



Cougar Creek Connection

April 5, 2020

Welcome to our school Newsflash. I am hoping that this format will continue to keep you up to date as we navigate these challenging times together. Thank you for taking the time to read.

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Upcoming Dates



Please note, as in school instruction is currently suspended and school buildings are closed, all previously scheduled calendar events have been cancelled or postponed. Thank you for your understanding.

Principal's Message

Hello Parents, Students, & Families,

I hope that you and your family are doing well and staying healthy. This past week should have been the week that we welcomed your children back into their classrooms. Unfortunately, that was not possible.

The health and wellbeing of our students, staff, and families is our top priority, along with doing our part to stop the spread of COVID-19. That is why our school buildings remain closed and why our teachers are working on plans for your children to learn at home.

At this time, teacher's planning will be focused on three of our school district's priority practises: literacy, numeracy, and social emotional learning. It will take time for teachers to plan, as distance teaching and learning is new to them, as well.

By now, you should have received an email or phone call from your child(ren)'s teacher. If you have **not** received any communication from them, please email your child(ren)'s teacher directly, at the email address listed below my message. Please note that calls from teachers may show up as "No Caller ID."

It is important, at this time of physical distancing, that students and families **do not** come to the school building. A reminder that school district playgrounds also remain closed. Thank you for your patience and understanding as we plan for learning and work through these challenging times together.

Kind Regards,

Mrs. Jennifer Tarnowski, Principal

Teacher Email Contacts

Div. 1	Grade 7	Ms. Colette Flint	flint_c@surreyschools.ca
Div. 2	Grade 7	Ms. Andrea Horne	horne_a@surreyschools.ca
Div. 2	Grade 7	Ms. Yvonne Wacker	wacker_y@surreyschools.ca
Div. 3	Grade 6	Ms. Cindy Kao	kao_cindy@surreyschools.ca
Div. 4	Grade 5/6	Ms. Shelley Johnson	johnson_shelley@surreyschools.ca
Div. 5	Grade 5/6	Mr. Richard Quinn	quinn_r@surreyschools.ca
Div. 6	Grade 4/5	Ms. Danielle Paille	paille_d@surreyschools.ca
Div. 7	Grade 4/5	Ms. Kim Buchanan	buchanan_k@surreyschools.ca
Div. 8	Grade 4	Ms. Corinne Hocking	hocking_c@surreyschools.ca
Div. 8	Grade 4	Ms. Kathy McLeod	mcleod_k@surreyschools.ca
Div. 9	Grade 3	Ms. Marie Cojocariu	cojocariu_m@surreyschools.ca
Div. 10	Grade 3	Ms. Nicole Badesha	badesha_n@surreyschools.ca
Div. 11	Grade 2/3	Ms. Shubneek Sidhu	sidhu_shubneek@surreyschools.ca
Div. 11	Grade 2/3	Ms. Andrea Cramer	cramer_a@surreyschools.ca
Div. 12	Grade 2	Ms. Daisy Liu	liu_d@surreyschools.ca
Div. 13	Grade 2	Ms. Nikki Howes	howes_n@surreyschools.ca
Div. 14	Grade 1/2	Ms. Fiona Ku	ku_f@surreyschools.ca
Div. 15	Grade 1	Ms. Kaitlin Anderson	anderson_k123@surreyschools.ca
Div. 16	Grade 1	Ms. Jamie Sheets	sheets_j@surreyschools.ca
Div. 17	Kindergarten	Ms. Diana Rawlick	rawlick_d@surreyschools.ca
Div. 18	Kindergarten	Ms. Irene Olson	olson_i@surreyschools.ca
Div. 18	Kindergarten	Ms. Harpreet Dhaliwal	dhaliwal_h1@surreyschools.ca
Div. 19	Kindergarten	Ms. Andrea DySalvador	dysalvador_a@surreyschools.ca

Do you need help accessing wifi or technology?

Please see the link below:

<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/internet-for-good>

Ministry of Education Link

I have included this link that may be helpful as your child learns at home.

<https://www.openschool.bc.ca/keeplearning/>

Health and Wellness



CORONAVIRUS DISEASE (COVID-19) TAKING CARE OF YOUR MENTAL HEALTH



FEELINGS OF FEAR, STRESS AND WORRY ARE NORMAL IN A CRISIS

The COVID-19 pandemic is new and unexpected. This situation can be unsettling and can cause a sense of loss of control. It is normal for people and communities to feel sad, stressed, confused, scared or worried. People may react in different ways. Some common feelings may include:

- Fear of becoming ill or infected with COVID-19, or infecting others
- A sense of being socially excluded or judged by others
- Fear of being separated from loved ones due to isolation or physical distancing
- Feelings of helplessness, boredom, loneliness and depression as a result of isolation or physical distancing
- Fear of losing your job or not being able to work and struggling financially
- Concern about your children's education and wellbeing

CARE FOR YOUR MENTAL AND PHYSICAL WELLBEING

- Stay informed but take breaks from social media, watching, reading, or listening to news stories
- Practice **physical distancing**, but stay connected. Talk to friends or family about your feelings and concerns through email, phone calls, video chats and social media platforms
- Practice mindfulness. Take deep breaths, stretch or meditate
- Try to eat healthy meals, exercise regularly, and get plenty of sleep
- Consider how to take advantage of any unexpected flexibility in your daily routine
- Focus on the positive aspects of your life and things you can control
- Be kind and compassionate to yourself and others
- If you can, minimize substance use. If you do use substances, practice safer use and good hygiene



YOU'RE NOT ALONE—ASK FOR HELP IF YOU FEEL OVERWHELMED

If you need additional support, call your primary health provider, a registered psychologist or other mental health provider in your community.

If you are in crisis, please contact:

HOPE FOR WELLNESS HELP LINE

Call the toll-free Help Line at
1-855-242-3310 or connect to the online chat.

Available to all **Indigenous peoples across Canada** who are seeking immediate crisis intervention.

Experienced and culturally competent Help Line counsellors can help if you want to talk or are distressed.

Telephone and **online** counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

CRISIS SERVICES CANADA

1-833-456-4566

Available to **all Canadians** seeking support. Visit **Crisis Services Canada** for the distress centres and crisis organizations nearest you.



KIDS HELP PHONE

1-800-668-6868 or
Text **CONNECT** to **686868**

Available to **young Canadians between 5–29 years old** who are seeking 24-hour confidential and anonymous care with professional counsellors.

Download the **Always There** app for additional support.

IF YOU THINK YOU MIGHT HAVE SYMPTOMS, USE THE COVID-19 SYMPTOM SELF-ASSESSMENT TOOL

FOR MORE INFORMATION ON CORONAVIRUS:

 **1-833-784-4397**

 canada.ca/coronavirus

