

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

October 1, 2021

Principal's Message

We are pleased to be able to continue to hold extra-curricular events such as volleyball and cross country running club. We appreciate the support of parents and for staff who volunteer their time either before or after their regular teaching duties. Limits on spectators and visitors to the school continue as we strive to manage the fourth wave of this pandemic. We are hopeful that we will be able to welcome parents into our school again sometime in the near future.

Linda Simmonds



Dates to Remember

- Oct. 5 and 7 Parent-Teacher Interviews--Virtual via Gmeet
- Oct. 7 Cross Country Run at Woodhaven School
- Oct. 8 Professional Development Day, no school for students
- Oct. 11 Thanksgiving Day, No School
- Oct. 14 Cross Country Run at Living Waters School
- Oct. 20 School Council--Virtual via Gmeet

News from the Office

- School Fees have been updated in PowerSchool and were due September 30th.

Positive Covid Cases and Notification

We appreciate parents who are voluntarily notifying the school when their child tests positive for COVID. With parental consent we are then able to send a notification home to families of classmates indicating that there has been a positive covid case in the classroom.

School Email Messages

We have heard from parents that email sent from Copperhaven School to families is sometimes ending up in spam or junk mailboxes. If you think you may not be receiving school email messages please have a look in those mailboxes.

Morning Arrival

8:45 is the earliest arrival time, please!

Play Parkland

Play Parkland begins this month. Please be sure to read information coming from your child's homeroom teacher about dates, times, equipment and/or volunteer helpers needed. All participants regardless of grade, will need to be wearing a mask for the bus ride and when moving into the activity spaces at the Tri-Leisure and Aerials Gymnastics. Please reach out to your child's teacher if you have any questions. Fees for Play Parkland have been added to PowerSchool accounts.

Youth Mental Health Clinic

If your young person is in need of mental health support offered through Primary Care Network:

[Youth Mental Health Clinic](#)

French Second Language at Copperhaven

Have you ever wondered how FSL programming impacts your child?

How Languages Build Brains:

- Second-language learning in a school context has a positive impact on the development of general cognitive skills of learners.
- Learning a second language is helpful to learners' language development, which, in turn, may help learners to learn other languages more quickly.
- Speaking more than one language might enhance bilinguals' focus and ability to ignore irrelevant information.
- Bilinguals outperform monolinguals on many cognitive tasks including solving problems, multitasking, remembering longer lists of information and switching between tasks.
- Speaking more than one language helps to compensate for cognitive disadvantages that result from aging, epilepsy and low socioeconomic status.

The above statements come from the [Literature on the Impact of Second-Language Learning \(2017\)](#).

Student Vote September 20, 2021

Students in grades 5 through 9 recently participated in a Student Vote as part of the Federal Election. Based on the vote of students at Copperhaven School, the winner for our riding was Dane Lloyd of the Conservative Party followed by second place winner NDP candidate Irene Walker.

Update from your Parent Council

Our next meeting will be held online Wednesday October 20th. If you would like to be sent the meeting link please contact the school before noon on the day of the meeting and the link will be sent to you.

We still have two executive positions available, Communications and Liaison to The Boundary Ridge Association. If you are interested in either position and would like more information please reach out to us.

We look forward to seeing you at the meeting.

Sean, Amy and Chantelle

The Boundary Ridge Association (TBRA)

Our AGM will be held on Monday, October 18th at 6:30pm. Elections will be held to fill the executive positions of President, Vice President, Treasurer and Secretary. The meeting will be held virtually so please email us at: theboundaryridge@gmail.com for the link.

Hot Lunch:

November orders are due by October 29th. Even if you ordered last year, you will need to register again. The access code is "BITE" (case sensitive). Hot Lunch is offered on all operational Friday's.

https://copperhaven.hotlunches.net/admin/?PayerID=Q66RKQDBRUCQN&fbclid=IwAR06awih_PU0kkL6VaZFyZugc7GJ2-wAhJJOWNb2OFzVEF_khBDU3Pfag38

If your child will be absent on a Hot Lunch date, **please notify our Hot Lunch provider at info@bitetoeat.ca prior to 8am on that date** to cancel their order and receive a credit.

Apparel:

We are thrilled to announce that school Apparel is now available. The Webstore is open until October 17th and can be accessed at: <https://copperhavenschoolfall2021.itemorder.com/sale>

Nourishing Your ADHD Child's Full Potential



In this Strong Families session, registered psychologist Chantal Jackson will offer families of children living with Attention Deficit Hyperactivity Disorder (ADHD) the opportunity to explore all the potential their children possess, and how to navigate the intricacies of and obstacles associated with this kind of neurodiversity in order to help their children become the best possible version of themselves.

Date: **Saturday, October 2, 2021**

Time: **9am-12pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Chantal Jackson, Registered Psychologist** ([Elements Health](#))

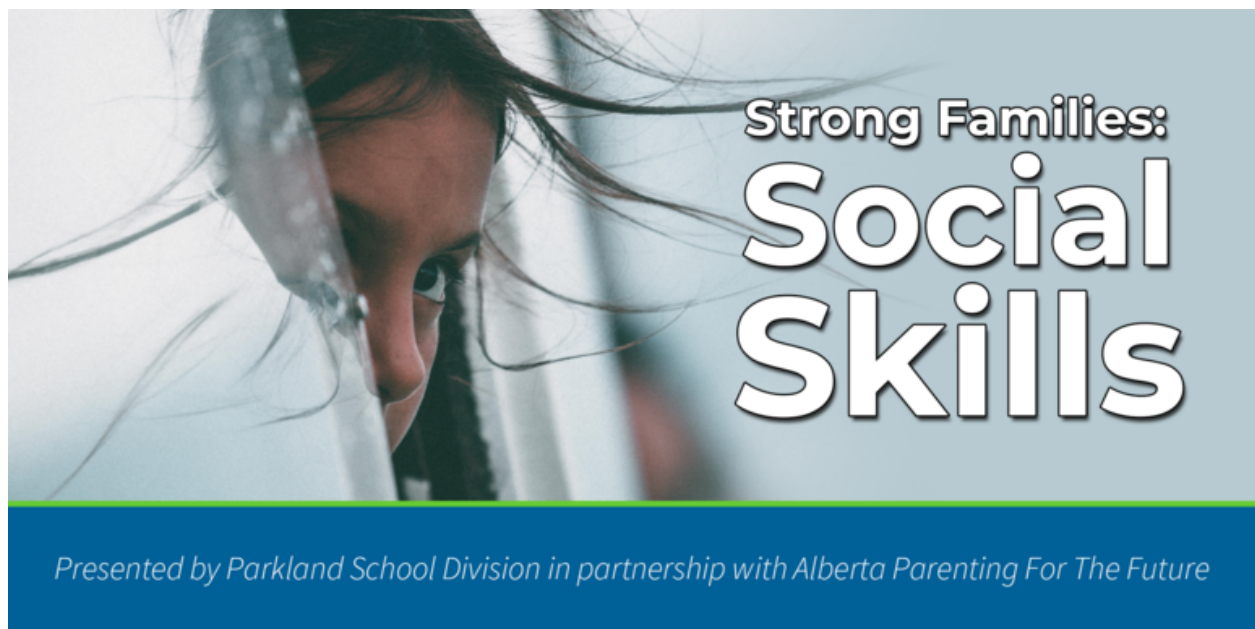
This workshop allows parents and caregivers of people with ADHD to explore the potential behind the struggles. In setting the stage for potential to shine, we will explore strategies for managing areas of difficulty, such as executive functioning, impulsivity, social skills, learning difficulties, self-regulation, emotion regulation and so on.

Participants are encouraged to prepare for the workshop by noting the areas of potential they see in their child, along with the obstacles that prevent these potentials from shining through.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/nourishing-your-adhd-childs-full-potential-registration-173868524437>.

Social Skills



In this Strong Families session, registered psychologist Joel Pukalo will offer families valuable information about the role good social and emotional skills play in helping children achieve success, both in school and in life. In addition, Joel will share practical tips participants can use to aid their children in developing these vital skills.

Date: Wednesday, October 6, 2021

Time: 6:30-8:30pm

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: Joel Pukalo, Registered Psychologist ([Family Life Psychology](#))

The more emotionally aware children become, the more capable they are of understanding and responding appropriately in social situations, which in turn enables them to strengthen their relationships with others. This session will equip participants with the tools they need to help children improve their social skills, enabling them to:

- Identify visual or other resources to help children learn more about emotions;
- Develop a routine that sets aside time for family members to review and discuss the emotions they experienced during the day;
- Turn difficult situations or sibling conflicts at home into learning experiences where children can identify and label their emotions and those of others;
- Plan social interactions with other adults or children, then debrief after the fact, discussing the emotions experienced by all involved; and
- Incorporate social and emotional literacy into daily life by talking about the emotions characters are likely experiencing in books or movies.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/social-skills-registration-172999344697>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vicky.mamczasz@psd.ca

Caregiver Education Team Newsletter

October 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Drop-In Series

**Understanding Anxiety
Part 4: Overcoming Avoidance**
Wednesday, October 6
6:00 – 7:30 pm

**Mental Health and
Resiliency**

**Positive Communication That
Promotes Growth**
Thursday, October 7
6:00 – 7:30 pm

**Calming Our Bodies and
Minds**
Thursday, October 14
6:00 – 7:30 pm

Resilient Mindsets
Thursday, October 21
6:00 – 7:30 pm

Collaborative Problem Solving
Thursday, October 28
6:00 – 7:30 pm

Lunch & Learns

**Parenting Strategies that
Promote Positive Mental
Health**

Part 1:
Tuesday, October 12
12:00 – 1:00 pm

Part 2:
Wednesday, October 20
12:00 – 1:00 pm

Understanding Self-Injury
Tuesday, October 26
12:00 – 1:00 pm

SEEDS Series

**Creating Positive
Experiences Through Play**
Wednesday, October 13
6:00 – 7:30 pm

**Supporting Emotional
Growth in Children**
Wednesday, October 20
6:00 – 7:30 pm

**Motivating Your Child
Through Praise and Reward**
Wednesday, October 27
6:00 – 7:30 pm

Sessions at a Glance

Caregiver Education Sessions

**Keeping Scattered Kids on
Track: Supporting Children
and Adolescents with ADHD**
Monday, October 4
6:00 – 7:30 pm

**Resilience in Parenting
Caring for the Caregiver**
Monday, October 18
6:00 – 7:30 pm

**Substance Use
A Harm Reduction Approach**
Monday, October 25
6:00 – 7:30 pm



Mental Health Foundation

**Alberta Health
Services**
Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

October 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Attention deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Date: Monday, October 4, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12 for adults only.

Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, October 18, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only.

Substance Use A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Monday, October 25, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of youth grades 7-12; for adults only.

Parent Feedback:

“I loved how interactive it was. Ideas of other participants sparked things in me that I had not thought of.”

“The facilitators did a fantastic job keeping the information engaging, especially in a virtual setting.”

“The session time was great and being able to add our info in as the session was progressing made me feel connected. I am not the only one dealing with some of these issue.”



Mental Health Foundation

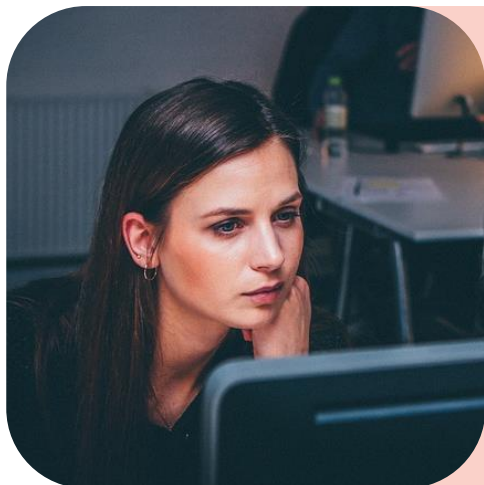


Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

October 2021



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Parenting Strategies that Promote Positive Mental Health

In this two part series, we will explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1

Date: Tuesday, October 12, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children in grades K-6; for adults only.

Part 2

Date: Wednesday, October 20, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children in grades K-6; for adults only.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, October 26, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth in grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“Great session, lots of helpful tools and inspiration. Thanks!”

“I appreciate every session. Hope we can get more chances [to get] more information in the future. Thank you!”

“Thank you for continuing to provide helpful information and education during this different times.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

October 2021

Anxiety: Overcoming Avoidance

In this final session of our fall anxiety series, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Wednesday, October 6, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children and youth in grades K-12; for adults only.

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Wednesday, October 13, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children in grades K-6; for adults only.

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Wednesday, October 20, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children in grades K-6; for adults only.

Motivating Your Child through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Wednesday, October 27, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children in grades K-6; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

“The delivery method was mindful of confidentiality and was conducted in a respectful and interactive manner. Well done!”

“Thank you! The duration was perfect and the content was extremely helpful!”

“The presenters immediately read out the messages and tied it to the topics. This made me feel heard and I thought it created a safe space to share ideas.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

October 2021

Mental Health and Resiliency Series

We continue in this free parenting series for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a multi-session series, parents are welcome to attend one session or join us each week.

Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

Date: Thursday, October 7, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth in grades K-9; for adults only.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Thursday, October 14, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Thursday, October 21, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, October 28, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

“Both presenters were engaging and informative. It flowed well by having the questions separate at the end.”

“I always learn a lot from the sessions, to practice and to share the knowledge with my friends and students..”

“A lot of things were new and very interesting...in terms of my understanding and implementation.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca