

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

May 1, 2023

Dates to Remember

- May 3 - Hats on for Mental Health
- May 4 - Spring Concert 7:00, doors open at 6:30 sharp
- May 6 - Run Wild Race in Spruce Grove
- May 12 - Grade 7 - 9 School Track Meet
- May 15 - Gr. 9 PAT - Language Arts Part A 9:00 a.m.
- May 17 - Gr. 6 PAT - Language Arts Part A 9:00 a.m.
- May 17 - School Council Meeting 6:30-8:00 p.m.
- May 18 - Grade 7 - 9 Zone Track Meet for qualifying students
- May 19 - Professional Development Day - no school for students
- May 23 - Grade 4- 6 School Track Meet
- May 25 - Grade 6 Immunizations
- May 26 - Fun Hair Day

News from the Office

Just a reminder that any unpaid fees for the current school year are past due and can be paid through your PowerSchool Account or in cash or by cheque at the school office—sorry no debit card access at the school.

Pro Social Skills

The Pro-social skill for May 1 - 14

- Tattling versus Reporting

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

Provincial Achievement Tests- Parent Information

These guides have some helpful information on PAT's. Why we write them; Who writes PAT's, Assessment, Marking, How to Prepare etc.

[Grade 6 PAT Parent Guide](#)

[Grade 9 PAT Parent Guide](#)

Grade 7-9 Copperhaven Track Meet

The track meet is scheduled for May 12 (all day event) with May 16 as the rain out day. If you are interested in volunteering to help run events please email your child's homeroom teacher.

Music Notes

With the month of May the extra-curricular music groups are winding up Mr. Loge has loved working with all our musicians this year and is excited about the Spring Concert on Thursday May 4.

CHOIRS

Both the Junior and Senior choirs performed wonderfully in the local music festivals. The Jr. Choir received a gold standing for their performance at the St. Albert Rotary Music Festival.

The Sr. Choir also received a gold standing for their performance at the Parkland Music Festival and St. Albert Music Rotary Festival. The Senior Choir has also been recommended to participate in the Provincial Music Festival. Congratulations!

Both choirs have their final practices this week to get ready for our upcoming Spring Concert.

UKULELE

The Ukulele Club has had a lot of fun strumming this year and we can't wait to see what next year brings!.

BAND

The Beginning Band has their last practice on Wednesday May 3 and auditions for next year's concert band will be after school the week of May 8-12. The Concert Band is excited to be performing in our upcoming Spring Concert. For many of the performers this will be the first time they get to play for family and friends!

SPRING CONCERT – Thursday May 4

The choirs and concert band invite you to our spring concert on Thursday May 4 @ 7:00 p.m. in the school gym. Doors will open at 6:30 sharp. It will be an evening of music and song; celebrating the dedication Copperhaven students have to making music.

Performers need to arrive and be in their designated rooms at 6:30 p.m. Students are to be dressed in concert dress; music T-shirts and dark bottoms.

COPPERHAVEN'S GOT TALENT 2023

On Thursday June 8 Copperhaven School will once again be treated to a show of talent from our very own. Grade 1 to Grade 9 students interested in performing in this year's talent show can sign up through the first 2 weeks of May (May 1-18); auditions will take place after May 22 to make sure that the performers are ready for the big show! It will be a great opportunity for the school community to discover and support the talents of our own.

Counsellor's Corner:

It is Mental Health Awareness Week this week (May 1-7, 2023) and with that I felt it was important to address mental illness in children and youth. Kids and teens are constantly changing. They grow up quickly and before you know it, your giggly, energetic toddler is a teenager who sleeps until noon. As we grow, it's normal to change as we learn new things and our bodies transform into our adult selves. But with all these changes going on, how can we tell which changes are normal? At what point should we start worrying that our child's tantrums or teenager's mood swings are more than just "growing pains?" It can be hard to tell. The truth is, for many kids, these sudden changes aren't just a part of growing up—they're symptoms of a mental illness.

What is it?

Mental illnesses are surprisingly common in children and youth. Many mental illnesses—between 50% and about 70%—show up before the age of 18, so they can have a huge impact on a child's development. Mental illnesses can affect how well kids do in school and how they form relationships with other kids and adults. Mental illnesses, if not treated early, can be disruptive enough to a kid's normal development that it can affect them for the rest of their lives. Below are some common mental illnesses that affect children and teens:

- Anxiety disorders are the most common illness to affect children and youth. About 6% of kids experience an anxiety disorder at some point. Anxiety disorders can cause kids to be extremely afraid of things or situations to the point that it interferes with daily life.
- Attention-deficit/hyperactivity disorder (ADHD) affects just under 5% of children at any given time. ADHD makes it very difficult for kids to focus their attention. A child with ADHD is also more impulsive and harder to settle down than other children.
- Conduct disorder affects about 3% of children. It leads children to be extremely aggressive and destructive toward other people, pets or property. They may also seem like they don't care about important but basic rules, such as by doing things like regularly skipping school or running away from home.
- Depression is a mood disorder that shows up most often during the teenage years. Depression can affect a child or youth's attitudes and emotions, making them feel unusually sad or irritated for more than two weeks at a time.
- Psychosis is a condition that involves loss of contact with reality. It affects 3% of the total population but most often appears later in adolescence and early adulthood. It can be seen on its own or with many of the illnesses mentioned in this info sheet.
- Bipolar disorder is a mood disorder that may affect up to about 1% of young people. It usually starts during the teenage years, but in rare cases, it may be seen in younger children. Bipolar disorder can cause a young person's moods to change back and forth between extremely high moods, called mania, and extremely low moods, called depression.
- Eating disorders are less common in young children, but the risk increases with age. Anorexia affects up to 1% of young males and females aged 15-24, and bulimia affects up to 3% of young people in Canada. Eating disorders involve a distorted body image along with seriously harmful behaviours to manage food and weight, making it difficult to nourish oneself properly.
- Schizophrenia affects about 1% of the total population, and usually shows up between the ages of 15 and 25. Schizophrenia makes it hard for people to think and speak in an organized way. It can also cause people to lose touch with reality.
- Suicide often goes alongside a mental illness. Suicide continues to be the second leading cause of death among 15 to 24 year-olds, after motor vehicle accidents. Suicidal thinking or attempts are also common. A BC survey found that in one year, 5% of youth had made a suicide attempt and 12% seriously thought about suicide.

Who does it affect?

Just as with adults, mental illnesses can affect kids and teens from all family types and cultural backgrounds. Kids and teens in certain situations, though, can be at higher risk for mental illnesses and may also face additional barriers to getting help. Some of these situations include:

- Young people with a family history of mental illness
- New immigrants and refugees
- Aboriginal children and youth
- Young people who've gone through a major life change such as moving to a new city or new school
- Young people who have faced or witnessed trauma, including abuse
- Gay, lesbian, bisexual or transgender youth
- Young people with substance use problems

Could my child have a mental illness?

It can be hard to tell the difference between normal changes as a child grows, and the symptoms of mental illness. Has your child:

- Shown sudden changes in their behaviour? (e.g., an active child becomes quiet and withdrawn or a good student suddenly starts getting poor grades)
- Suddenly changed their feelings? (e.g., a child may show signs of feeling unhappy, worried, guilty, angry, fearful, hopeless or rejected)
- Started avoiding places or situations that others don't routinely avoid?
- Recently complained of physical problems like frequent headaches or stomach aches, problems eating or sleeping, or a general lack of energy?
- Started suddenly keeping to themselves?
- Started to use (or is using more) alcohol or other drugs, especially when alone?
- Shown signs that they're having trouble coping with regular activities and everyday problems?
- Shown little regard for the feelings or property of others?
- Expressed terror or disgust over their weight, or changed how they eat, in unhealthy ways?
- Started making odd or repetitive movements beyond regular playing?
- Deliberately hurt themselves or talked of suicide?

If your child is showing one or more of these changes, and it's impacting their daily life, the best thing to do is talk to them about how they're feeling and then talk to your family doctor to rule out other explanations. Then, it's important to connect to other supports in the school and community. Keep in mind that all talk of suicide must be taken seriously.

What can I do about it?

Unfortunately, only one in four kids and teens in Canada who need mental health treatment can get it. There are many reasons for this. Parents and caregivers can have mixed feelings about getting their children help for their mental illness. They may worry about being blamed for their child's change in behaviour, or they worry about what treatments may be tried. Mental illnesses can be frightening, and many people worry what others will think if they talk about their experiences. The good news is that mental illnesses can be treated successfully, and early treatment can help reduce the impact of a mental illness on your child's life. The kind of treatment that works best for your child will depend on your child's needs. Talk to your doctor to learn more about the different options.

Counselling

- Cognitive-behavioural therapy—Helps young people recognize and change thinking patterns and behaviours that are not good for their mental health
- Family therapy—Can help you look at what you can do as a family to help your child through their mental illness, and manage behaviours.
- Interpersonal therapy—Helps young people to feel more comfortable interacting with others.
- Educational interventions—Can help your child by teaching them ways to manage the time in the classroom.

Medication

There many different types of medications that are being prescribed to kids including medications for mood, for anxiety, for psychosis, and for ADHD. If you aren't comfortable with your child taking medications, then express your concerns to your doctor.

They can explain which medications, if any, would be right for your child and go over the benefits and risks of medications with you. For young people, medications are usually not the first type of treatment considered. If they're suggested, they are usually meant to work in connection with other treatments or supports.

Support Groups

- For teens, groups of others who've gone through or are going through what you're going through (sometimes called peer support groups)
- Groups for family members of someone with a mental illness, including children, to meet other families in similar situations

Where do I go from here?

Many parents and care providers want to get help for a young person with mental health problems, but don't know how or where to do it. A great place to start is with your child's school or with your family physician. Here are some additional mental health resources:

- **Children's Mental Health Crisis Line** (8am-11:30pm) – 780-427-449
- **Mobile Response Crisis Team** (8am-11:30pm) – 780-407-1000
- **Youth Mental Health Clinic Walk-in Counseling** for youth 11-17 years old - Fridays, 10am-2pm Call on Fridays from 9am-12pm to reserve your spot or check on wait times 780-960-9533 ext. 221 #101 505 Queen Street, Spruce Grove
- **Children's Mental Health Intake** at 780-342-2701 for all children and youth mental health services

School Council

We would like to welcome all parents and caregivers to join our meeting. Our next meeting will be May 17, 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@partner.psd.ca so that we can add this topic to our agenda for future meetings.

Your Parent Council - Amy, Paula, Chantelle, Brianne, Sheila

The Boundary Ridge Association

Keep an eye out for pizza forms coming home next week.

We are also working on school supplies through Write-on Stationery. Follow us on Instagram and Facebook for more information coming soon.

Sean, Pam, Amy and Amanda
The Boundary Ridge Association