

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

June 1, 2024

Principal's Message

So much is happening as we wind down to the last 4 weeks of another school year. Read on to learn about all of the great things we have planned for the month of June!

Linda Simmonds

Dates to Remember

June 1	Parent Access to PowerSchool marks disabled until end of June
June 7	School Custodian Appreciation Day Copperhaven's Got Talent Show
June 11	K-3 Field Day Family Picnic 12:00-12:45
June 12	Grade 9 LA Provincial Achievement Test (PAT)
June 13	Grade 9 Math Part A PAT
June 14	Evergreen Theatre show for K - 4 students
June 17	K-3 Field Day (alternate day if we get rained out June 11) Family Picnic 12:00-12:45
June 18	Grade 9 Math Part B PAT
June 19	Grade 6 Social PAT Grade 9 Social PAT
June 20	Grade 6 Science PAT Grade 9 Science PAT
June 21	National Indigenous People's Day
June 27	Students Last Day of School School Wide Student Breakfast 9:15 a.m. Grade 9 Farewell Ceremony 11:00

Copperhaven's Got Talent

Copperhaven's talent show will be live-streamed on our [YouTube channel](#). The show will start at approximately 2:30, so please ensure you are hitting refresh around this time if the video is not immediately visible. Thank you to our volunteer, Mr. Kumar, for making this possible.

Copperhaven Family Picnic

On June 11, we invite parents to join their children for an outdoor picnic lunch at the school. Parents may arrive at 12:00 to meet their child/ren outside of the students' regular exit doors. Parking in the bus transfer site is permitted over the lunch break. You can set up a blanket anywhere in our outdoor space and eat lunch with your child/ren. You bring the lunch, we provide the children! Lunch eating will run from 12:00-12:45 and will be followed by outdoor recess with our usual bell calling students back inside at 12:40.

Test Drive

Students will spend about an hour in the next year's grade in the morning of June 24th. The students may be regrouped to even out numbers. The class they spend time in will not necessarily be the homeroom grouping or the teacher of next year. Our goal is to give students an opportunity to have a sneak peek at the next grade.


Last Day of School Activities


On June 27 we will host our Copperhaven Year End Breakfast (9:15 a.m.). We will serve breakfast to all of our students to celebrate our last day of school. Teachers will be sending more information home through classroom communication, including a request for any dietary restrictions. Please respond directly to your child's teacher. (KA/KC will have their breakfast on June 26 in their classrooms).

Grade 9 Farewell Assembly and Lunch will be taking place on June 27 beginning at 11:00 a.m. Grade 9 parents are welcome to attend the assembly and presentations. A lunch will be served in the gym for our grade 9 students following our "Clap Off-Send Off" walk.


Parents of Grade 9 Students

NEW TO HIGH SCHOOL PARENT & STUDENT NIGHT

 **JUNE 12, 2024**

 COME AND FIND OUT ALL ABOUT YOUR NEXT FEW YEARS AT SGCHS!

Large Gym
1000 Calahoo Rd
Spruce Grove, AB

 7:00 - 8:00

Try-Me Try-Athalon

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!

Update from your Parent Council

We had a great year, having wrapped up our meetings for the year on May 21st. Thank you to everyone that came out to meetings and helped to support our school! Our next meeting, which will be our Annual General Meeting, is scheduled for September 17, 2024. If you are interested in learning more about School Council, please reach out!

Staff Appreciation:

Get your words of praise and appreciation in before the end of the year! Let your teachers know how much they mean to you! <https://bit.ly/copperhavenstaff>

Emotional De-Escalation Presentation:

We are so excited to announce a presentation on June 19, 2024 at 6:30pm by Sue Huff. This promises to be a great presentation giving everyone who attends an excellent tool to support big emotions. The focus of the workshop is: to teach you how to help someone quickly de-escalate an overwhelming emotion to return to a more rational, flexible, and receptive state of mind.

RSVP: <https://forms.gle/D7a9piwrKaNLFp6R8>

We can't wait to see you at the presentation and back again in the fall!

Sheila, Amy, Chantelle and Pam

Thanks,

Sheila, Amy, Chantelle and Pam

Counsellor's Corner: Taking Care of Your Child's Mental Health this Summer

Who doesn't love summer? Longer sunny days, outdoor activities, cottaging and camping, sports, social events, and relaxing and enjoying life. And for students, no homework. What could be better?

Summer trouble

For some children and young people who live with mental health concerns, summertime can be challenging. The disruption in routine and a loss of structure can affect anyone. But young people who live with anxiety, depression, eating disorders, attention deficit hyperactivity disorder, or other health concerns can be seriously affected. Changes in sleep and eating habits can have big impacts. Less structured days can lend themselves to spending too much time online and can aggravate an unhealthy attachment to social media.

Students may feel the loss of socializing with friends and peers during the summer break. Their health status might prevent them from participating in some social activities. Some may be hampered by finances, limiting their ability to participate in things that interest them. It's not uncommon for young people to avoid some kinds of activities because of the discomfort they feel about their physical appearance. All of these challenging situations can lead to isolation, loneliness, and poor mental health.

Tips for summertime wellness

Simple but effective ideas to help anyone maintain their mental wellness during the summer:

- Go outside and get plenty of fresh air
- Adopt or keep up a schedule of regular exercise
- Eat a nutritious diet and regulate your eating schedule
- Get enough sleep
- Stay in touch with friends
- Keep up with medication as prescribed
- Maintain therapy or counseling sessions
- Limit the time spent on social media and screen time
- Join a summer camp, volunteer, or get a job
- Get involved with social activities on a regular basis, such as sports, cultural activities, or hobby clubs

Summertime can be one of the most relaxing and enjoyable times of the year. Embrace these healthy habits and let the sun shine in!

Click [HERE](#) to see the Parkland School Division Stronger together Newsletter



The banner features a blue header bar at the top. Below it, on a yellow background, is the Parkland School Division logo on the left, which consists of a stylized 'S' and 'D' in blue and green. To the right of the logo, the text 'Stronger Together' is written in a large, bold, blue font. Below this, in a smaller black font, is the description: 'A monthly newsletter with information to help you and your family navigate your child's educational journey.' A green horizontal bar contains the text 'JUNE 2024' in white, bold, uppercase letters. At the bottom of the banner, in a smaller black font, is the text: '**stay tuned this summer for our first ever summer editions of the Stronger Together Newsletter**'