

# Copperhaven School

## Newsletter



COPPERHAVEN  
COBRAS

May 1, 2024

### Principal's Message

One of the key areas which are a cause of concern in schools is the use of cell phones. While cell phones have many positive uses and I for one cannot imagine living without mine, they can also be a source of problems in the school setting: social media negative influences, reduction in social interactions, negative peer relationship issues, learning environment distractions and the list could go on. The Government of Alberta wants to hear from Albertans about how students should use cellphones in schools. Please take a moment to share your opinion on this serious matter by completing the survey before it closes on May 3, 2024.

[Cell phone use in Schools Survey](#)

**Linda Simmonds**

### Dates to Remember

May 2	Support Staff Appreciation Day Spring Concert 6:30-7:30
May 6	Bus Driver Appreciation Day
May 13	Grade 9 ELA Provincial Achievement Test Part A (a.m.)
May 14	Grade 7 - 9 School Track Meet (rainout day May 16)
May 17	Professional Development Day - no school for students
May 21	Victoria Day - school closed
May 23	Grade 4 - 6 School Track Day (rainout day May 27)

### Provincial Achievement Tests for 2023-2024

The first of the Provincial Achievement Tests to be administered this year will be:

Monday, May 13	
9 AM–11:00 AM	Grade 9 English Language Arts Part A
9 AM–10:20 AM	Grade 9 K&E English Language Arts Part A

### Try-Me Try-Athlon

Parkland School Division's annual Try-Me Try-Athlon will take place on Friday, June 7, 2024.

Online registration for the [8th Annual Try-Me Try-Athlon](#) opens on May 10. Hope to see a group of talented Copperhaven students participating!

### Getting Your Teen to School Presentation

Westview School is having a presenter speak on "getting your teen to school" and has opened it up to any parents who would like to attend. Attached is a link for any parents that may be interested in this learning opportunity. Please let the school know if you are planning to attend so that we can pass along numbers of attendees to assist Westview School with their planning.

[Trouble Getting Your Teen to School?](#)

### **Addition to Copperhaven School**

Two modular classrooms will be added onto Copperhaven School over the summer adding two new classrooms onto the east side of the school. See the [news item on our website](#) for more information.

### **Update from your Parent Council**

Please join School Council for our last meeting of the year on May 21, 2024 in the School Library. We would love to welcome old and new faces to the conversation!

Share your love for the staff as we approach the end of the school year! We would love to be able to flood our staff with happy and kind appreciative thoughts to wrap up the school year! Appreciation can be shared here: <https://bit.ly/copperhavenstaff>

Thanks,  
Sheila, Amy, Chantelle and Pam

### **The Boundary Ridge Association**

We are extremely excited for the recent installation of the second gaga pit at the school. This was made possible by a generous donation by a family who wishes to remain anonymous. To them we send a huge thank you for the support and the extremely kind gesture to the school and students.

We are also excited for the large Zoom twist that will be installed soon between the two gaga pits. Keep an eye out for some security fencing that will surround the site during installation during the coming weeks.

We are looking at ways to get some trees planted around the school. If you have any ideas or leads on companies that may be able to help us by either donating trees or maintaining trees as they get established, please reach out to us.

TBRA will be holding a Pizza 73 pizza day on Tuesday, May 14th. Your children should have brought home pizza order forms. You can also order them online using the link <https://copperhaven.fundraiserorders.com/admin/>

Our next meeting will be held May 30 at 6:30 in the school library. It would be great to see some new faces and get some input as we wind down the school year and look at what we can accomplish next year. Our AGM will be in September so if you are interested in joining TBRA please come to the meeting to see what we do.

[Theboundaryridge@gmail.com](mailto:Theboundaryridge@gmail.com)  
Sean, Pam, Amanda, Amy

### **Counsellor's Corner: Mental Health Awareness: The Importance of Conversation**

With mental health awareness week coming up May 6-12, 2024, it is fitting to have a conversation about mental health. In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. By age 40, about 50% of the population will

have or have had a mental illness. In terms of Canadian youth, approximately 20% are affected by a mental illness or a mental health disorder and only 1 in 5 children receive appropriate mental health service.

However, mental health isn't just about having or not having a mental illness. Our well-being is affected by all aspects of our lives, and that, in turn, affects how we experience life, work, and time with our loved ones. Now, the conversation is more critical than ever. In 2021, the prevalent feeling was languishing. Research found that more than 55% of workers weren't mentally ill, but they weren't thriving either

As the pandemic has brought physical health to the centre stage in an unprecedented way, it's time to look at the other major components of well-being. The conversation around mental health awareness has never been as public, as prevalent, or as important. After all, building awareness is a critical ingredient to learning how to care for your mental health and that of your children

What is Mental Health Awareness?

So what does mental health awareness mean, and how do you promote it? Mental health awareness is the ongoing effort to reduce the stigma of mental illness and mental health conditions by sharing our personal experience. Often, because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated. Mental health awareness is an important social movement to both improve understanding and increase access to healthcare.

How can Mental Health Awareness Help?

Mental health awareness is critical to promoting mental health treatment and behavioural health. It's a necessary and foundational conversation for changing to a more proactive model of mental health.

Right now, we only fill our tanks when they're "empty." Developing our awareness helps us start to recognize the signs and symptoms when we're feeling "off" — just as we do with physical illness.

Here are four important benefits of mental health awareness:

1. Helps you understand your symptoms

Sometimes, there is magic in having a diagnosis. Despite the stigma around the term, it's simply a shorthand for a collection of symptoms that occur together.

Especially with mental health conditions, which are difficult to pinpoint — and sometimes impossible to find — on a test, a diagnosis can be incredibly validating. It can help people feel less alone and make it easier to find treatment. Pay attention to your symptoms. For example, you might feel like your mental health worsens with social media use.

2. Starts a conversation

Mental health awareness is an ongoing conversation, but up until recently, it's only been had in whispers. But because a common feature of many moods and anxiety disorders is distorted thinking, talking about it can actually be immensely therapeutic.

Building a support network and speaking with a licensed mental health professional is critical to alleviating symptoms of many mental health conditions.

Unfortunately, stigma creates silence. It also makes it difficult to ask for support at work or in other environments that might be made more challenging by a mental health diagnosis.

### 3. Better education

It's crucial for caregivers, employers, parents, family members, and loved ones to understand the impact that mental health has on daily life. However, while mental health conditions can make daily life more difficult, they also don't have to prevent you from having a fulfilling and engaging life.

When the people in your life understand and prioritize mental health care, it makes it easier to take the actions you need to do to take care of yourself and thrive.

### 4. Promotes mental fitness

Many of us have fallen into the trap of thinking of mental health as solely related to mental illness. However, it's possible to have a mental health condition and be mentally fit, and the absence of a mental health condition doesn't necessarily ensure mental fitness.

Expanding our understanding of mental health issues and wellness to incorporate mental fitness, a proactive approach to emotional health, well-being, and cognitive agility. It allows us to live life with more purpose, clarity, and passion. Reducing the stigma around mental health is an important step to embracing mental fitness.

#### 3 Tips to Promote Mental Health Awareness

How can individual people, especially non-clinicians, make a difference in promoting mental health awareness? A big part of it is learning to talk and share about mental health openly.

When we are quiet about mental health and fitness, we allow stigma to continue. That silence makes it harder for people to prioritize their own mental well-being

Here are several ideas to promote mental health awareness within your community.

#### Speak up for yourself

How often do you see someone take a mental health day? And how often do you see them being honest about it? Many of us feel like our physical well-being is more important than our mental well-being.

We take a day off when we're sick, but not when we're feeling emotionally drained or exhausted. The next time you take time off, be honest with your team that you're taking the time for your mental well-being.

When you participate in self-advocacy for your mental health, you're empowering others to do the same. You'll likely inspire others to do the same.

Learn more about mental health

Take the time to learn about mental health and mental fitness. But beyond that, learn how to differentiate the two. Learn about common mental health conditions, signs of burnout and how to take care of yourself when you're experiencing symptoms.

It can be helpful to keep an eye on your own warning signs to know when you're starting to get triggered or overwhelmed. If you find resources that may benefit others, share them with those around you.

Why is Mental Health Awareness so Important?

Mental health isn't just a conversation for people dealing with mental health disorders. It impacts our social, emotional, physical, and cognitive well-being.

Unfortunately, many people don't receive the treatment that they need because of the stigma associated with mental health. Some don't even realize that treatment is available. When these people suffer quietly, they feel lonely and disenfranchised. We miss out on their brilliance.

Every year in Canada approximately 4500 people die of suicide, which is equivalent to 12 people dying by suicide every day. For every person lost to suicide, many more experience thoughts of suicide or make attempts. Suicide is the second leading cause of death among youth and young adults aged 15-34. In Canada, suicide disproportionately impacts Indigenous peoples; the rate of suicide among First Nations is three times higher than among non-Indigenous Canadians, and nine times higher among Inuit. The mortality rate due to suicide among men is three times the rate among women, but girls and young women are three times more likely than men to harm themselves and be hospitalized from self-harm.

Every suicide is a tragedy. Death by suicide comes at a high cost. Not only does it warrant financial losses it's, more importantly, devastating for the survivors of the person who died.

We never truly know how our actions impact another person, but if raising awareness can save a life, it is a truly worthwhile endeavor.

Additional Mental Health Resources

You don't have to do it alone. Organizations and resources are here (and waiting) to help. Lean on the mental health providers below for support — or pass them along to a loved one who might be struggling.

- Call the Distress Line 780-482-4357 (HELP)
- Call Child and Adolescent Mental Health Services 780-342-2701
- Access 24/7 Addictions and Mental Health (adults) 780-424-2424

As always, consult your doctor or trained mental health professional as well. It's important to keep your medical team informed of how you're feeling. Your overall health and well-being is critically important.

[CLICK HERE](#) for PSD's May Stronger Together Newsletter



# Educational Assistants

APPRECIATION DAY



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SCHOOL DIVISION



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PARKLAND  
SCHOOL DIVISION



School Bus Driver  
APPRECIATION DAY

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