

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

April 1, 2024

Principal's Message

It was wonderful to see so many families in attendance at the Family Dance held in March. We look forward to seeing you again on April 4th for our Family Game Night, Art Walk, Book Fair and Indigenous Map discovery. April promises to be another busy month with our Senior Choir heading off with Mr. Loge to the St. Albert Music Festival. Our Badminton teams are organized, practicing and ready for games. Just a reminder to follow the traffic flow map of our student drop off area and visitor parking—found on our school website—and bring your patience and kindness with you!

Linda Simmonds

Dates to Remember

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| April 4 | Family Game Night/ Art Walk and Book Fair 6:00-7:30 p.m. |
| April 8 | Evergreen Theatre Presentation Grades 1 - 5, afternoon |
| April 11 | St. Albert Music Festival for Senior Choir |
| April 16 | Parent Teacher Interviews 4:30-7:30 (virtual option) |
| April 18 | Parent Teacher Interviews 4:30-7:30 (in-person option) |
| April 23 | Class Pictures for Grades 1-4 and KB/KD School Council Meeting 6:30-8:00 p.m. in library |
| April 24 | Class Pictures for Grades 5-9 and KA/KC |
| April 29 | T.B.R.A Meeting in School Library 6:30-8:30 p.m. |

Registration for 2024-2025

If you haven't already done so, it's time to register for the next school year! That includes busing if you need it. Registering before the **Friday March 22nd deadline** will help us immensely in planning for next year both at our school and at the PSD Transportation department. Work is currently underway building bus routes for next year already.

Any applications received after the application deadline may not be processed in time for the first day of school. If your child does not have a valid bus pass for the 2024-2025 school year, they will not be able to ride the bus.

How do I get started?

Visit <https://powerschool.psd.ca/public/> and log into your parent account. Once inside the Parent Portal:

- Select your child's name in the blue bar at the top of the screen.
- Select the RSVP icon on the left side of the screen.
- Begin reviewing all of your current Student Information we have on file, and follow the instructions on the screen to navigate through the various tabs in the form (Student Info, Address, Contacts, Medical, etc.).

I can't remember my login for the PowerSchool Parent Portal.

If you aren't able to retrieve your login credentials using the "Forgot Username or Password?" link on the sign-in page, please contact the school directly for assistance logging in to the Parent Portal.

Parent Teacher Interviews

Parent teacher interviews are April 16th and April 18th beginning at 4:30 and ending at 7:30 p.m. You will have a choice of attending the interview either virtually on April 16th or in person on April 18th.

Each student will have one time slot available for their parent/s to attend a Parent Teacher interview. Please do not sign up for more than one interview spot with your child's teacher as spaces are limited to one spot per student. Please choose your format and your date and time.

Art Walk and Game Night

Please join us on April 4 for our Art Walk and Family Game Night from 6:00-7:30 p.m. We will also have the Indigenous Map set up in our small gym for parents to see.

Book Fair

The Scholastic Book Fair will take place during the week April 2-10. Students will be able to attend during their library block that week. The book fair will also be open during the evening of the Art Walk on April 4th from 6:00-7:30.

Online Safety Presentation

The Prescott Learning Centre School Council would like to extend an invitation to any interested community members to attend a presentation and discussion on the topic of Online Safety. Parkland RCMP Cst. and former School Resource Office Gord Marshall will share his experiences and provide useful strategies for parents and guardians for protecting children and young adults while online.

Where: Prescott Learning Centre, 340 Pioneer Road, Spruce Grove

When: Wednesday, April 3rd @ 7:00 pm

Who (can attend): The parents and guardians of children and young adults and any interested community members. No RSVP required, we hope to see you on the 3rd.

Provincial Achievement Tests for 2023-2024

The Government has just announced that Grade 6 English Language Arts and Literature (ELAL) and Mathematics Provincial Achievement Tests (PATs) will not be administered in the 2023/24 school year. Below is the update schedule for this year's Provincial Achievement Tests:

Monday, May 13

9 AM–10:20 AM

Grade 9 English Language Arts Part A

Grade 9 K&E English Language Arts Part A

Wednesday, June 12

9 AM–10:15 AM

Grade 9 English Language Arts Part B

Grade 9 K&E English Language Arts Part B

Thursday, June 13

9 AM–9:30 AM Grade 9 Mathematics Part(ie) A

Tuesday, June 18

9 AM–10:20 AM Grade 9 Mathematics Part(ie) B
Grade 9 K&E Mathematics

Wednesday, June 19

9 AM–10 AM Grade 6 Social Studies
9 AM–10:20 AM Grade 9 Social Studies
9 AM–10:15 AM Grade 9 K&E Social Studies

June 20

9 AM–10 AM Grade 6 Science
9 AM–10:15 AM Grade 9 Science
Grade 9 K&E Science

Update from your Parent Council

We hope everyone had a wonderful Spring Break! We want to extend our thanks to everyone that made our Spring Fling Family Dance a success - from our organizing committee, volunteers on the night of to everyone that attended - we could not have done it without you.

You're invited to our next meeting in the school library on April 23, 2024 @ 6:30pm - we hope to see you all there!

Thanks,
Sheila, Amy, Chantelle and Pam

The Boundary Ridge Association

Theboundaryridge@gmail.com

Sean, Pam, Amanda, Amy

Counsellor's Corner: How and Why to Get Children Moving

Amidst all the pressures of family life, exercise can feel like one more daunting item on the family to-do list. But encouraging children to move their bodies is important, not only for physical health, but for mental health and cognitive development, too. And now with spring slowly rolling in this is a great time to focus on adding exercise to your daily life.

Essential Benefits

Mental health

Physical activity has a small but significant effect on the mental health of children and adolescents ages 6 to 18, according to a review of 114 studies. On average, young people who exercise more have lower levels of depression, stress and psychological distress, and higher levels of positive self-image, life satisfaction and psychological well-being (Rodriguez-Ayllon, M.,

et. al., [Sports Medicine](#), Vol. 49, No. 9, 2019). Exercise may also protect children's mental health over time: One study found that 6- to 8-year-olds who got more exercise had fewer symptoms of major depressive disorder two years later (Zahl, T., et. al., [Pediatrics](#), Vol. 139, No. 2, 2017).

Behavior

Regular exercise can improve behavior, including those with behavioral health disorders like autism, attention-deficit/hyperactivity disorder, anxiety and depression. In a study of children with behavioral health disorders in Kindergarten through 10th grade, those who participated in a cycling program for 30-40 minutes 2 days a week experienced significantly better self-regulation and fewer disciplinary time-outs (Bowling, A., et. al., [Pediatrics](#), Vol. 139, No. 2, 2017).

Attention and academic performance

In the short term, children are better able to pay attention after they've been physically active, according to a review of research in children ages 6 to 12. And kids who are regularly active over the long term have better academic performance, on average (de Greeff, J.W., et. al. [Journal of Science and Medicine in Sport](#), Vol. 21, No. 5, 2018).

Cognitive development

Exercise and physical fitness are linked to better thinking skills. An analysis of studies in children ages 7 to 12 found regular exercise was linked to a small but measurable improvement in executive function, the set of skills used for learning, solving problems and self-control (Jackson, W. [Journal of Neurosurgical Anesthesiology](#), Vol. 28, No. 4, 2016). A review of research in children under age 5 also found preliminary evidence that physical activity may benefit cognitive development in early childhood (Carson, V., et. al., [Journal of Science and Medicine in Sport](#), Vol. 19, No. 7, 2016).

Establishing exercise habits

The Centers for Disease Control and Prevention (CDC) and the Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17) recommend children and adolescents get at least 60 minutes of vigorous activity daily. But don't despair if you're nowhere near that goal. "Moving around doesn't have to be an ambitious exercise plan," says Kimberly Guion Reynolds, PhD, ABPP, a pediatric psychologist at the Institute on Development and Disability at Oregon Health & Science University.

Here are seven strategies to get you started.

1. Stay safe.

It's important to move safely and you should also consider the risk of accidental injury. Make sure you're watching children around streets and driveways, and monitor them whenever climbing is involved.

2. Walk the walk.

Kids are more likely to exercise when they see caregivers being active. That doesn't mean you have to do the same activities as your child, but modeling physical activity is a really important motivator for kids and teens. You'll likely find it helps you, too. Instead of thinking of exercise as an extra thing you have to do, it can help to think of movement as one of the coping skills we can use.

3. Make it a family affair.

You'll all benefit--and probably get less push-back from kids---if you make exercise part of your family's routine. When taking a daily walk together is just something we do as a family, it becomes non-negotiable.

4. Find the hook.

Figure out what activities your child is most likely to enjoy. If you have competitive teens, make it a challenge to see who takes the most steps in a day. If your child loves music, find some dance videos to wiggle to. Exercise should be fun, especially for kids.

5. Consider rewards.

Rewards can motivate kids to move. Younger kids might be inspired by small daily prizes like stickers in exchange for active time. Older kids might benefit from working toward a weekly activity goal, with prizes like picking the film for movie night, or 30 minutes of extra screen time.

6. Start slow.

If your family isn't used to exercising regularly, start with small goals. Instead of forcing your kids to do an hour long exercise video, plan a few 10-minute breaks throughout the day to stretch or walk. As it becomes routine, you can increase the time and intensity.

7. Forget perfect.

Any movement is better than none, so don't throw up your hands if your kids don't achieve the recommended 60 minutes a day. We have to be realistic. The last thing we want to do is put pressure on ourselves to be perfect. We know any physical activity is helpful, so just do your best.

Resources

[How Can I Help My Child Be More Physically Active?](#), American Heart Association
[Ways to be Active](#), President's Council on Sports, Fitness and Nutrition

[Energy Out: Daily Physical Activity Recommendations](#), American Academy of Pediatrics

Bowling, A., et. al., [Pediatrics](#), Vol. 139, No. 2, 2017

Carson, V., et. al., [Journal of Science and Medicine in Sport](#), Vol. 19, No. 7, 2016

de Greeff, J.W., et. al. *Journal of Science and Medicine in Sport*, Vol. 21, No. 5, 2018

Jackson, W. *Journal of Neurosurgical Anesthesiology*, Vol. 28, No. 4, 2016

Rodriguez-Ayllon, M., et. al., *Sports Medicine*, Vol. 49, No. 9, 2019

Zahl, T., et. al., *Pediatrics*, Vol. 139, No. 2, 2017

POWWOW PRACTICE

APRIL 12 & MAY 10
6 - 8 PM

With dance instructor Mariah Dumont and
guest singers from Alexis Nakota Sioux Nation

LOCATION: PRESCOTT LEARNING CENTRE
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 50 GUESTS
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:
admin@skydancerindigenous.com



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Thank You
VOLUNTEERS
YOU'RE DOING A GREAT JOB!


PARKLAND
SCHOOL DIVISION

**NATIONAL
VOLUNTEER WEEK**
APRIL 14-20, 2024