

# Copperhaven School

## Newsletter



COPPERHAVEN  
COBRAS

January 13, 2023

### Dates to Remember

- Jan. 9 First day back from winter break
- Jan. 12 Cultural Presentation–Dallas Arcand World Champion Hoop Dancer
- Jan. 18 School Council Meeting in the library 6:30-8:00 p.m.
- Jan. 20 Immunization Information Presentation for grade 9 students
- Jan. 27 Family Literacy Day–Wear a 'read-able' t-shirt
- Jan. 30 Professional Development Day-no school for students
- Feb. 1 Winter Walk Day

### 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.

### Pro Social Skills

The next round of Pro-social skills for January 9 - 20:

- Reviewing the skill of Relaxation
- New Skill introduced - Using Self Control

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

### January Activities

How Are You Celebrating Family Literacy Day?

Are you familiar with Family Literacy Day? Since 1999, schools, libraries, literacy groups and families have all celebrated the awareness initiative that aims to encourage reading and engaging in other literacy-related activities as a family.

This year's Family Literacy Day theme is Celebrate your heritage. Canada is a great diverse country full of different cultures. Take time to explore and learn about your heritage. Celebrate what you've found and share your culture with others. There's no better way to learn about your family, than together as a family. To learn more about Family Literacy Day, visit [FamilyLiteracyDay.ca](#)

### **Extra Curricular Team News**

Copperhaven School has four basketball teams playing in the Parkland Athletic Association this year. We wish our players the best of luck in their coming season. Thank you to our teachers who are volunteering their time to provide the opportunity for our students to play: Mr. Pousseau, Mr. Gwozd, Ms. Kause, Ms. Luhtala, Ms. Clarke-Davies, Ms. Tronsgard, Ms. Berg, Ms. Wolodko and Mrs. Lillywhite.

Archery Club has started for students in grades 7 - 9 wishing to come out and learn to shoot. Thank you to teachers Mrs. Lillywhite and Ms. Coffey for working with students to prepare them for tournaments. We are looking forward to a great season!

Planning for the annual Sun Run to Vancouver is well underway. Copperhaven has recruited 24 runners to join teacher volunteers, Mrs. Lillywhite, Ms. Coffey and Mr. Goodspeed on the 10 km run on April 16, 2023.

### **Christmas Hampers**

Thank you to the Copperhaven School community for your support of the Parkland Food Bank's Christmas Hamper campaign this year! Our Student Leadership team took the lead along with teachers, Linda Trippel, Kirby Jensen, and Rebeccah Rolfe, in organizing the Snowbody Should Be Left Behind theme to kick off the drive. In total \$1888 dollars and 63 gifts of new and unwrapped toys were collected. We know that we helped make Christmas a little brighter for some families in our community.

### **Copperhaven Mitten Tree**

Thank you for your support of our annual Mitten Tree. All items were donated to agencies in the local community and are much appreciated.

### **Book Fair**

It's Back!!

We are excited to be hosting an in-person Scholastic Book Fair February 28 to March 2. A big thank you goes out to Samantha Skrepnyk-Butler for offering to organize all of the volunteers needed. There will be some volunteers required before and after the actual dates that the fair is open for sales to help with set up and clean up. For more information about volunteering please contact Sam at [love2relay@shaw.ca](mailto:love2relay@shaw.ca). Watch for more details about the Book Fair closer to the date.

### **Music News**

The music room is getting busy with more activities for students to join. JUNIOR CHOIR (gr 2 & 3) and the SENIOR CHOIR (gr 4, 5, & 6) have their first practices next week at lunch recess – Jr Choir on Monday Jan 16 & Sr Choir on Tuesday Jan 17. The choirs will continue practicing at lunch recess with Jr Choir on DAY 2 & 5 and Sr Choir on DAY 1 & 4. More detailed information will be handed out at the first rehearsal of each choir.

UKULELE CLUB Tuesdays after school

Anyone in grades 6-9 interested in ukulele is welcome to come and strum!

BEGINNING BAND Wednesdays after school

29 students from grades 6 to 9 have joined and are learning to play a band instrument. It is amazing to see the determination and energy that comes with learning to play an instrument.

CONCERT BAND Thursdays after school

It is wonderful to see these committed players continue to grow in their music making. We can't wait to be able to play a concert soon!

Music Is ...

Music is a Science.

It is exact, specific, and it demands exact acoustics. A conductor's full score is a chart, a graph that indicates frequencies, intensities, volume changes, melody, and harmony all at once and with the most exact control of time.

Music is Mathematical.

It is rhythmically based on the subdivisions of time into fractions, which must be done instantaneously, not worked out on paper.

Music is a Foreign Language.

Most of the terms are in Italian, German, or French; and the notation is certainly not English -but a highly developed kind of shorthand that uses symbols to represent ideas. The semantics of music is the most complete and universal language.

Music is History.

Music usually reflects the environment and times of its creation, often even the country and/or cultural feeling.

Music is Physical Education.

It requires fantastic coordination of fingers, hands, arms, lip, cheek, and facial muscles in addition to extraordinary control of the diaphragmatic, back, stomach, and chest muscles, which respond instantly to the sound the ear hears and the mind interprets.

Music is all these things but most of all;

Music is Art.

It allows a human being to take all these, dry technically boring, (but difficult) techniques and use them to create emotion. That is one thing science cannot duplicate; humanism, feeling, emotion, call it what you will.

That is why we teach music:

Not because we expect you to major in music

Not because we expect you to play or sing all your life...

But so you can find expression in your life

So you can recognize more beauty

So you can feel more connected in our world

So you will have more love, more compassion, more gentleness, more good

- In short, more life.

Mark your Calendar: **Spring Concert - Thursday May 4, 2023**

### **Counsellor's Corner**

While we may think of low mood or other challenges as adult problems, they can affect people at any age. Children and teens can experience mental illnesses like depression. Sometimes it can be difficult for adults to understand how difficult children's problems can be because we look at their problems through adult eyes. But the pressures of growing up can be very hard for some children.

It's important that we remind ourselves that while their problems may seem unimportant to us, they can feel overwhelming to young people. It's important to take depression in young people seriously.

### **What is depression?**

Depression is a type of mental illness called a mood disorder. Mood disorders affect the way you feel, which also affects the way you think and act. With depression, you may feel 'down,' hopeless, or find that you can't enjoy things you used to like. Many people who experience depression feel irritable or angry. And some people say that they feel 'numb' all the time. Recognizing depression in young people can be more difficult than recognizing depression in adults because young people experience so many changes. You may wonder what is 'normal' and what might be a problem. Also, many children and teens may not want to talk about their feelings, or may have their own explanation for their experiences. However, you may still notice the following changes.

**Changes in feelings:** Your child may show signs of being unhappy, worried, guilty, angry, fearful, helpless, hopeless, lonely, or rejected.

**Changes in physical health:** Your child may start to complain of headaches or general aches and pains that you can't explain. They may feel tired all the time or have problems eating or sleeping. Your child may unexpectedly gain or lose weight.

**Changes in thinking:** Your child may say things that indicate low self-esteem, self-dislike or self-blame—for example, they may only talk about themselves negatively. They may have a hard time concentrating. In some cases, they may show signs that they're thinking about suicide.

**Changes in behaviour:** Your child might withdraw from others, cry easily, or show less interest in sports, games, or other fun activities that they normally enjoy. They might over-react and have sudden outbursts of anger or tears over small incidents.

Some of these changes may be signs of mental health problems other than depression. It's important to look at the bigger picture: how intense the changes are, how they impact your child's life, and how long they last. It's particularly important to talk to your child if you've noticed several changes lasting more than two weeks.

### **Who does it affect?**

Depression often starts between the ages of 15 and 30, but it can affect anyone—even teens and younger children. While we don't know exactly what causes depression, many factors are likely at play. These include family history, personality, life events, and changes in your child's body. Certain medications and physical illnesses can also contribute to depression.

### **What can I do about it?**

Depression is very treatable. Children, teens, and adults can all recover from depression. For children and teens in particular, early treatment is important so they can get back to their education and other goals as quickly as possible.

Support for a young person who experiences depression may come from several different people and places.

Your family doctor is often the first place you start, but you may also find support through people like psychiatrists, psychologists, counsellors, social workers, or peer support workers. Many communities offer programs that support healthy children and build social connections—these are also helpful in preventing depression.

Schools are also an important place for all children. Many schools offer programs that build skills, resiliency, and supports. If you're concerned about your child's health, teachers and school counsellors can describe changes they've seen or problems they've noticed during the school day. If your child is diagnosed with a mental illness, your child's school may make small changes to support your child's learning goals. Many schools offer counselling or referrals to community services.

### **Counselling and Support**

Many children start with counselling like cognitive-behavioural therapy (or 'CBT'). CBT teaches people how their thoughts, feelings, and actions work together. It also teaches skills such as healthy thinking, problem solving, and stress management. CBT has been widely adapted for different groups and different situations, and it's also useful to prevent depression.

Self-care strategies to stay well are important for everyone. This includes eating well, exercising, spending time with others, and making time for fun activities. Ask your care team for ideas. They can also recommend programs or services in your community that support healthy living.

Support groups may also be helpful. Support groups are an opportunity to share experiences and learn from others. There are also groups specifically for caregivers and family members.

### **Medication**

Your child may also be prescribed an antidepressant if other options don't seem to help. This is a group of medications used to treat depression and other mental illnesses. The decision to use medication can be complicated, especially if your child is young. Medications can be helpful for some children, but there may be extra risks to consider. It's important to have an honest discussion with your doctor so you know what to expect. Most professionals will consider medication for children under the age of 18 as a second option to other approaches, like counselling.

### **How can I help the entire family?**

It is important to recognize your own feelings about your child's depression. Many people feel guilty or frustrated when a loved one is diagnosed with a mental illness, and this can affect family relationships. It can also be difficult to cope with your child's unhappy feelings.

Many of the strategies that help your child can help the entire family. Family counselling can give everyone an opportunity to share their experiences and help you develop strategies that take care of the entire family's well-being. Support groups can connect you with other caregivers who are supporting a loved one. And, of course, wellness strategies at home are helpful for everyone.

It's best to be honest with siblings and other family members about a child's illness. That way, your child has several sources of support and understanding.

### **Do you need more help?**

A great place to start is to contact your child's pediatrician or family doctor or to speak with your child's school counsellor as both are good resources to connect you to the services that your child may need.

Here are some online resources that may be helpful:

<https://kidsnewtocanada.ca/mental-health/depression>

<https://www.kidthink.ca/depression-in-children/>

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=ty4640>

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1001856>

### **School Council**

Copperhaven parent council hopes that everyone had a joyous holiday season and a Happy New Year! We would like to welcome all parents to join our meetings this year. Our first meeting of 2023 will be January 18, 2023 @ 6:30pm in the school library.

The parent council is looking forward to hearing from you. Please check out our Copperhaven School Council Engagement Survey.

<https://docs.google.com/forms/d/e/1FAIpQLScLE28DQT75prN8YVWwUceN8n1iWI9Dv43q-nX35Khv5O4RKQ/viewform>

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.

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

### **The Boundary Ridge Association**

Thank you to everyone who supported our 50/50s at the Songs of the Season concerts. Our winners walked away with a combined total of \$589 over the 2 nights. Congratulations to Samantha Butler and Kendall Veillette on your wins.

We have a casino coming up January 31st and February 1st. We are still looking for volunteers to fill some positions. Please follow this link (<https://volunteersignup.org/9Y7LL>) to see what is still open and consider volunteering. This is a chance for our school to make around \$16,000 so we need to make sure that we fill all 26 of the positions. We have descriptions of all the positions available on our Facebook page. Remember, friends, neighbors and family members can also volunteer. Volunteers will receive snacks and food allowance during their shifts.

We will be having a Pizza 73 pizza day Monday February 13th. Keep an eye open for order forms coming home the week of January 23rd. Orders and money will need to be returned by February 1st. If you are available to help out that day please reach out to us via email at [theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com).

Sean, Pam, Amanda and Amy.

CONTACT US

Email: [theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com)

Facebook: The Boundary Ridge Association

Instagram: @theboundaryridgeassociation

Sean, Pam, Amy, & Amanda



**WE'RE  
HIRING!**

Various administration, teaching and support positions are available.

**APPLY TODAY**

[psd.ca/employment/current-openings](http://psd.ca/employment/current-openings)



**PARKLAND  
SCHOOL DIVISION**