

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

November 1, 2022

Dates to Remember

- Nov. 8 Indigenous Veterans Day
- Nov. 10 School Remembrance Day Service
- Nov. 11 Remembrance Day
- Nov. 11-18 Fall Break-School Closed
- Nov. 20-26 Canada History Week
- Nov. 23 Monthly School Council Meeting 6:30 -8:00 p.m.

News from the Office

The Grade Book section of PowerSchool will be disabled on November 4th to allow teachers the opportunity to work on completing term 1 report cards which will be finalized and released on December 2nd. If you have questions about your child's progress during that time please contact the teacher directly.

Pro Social Skills

In response to survey feedback from our students who indicate that they do not feel that students treat one another well, we have implemented a structured social skills program. Every two weeks school wide a social skill will be taught with direct instruction in the classroom followed by reinforcement throughout the week in all school environments. Skills taught will help students be positive and productive members of our school community. To date the following skills have been taught:

- Being a Good Listener
- Asking for Help

Halloween Activities

Copperhaven School celebrated Halloween with a school wide parade through the halls of the school and classroom activities in the afternoon. For our community members who enjoy participating in Halloween we hope it was a fun and safe Halloween evening.

Remembrance Day at Copperhaven

Copperhaven School will be holding our annual ceremony on November 10 beginning at 10:30. Due to our student population and fire code capacity we are not able to invite guests from our parent community.

As a school, we will be doing two activities prior to the 10th. One, we will be creating a memorial wall again in the library.

The memorial wall in the library is to honour the veterans and current service members in the Copperhaven School community. Information will be coming home for families who may wish to participate. Please note that the pictures from last year have been kept and Mr. Loge will be contacting the teachers whose students have pictures from last year to be part of the memorial wall. Two, a class-based activity will be making a wreath. In the lead-up to November 10th, classes will make a wreath, discuss why we lay wreaths, and the significance of Remembrance Day in Canada. Each wreath will be hung on the glass wall outside of the gym so that each class has a wreath on display during our Remembrance Day ceremony.

Clubs News

In addition to our Ukulele Club, Copperhaven Chorus and two instrumental bands, there are some new clubs getting underway at Copperhaven. A Board Games Club has begun for student participation from all grades. The club is held at noon once a week and will rotate through the grades in order to manage the number of students interested in participating. We have also started an Environmental Club for interested grade 3 students. Students will explore ways and actions that can be undertaken at school to help the environment. A Japanese Culture club is open to students in grades 4 and 5 who are interested in learning about Japanese culture and completing fun activities. The Multicultural Club for students in grades 6-9 has begun as an opportunity to learn about celebrations and cultures from around the world.

Extra Curricular Team News

Junior and Senior Volleyball teams have been active in weekend tournaments and regular season games. The improvement in the skill level of the students over the course of the season is evident and a result of good coaching and hard work on the part of the players. The season is wrapping up in the next couple of weeks and we look forward to adding to our wall with new plaques celebrating our teams' achievements.

Junior B Volleyball

The junior B volleyball league has started at the school for interested players in grades 5 and 6. Two noon hours a week junior B players gather and work with volunteer coaches from our Senior Boys and Girls volleyball teams. These noon hours are great opportunities to learn volleyball skills, practice and play some games. We are pleased to also offer leadership opportunities for our senior players and at what this activity does to build community.

Christmas Hampers

Copperhaven School will be supporting Parkland Food Bank's Christmas Hamper campaign this year! As requested by Parkland Food Bank, cash and gift donations are being collected for families in need.

We are asking for the following donations:

1. Bring in any change - toonies, loonies, quarters, dimes and nickels.
2. The money donated will be spent on grocery store gift cards and/or gift cards for children age 11 and up.

Donations of NEW and UNWRAPPED TOYS for children ages 0-10.

Donations will be accepted from **November 21st until December 9th**.

Buddy Classes

Did you know that Copperhaven School has Buddy Groups? It is one of the ways we are working to build community. For example our grade seven students are “buddies” with our grade one classes and carved pumpkins together. The grade nines read to their kindergarten buddies and the grade six students played math games with their grade four buddies. It is a great opportunity for our students to connect with the larger school community and get to know one another.

School Council

The purpose of a School Council is to serve in an advisory capacity to the school principal. Council sets priority areas for their work annually and meets on a regular basis to achieve their goals. All parents in the school community are members of the school council and are welcome to attend the monthly meetings.

The next monthly meeting will be held on November 23, 6:30-8:00 p.m. Please come and join other parents interested in contributing to the creation of a positive school experience for children.

Counsellor's Corner

Caring for Your Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of mental illness - it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and that of your children.

About Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care for yourself and your family:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time to start. Send the kids outside to play and better yet spend some time playing with them, that counts as exercise too!
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also limit caffeinated beverages such as soft drinks or coffee. It can be especially difficult to maintain healthy habits when you live a busy lifestyle, pick one day a week and package up some healthy snacks that are easy for you and the kids to grab when you are on the run.

- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime. Remember this goes for the kids too, regular bedtimes and no screens before bed is CRITICAL!
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling. Mindfulness apps can be a great way to engage the kids in wellness activities. Some examples of helpful apps are Calm, Headspace, iBreathe, Breathe+, Simple Habit, and The Mindfulness App.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind. This is another great activity to do with the kids. Have a time at night to share something you are grateful for.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends and family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

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.

The Boundary Ridge Association

(The fundraising association for Copperhaven School)

You can now follow us on Facebook and Instagram for updates and information.

Facebook : TheBoundaryRidgeAssociation Instagram: theboundaryridgeassociation

Apparel

The Copperhaven apparel online store is open now until Sunday, November 13th. Hoodies, t-shirts, lanyards and toques are available to order. To place your order please visit <https://elitepromomarketing.commonsku.com/shop/5db992e5-49e2-43ae-94b8-9f0997bf74de>.

Kiwi Nurseries

We are happy to have teamed up again with Kiwi Nurseries for an online Christmas fundraiser. You can find a wide variety of ornaments, plants, decor, cards or gift cards. Just visit <https://fundraising.kiwinurseries.com/> and choose The Boundary Ridge Association to support us. If you would prefer to purchase something special for someone else they also have Plants for Seniors where Kiwi will be delivering ordered plants to a local seniors center. The store is open until November 21st with orders being picked up directly from the nursery. We will be using the money raised by this fundraiser to plant trees around the school. If you wish to donate directly to purchasing trees please send an e-transfer to: theboundaryridge@gmail.com and note in the comments that it is for trees.

Casino

We have a date for our casino! We will be at Century Casino St. Albert January 31 and February 1st. We still need volunteers to fill open positions. This has a chance to bring in \$16000-\$18000 for our school. Email us or reach out via Facebook or Instagram if you are available for any of the needed positions.

Thank you for all your support,

Sean, Pamela, Amy and Amanda.



KIWI FUNDRAISING

About Kiwi Fundraising

Kiwi Nurseries Ltd. is excited to partner with your school to raise funds through Kiwi Fundraising. By shopping our unique selection of seasonal gifts, plants, and decor, a portion of every purchase goes towards reaching your school's fundraising goals.

How it Works

-  Kiwi Fundraising is completely online; simply share the link provided by your school through social media or by email to your supporters.
-  Your school's online store will open for orders **October 27th** and will continue to take orders until **November 21st**.
-  Through your school's designated online shop, supporters can browse and order from the comfort and safety of their own home.
-  Upon the completion of each order, the buyer's contact information will be taken so that we can contact them directly to notify them when their order is ready for pick up.
-  Pick up times may vary depending on the items selected, but all items will be ready before the end of November.
-  **Please Note** : All orders **must be picked up by December 12th** unless previously arranged. Orders that fail to be picked up by this date will be donated to our Plants for Seniors Program.

Our Unique Selection

This year we are offering a selection of seasonal wares, mini evergreens, the beloved Grinch trees, DIY Christmas trees, Christmas Cards, locally made ornaments, and gift cards. Check out your school's online catalog for our full product selection available.



Our Plants for Seniors Program

Donate a gift to a local senior centre through this year's fundraiser! To learn more, visit kiwinurseries.com/services/growing-our-community/kiwi-programs

For More Information

Please visit your school's online shop or contact us at

Kiwi Nurseries Ltd.

31313 118 Ave
Acheson, AB
T7X 6M6

780-962-9297
info@kiwinurseries.com
www.kiwinurseries.com



Who are we?

We are a parent group from Copperhaven school. We are currently a small group of 5 parents, not a big association as our name might have you believe!

What do we do?

We fundraise for Copperhaven school.

Why do we do it?

Our hope is to help raise funds to provide our school and our kids with new play-grounds, more and better toys for their recess bins, and anything else the school may need in order to encourage and inspire our children!

How do we do it?

We have a number of fundraisers that go on throughout the year (Kal Tire, Hot lunch, the School Apparel Shop), as well as other fundraisers we do throughout the year (Kiwi Nurseries, Casino night). Our goal is to keep our fundraisers simple and cost effective!

What do we need?

We would love to grow our group and have more parents involved! The time commitment is minimal . Great ideas often come from a multitude of people. Your thoughts and opinions are valued, so please share them! Consider coming to a meeting and see what we're all about!



Follow Us

Facebook ———

The Boundary Ridge Association

Instagram ———

@theboundaryridgeassociation

Email ———

theboundaryridge@gmail.com

Copperhaven's Fundraising Committee



Fundraising for Trees

- ❄ Order here: <https://fundraising.kiwinurseries.com/>
- ❄ Store is open: October 27— Nov 21
- ❄ Plants for Seniors Program—Donate a gift to a local senior through this year’s fundraiser!
- ❄ Kiwi will notify you directly for pick up
- ❄ Pick up deadline: December 12



This year Kiwi is offering a selection of seasonal wares, mini evergreens, Grinch trees, DIY trees, cards, ornaments, and gift cards. Check out your schools online catalog for the full selection.

Thank you for purchasing from this fundraiser. You are helping buy trees for our school.



** If you wish to donate directly to purchasing trees for our school e-transfer theboundaryridge@gmail.com and note it is for school trees.**

Casino

The Boundary Ridge Association has secured the biggest fundraiser opportunity to date and we need your help!

 Dates: Jan 31 & Feb 1

 Location: St. Albert

To Sign Up: Email us at theboundaryridge@gmail.com

 Amount: \$16000.00—
\$18000.00

 Money will be used towards:
Outdoor Play Equipment!

We need volunteers for these positions for both days

GENERAL MANAGER

11:00 AM - 7:00 PM
6:30 PM - 2:30 AM

BANKER

11:00 AM - 7:00 PM
6:30 PM - 2:30 AM

CASHIER

11:00 AM - 7:00 PM
6:30 PM - 2:30 AM

CHIP RUNNER

11:00 AM - 7:00 PM
6:30 PM - 2:30 AM

COUNTROOM SUP.

11:00 PM - 2:30 AM

COUNTROOM

11:00 PM - 2:30 AM
11:00 PM - 2:30 AM

11:00 PM - 2:30 AM
11:00 PM - 2:30 AM

** If you wish to donate directly to the playground for our school please e-transfer theboundaryridge@gmail.com and note it is for outdoor play equipment**

Hot Lunch

Did you know that we receive 10% back on all orders. We donate a portion of this money towards library books!

** If you wish to donate directly to the library books for our school please e-transfer theboundaryridge@gmail.com and note it is for library.**



Merchandise Store

- ◆ The apparel link is now open and live
- ◆ Find link on Facebook/IG/Newsletter
- ◆ Web store closes November 13th
- ◆ Orders arrive 3-4 weeks after store closes
- ◆ Pickup will be at the school
- ◆ Personalization options available



Kal Tire

Shop at Kal Tire to support Copperhaven!

Kal's HIGH FIVE FUNDRAISING PROGRAM

KALTIRE

Kal Tire will donate 5%

of all purchases back to our school. Just present this card in-store at time of purchase (either printed or on your mobile phone).



COPPERHAVEN COBRAS



Promo Code: **COPPERHAVEN2022**

*Only valid at Kal Tire in Acheson & Spruce Grove

*Not combinable with other coupons.