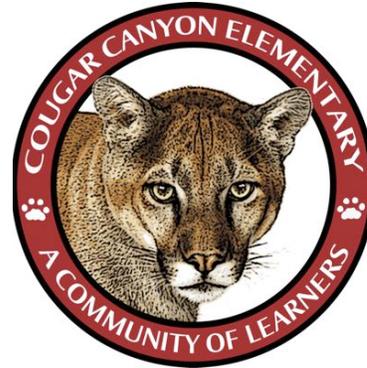


COUGAR NEWS

Calendar

- Jan. 11 Kindergarten
Vision/Hearing
Screening
- Jan. 12 **PAC Mtg. 1:30pm**
Hot Lunch
- Jan. 15 Jump Rope for
Heart Assembly
- Jan. 17 CBC Author Visit
- Jan. 17/18 Div. 6-10 Bricks
Workshop
- Jan. 19, 26, Feb. 2, 9
Gr. 6 Skiing
- Feb. 2 **Jump Rope for Heart**
PAC Mtg. 9:15am
Hot Lunch
- Feb. 12 **Family Day**
No School
- Feb. 21 & 22
Scholastic Book Fair
- Feb. 21 Parent/Teacher
Interviews
2pm Dismissal
- Feb. 22 Parent/Teacher
Interviews
2pm Dismissal
- Feb. 23 Pro-D Day**
No School
- March 2 Hot Lunch Day



Principal's Message

Happy New Year and welcome back. I hope you found time to get some much needed rest and family time over the winter break. This next term is always busy as we work hard to achieve our goals.

There has been much research into the benefits of having a “Growth Mindset.” A growth mindset is a belief that our intelligence and abilities are not fixed. When we have a growth mindset we know and understand that our intelligence and abilities can be developed through effort. If we have “a growth mindset- then we are more likely to look for challenges, to see failures and setbacks as learning opportunities, and ultimately achieve more personally and professionally.” (Reynolds, Birdwell, 2015). Not only does having a growth mindset help us to be happier and capable of meeting the challenges of the 21st century, but the research has shown that having a growth mindset helps to improve grades.



How do I Help Promote a Growth Mindset?

According to Carol S. Dweck, Ph.D., author of [Mindset](#), I can do the following:

1. Have daily learning discussions. At dinner, in the car or at bedtime take time for both the kids and parents to share the answers to these types of questions:

“What did you learn to day?” (Instead of “How was your day?”)

“What mistake did you make that taught you something?”

“What did you try hard at today?”

“It’s really important”, says Dweck, “that I share what I learned, too. This models for kids that I learn new things every day, even learning from failures.”

When children share, you can reply like this:

“I like the way you tried all kinds of strategies on that math problem until you finally got it right.”

“Everyone learns in a different way. Let’s keep trying to find the way that works for you.”

(from [Mindset](#) by Carol S. Dweck, Ph.D.)

2. Give feedback on process only.

[Praise effort](#), persistence, strategies, seeking challenges, setting goals, planning, or using creative strategies. Avoid praising personal abilities like being smart, pretty, or artistic. This kind of praise actually can [lead to a loss of confidence](#) since kids won’t be smart at everything. They’ll doubt their ability to be good at something that is difficult initially.

3. Do you know brains can grow?

Explain to kids how the [brain can grow stronger](#) and that intelligence can improve throughout your life. Intelligence is not fixed. It’s changeable. This is called [brain plasticity](#). What’s more, [learning CHANGES our brains](#). (Again, three cheers for brain growth!) Kids need to know this is possible.

4. Encourage risk, failing, and learning from mistakes.

Now is the time to let our kids risk and fail. Failure teaches our kids important life lessons. For one, it's how they learn resiliency. We often want to prevent our kids from failing, from feeling upset or sad.

Don't.

We must let our kids fail now so that they can strengthen their growth mindset muscles. If we don't, they will be adults that have difficulty with perseverance, and the belief in their abilities to work hard and succeed.

And if when your child fails, celebrate the lessons in the failure. Tell them about all the [famous people who failed](#) and didn't give up. Read one of these [biographies of individuals with a growth mindset](#).

5. Encourage and model positive self talk.

Finally, I think it's worth sharing some of the language that at **Cougar Canyon** we are encouraging students to use in order to change from fixed-mindset self talk to growth-minded self talk. Our self talk is where it all starts to shift.

(From: <http://imaginationsoup.net/2014/09/17/help-child-unmotivated-growth-fixed-mindset/>)





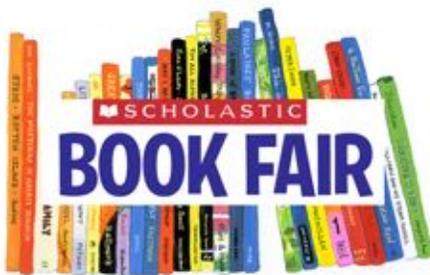
Jump Rope For Heart

On **February 2nd** we will be holding our Jump Rope For Heart Event. Supporting kids' health for more than 30 years, the Heart and Stroke Jump Rope for Heart program encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. The students will be practicing their jumping outside at lunch and recess. We are encouraging them to practice at home as well. Your pledges to raise money for the Heart and Stroke Foundation are much appreciated. Let's see if we can beat last year's pledges of \$2,500!!!



Parent/Teacher Conferences

Parent Teacher Conferences will take place on February 21 and February 22. You will receive information from the classroom teacher with regards to scheduling time for your visit. We will have an early dismissal of 2pm on those days.



Scholastic Book Fair

Back by popular demand, we will be having another Scholastic Book Fair on February 21 and February 22. The last Book Fair was very successful in helping to support literacy in our school. The Book Fair will be open before school at 8:30am, at recess, and at lunch. It will also be open until 6pm during Parent Teacher conferences.



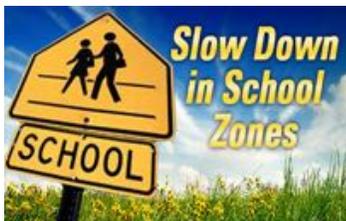
Cold & Flu Season

At this time of year Fraser Health raises concern for spreading of cold and flu germs. Strong recommendations are that hand washing, covering coughs and sneezes, and personal hygiene are the best ways to prevent spreading germs.

Scent Free ZONE

Severe Allergies to Fragrances

We have many staff members and students that are highly allergic to fragrances. This includes things like: scented moisturizers, strong deodorants, perfume, body sprays, scented soap... Please support us in maintaining a safe and healthy environment for all by avoiding the use of strong fragrances at school.



Slow Down!!!

A friendly reminder from our Community Police Officers for vehicles to SLOW DOWN. Please don't feel the need to rush or cut corners to be here on time. **Although we encourage punctuality, we would rather have everyone here safe.** Thanks again for all your help in making our traffic areas safe for students.

Just a reminder that the Staff Parking lot and our round-a-bout area is closed to drop off and pick up.

Visitor Sign In

To keep our hallways and school grounds safe, we request that all parents and visitors report to the office via the front door before going to classrooms. Unless established with the classroom teacher, please do not enter the building through side doors. Unfortunately, this has led to side doors being 'boxed' and therefore accessible during the school day. Parents and visitors are requested to sign in at the office and wear a visitors tag while they are in the school or visiting on the playground. These tags are then returned to the office upon your departure.

Parents are encouraged to drop their child(ren) off outside so they can gain independence coming in and following the morning routines with their peers. This also creates a calm atmosphere in the hallway and cloakroom areas so students can get settled in for the day. We are also encouraging you to meet your child outside of the school in a predetermined location. **We have older siblings picking up as well, many of whom wait in the hallways . Please let them know which door your child is dismissed from so they can meet them outside.** This allows teachers to organize and dismiss the class in an orderly fashion. Parents bringing lunches or other school items to the school are requested to leave these items at the office. Students will be called down at recess or lunch to retrieve them. We are so fortunate at Cougar Canyon to have so many parents volunteer and be part of our school community. Thank you for helping us maintain a positive learning environment for our staff and students.