

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

March 1, 2023

Dates to Remember

- March 2 Copperhaven School Winter Carnival
- March 10-16 Access to GradeBook in the Parent Portal Temporarily shut down
- March 15 Copperhaven School Council 6:30-8:00 p.m. School Library
- March 17 Term 2 Report Cards Released in PowerSchool Parent Portal
- March 20 Choral Celebration for Senior Choir
- March 24 Professional Development Day - No School for Students
- March 27-31 Spring Break - School Closed

News from the Office

- **Please complete your child/ren's registration.**
Families of returning PSD students complete the registration process starting in [PowerSchool](#) . Registration is open until March 24. For further information, visit our [Registration](#) page.

Registration and Attendance Area Changes for McLaughlin Students

School Tours

In the spirit of creating welcoming and inviting spaces for our younger students transitioning to a new school, Brookwood School and Woodhaven Middle School will be facilitating school tours for those students living in the affected attendance areas during the morning of March 9, 2023. Field trip/consent forms will be sent home with students prior to this date.

Open Houses

On the same evening of the student school tours, all families are welcome to attend Open Houses at the receiving schools for a chance to meet staff and learn more about the two PSD schools located in the centre of the City of Spruce Grove. Recognizing that some families will have difficult decisions to make with younger and older siblings potentially attending different schools beginning in 2023-2024, we wanted to provide families with an opportunity to explore options found within their new schools before considering the school-of-choice application process described above.

What: Open Houses

Where: Brookwood & Woodhaven Middle Schools

When: Thursday, March 9, 2023 at Brookwood School

School tours will start at 5 pm, 5:30 pm and 6 pm

Thursday, March 9, 2023 at Woodhaven Middle School

School tours will start at 6 pm, 6:30 pm, and 7 pm

Please note that once the school-of-choice process opens April 3rd, applications will NOT be considered on a first come, first served basis. Details on the criteria that will be used for this school-of-choice process will be shared when they become available.

Pro Social Skills

The Pro-social skill for March 6 - 17th:

- Dealing with Group Pressure

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

March Activities

- March 17 - Green Shirt Day
- March 23 - Athlete Recognition - Student vs. Staff Basketball Game
- March 13 - 23 Food Bank Drive, more details to follow

Counsellor's Corner

Should You Get Your Kid a Phone?

By the time they're toddlers, most children are excited about phones. They know how to play games, watch videos, take pictures, and Facetime their grandparents. In idle moments they beg for — or grab for — mom or dad's phone. But when are kids old enough — and responsible enough — to have their own phone? And what should they be able to do with it?

Pressure on Parents

By the time kids are in middle school, the pressure from kids can be intense, and parents worry that their child will feel isolated if other kids have phones and they don't. According to [Common Sense Media](#), 42 percent of kids have a phone by age 10. By age 12, it's 71 percent. By 14, it's 91 percent.

Max Stossel, the founder and CEO of [Social Awakening](#), a group that promotes healthy use of technology and social media, recommends that parents hold the line on giving kids smartphones until at least eighth grade. A parent group called [Wait Until 8th](#) aims to help parents in a school community band together by taking a pledge that they won't give their kids smartphones until they're reached eighth grade. The parents who sign this pledge are put in touch with one another for support.

One strategy to avoid the risky and addictive features of smartphones, Stossel notes, is to start kids off on a phone that can't be used for social media, gaming, or surfing the web. A Gabb Phone, for instance, can be used for calling and texting. It also has a camera, calendar, FM radio, and GPS, so it enables you to monitor where your child is. But there is no app store, picture messages or group texts.

Parental Controls

Smartphones themselves also offer parents the ability to use the phone's controls to set limits. Smartphones allow you to limit not only apps kids have access to, but the types of movies and TV shows they can watch. And you can set time limits on things like gaming, entertainment, and social media, and keep tabs on what they're doing during screen time. (For details on how to set limits on smartphones, check out [this piece in Consumer Reports](#).)

The most potentially dangerous elements of this are social media and the unfiltered internet. Stossel recalls a colleague who, when speaking to groups of students, would ask for a volunteer to come up and show the class how to get around a school's firewall. Each time a student would do so easily, explaining which apps to use to reach blocked websites.

“So the kids are always going to be a step ahead of their parents,” Stossel adds. “And trying to monitor everything they have access to can be a full-time job.”

He recommends the parental control tool [Bark](#) which monitors a child’s activity on social networks, YouTube, email and text messages. It filters for signs of harmful content, including sexual material, threats of violence, depression, suicidal ideation, and bullying. Parents get email and text alerts if there is something concerning in the child’s online activity. It can also be used to limit screen time and to block individual websites.

Screen Time is another tool that allows you to set time limits on daily screen time, block out periods when screens are not to be used, and includes categories of sites and individual URLs.

It’s Not Just About Age

What is the right age for a cell phone? It’s not so much about a particular age as it is about a kid’s social awareness and understanding of what the technology means when making the decision about a phone. When you’re considering whether to get a phone, and how much kids should be allowed to do on it, consider these issues:

- How often does your child lose things, especially expensive things? If you tell them something is extra important, do they take special care of it, or leave it on the bus after a few days?
- How well does your child handle money? Will they be in the middle of a game and impulsively buy more lives without considering their cost?
- Consider how easily your kid picks up on social cues. If they are slow to catch on, this deficit could be aggravated in texting and posting on social media.
- How savvy is your child about technology? Do they truly understand that future college admissions staff, employers, and colleagues could conceivably see anything they post now?
- How well does your child do with limits to screen time? If they are constantly glued to the computer or game console, they will probably have difficulty putting down the phone as well.

Cell Phones and ADHD

The constant stimulation cell phones can provide can be especially distracting for kids with ADHD. Phones are made to be as reinforcing as possible. If you’re not getting an email, you’re getting a social media update, or you’re checking a news feed, or you’re checking a sports score.

Children with ADHD find it more difficult to resist all that stimulation, and to stay tuned in to activities that are less reinforcing but more important, like homework or dinner table conversation.

Their impulsivity could also make them more likely to post or send something they may regret later on. In a world where everything you create is recorded in cyberspace, they are at risk for making long-lasting mistakes.

If You’re Ready to Take the Plunge

If you’re getting your child a phone, experts recommend setting clear guidelines in a conversation before they receive the device. Here are some sample rules that parents can apply to their kids’ cell phone use:

- Establish that you are to know the password to the child’s phone, and that you have the right to take it away if they don’t use it wisely.

- Set limits on both general screen time and phone time. This rule is especially important for kids who already have difficulty breaking away from a screen.
- Agree on limits to how much money is available to cover the data plan and any game or app expenses.
- Get them a good case, and determine what the consequences will be if the phone is lost or broken. Will it be replaced? And, if so, who will pay for it?
- Specify times of the day when using the phone is not allowed, such as late at night or during family activities.
- When your kids start using social media sites, monitor them and make them aware that you are doing so.

While you may choose to enforce different rules, make sure they are clear from the very beginning, the experts say, and establish consequences if these guidelines are not followed.

School Council



We would like to welcome all parents to join our meeting. Our meeting will be March 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 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 was a huge success! 

Thank you to the volunteers who came and ran pizzas to all of the classrooms.

TBRA made \$900 which will be put towards playground equipment. We look forward to our next Pizza Day in May.

 Read-A-Thon 

March 1st - Kids start to track reading time

March 24th - Kids total their reading time and collect pledges

Week of April 3rd - Return forms and money to school

April 6th - Last day to return forms and money

April 18th - Winners and prizes will be announced

Casino

Our share of the casino money will be reported to us and sent in mid May. We will update parents once we know the total.

Next Meeting

April 4th at 6:30 in person. Please reach out via email or Facebook if you would like to join us!

Sean, Pam, Amy, and Amanda

theboundaryridge@gmail.com

La tire - Canadian Maple Shack

Skating

Musician
Daniel Gervais

Bonhomme
Carnaval

**VIVE
LE**

Games

Hot Chocolate
by Perks

Bonfires

FRANÇAIS

Come Celebrate
French Language and Culture

**MARCH 9TH 6PM-8PM
CENTRAL PARK
SPRUCE GROVE**



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