

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

December 1, 2023

Principal's Message

How do we change the world so it is a kinder, more gentle place for our children and young people? As we posted on our message board, change happens one act at a time. We want to spend some time focusing on kindness online. Students spend a lot of time in a digital world—playing games, texting, snapchat, group chats—and sometimes remembering to be kind gets forgotten.

Do you spend time monitoring how your child's online citizenship aligns with your family's values and beliefs? As we send our children and young people out into the world they continue to benefit from, and require, our guidance and advice. We invite all families to work together with the school community on building positive citizenship skills in the online world. For tips and topics go to: [Internet matters](#)

Linda Simmonds

Dates to Remember

December 12	Winter Concert Group 1 - 6:30 p.m.
December 13	Winter Concert Group 2 - 6:30 p.m.
December 18	Kindergarten Mon/Wed. Concert 1:30 Band and Chorus Concert 6:30
December 19	Kindergarten Tues/Thurs. Concert 1:30 School Council 6:30-8:00 p.m.
December 22	PD Day No school for Students Winter Break Begins for Students

Thank You

Thank you to School Council for their recent act of appreciation to the staff of Copperhaven School. A pizza lunch was delivered and thoroughly enjoyed by all!

Copperhaven Winter Concerts

Songs of the Season Evening Concerts (1-6)

Doors to the school will open for audience members at 6:00 p.m., concert starts at 6:30 pm

Tuesday December 12

Grades 1 to 6

Students with last names

Acorn to Lambert

Wednesday December 13

Grades 1 to 6

Students with last names

Lambert-Coombs to Zimmerman

Afternoon of Winter Fun Concerts (Kindergarten)

Doors open for guests at 1:00 pm, concert starts at 1:30

Monday December 18

Kindergarten M/W

Tuesday December 19

Kindergarten T/TH

Joyous Sounds Concert (Concert Band & Copperhaven Chorus)

Doors to the school will open for audience members at 6:00, concert start at 6:30 pm.

Monday December 18

Concert Band & Copperhaven Chorus

Christmas Giving

In the spirit of Christmas giving and kindness, we are running two opportunities for our school community to donate items. We invite students to help with these two charities.

Parkland Food Bank Food Drive at Copperhaven School which we are calling the **Twelve Days of Giving**. Each day we will be collecting much needed items to donate to the Parkland Food Bank beginning on December 5 and running through to the 21st.

Day	Item	Day	Item
1-Dec 5	Canned soup	7-Dec 13	Milk products-powder/lactose free/baby formula
2-Dec 6	Canned beans	8-Dec 14	cereal/crackers
3-Dec 7	Canned tuna	9-Dec 15	coffee/tea
4-Dec 8	rice	10-Dec 18	Oil & seasonings
5-Dec 11	Pasta & pasta sauce	11-Dec 19	Condiments-mustard, ketchup, etc
6-Dec 12	Peanut butter or nut butter	12-Dec 20	Choice Day-what would you like to donate?

Boxes will be set up in the front foyer of the school where donations can be dropped off right up until the 21st of December.

Copperhaven is collecting winter gear for families in our community. We are accepting new hats, mitts, toques, scarves and socks. New or gently used (and clean) coats, snow pants, and boots are also accepted. Donations are accepted until December 18th and will be given to APFA (Alberta Parenting for the Future Association) for distribution to those in need. Bring your donated items to the library to help decorate our “Mitten Tree”

Diversity, Equity and Community

One of Copperhaven’s priority areas is to create an environment that welcomes diversity and creates a strong sense of community at Copperhaven School. As one step towards achieving that, our school is working on a project for our front entryway to welcome everyone to our school community. We are hoping that you might be able to help.

If your family speaks a language other than or in addition to French or English in the home, please share with us how you say HELLO and WELCOME in that language by completing the attached [GOOGLE FORM](#). Thank you so much for sharing with us!

Attendance Matters

We know that good attendance is directly linked to positive academic performance. One of our school goals this year is to improve regular school attendance. Attendance is monitored month by month and this month we have reason to celebrate a small improvement in attendance from last year to this year.

Attender Summary (2022-2023) -From 2022-08-30 to 2022-11-28

Attendance Range	Percentage
Perfect Attenders	4.63%
90 - 99.99%	51.63%
75 - 89.99%	36.65%
50 - 74.99%	6.68%
< 50%	0.41%
Total	100%

Attender Summary (2023-2024) -From 2023-09-05 to 2023-11-28

Attendance Range	Percentage
Perfect Attenders	11.8%
90 - 99.99%	62.14%
75 - 89.99%	22.5%
50 - 74.99%	3.02%
< 50%	0.55%
Total	100%

Update from your Parent Council

Staff Appreciation

Our staff appreciation committee was able to complete their first event - providing pizza for the staff on November 20. They are currently collecting appreciation thoughts to be shared with staff throughout the year. Appreciation can be shared here: <https://bit.ly/copperhavenstaff> or check our social media for the QR code. Stay tuned for more events throughout the year

Special Events

Our special events committee is working hard to bring you fun events throughout the school year- stay tuned for some exciting announcements soon.

Parent/Guardian members of our school were able to participate in the Engagement Event hosted by PSD on Nov 22. There were 3 main focuses of conversation - Student and Workplace Wellness, Community, Equity and/or Belonging, and Teaching and Learning - 2024 and beyond. It was a well put together event that brought varying viewpoints from across the division together into conversation and we look forward to continuing the conversation throughout the year. We encourage everyone to "Share A Thought" on PSDs website to help shape the future of Copperhaven and the Division.

We welcome everyone to join us at our next Council meeting on December 19 @6:30pm in the library.

Thank you,
Sheila, Amy, Chantelle and Pam

The Boundary Ridge Association (TBRA)

TBRA will be running a 50/50 on the Christmas concert nights. Please remember to bring cash to support purchasing outdoor toys for the kids!

Pizza day was a huge hit, thanks to all the volunteers who made it possible!

Holiday gift shop was a success. It took a lot of hands but thanks to all the volunteers the kids all had a blast!

If you have any questions for the TBRA or are interested in joining a meeting, please email us at theboundaryridge@gmail.com or message us through Facebook.

Sean, Pam, Amy, and Amanda

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!