

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

October 3, 2022

Principal's Message

As we continue to work at closing learning gaps as a result of Covid, the most important thing you can do as a parent is have your child attend school regularly, arriving on time with the exception of when they are ill. Time away from school makes it difficult for the learning to progress and to make sure our students are getting the benefit of good instruction.

Linda Simmonds

Dates to Remember

- Oct, 4 and 6 Parent Teacher Interviews 4:30-7:30, virtually
- Oct. 7 Professional Development Day - no school for students
- Oct. 10 Thanksgiving - school closed for the holiday
- Oct. 19 Monthly School Council Meeting 6:30 -8:00 p.m.
- Oct. 20 School Picture Retake Day
- Oct. 24 Diwali - Festival of Light
- Oct. 31 Halloween

News from the Office

- School Fees have been updated in PowerSchool and are due September 30th.
- We wish to welcome Ms. Faith Purse and Mrs. Stacey Sockman (effective Oct. 14) as part of our school secretary team along with Mrs. Lana Wendt.

Morning Arrival

Supervision begins daily at 8:45. There is no adult supervision of students or access to the school prior to that time. Please make a plan with your child/ren to arrive no earlier than 8:45. School starts with a morning bell at 8:55 a.m. so there is plenty of time for students to come in and get settled.

Terry Fox

Students at Copperhaven School raised \$1180 to contribute to cancer research as a result of our annual Terry Fox, "Toonies for Terry" campaign. We had a beautiful day for our school run/walk and great student participation. Thank you to the many parent volunteers who helped with the event. It was great to see so many helpers!

Library Donations

Copperhaven School library has been the lucky recipient of two lovely donations this month. First, thank you to the TBRA for their donation of money to purchase books.



Second, company R.B.Somerville reached out to Copperhaven School to support the Truth and Reconciliation Commission's Call to Action, particularly Call to Action #63: to provide K-12 curriculum and learning resources regarding the history of Indigenous people in Canada, including the history of residential schools in order to develop greater intercultural understanding. Thank you to Someville employee and Copperhaven parent, Anthony Pappano for bringing the donation of 17 books to add to our library collection.



School Picture Retake Day

If you wish to have your child's picture taken as a retake, you must return the first proof.

For any students who were absent on the original picture day, this is the day students may have their picture taken. Kindergarten children who need a retake or a first take of a picture and are a Mon/Wed. Kindergarten students need to be brought to school at 9:00 a.m. for their picture.

Cross Country Running

Great showing by our runners at the first three races of the season. Three more races to go!

- Race #4: Meridian Heights – October 6
- Race #5: Blueberry – October 13
- Race #6: High Park – October 20

Traffic, Parking and Tips

Please remember that the bus transfer site located on the far west side of Copperhaven School is not accessible to vehicle traffic at any time during the school day, at the beginning of the day and at the end of the day. Student safety is our priority so vehicle traffic is not permitted.

School Council

Copperhaven Annual General Meeting was recently held with elections for the school council executive. Welcome to your new School Council Executive:

- Chair Amy Campbell
- Vice Chair Paula Kubica-Grant
- Secretary Chantelle Robertson
- Communications Sheila Monteith
- Fundraising Liaison Brianne Rogers

We look forward to meeting with parents on October 19th to set priorities for the coming school year.

The Boundary Ridge Association (TBRA)

If you are interested in any of these positions, or have any questions, please reach out to copperhaven.scchair@psd70.ab.ca.

The Boundary Ridge Association held our AGM in September and we are pleased to announce the following members as our executive for the 2022/23 school year.

Sean Rogers, President
Pamela Clendinning, Vice President
Amy Campbell, Treasurer
Amanda Reimer, Secretary

With the school year well under way we look forward to the year ahead. Keep an eye out for upcoming fundraisers and in the meantime keep our ongoing fundraisers in mind. They are hot lunch through Bite to Eat every Friday, Kal-tire's High Five program in Spruce Grove and Acheson locations and Mabel's Labels.

SAVE THE DATE!

We have dates for our first Casino! Keep an eye out for volunteer opportunities. Our dates are Tuesday January 31st and Wednesday February 1st at the Century Casino in St. Albert.

Thank you.
The Boundary Ridge Association

Counsellor's Corner

What is Anxiety?

Anxiety is a normal and expected response to a threat. It's what helps you notice danger and keeps you safe until a threat passes. For example, it is normal to feel anxious when encountering a bear on a hike, before a big test at school, or during a conflict at home.

Anxiety is not dangerous. Although anxiety can make you feel uncomfortable it is temporary and will eventually subside. The sensations we experience during an anxious situation are designed to alert and activate us. They are normal and part of our body's natural defense mechanism.

Anxiety is adaptive. It helps us prepare for real danger, such as crossing a busy street. It also helps us to perform at our best, and motivates us to study for a big exam. When we experience anxiety it triggers our "**fight-flight-freeze**" response, and prepares our body to react. For instance, our hearts beat faster to pump blood to our muscles so that we have the energy to run away or fight off danger.

Anxiety is part of life. Trying to eliminate anxiety from your child's life is almost impossible and not in their best interest. Since anxiety is everywhere, one of the greatest gifts you can give your child is the confidence and skills to tolerate anxiety whenever it occurs, and continue living his or her life.

Anxiety can become a problem. Small doses of anxiety in certain situations are useful. However, anxiety can be a problem when it is stronger than you'd expect, lasts longer than you'd expect, or comes up often or feels out of control. It can cause problems with sleep or appetite, disrupt school work or attendance, and create other challenges. These anxiety problems show that someone might need help learning to cope with their anxiety. Unhelpful anxiety can be harmful even when it doesn't meet the criteria of an anxiety disorder, so any young person who experiences unhelpful anxiety may see the benefits of mental health help and support.

What can I do about it?

The good news is that anxiety problems and anxiety disorders are very treatable. If you are concerned about your child, you can find help and support from your **family doctor**, they are often the first place to start and can refer your child to more specialized mental health services if necessary. Your child's **school** is another potential resource. They are the expert in your child's learning and often the **school counsellor** can provide support, advice and referrals to community resources as necessary.

Common treatment approaches include **self-help strategies** that assist young people with building healthy routines and coping skills; **therapy approaches** such as cognitive behavioural therapy where young people learn how to identify thoughts and behaviours that drive unhelpful anxiety, look at problems more realistically, and begin facing feared situations using different coping skills; **parent and family education** teaches parents and caregivers how to respond to anxiety problems, use healthy coping behaviours at home, establish limits when anxiety behaviours cause problems, and other strategies to help everyone at home to feel well. Lastly, **medications** may help. However, these may not be appropriate for all ages. Speak with your doctor to learn more.

Website Resources

<https://www.anxietycanada.com/>

<https://www.heretohelp.bc.ca/infosheet/for-youth-dealing-with-anxiety>

<https://cmha.ca/brochure/children-youth-and-anxiety/>

<http://www.worrywisekids.org/>

<https://www.aboutkidshealth.ca/Article?contentid=18&language=English>

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