

Copperhaven School

Newsletter



COPPERHAVEN
COBRAS

September, 2024

Principal's Message

Welcome everyone to the 2024-25 school year! What an amazing start up we have had at Copperhaven with over 730 students currently enrolled. We have many new staff and students in our building this year, and we thank you for joining us at our Meet the Staff night held August 29th. It was great to see and meet so many of you. A big shout out to Mrs. Chessor for organizing our Scavenger Hunt!

Our focus for this school year is on Kindness. Our school will be recognizing students for acts of kindness throughout the school day and celebrating at the end of every week with a draw for a prize.

September brings many opportunities for students to explore their passions through extra curricular activities including Choir, Band, Cross Country Running, and Volleyball. Students should watch our daily announcement slideshow for practice and tryout times. We are also excited to offer our Fine Arts programming and Career and Technology Foundation (CTF) courses to our Jr High students.

I would like to invite you to become involved in your child(ren)'s schooling by attending our first School Council Meeting of the year which will be held September 17th at 6:30pm in the library.

We appreciate your feedback. Please call, make an appointment to meet, or send us an email - we would love to hear from you.

Michelle Visscher - Principal Copperhaven School



**Copperhaven Administrative
Team 2024-25**

**Mrs. Miners - Assistant
Principal and Inclusive
Education Lead K-5**

Mrs. Visscher - Principal

**Mrs. Chessor - Assistant
Principal and Inclusive
Education Lead 6-9**

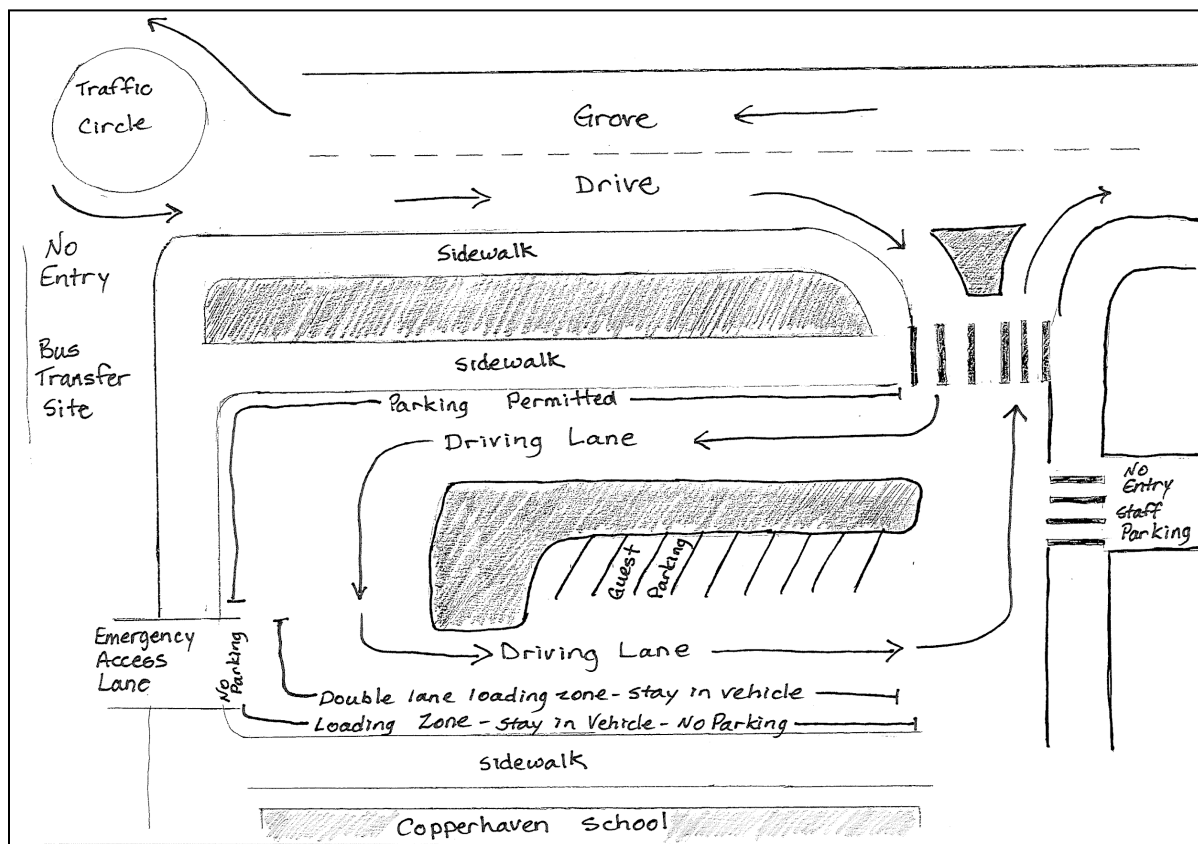
Dates to Remember

September 13	Terry Fox Run/Walk
September 17	Picture Day - Kindergarten and Grades 1-4
September 17	School Council Meeting 6:30pm (Library)
September 17	Boundary Ridge Association (<i>Fundraising</i>) Meeting 8pm (Library)
September 18	Picture Day - Kindergarten and Grades 5-9
September 19	Cross Country Run (hosted by Woodhaven School)
September 20	PD Day (No School for Students)
September 26	Cross Country Run (hosted by Duffield School)

Stay informed of key dates by subscribing to the [calendar](#) on our website.

Parking Lot

Thank you for your patience at drop-off and pick up times. We ask that you are mindful of the traffic flow and drop off lanes as outlined in the map below. Please note that the front of the school provides one loading zone lane and one drop off lane. Drivers MUST remain in vehicles in the drop off lane. We recognize everyone's time is valuable, and our guidelines and supervisors are present to ensure student safety is first priority.



Staff List

Elementary		Junior High	
Mrs. Krystal Theriault	Kindergarten KA	Ms. Sam Clarke-Davies	Grade 7C
Mrs. Candice Masse	Kindergarten KC/KD	Ms. Chelci Cholin	Grade 7A
Mrs. Shannon Mercer	Grade 1A	Mr. Mitchell Chodzicki	Grade 7B
Mrs. Jasslyn Smok	Grade 1B	Mr. Andy Goodspeed	Grade 8A
Mrs. Jennifer Couch	Grade 1C	Mrs. Shannon Lillywhite	Grade 8B
Ms. Marina Tronsgard	Grade 1D	Mrs. Rebecca Rolfe	Grade 9A
Mrs. Brogan Groves	Grade 2A	Mr. Cody Schiltroth	Grade 9B
Ms. Sydney Melnyk	Grade 2B	Specialists	
Mrs. Crystal Adams	Grade 2C	Mr. Rich Presseau	PE Director
Mrs. Holly Gilchrist	Grade 2D	Mr. Mark Loge	Music
Mrs. Crystal Doll	Grade 3A/4A	Mme Jessie Krefting	FSL
Mrs. Paris Evans	Grade 3B	Ms. Angela Maidens	Counselor
Ms. Kirby Jensen	Grade 3C	Ms. Amy Wolodko	Library Tech
Ms Jordan Kause	Grade 4B	Office Staff	
Mr. Daylan Toszczak	Grade 4C	Mrs. Carolyn Velichko	Head Secretary
Mrs. Jennifer Vierboom	Grade 4D	Mrs. Stacey Sockman	Secretary
Mr. Colin Jones	Grade 5B	Mrs. Michelle Visscher	Principal
Mrs. Hailee Goulet	Grade 5C	Mrs. Donna Miners	Assistant Principal
Ms. Kelly Weatherbee	Grade 5D	Mrs. Erin Chessor	Assistant Principal
Mrs. Lindsay Heemeryck	Grade 6A	Custodial Staff	
Mrs. Erin Awe	Grade 6B	Ms. Diane Martin	Custodian
Mrs. Kathy Kennedy	Grade 6C	Ms. Gloria Shessel	Custodian

Support Staff			
Mrs. Armstrong	EA Support	Mrs. Stewart	EA Support
Ms. Bauman	EA Support	Mrs. Szoo	EA Support
Mrs. Campbell	EA Support	Ms. Wiens	EA Support
Mrs.Chida	EA Support	Mrs. Noel	EA Support
Mrs. Jaeger	EA Support	Ms. Romaniuk	EA Support
Mrs. Melenna	EA Support	Mrs. Schell	EA Support

Bell Schedule 2024-25

8:45	Supervision Begins
8:55	Welcome Bell, Announcements
9:00 - 9:40 am	Block 1
9:40 - 10:20 am	Block 2
10:20 - 10:30 am	Daily Physical Activity/Snack
10:40 - 11:20 am	Block 3
11:20 - 12:00 am	Block 4
<i>11:50am - 12:20 pm</i>	<i>Lunch Recess K-5; Lunch Eating 6-9</i>
<i>12:20pm - 12:50 pm</i>	<i>Lunch Recess 6-9; Lunch Eating K-5</i>
12:50 - 1:30 pm	Block 5
1:30 - 2:10 pm	Block 6
2:10 - 2:25 pm	Recess
2:25 - 3:05 pm	Block 7
3:05 - 3:45 pm	Block 8
3:45 pm	Dismissal Bell
3:45 - 4:00 pm	Supervision

School Fees

[School Fees](https://powerschool.psd.ca/public/home.html) will be added to your child's Powerschool account in the upcoming weeks. Fees can be paid with a credit card online through the PowerSchool Parent Portal at <https://powerschool.psd.ca/public/home.html>. In Powerschool, you can also see any fees that are added, such as Play Parkland, Sports teams fees etc, as well as your account balance.

Updated Code of Conduct

We encourage families to visit our website to familiarize themselves with our updated [Code of Conduct](#). This document provides guidance around student expectations along with technology guidelines and discipline policies.

Addition to Copperhaven School

The two modular classrooms being added to the East side of the school continue to be worked on by our facilities department to be ready for students. Thank you for your patience with landscaping around this area. For student safety, exterior access should only be on the West side of the school (including drop off times) as there is fencing and equipment on the East side of the school.

Update from your School Council

Welcome to another school year, we can't wait to see what this year brings!

Our School Council is ready to support the school community for another year with our first meeting on September 17, 2024, we meet at 6:30pm in the school library. This meeting will also be our Annual General Meeting, where we will be electing our executive members for the following positions: Chair, Vice Chair, Secretary, Communications Officer, and Fundraising Liaison. Everyone is welcome to attend school council meetings without volunteering for an executive position - meetings are a great way to learn what is happening in the school and the broader division. If you would like to learn more about School Council, meetings, or executive positions, please reach out copperhaven.scchair@partner.psd.ca.

Join school council to:

- Support your Child
- Meet the Community
- Be an Advocate
- Assure Progress
- Be an Agent of Change
- Feel Connected
- Be Part of a Team
- Make New Friends
- Have Impact

Last year we started two new committees - Staff Appreciation and Special Events; we look forward to building on these this year!

Show your staff your appreciation: <https://bit.ly/copperhavenstaff>

Sincerely,

Copperhaven School Council: Sheila, Amy, Chantelle and Pam

Follow us on Social Media:

<https://www.facebook.com/copperhavenschoolcouncil>

<https://www.instagram.com/copperhavenpc/>

The Boundary Ridge Association

We are excited for the start of another school year! If you haven't already, please follow us on Facebook and Instagram. Search The Boundary Ridge Association, to keep up to date with our news and announcements.

We would like to invite everyone to our first meeting and AGM on Tuesday September 17th in the library directly after the School Council meeting (approximately 8:00pm). We will be voting in our executive for the new school year. If you are interested in helping out, or putting your name forward for a position please join us. The positions include President, Vice President, Secretary, Treasurer, and possibly others if there is enough interest shown.

If you have any questions feel free to email us at theboundaryridge@gmail.com.
Sean, Pamela, Amanda and Amy.

Bite to Eat (Hot Lunch Program)

Bite To Eat is excited to begin another year of hot lunch service to Copperhaven students. Deliveries will be on Fridays, beginning on September 13th. Everyone will need to register for a new account even if you ordered last year. Your **access code is BITE**, all in capital letters. Visit bitetoeat.ca to place your orders. If you had a credit from last year, it will automatically be posted to your account when you register with the same email address. Any questions or concerns, please contact us at info@bitetoeat.ca.

Pets at School

Part of a healthy community is encouraging families to walk/bike/ride to school. Often families choose to bring furry friends along for the fun, and we love the enthusiasm and joy pets bring. We ask that if you have a pet with you, that you keep the pet to the perimeters of crowded areas and/or consider the pet remaining at home. This allows us to ensure safety for students and pets during busy drop off and pick up times. Thank you for your understanding and consideration.

Counsellor's Corner:

Coping with Back to School Anxiety

Anxious feelings are normal and expected in children and teens returning to school, changing schools, or for first-timers starting kindergarten. This transition can be stressful and disruptive for the entire family.

In the days leading up to school, your anxious child may cling, cry, have temper tantrums, complain of headaches or stomach pains, withdraw, plead or bargain, and become irritable or angry.

Worries are Common. Anxious children and teens worry about many different school-related issues, such as teachers, friends, fitting in, and/or being away from their parents. Some common worries include:

*Who will be my new teacher and what if s/he is mean?
Will any of my friends be in my class?
Are my clothes OK?
Will I look stupid?*

*Who will I sit with at lunch?
What if I miss the bus?
What if math is too hard for me?
I can't remember anything I learned last year!
What if something bad happens to mom or dad while I am at school?*

Although it is normal for your child to have worries, **it is crucial to have your child attend school**. Skipping school will only increase your child's fears because s/he never gets a chance to find out if his/her worries are valid. Furthermore, when children and teens stay home because of anxiety, they miss:

- Valuable opportunities to develop and practice social skills
- Important chances for success and mastery
- Being acknowledged and praised for talents
- Fostering close friendships with classmates
- Learning basic skills like reading, writing, and mathematics

5 Steps To Deal With Back-to-School Worries

STEP 1 TAKE CARE OF THE BASICS:

Ensure your child is getting enough sleep, eating regular meals and healthy snacks and has daily exercise. When your child's mind and body are nourished, tackling school worries is easier. Plus, your child will be more likely to listen to you, and cope better when you insist on school attendance, if s/he has had a good night's sleep and a decent breakfast.

STEP 2 PROVIDE EMPATHY:

Listen to your child's concerns. *What is s/he worried about? Why does s/he expect that to happen?* Let your child share his/her fears and talk about what's on his/her mind. There may be good opportunities to simply listen to your child when you are in the car, standing in line at the store, at bath-time or during dinner. For some kids and teens this "casual" method of talking feels less intense and makes it easier for them to express themselves. For others, a private time with undivided attention feels better.

STEP 3 PROBLEM SOLVE:

Once you know what's bothering your child, you can start to develop a coping plan. Anxious youth are often poor problem solvers and doubt their ability to cope. Addressing your child's fear head on, by creating an active plan with concrete solutions, will significantly reduce the worry. For example, *"If (the worst) happens, what could you do?"* or *"Let's think of some ways you could handle that situation."* This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations.

STEP 4 FOCUS ON THE POSITIVE ASPECTS:

Once you have an understanding of what your child is afraid of, and a coping plan to address these fears, you can encourage your child to re-direct attention away from the worries towards the positives. Ask your child, *"What are three things that you are most excited about on your first day of school?"* Most kids can think of *something* good, even if it's just eating a special snack or

going home at the end of the day. Chances are the fun aspects are simply getting overlooked by repetitive worries.

STEP 5 PAY ATTENTION TO YOUR OWN BEHAVIOR:

For parents of younger children or children starting at a new school, it can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and calm you can model, the more your child will believe s/he can handle this new hurdle. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don't reward your child's protests, crying, or tantrums by allowing him/her to stay home. Instead, in a calm tone, say: *"I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it."*

First Day Fun



**Kindness
Assembly - Mr.
Loge and student
leading O Canada**