

# Copperhaven School Newsletter



## Message from Administration October, 2024



September brought us some incredible opportunities to reconnect with the community and learn in authentic and intentional ways.

We would like to thank the many volunteers who have been in the building supporting learning and enhancing our welcome back activities. Please see our photo section at the end of the newsletter for some of these events.

As we begin the 2024-25 school year, we would like to draw your attention to our [Development Plan](#). This plan outlines our focus and goals for the year. Many of the baseline assessments in reading, writing and math set the stage for our school goals and allow us to program effectively for all students while ensuring academic growth and success for all.

During the week of September 23rd - 27th, Copperhaven students participated in learning activities centered on Truth and Reconciliation. This is one example of our Development Plan in action in relation to *Outcome 4: Students and staff build community, promote equity and foster diversity*. For more information on the Day for Truth and Reconciliation, please use [this link](#).

Student Leadership has been evident at Copperhaven School throughout these past weeks. We want to celebrate some incredible examples of student commitment to community including:

- Grade 7-9 CTF students volunteering as classroom helpers
- Jr High students volunteering to assist with reffing and scorekeeping during volleyball games
- Weekly buddy classes which allow older students to support learning and act as role models for younger students

To support a safe and caring environment, Parkland School Division has several processes in place to both support students and address threatening behaviour. We encourage the community to be aware of the Violent Threat Risk Assessment process, posted to our [website](#).

We welcome your feedback and would love to hear from you. Please reach out by phone, email or book a time to meet with us. You may also provide feedback through our [Share a Thought](#) survey on our website.

**Michelle Visscher - Principal Copperhaven School**

### Upcoming Dates

September 30	National Day of Truth and Reconciliation - No School
October 2	Beginning Band First Practice
October 3	Cross Country Run @ High Park
October 4	World Teachers Day
October 7	Custodial and Maintenance Appreciation Day
October 10	Cross Country Run @ Meridian Heights
October 10	World Mental Health Day
October 11	PD Day - No School for students
October 14	Thanksgiving Monday - No School
October 17	Cross Country Run @ Prescott School
October 21	Canadian School Library Day
October 22	Pizza Lunch offered by TBRA (Fundraising Association)
October 23 & 24	Parent/Teacher Interviews 4:30pm-7:30pm
October 24	Picture Retakes (morning)
October 31	Halloween Activities

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

### Play Parkland

Play Parkland begins this month for Grades 3-6. Please be sure to read information coming from your child's homeroom teacher about dates, times, equipment and/or volunteer helpers needed. This program addresses curricular outcomes in Physical Education using the activity spaces at the Tri-Leisure and Aerials Gymnastics. Please reach out to your child's teacher if you have any questions. Fees for Play Parkland have been added to PowerSchool accounts.

### School Fees

[School Fees](#) 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 Sports teams fees etc, as well as your account balance.

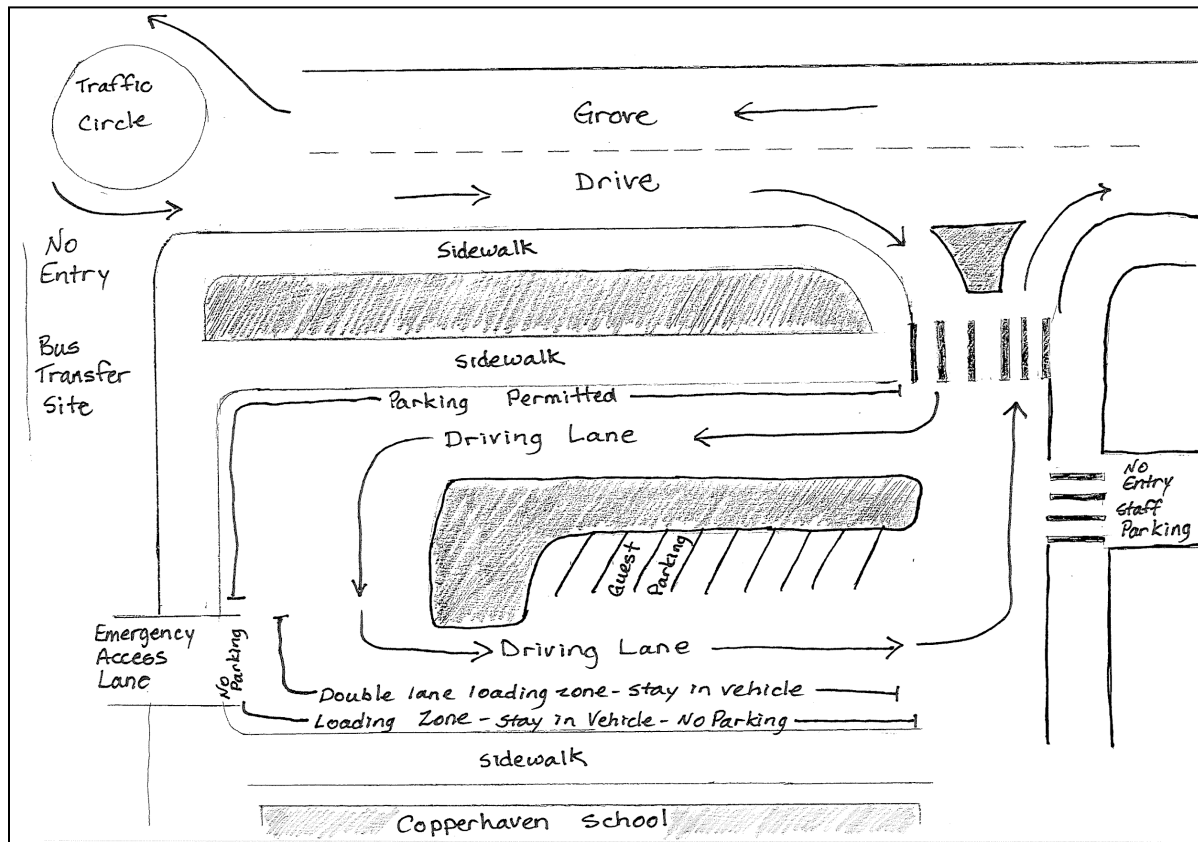
### Individual Care Plan - Medication at School and Pre-Existing Medical Conditions

If your child requires medication during the school day, it is Division Policy that a signed consent form be completed in advance. Contact the office for a form or further information. All medication brought to school must be kept at the office, and will only be accepted in the original clearly labeled bottle/box. Only prescription medication will be dispensed at the office. Please ask the pharmacist for a second labeled bottle to be kept at school, if needed. Students that may need an Epi-Pen are required to supply an Epi-Pen for storage in the school office and the required forms must be completed. **Medication (including Epi-Pens) cannot be kept in student backpacks or lockers.**

## 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.

**Please note that there is no parking at any time on Grove Drive.**



## Grade 9 Off-Site Privileges

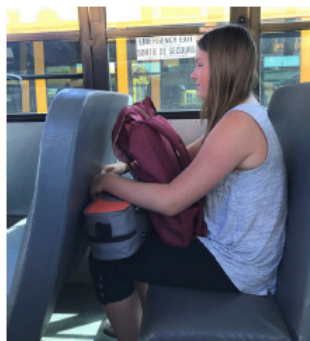
At Copperhaven School, Grade 9 students are granted off-site privileges over the lunch hour (11:50am-12:50pm). It is required that students have written permission from a parent/guardian to leave school campus during this time. Students are expected to display positive citizenship and social responsibility during these off campus times. Students are able to arrive back at school at 12:50pm, as earlier arrivals impact supervision posts and attendance procedures. Behaviour choices which do not align with the school code of conduct will result in privileges being revoked.

## Student Transportation Guide

The Parkland School Division Transportation Guide can be found [HERE](#). Please note specific items that are not able to be transported by bus.

### CARRY-ON ITEMS

Carry-on items are permitted on school buses; however, space is at a premium and safety is top priority. The maximum allowable dimensions for approved carry-on items is 33 x 33 x 59 centimetres (13x13x23 inches) and items must be able to fit on the lap of the student. All loose items must be in a sealed bag/case. Items blocking aisles or emergency exits on a school bus are in violation of Alberta Transportation regulations and are not permitted.



Larger items that cannot be adequately secured and stored are considered to be hazardous, as they could seriously harm someone in the event of sudden acceleration or a collision.

According to Alberta Transportation and the National Safety Code Standard 10, large unsecured items are not permitted and must be transported in a separate vehicle.



#### Carry-on items that are allowed on the bus

- Skates (skate guards on, inside a sealed bag which meets the above allowable dimensions)
- Small musical instrument (meets allowable dimensions—flute, clarinet, alto sax, trumpet)
- A certified and registered guide animal



#### Carry-on items that are not allowed on the bus

- Hockey or ringette sticks, golf clubs, snowboards, toboggans, scooters, longboard skateboards, or any other large item that may interfere with the safety and comfort of any student on the school bus
- Large musical instrument (tuba, tenor saxophone, guitar, drums, French horn or trombone)
- Any kind of animals other than a certified and registered guide animal

To see if your child's bus is running on time, you can use the [Transportation Bus Status Page](#) for updates.



## Athletics

### Cross Country

**Coaches:** Mrs. Goulet and Mrs. Weatherbee

**Races:** Thursdays beginning at 4pm

See the [school calendar](#) for specific dates.



### Volleyball

**Coaches:**

Ms. Melnyk - Jr Girls

Mrs. Evans - Sr Girls

Mr. Presseau - Sr Boys

Mr. Tosczak - Jr Boys

- Great news as Copperhaven formed four Volleyball Teams this year, Sr/Jr Boys & Sr/Jr Girls
- All four teams will participate in up to 6 regular season games and two tournaments this season
- Junior B teams for the Gr. 5 & 6 students will start in November during lunch recess time

## School Council Update

### School Council Executive 2024-25

Chair - Sheila Monteith

Vice Chair - Amy Campbell

Secretary - Kim Ross

Fundraising Liaison - Pam Clendinning

Communications Director - Vacant

*If you would like to learn more about the communication position, please reach out*

*[copperhaven.scchair@partner.psd.ca](mailto:copperhaven.scchair@partner.psd.ca).*

### Meeting Schedule 2024-25

October 15, 2024

November 19, 2024

January 21, 2025

February 18, 2025

March 18, 2025

April 15, 2025

May 20, 2025

*All meetings begin at 6:30pm in the Library*

We are looking for anyone interested in joining our Staff Appreciation and Special Event committees. Come to our next meeting to hear more about what may be in store this school year, or reach out via email or social media if you are interested in joining one of these committees.

Remember to show your staff your appreciation: <https://bit.ly/copperhavenstaff>

Sincerely,

Copperhaven School Council: Sheila, Amy, Kim and Pam

*Follow us on Social Media:*

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

## The Boundary Ridge Association (Fundraising) Update

The TBRA has picked up steam this year thanks to all of our new coordinators! Our next meeting will be October 22 at 6:30 pm in the school library, come out and join our team!

### **We are happy to welcome our new and returning members:**

President: Amy Campbell  
Vice President: Pamela Clendinning  
Treasurer: Allison Acorn  
Secretary: Kim Ross

### **Directors:**

Event Coordinator: Nesreen MacDonald  
Specialty Hot Lunch Coordinator: Jason and Kim Ross  
Raffle Coordinator: Jennifer Brooks  
Apparel Coordinator: Ryan and Lindsey Guenther  
Communications/ Social Media Coordinator: Amanda Reimer

We will have our first Pizza 73 day on October 22. Forms will be coming home on Tuesday the 1st, so keep your eyes peeled. They will need to be returned by October 10th.

Last year we purchased our *Witches Hat* for the playground and it has been a huge hit. We also added trees to the back field and they are looking fantastic.

Contact us with any questions by email @ [theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com) or on Facebook/Instagram under The Boundary Ridge Association and @theboundaryridgeassociation respectively.

## 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. 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](http://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](mailto:info@bitetoeat.ca).



## Here's Why Screens Bring Out the Worst in Your Kid

If you notice behaviour problems when your kid spends a lot of time on screens, you're not alone. Here's why this is happening.

Letting your young children use the iPad first thing in the morning may seem like a great idea at first. I've done it myself in the morning to reward my children for getting ready quickly and to encourage more of the behaviour. I'd let my kids watch a video or play a game for a few minutes before heading out for the day. However, it became really tough to get out the door because they became very irritable when asked to turn off the iPad and listening went downhill quickly. I tried countdown style warnings but despite my best efforts they were just very focused on the iPad. I ended up just stopping iPad use in the morning. I know many of you may have had similar experiences trying to tear your children away from screens.

I am not alone in linking screen time to problematic behaviour in kids. A study by researchers at the University of Alberta published in April found that five-year-olds who spent two or more hours a day on a screen were five times more likely to be reported by their parents as exhibiting symptoms of ADHD when compared to their peers who were on screens for 30 minutes or less. Piushkumar Mandhane, an associate professor of paediatrics at the University of Alberta who led the study, is quick to clarify that, "Screen time doesn't cause ADHD." Instead, parents of screen time-heavy kids were more likely to label their children as hyperactive and inattentive, behaviours commonly associated with ADHD.

Another paper, published in the journal *Paediatrics* in August, found a similar link: researchers at the CHEO Research Institute in Ottawa found kids who use screens more than recommended (and who do not sleep enough) were more likely to act impulsively and make poorer decisions.

Sheri Madigan, an assistant professor of psychology at the University of Calgary and the Canada Research Chair in Determinants of Child Development has also studied screen time. Although her work is mostly focused on how it affects childhood development, not behaviours, her team commonly heard from parents about how difficult it is to get their children off a screen without a fight. In Facebook groups and mommy circles parents report tantrums, whining and general bad attitudes related to their kids' time on screens. Screen time can even seem to trigger aggressive behaviour.

While screens can be beneficial teaching tools that have been linked to fostering everything from empathy to literacy and problem-solving skills—and there's no denying that they've made long-distance travel a whole lot more bearable—their growing presence means parenting around them has become increasingly challenging. What is it about screens that's bringing out the worst in our kids?

### The link between screens and behaviour

The exciting nature of screen time can trigger the release of dopamine, a feel-good neurotransmitter that makes us associate screens with pleasure and therefore something we want to spend more time with. And while pretty much all screen content is intended to capture your attention, some products, like video games, with their impressive graphics and reward-based stories, appeal much more to that dopamine rush. When the games stops, so does the dopamine release and for some individuals this can result in irritability.

Time spent in front of a screen is also time your kids are not spending engaged in other activities, many of which minimize behaviour problems. For example, Mandhane's research found a correlation between amount of screen time and sleep—kids who watched more than two hours of TV a day were 64 percent less likely to get the recommended 10 hours of sleep compared to those who were on a screen for 30 minutes or less. It's no secret that lack of sleep can lead to tired, cranky kids who are more likely to exhibit undesirable behaviour.

Also losing time to tech is exercise and while that can lead to some obvious physical health concerns, it can also impact behaviour. Exercising outside is a really good way to preserve mental health, decrease anxiety and lift the mood.

When screens displace other activities and interactions it can also increase the potential for “missed opportunities.” For example, too much time on the tablet, a generally solitary activity, may result in a kid missing out on valuable caregiver interactions that model and teach emotional regulation. Without those skills, a child might be quicker to anger, become frustrated or shut down.

## Regulating around screens

Increasingly, screens aren't just something parents have to worry about at home or when visiting a friend's house—we now find screens everywhere from doctor's offices to museums. And it's easier than ever to give a whiny kid your phone so that you can finish that restaurant meal or shopping trip in peace.

All of this adds up to screen time exposure that parents should be tracking, adding another task to your already busy life. It also means you may find yourself pulling your kid away from a screen multiple times in a day, setting the stage for a meltdown.

Due to their still-developing brains, transitioning away from almost any activity can be difficult for many children, particularly toddlers and preschoolers whose sense of self and desire for autonomy is rapidly developing. When that activity is as fun and exciting as screen time, that change can be extra-hard, especially if it seems to the child that the transition is coming from nowhere. If you just suddenly shut the TV off, you're more likely to get some kind of behavioural protest.

As well, the higher cognitive skills, the ones that tell us, 'Oh I've watched enough, I should turn it off,' just aren't there in young children. Those important self-regulation skills generally only start to develop between ages eight and 13, with some kids struggling with them through their teens.

## What can a parent do?

It's hard to know how to handle screen time in your home, when even expert bodies can't agree on what an appropriate amount of screen time is. Earlier this year, Britain's Royal College of Paediatrics and Child Health released guidelines on screen time for the first time, but left limits largely up to families, stating “evidence is weak for a threshold to guide children and parents to the appropriate level of screen time.” To arrive at this conclusion, the society analyzed the abstracts of 940 different studies that focused on the impact of screen time on kids' mental and physical health.

In contrast, the World Health Organization's review of dozens of screen time studies led it to announce in April its own guidelines of zero hours for kids under two and one hour or less for kids two to four. This advice is similar to that given by the Canadian Paediatric Society, with recommendations of one hour maximum for kids two to five and zero hours for those under two.

For many families, unwanted behaviours that are being spurred on by screen time can be reduced by being more mindful about how everyone is interacting with their tech.

I recommend that all households create a family media plan that establishes boundaries around screen time, including where and when they can be used. A few foundational rules should include no screens during meals or an hour before bedtime and to avoid having them on as consistent background noise.




Before the screens get turned on, discuss exactly how long they'll stay on and what content they'll be airing. If need be, consider setting a timer as an "objective" party. Just make sure that if your kid is doing something, like playing a game, that requires a wrap-up period, you factor in some time for that.

Once those boundaries have been set, enforce them. Consistency helps children know what to expect. When, day after day, you turn off the screen at the agreed upon time, it doesn't come as a surprise to the child and you may see fewer behavioural outbursts as a result.

You might also find yourself cringing at your kid's behaviour because they are imitating actions and words they're exposed to on screen. A way to mitigate that is to practice co-viewing. When you see things that are unrealistic or anti-social, prompt the discussion about it. I encourage parents to keep a close eye on content in order to minimize the chance that your child will be consuming materials that don't match your values.


### Stronger Together Newsletter

Each month, Parkland School Division's Student Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. Each month we will provide you with information about mental health and ways we can work together to support your family. For the latest addition click [here](#).



**World Teachers' Day | October 5**

**To all of our  
amazing  
teachers,  
THANK  
YOU!**



**PARKLAND  
SCHOOL DIVISION**



# THANK YOU

for being the heart of our facilities.

**Custodial & Maintenance Workers Appreciation Day | October 7**



# Celebrating literacy and our dedicated library staff.

**Canadian School Library Day | October 21**

# TERRY FOX RUN





# Why an orange shirt?



Orange is the colour of the shirt that was taken from 6-year old Phyllis Newstad on her first day of residential school.

Orange Shirt Day is intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters."