

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

December 1, 2022

Dates to Remember

- Dec. 13 December Concert
- Dec. 14 December Concert
- Dec. 20 Kindergarten Concert
- Dec. 21 Kindergarten Concert
- Dec.24-Jan.8 Winter Break-School Closed

News from the Office

Report Cards will be released and available for viewing in PowerSchool at 12:00, December 2. Please use a computer and chrome browser for viewing. Viewing on phones is often problematic.

For students with IEPs you will receive an email indicating that your child's IEP is ready for viewing and signature. As with the report card, trying to access the IEPs on a phone is often not effective.

Pro Social Skills

The next round of Pro-social skills for November 28 - December 9 are:

- Ignoring Distractions (grades K-5)
- Concentrating on a Task (grades 6-9)

Please see communication from your child/ren's homeroom for more information

December Activities

- December 19th - Toque Day. Students are invited to wear their favorite toque to school.
- December 21st - Cozy Sweater Day. Students are invited to wear a cozy sweater to school. This could be a favorite sweater, a Christmas sweater, or just a really comfortable one!
- December 23rd - PJ/Comfy Clothes Day. Students are invited to wear pajamas or their most comfortable clothes to celebrate the last day of school before Winter Break. Please remember to choose pajamas or comfortable clothing that is school appropriate and warm enough for outdoor recess.

December Concerts

We are excited to announce our upcoming December Concert Series. We want you to know that arranging a concert for a school of 780 students requires some attention to fire code regulations, space and capacity of the gymnasium and length of a concert. Thank you in advance to Mr. Loge, our music director, and teachers for their time and effort in bringing a concert to our families. Please know that decisions made as to how the concert will be organized were done with a lot of thought and to address multiple priorities. Please read on for more details.

Songs of the Season Evening Concerts Grades 1-6

Concert starts at 7:00 pm, Doors open at 6:30 p.m.

Tuesday December 13

Grades 1-6

Students with last names:

Acorn-to-Krause perform

Wednesday December 14

Grades 1-6

Students with last names:

Kubica-Grant-to-Zimmerman perform

IMPORTANT INFORMATION

Seating

Seating will be limited due to fire code capacity regulations. We have organized the concert in two groups to meet those capacity requirements and assume two parents per child in the audience. We know many families would love to bring along extended family but capacity will be maxed out if everyone invites multiple guests. We will live stream the concert to help include others who may wish to see our concert. Information on where to access live streaming will be posted closer to concert dates.

Before the Concert

- Parking is available in the guest parking, the bus transfer site, and on the street behind the school.
- School doors will be unlocked at 6:30 p.m. for the audience to find their seats and performers to go to their designated areas.
- Arriving earlier than 6:30 will mean you will be waiting outside until the doors are opened.

During the Concert

- Children not performing need to stay with parents/guardians in the gym. It is distracting to the performers; there is no extra supervision.
- If you have to move please do so between performances, during the applause.

After the Concert

- Performers will meet families in the main gathering area outside the library. Teachers will send students to meet parents/guardians.

Concert Dress

- Student performers are asked to be dressed in concert dress; light tops & dark bottoms.

Community Spirit

It's important to know that the audience plays a vital role in these concerts. The energy and focus created in the performance space is shared between the audience and the performers; this connection only happens in live settings. When the audience understands its influence and inspires the performers - magic happens.

Students are working hard preparing for these concerts and will be ready to perform for everyone. Please plan to stay for the entire concert and show your support for all the performances. Each concert will be about 60 minutes long and you don't want to miss the finale which will include all of the performers!

An Afternoon of Winter Fun (Kindergarten) Afternoon concerts

Performance Start at 1:30 pm, Doors open at 1:00 p.m.

The kindergarten teachers and students are excited to host an afternoon mini-concert and get together for families. The logistics of half time kindergarten and the number of kindergarten students enrolled in our kindergarten program make an afternoon concert a much more manageable event for our youngest students. We understand that an afternoon event may require juggling of work and personal schedules so we very much appreciate you carving out a couple of hours to join us in a celebration.

Tuesday December 20

Kindergarten Tues/Thurs students

Wednesday December 21

Kindergarten Mon/Wed students

Before the Concert

- Parking is available in the guest parking, the bus transfer site, and on the street behind the school. Cars parked in the bus transfer site will need to be gone by 2:30 in advance of the first run of buses that use the transfer site.
- Kindergarten audience members are to enter through the front door, sign in as guests (for emergency purposes) and enter the small gym to find their seats.
- Doors will open for the concert at 1:00 p.m. Please wait in the foyer or your warm vehicle if you arrive before that time.

After the Concert

- There will be time for sharing a cookie with your kindergarten child.
- Kindergarten performers will return to their classrooms and head outside for afternoon recess at 2:10, returning to their regular schedule following the performance.

Extra Curricular Team News

Basketball Tryouts will be taking place for our Junior and Senior Girls and Boys Teams and are open to students in grades 7 - 9. The schedule for the first round of tryouts to be held December 5-9 is listed below. As well, announcements are made at school so that students know the tryout schedule. Good luck to students!

Mon Dec 5	Tues Dec 6	Wed Dec 7	Thurs Dec 8	Fri Dec 9
Boys 4-5:30 p.m.	Girls 4-5:00 p.m.	Boys 4-5:30 p.m.	Girls 4-5:00 p.m.	TBA

Counsellor's Corner

Supporting Children's Mental Health over the Holiday Season

The holidays can be a special time of year for children and adults alike. However, the school break, holiday gatherings, and the financial pressure of presents can also bring stress, anxiety, and fatigue to all. See the tips below to support your child's mental health during this holiday season.

Prevent Stress. The best way to prevent stress in your children is to manage your own stress. If you are managing stress well – you will set a calm example. Be sure to practice good self-care and get enough sleep. You are the role model for your children! For kids, a lot of the stress that comes this time of year is from uncertainty. This was intensified during the pandemic last season. Be sure to be open about what their holiday break schedule will look like this year, including what they are expected to do and what activities are planned. Predictability is key in managing stress.

Give your child the tools to work through stress/anxiety. No matter how much you plan and attempt to reduce stress, there are still times where it can overcome your child. Some tools that we suggest using when your child is feeling stressed include, focusing on calming breath or meditation, journaling, reading quietly, allowing them to spend time alone, getting outdoors into fresh air, taking a warm shower or bath. Talk with your child about why they are feeling stress and help them to find ways to work through it successfully.

Keep a routine. Again, predictability is key! Try to keep sleep and eat schedules close to the schedules your children keep while in school. An exception for special occasions like New Year's Eve, is alright for children older than 5 years. The remainder of the holiday season, it's best to keep bed and wake-up times within an hour of the usual during school time. Eat three healthy meals a day and be sure to keep active!

Prepare for family and friend time. The holiday gatherings that you will have with family and friends are supposed to bring joy and togetherness. For children, a room full of adults asking them questions can be overwhelming. Prepare your child by giving them an idea of who will be at the gathering and what the event will look like. Remind them that the people they will be surrounded by are excited to learn about what they have been up to since they were seen last. Help them to prepare and practice answers to common questions so they will feel more comfortable.

Remember that they are kids! Some traditions depend on kids being on their best behavior and with lengthy services, parties with strangers, and elaborate meals the demand can be high. When scheduling events be sure to have just one high demand activity per day, or every other day. Allow plenty of time for rest and recovery.

Rest. Be sure your children get 8-10 hours of sleep each night. Also plan for relaxing activities that allow for recharging such as reading, a movie night or family yoga class.

Have fun! It is so easy to get wrapped up in the hustle and bustle of the holiday season and miss out on fun activities that can be had together. Take time to do something that you all want to do and don't feel like you have to do. Laugh and be silly!

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, accepted from November 21st until December 9th.

Copperhaven Mitten Tree

Again this year, Copperhaven School will have our "Mitten Tree" set up in the library. We will decorate the tree with donations of new mittens, hats, scarves, socks etc. which will be donated to a local organization in need of these items.

This year we would also like to show our support for the homeless in our community by collecting new mens sock and gently used mens winter footwear which will be donated to the Community Hub here in Spruce Grove.

There are so many opportunities to donate to important causes during the Christmas season and sometimes it can be difficult to choose. We want to thank you for your past support and for your consideration for donations this year.

School Council

On November 29, 2022, the Parkland School Division held a Stakeholder Engagement Event in which Copperhaven was represented by our Principal, Linda Simmonds, Parent Council Chair, Amy C, and Parent Stakeholder, Pamela C. This stakeholder event is the beginning of Parkland School Division's planning for 2023-2024. The board of trustees engage stakeholders throughout the year to review and refresh the Division's education plan. Educational stakeholders, including parents, school council, executive members, school staff and the larger community provide great input into the direction set forth in the education learning process. At the event, two topics of conversation were presented:

- Conversation topic 1: From your perspective, what are the issues and/or concerns that have the greatest impact on our children and youth?
- Conversation topic 2: As a Board of Trustees and School Division, how should we advocate for diversity, equity, and/or community belonging for our students and families?

As a reminder, all parents in the school community are members of the school council and are welcome to attend the monthly meetings. The parent council invites you to partake in a short survey. This is an anonymous survey unless you provide your contact information. Please complete by January 15, 2023 (link below). If there is a topic of interest to you that you would like discussed at a meeting, please reach out to your school council at

Copperhaven.scchair@partner.psd.ca or reach out on social media (Facebook, messenger or Instagram) so we may add these to the agenda.

Next parent council will be held on January 18, 2023 @ 6:30 pm at Copperhaven School in the library. Please come and join other parents interested in contributing to the creation of a positive school experience for children.

The Parent Council wishes all the families of Copperhaven a safe and joyous holiday season.

Amy, Paula, Chantelle, Brianne, Sheila

Follow us on Facebook @ Copperhaven School Council and Instagram @ copperhavenpc

<https://forms.gle/QNVSuAzjLXAwZsrZA>

The Boundary Ridge Association

BAKE RAFFLE

December 13 & 14 during concert nights.

We are looking for baked goods (cakes, cookies, pies, rolls, bars, cupcakes). Please email theboundaryridge@gmail.com to donate.

Please bring cash for the raffle tickets:

\$5 - 1 ticket

\$10 - 3 tickets

\$20 - 10 tickets

Winners will be announced at the end of the concert and can take their baked goods home.

CASINO

Jan 31 & Feb 1

We still have many shifts to fill, please email us if you or someone you know can volunteer.

We can earn \$16,000.00 in this one fundraiser if we can find enough volunteers.

NEXT MEETING

December 5th at 6:30pm, we welcome everyone to join the 4 of us and share your input.

What are we fundraising for?

- New playground equipment
- Soccer and basketball nets
- Trees
- Gazebo
- GaGa pits

What have we done so far this year?

- Donated \$2600 for one GaGa pit
- Donated \$1500 towards mini sticks and sports balls
- Launched the merchandise store

- Completed a kiwi nursery fundraiser

CONTACT US

Email: theboundaryridge@gmail.com

Facebook: The Boundary Ridge Association

Instagram: @theboundaryridgeassociation

Sean, Pam, Amy, & Amanda

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

12 Days of Fitness

This month, students are learning how to stay active during the holiday season through a campaign called 12 Days of Fitness. Here are ways you can support your child's health this season.

This year, go beyond the holiday hustle and bustle.

Get your family to participate in fun, refreshing activities that brighten your spirits. Here are some ideas to get you started:

- Hold a contest to see who can build the biggest snowman in the neighborhood.
- Grab your skates or sled and head outdoors to the local rink or hill.
- Check out the local festivals happening in your community.
- Spread some cheer! Volunteer at local charities. They always need extra help during the holiday season.



12 Days of Fitness at Home

The 12 Days of Fitness is modified from *the 12 Days of Christmas* song and adds new activities each day. It's a lively movement break to get active first thing in the morning, or in the evening after dinner. Try it with your family!

On December 11, start with day one and add the next verse each day after until you've completed all 12 days of fitness. Modify any activities to your preference, or add new ones, and have fun!

www.appleschools.ca

Join our social community for the latest on our project

