

# Copperhaven School

## Newsletter



COPPERHAVEN  
COBRAS

February 1, 2022

### Dates to Remember

- Feb. 6 & 7 Parent-teacher Interviews Online Format
- Feb. 9 & 10 Teachers Convention-No School for Students
- Feb. 13 Registration for New and Returning Students Opens
- Feb. 15 School Council Meeting 6:30-8:00 p.m.
- Feb. 16 Kindergarten Open House 6:00-7:00 p.m.
- Feb. 16 Spruce Grove Composite High School Open House 6:00-8:00 p.m.
- Feb. 17 Professional Development Day-No School for Students
- Feb. 20 Family Day-School Closed
- Feb. 27-Mar.1 Book Fair

### News from the Office

- **February 13, 2023** - Registration opens. The New Student Registration Form for Evergreen Catholic, area private school students and new to PSD students will be added as a Quick Link on the homepage of psd.ca. Families of returning PSD students (i.e. students currently enrolled in a PSD school) complete the registration process starting in [PowerSchool](#) but not before Feb 13!
- **March 24, 2023 at 4:30pm** - Registration deadline. For further information, visit our [Registration](#) page.

### Registration and Attendance Area Changes

As per the Board's approval of the Attendance Area Review Recommendation B addressing capacity issues at Copperhaven School changes were made to the attendance area of Copperhaven School. Affected families should have received email notification regarding changes by now.

The Spruce Grove community of McLaughlin was re-designated to Brookwood School (grades K-4) and Woodhaven Middle School (grades 5-9) attendance boundaries, effective the beginning of the 2023-2024 school year. Any students currently attending Copperhaven School in grades 6-8 (2022-2023 school year) who will be in Grades 7-9 at Copperhaven School in 2023-2024 school year will be permitted to remain at Copperhaven School until they complete Grade 9. Those students may also choose to attend Woodhaven School if they wish. Families will not be assigned school-of-choice fees for those grade 7-9 students who choose to stay and require transportation to Copperhaven School from the McLaughlin community.

At this time, Copperhaven School is not accepting School of Choice requests. We ask that parents register their children at their designated school. When it is determined that Copperhaven will be open to School of Choice for families in grades K-6, requests will be accepted for individual students with acceptance determined on a case by case basis based on

space availability and resources. We are asking all families to complete registration at your child/ren's designated school and then await more information about School of Choice requests. If you have any questions please contact the school.

Here is the link to the Parkland School Division registration page: [Registration for 2023-2024](#)

### Pro Social Skills

The current round of Pro-social skills ending the first week of February has been:

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

For the weeks of February 6-16 the Pro-social skill introduced to all students will be:

- Knowing One's Feelings

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

### February Activities

- Feb. 1 - Winter Walk
- Feb. 14 - Valentine Dance Grades 6-9 p.m.
  - Classroom Activities Grades K-5 p.m.
  - Pink/Purple/Red Shirt Day
- Feb 21-24 - Random Acts of Kindness Week
- Feb 24 - French Winter Carnaval & Les Boucheron

### Scholastic Book Fair

Copperhaven School will be hosting a Scholastic Book Fair from 9:00 to 4:00 on Monday, Feb. 27th, Tuesday, Feb. 28th and Wednesday, March 1st in the foyer outside the library.

We are very excited to have the opportunity to add new books to our library using the proceeds from the Book Fair. On Friday, February 24 th , K to 4 students will get a sneak peek of the Book Fair and can make a wish list of books that they may be interested in buying. We will be asking the students to only put 2 or 3 books on their list, with the understanding that this list is only to provide someone at home with information about what they would like and that listing the items does not necessarily mean they will be allowed to purchase them. Students will have an opportunity to shop during their regular library time if it falls on those three days. We will also have shopping time during the lunch and afternoon recesses open to specific grade levels on each day to avoid overcrowding. If students have money and are anxious to shop other than during their assigned times, they can let their teacher know and we will arrange a time for them to make their purchase.

We will stay open for about 15 minutes after the bell rings for any parents that want to pop in and shop, **beginning at 3:45**. Students will only be allowed to come in after 3:45 if they are with a parent or guardian, otherwise, they are expected to head home as usual. All sales are final. We are very grateful for all of the volunteers that have offered their help so that we can host an In person, fair again. The students are already excited!

## Counsellor's Corner

### Screen Time and Children

With screens virtually everywhere, monitoring a child's screen time can be challenging. To complicate matters, some screen time can be educational and support children's social development. So how do you manage your child's screen time? Here's a primer on guiding your child's use of screens and media.

### The Problem with Screens

Too much screen time and regular exposure to poor-quality programming has been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Behavior problems
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning

Keep in mind that unstructured playtime is more valuable for a young child's developing brain than is electronic media. Children younger than age 2 are more likely to learn when they interact and play with parents, siblings, and other children and adults.

By age 2, children may benefit from some types of screen time, such as programming with music, movement and stories. By watching together, you can help your child understand what he or she is seeing and apply it in real life. However, passive screen time shouldn't replace reading, playing or problem-solving.

### Developing Screen Time Rules

The American Academy of Pediatrics discourages media use, except for video chatting, by children younger than 18 months. If you introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming.

The Canadian Paediatric Society recommends:

- For children under 2 years old screen time is not recommended.
- For children 2 to 5 years old limit screen time to less than 1 hour a day.
- For children older than 5 limit screen time to less than two hours a day.

As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.

Consider applying the same rules to your child's real and virtual environments. In both, play with your child, teach kindness, be involved, and know your child's friends and what your child does with them. Also, keep in mind that the quality of the media your child is exposed to is more important than the type of technology or amount of time spent.

To ensure quality screen time:

- Preview programs, games and apps before allowing your child to view or play with them. Organizations such as Common Sense Media have programming ratings and reviews to help you determine what's appropriate for your child's age. Better yet, watch, play or use them with your child.
- Seek out interactive options that engage your child, rather than those that just require pushing and swiping or staring at the screen.
- Use parental controls to block or filter internet content.
- Make sure your child is close by during screen time so that you can supervise his or her activities.

- Ask your child regularly what programs, games and apps he or she has played with during the day.
- When watching programming with your child, discuss what you're watching and educate your child about advertising and commercials.

Also, avoid fast-paced programming, which young children have a hard time understanding, violent content and apps with a lot of distracting content. Eliminate advertising on apps, since young children have trouble telling the difference between ads and factual information.

#### Setting Limits for Older Children

Establish clear rules and set reasonable limits for your child's use of digital media. Consider these tips:

- Encourage unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage use of media entertainment during homework.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.
- Eliminate background TV.

#### Encouraging Digital Literacy

At some point your child will be exposed to content that you haven't approved and devices without internet filters. Talk to your child about the situations that could occur and the behavior you expect.

Encourage your child to think critically about what they see on their screens. Ask your child to consider whether everything on the internet is accurate. Does your child know how to tell if a website is trustworthy? Help your child understand that media are made by humans with points of view. Explain that many types of technology collect data to send users ads or to make money.

#### Teaching Appropriate Behaviour

Online relationships and social media have become a major part of adolescent life. Experts suggest that it's OK for your teen to be a part of these worlds — as long as your child understands appropriate behavior. Explain what's allowed and what's not, such as sexting, cyberbullying and sharing personal information online. Teach your child not to send or share anything online that he or she would not want the entire world to see for eternity.

No matter how smart or mature you feel your child is, monitor his or her online and social media behavior. Your child is bound to make mistakes using media. Talk to your child and help him or her learn from them.

Also, set a good example. Consider that your child is watching you for cues on when it's OK to use screens and how to use them.

You'll likely need to continue to guide, manage and monitor your child's use of screens and media as he or she grows. But by developing household rules — and revisiting them as your child grows — you can help ensure a safe experience.

#### Resources for Parents

**Are you Web aware? A checklist for parents** <https://www.saffroncentre.com/resources>

- Are you involved in your kids' online activities?
- Do you know what they are doing and who they are talking to when they are on the internet?
- Does your family have a set of rules or an agreement for appropriate internet use?

[https://www.saffroncentre.com/files/ugd/2dd4e7\\_cd0328119a4b4d41918ff3e2a9fdf70d.pdf](https://www.saffroncentre.com/files/ugd/2dd4e7_cd0328119a4b4d41918ff3e2a9fdf70d.pdf)  
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<https://www.commonsensemedia.org/>

### **School Council**

We would like to welcome all parents to join our meeting. Our meeting will be February 15, 2023 @ 6:30pm in the school library.

As always, if you have a topic you would like to discuss at a parent council meeting, please reach out to [copperhaven.scchair@patner.psd.ca](mailto:copperhaven.scchair@patner.psd.ca) so that we may add this topic to our agenda for future meetings.

Amy, Paula, Chantelle, Brianne, Sheila

Follow us on Facebook @ Copperhaven School Council and Instagram @ copperhavenpc  
<https://forms.gle/QNVSuAzjLXAwZsrZA>

### **The Boundary Ridge Association**

Pizza Day is Feb 13th, all order forms are due Feb 1st. Thank you to everyone who volunteered for the Casino. Stay tuned for info on our Read-A-Thon coming soon.

Our next meeting is Monday Feb 6, please reach out via Facebook or email [theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com) if you are interested in joining us.

Sean, Pam, Amy, Amanda