicated answering service by calling **604-713-5159 and enter 19 for the school mailbox before 9am**. Messages will be received before 9:00 am. School offices are very busy places: consistently notifying your child's teacher in advance of your child's absence will significantly improve the efficiency and effectiveness of the Safe Arrival Morning Routine.

## **District Student Code of Conduct Regulation**

### **Parent/Guardian responsibilities include:**

- a. informing themselves about the approach and goals of promoting a safe and caring school community through accessing District and school level resources;
- b. adhering to Board policies and the School Code of Conduct when in attendance at school functions and support all students by reinforcing and modeling appropriate social behaviours;
- c. supporting students through co-operative school and parent/guardian partnerships regarding appropriate academic, social and emotional behaviours;
- d. supporting the school's and District's role in responding to behaviour that contravene VSB policies and reinforce students' understanding of their behaviour and of the consequences arising;
- e. ensuring that their child/children (or child/youth in their care) attend school regularly and on time; and
- f. promptly reporting to the school their child/children's (or child/youth in their care) absence or late arrival.

**CAPTAIN COOK WEBSITE:** [www.cook.vsb.bc.ca](http://www.cook.vsb.bc.ca)

Please refer to our Cook website regularly. You will find updated and fluid information there including monthly calendars, newsletters, and other pertinent information.

### **2018 - 2019 Captain Cook Staff**

Principal	Ms. Lisa Nucich
Office Admin Asst.	Mrs. Joanne Carruthers
OSB	Mrs. Michelle Su
Div.1 Gr. 7	Mrs. Diana Cavers
Div.2 Gr. 6/7	Ms. Kim Holland
Div.3 Gr. 6	Mr. Dylan Clover
Div.4 Gr. 6	Ms. Charmain Bland
Div.5 Gr. 5	Mrs. Suzanne Aucoin/Mrs. Hannah Suk
Div.6 Gr. 4/5	Mr. Riley Weston
Div.7 Gr. 4	Mr. Dave Wong
Div.8 Gr. 3/4	Mr. Jason Kobelka
Div.9 Gr. 2/3	Mr. Paul Greveling
Div.10 Gr. 2	Mrs. Helen Lum
Div. 11 Gr. 2	Mrs. Lorinda Coulter (M-Th)/Mrs. Hillary Mignault (F)
Div. 12 Gr. 1	Mrs. Anabela Mendes
Div. 13 Gr.1	Mrs. Christine Schleppe
Div. 14 Gr. 1	Ms. Aprile Lyon
Div. 15 Kindergarten	Ms. Amrit Toor
Div. 16 Kindergarten	Mrs. Teresa DiCarlo
Div. 17 Kindergarten	Mrs. Jessica Wilkes
P.E.	Mr. Tony Ramsell
Librarian/Resource	Mr. Nicholas Liang
Resource	Mr. Nicholas Liang, Mrs. Amy Lo, Mrs. Katrina Forsyth, Mrs. Janibeth Collins, Mrs. Hillary Mignault, Ms. Julie Gomm. Mrs. Mona Francis, Mrs. Hannah Suk
School Language Pathologist	Ms. Aoife McNamara
School Counselor	Mrs. Heather Spencer
School Psychologist	Mrs. Simone Leung
Youth and Family Worker	Mr. Richard Baker
Aboriginal Enhancement Worker	Ms. Angela Nabess
School Deaf/Hard of Hearing	Mrs. Mary-Ann Livesey
Student Support Workers	Ms. Margaret Kinney, Ms. Gina Pagala, Ms. Christine Kiely Mr. Stefan Goytain, Mrs. Lisa Miklausic Mrs. Stephanie Alexander, Mrs. Sandra Pomponio, Ms. Charlene Meyers, Ms. Leesa Borbely, TBA, TBA
Supervision Aides	Mrs. Sandy Benson, Mrs. Annette Clark, Mr. Andre Trividic
Building Engineers	Mr. David Yang, Mr. Anowar Hossain, Mr. Edwin Bernardez
Strong Start	Mrs. Cindy Chu

### **STRONGSTART CENTRES:**

StrongStart is for parents and caregivers with children **ages 0-5 years old**. Vancouver has 18 StrongStart Centers operating in elementary schools. StrongStart Centers offer preschool aged children quality, early learning experiences. These centers offer play based early learning opportunities and demonstrate to parents and caregivers how they can enhance their child's development. The emphasis of the program is on learning through play, language and positive social interactions. There is no cost to families but the parent/caregiver is required to remain with their child and participate in the program. It is not necessary to have English as a first language to attend the drop in programs.

Cook's StrongStart Centre is located in Room #160

Hours of operation: Mon. – Fri. 9am – 12 noon (ages zero- 5yrs)

### **CHINESE SCHOOL**

The Living Water Chinese School is taking place in the Activity Room from 3:00-5:00pm on Monday afternoons. Parents are encouraged to invite their children to come to study the Chinese language and other Chinese cultural subjects. Please contact Mrs. April Leung at #778-878-6699 (cell) or #604-337-0272. [Livingwaterchinese@hotmail.com](mailto:Livingwaterchinese@hotmail.com)



## **KILLARNEY COMMUNITY SCHOOL PROGRAMS AT COOK**

Look for information soon on the programs that will be starting up! Registration is at 3:00pm on October 2<sup>nd</sup>!

The Killarney Community Schools Team is ready for an awesome 2018-19 school year! We are looking forward to spending time with Cook students in fun, educational, lunchtime and after-school programs. Programs are led by Vancouver School Board staff with Killarney Secondary student volunteers. Some programs are led by partner organizations like Arts Umbrella, Science World, and Sportball. Fall programs will start in early October. Mid-way through September, program offerings and registration details will be sent home with students. Please consider signing up! Benefits of participating in out-of-class time programs include making new friends, learning and practicing new skills, a sense of connection to your school community – and, of course, great fun! Please feel free to reach out to our Killarney Community Schools Team Coordinator with questions or program suggestions:

[tschiewe@vsb.bc.ca](mailto:tschiewe@vsb.bc.ca) or 604-713-5887.

## **BACK TO SCHOOL TIPS FOR ELEMENTARY SCHOOL STUDENTS (AND THEIR PARENTS!) 10 TIPS FOR A GREAT START**

1. Make sure students are getting back into the bedtime routine – no more late summer nights.
2. Shop as a family to ensure lunches are both nutritional and palatable – this will make sure your child ends up eating (rather than trading) what you packed for them at lunch.
3. Read aloud to get back in the “book-reading habit” (if they aren’t there already).
4. Brainstorm together a couple of ideas/summer stories that your child can share with the rest of the class – during the initial back-to-school weeks there will be a lot of “sharing what we did on vacation” and being prepared helps.
5. Set some goals and targets for learning so your child can hit the ground running.
6. Play fun games that reinforce and reintroduce skills learned earlier (counting games, reviewing colors, reading signs). The key is to make sure the games are fun (not stressful).
7. Be enthusiastic about the start of school. Many students, especially younger ones, pick up on their parent’s emotions. If you’re pumped about school, odds are they will be as well.
8. Set an example: if they see you reading, your child is much more likely to also want to pick up a book.
9. Make sure you are aware of traffic, parking and stopping so you’re getting to and from school safely.
10. Demonstrate safety. Back to school time can be particularly hectic in the first few weeks and if you show your child you are obeying the (road) rules, they likely will too.

*(Source: VBE website: [vsb.bc.ca/district-news](http://vsb.bc.ca/district-news))*

## **Please see the below link in regards to Vancouver Coastal Health’s Guide To Packing Healthy Lunches:**

<https://vch.eduhealth.ca/PDFs/BB/BB.203.L86.pdf>

## **Kindergarten and Gr. 6 Immunizations:**

Our School Public Health Nurse, Shannon Wright, would like parents and guardians to know that the final K and Gr. 6 immunization clinic of the year occurred on April 20th 2018. If you have taken your child to another Health Care Provider to have their immunizations done please provide a record of immunization to the office or call Nurse Shannon to provide an update.

If you have a Gr. 6 or K student who still needs immunization and you would like to make an appointment at the South Community Health Centre please call Nurse Shannon at 604-321-6151 ext 3318.

## **Kids Plus Accident Insurance Program**

“Thank you for your support of the Kids Plus™ Accident Insurance program. It has been a long and rewarding partnership and is truly appreciated. Over the years, Kids Plus™ has helped many families, providing much needed reimbursements for out-of-pocket costs. We appreciate your support and we are truly grateful for the part you have played.

We have big news: the Kids Plus™ Accident Insurance school distribution program is moving online!

All partner school boards can now access [kidsplus.ca/resources](https://kidsplus.ca/resources) for information about Kids Plus™ which they can use on their respective websites, e-newsletters and social media. The main website at [kidsplus.ca](https://kidsplus.ca) will continue to be available for parents to purchase coverage, access claims forms and full plan information online. Additionally, for 2018 we've decided to take our mission to be green one step further by discontinuing distribution of all Kids Plus™ Notices (Brochures) to reduce our overall paper use. These changes are part of our ongoing commitment to continuously provide superior and meaningful service to our partners and clients while reducing our impact on the environment.”

If you have any questions or would like to learn more about our new promotional landing page, our Kids Plus™ Client Service Specialists would be happy to assist you. You may contact us toll-free at 1-800-556-7411 or email [kidsplus@ia.ca](mailto:kidsplus@ia.ca).

Sincerely,



**Ed Bender**  
National Vice-President, Special Market Solutions

**Kids Plus™**  
Accident Insurance



# Champlain Heights Community Centre

## ENTRY LEVEL ROBOTICS

### AFTERSCHOOL PROGRAMS

#### LEGO WeDo Robotics System

- Exciting Programmable Builds!
- Modular Coding Software
- Working Motors and sensors
- STEM-Based Education

Champlain Heights Cmty Centre  
Wednesdays Sept 26 - Oct 17  
3:45-5:15 Ages 6-10  
4 Sessions - \$100

**4 exciting robotic adventures!**

Visit us at:  
[Tomorrowsplayground.com](http://Tomorrowsplayground.com)

**TOMORROW'S  
PLAYGROUND**