

Copperhaven School Newsletter



Message from
Administration
January 2025



Welcome to 2025!

We would like to thank everyone who was able to celebrate student talent at our winter concerts. The students did a spectacular job singing, playing instruments, and showcasing their skills. A big shout out to Mr. Loge for his efforts in supporting students from Grades K-9! Another shout out to Mrs. Armstrong and all of our teachers for their work behind the scenes on concert days.

A reminder that our first formal report card will be live to families on January 30th, 2025. If you have any questions we encourage you to reach out early in the new year. Ongoing student assignments can be viewed through Powerschool. Families can access Powerschool either through the Powerschool App or by clicking [here](#). Additional information regarding Powerschool may be found [here](#). *Please note that Powerschool will not be accessible from January 20th - January 30th as teachers input report card comments.*

A special thank you to our Copperhaven community for supporting the [12 Days of Giving Food Drive](#). We were able to send many necessary items to the Parkland Food Bank to support those in need. Thank you to Mrs. Masse and Mrs. Theriault for organizing this event.

If you have suggestions on how we can improve, please call, email, or book a time to meet in person. We welcome your feedback in support of your children.

Michelle Visscher - Principal Copperhaven School

Upcoming Dates

Jan 21	School Council Mtg @ 6:30pm
Jan 22	Educational Assistant Appreciation Day
Jan 28	Tiny Homes CTF Showcase
Jan 30	Report Cards Live in Powerschool
Jan 31	PD Day - No School for Students
Feb 6 & 7	Teachers' Convention - No School for Students
Feb 13	Carnaval de Copperhaven
Feb 14	PD Day - No School for Students

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

Provincial Achievement Test Schedule

As you may know, students in Grades 6 and 9 across Alberta write Provincial Achievement Tests (PATs) in Language Arts, Mathematics, Science, and Social Studies. With the introduction of a new curriculum in **Science** for Grade 6, this subject will *not have* a PAT in June 2025.

Additional information can be found in the [Grade 6 Parent Guide](#) or the [Grade 9 Parent Guide](#).

MAY 2025

DATE	TEST	TIME
Wed, May 28	Gr 6 English Language Arts Part A	9 - 11 AM
Thurs, May 29	Gr 9 English Language Arts Part A Gr 9 K&E English Language Arts Part A	9 - 11 AM 9 - 10:20 AM

JUNE 2025

Thurs, June 12	Gr 6 English Language Arts Part B Gr 9 English Language Arts Part B Gr 9 English Language Arts K&E Part B	9 - 10 AM 9 - 10:15 AM 9 - 10:15 AM
Fri, June 13	Gr 6 Math Part A Gr 9 Math Part A	9 - 9:20 AM 9 - 9:30 AM
Tues, June 17	Gr 6 Math Part B Gr 9 Math Part B Gr 9 K&E Math Part B	9 - 10:10 AM 9 - 10:20 AM 9 - 10:20 AM
Wed, June 18	Gr 6 Social Studies Gr 9 Social Studies Gr 9 K&E Social Studies	9 - 10 AM 9 - 10:20 AM 9 - 10:15 AM
Thurs, June 19	Gr 9 Science Gr 9 K&E Science	9 - 10:15 AM 9 - 10:15 AM

Save the Dates!

May 1	Copperhaven Spring Concert
June 26	Final Report Cards Live in Powerschool
June 26	Last Day of School for Students
June 26	Pancake Breakfast - Whole School
June 26	Grade 9 Farewell (more details shared closer to the date)
June 27	PD Day - No Students Attend

Community Feedback

Parkland School Division and Copperhaven School are committed to growth and learning. We are also committed to engaging with our community on behalf of the students we serve. We strive for parents/guardians and various stakeholders to be involved in order to create a more wholesome education planning process. That eventually develops a Division and our individual schools' education plans. Think of '[Share A Thought](#)' as a 'How are we doing?' check-in. The Share A Thought survey will be available on our [website](#) throughout the year.



2025-26 Calendar

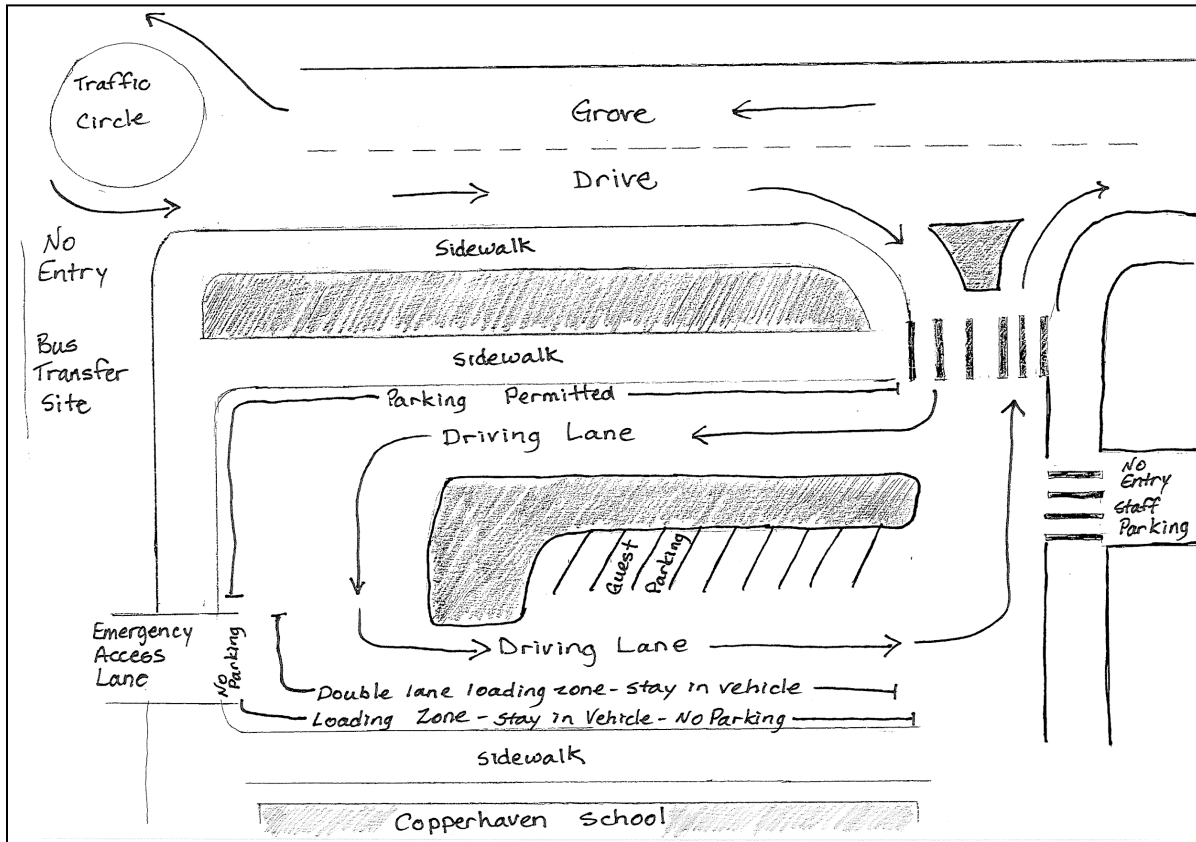
The 2025-26 PSD calendar has now been approved. Please see this [link](#) for next school year's calendar.



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 and loading zone.** 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 2
Gingerbread
Houses



Athletics

Basketball

We have formed both Sr. & Jr. teams for both boys & girls. Practices and initial seeding games are in full swing.

Coaches:

- TBD Sr. Girls
- Miss Tronsgard Sr. Boys
- Mrs. Evans Jr. Girls
- Mr. Presseau Jr. Boys



Our Sr. Boys had a very successful preseason tournament coming in 2nd place only losing by 1 point.

For more information please contact Mr. Presseau rich.presseau@psd.ca

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. In this month's issue, there is information about upcoming events for 2025. For the latest addition click [here](#).

Music News

CHOIRS

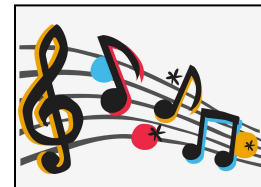
Choirs will begin rehearsing our first week of school in January during lunch recess - 11:50-12:20.

Grade 2-3 students interested in singing in the Copperhaven Junior Choir will have their first practice on Thursday Jan. 9. The Junior Choir rehearsal schedule will be DAY 1 & 3.

Students in grades 4-6 interested in singing in the Copperhaven Senior Choir will have their first practice on Friday Jan. 10. The Senior Choir rehearsal schedule will be DAY 2 & 4. More detailed information will be handed out at the first rehearsal of each choir.

SAVE THE DATE

Copperhaven Spring Concert - Thursday May 1, 2025



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.

Upcoming Meetings:

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 hope everyone had a joyous and restful holiday break! We want to thank the parents that volunteered to bake and provide goodies for the holiday treats our staff appreciation committee provided to staff before the break - we know they are greatly appreciated by the staff and we could not have done it without all the wonderful volunteers!

As we look forward into 2025, we invite parents to join us at future council meetings - our next one is on January 21, 2025.

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>

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

The Boundary Ridge Association (Fundraising) Update

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

Bite to Eat (Hot Lunch Program)

To access the Copperhaven Hot Lunch program, please use this link: [Hot Lunches - Copperhaven School](#)





To all of our
Educational
Assistants,
**Thank
YOU!**

Educational Assistants Appreciation Day | January 22

Counsellor's Corner *Ms. Maidens*

While we may think of low mood or other challenges as adult problems, they can affect people at any age. Children and teens can experience mental illnesses like depression. Sometimes it can be difficult for adults to understand how difficult children's problems can be because we look at their problems through adult eyes. But the pressures of growing up can be very hard for some children. It's important that we remind ourselves that while their problems may seem unimportant to us, they can feel overwhelming to young people. It's important to take depression in young people seriously.

What is depression?

Depression is a type of mental illness called a mood disorder. Mood disorders affect the way you feel, which also affects the way you think and act. With depression, you may feel 'down,' hopeless, or find that you can't enjoy things you used to like. Many people who experience depression feel irritable or angry. And some people say that they feel 'numb' all the time.

Recognizing depression in young people can be more difficult than recognizing depression in adults because young people experience so many changes. You may wonder what is 'normal' and what might be a problem. Also, many children and teens may not want to talk about their feelings, or may have their own explanation for their experiences. However, you may still notice the following changes.

Changes in feelings: Your child may show signs of being unhappy, worried, guilty, angry, fearful, helpless, hopeless, lonely, or rejected.

Changes in physical health: Your child may start to complain of headaches or general aches and pains that you can't explain. They may feel tired all the time or have problems eating or sleeping. Your child may unexpectedly gain or lose weight.

Changes in thinking: Your child may say things that indicate low self-esteem, self-dislike or self-blame—for example, they may only talk about themselves negatively. They may have a hard time concentrating. In some cases, they may show signs that they're thinking about suicide.

Changes in behaviour: Your child might withdraw from others, cry easily, or show less interest in sports, games, or other fun activities that they normally enjoy. They might over-react and have sudden outbursts of anger or tears over small incidents.

Some of these changes may be signs of mental health problems other than depression. It's important to look at the bigger picture: how intense the changes are, how they impact your child's life, and how long they last. It's particularly important to talk to your child if you've noticed several changes lasting more than two weeks.

Who does it affect?

Depression often starts between the ages of 15 and 30, but it can affect anyone—even teens and younger children. While we don't know exactly what causes depression, many factors are likely at play. These include family history, personality, life events, and changes in your child's body. Certain medications and physical illnesses can also contribute to depression.

What can I do about it?

Depression is very treatable. Children, teens, and adults can all recover from depression. For children and teens in particular, early treatment is important so they can get back to their education and other goals as quickly as possible.

Support for a young person who experiences depression may come from several different people and places. Your family doctor is often the first place you start, but you may also find support through people like psychiatrists, psychologists, counsellors, social workers, or peer support workers. Many communities offer programs that support healthy children and build social connections—these are also helpful in preventing depression.

Schools are also an important place for all children. Many schools offer programs that build skills, resiliency, and support. If you're concerned about your child's health, teachers and school counsellors can describe changes they've seen or problems they've noticed during the school day. If your child is diagnosed with a mental illness, your child's school may make small changes to support your child's learning goals. Many schools offer counselling or referrals to community services.

Counselling and Support

Many children start with counselling like cognitive-behavioural therapy (or 'CBT'). CBT teaches people how their thoughts, feelings, and actions work together. It also teaches skills such as healthy thinking, problem solving, and stress management. CBT has been widely adapted for different groups and different situations, and it's also useful to prevent depression.

Self-care strategies to stay well are important for everyone. This includes eating well, exercising, spending time with others, and making time for fun activities. Ask your care team for ideas. They can also recommend programs or services in your community that support healthy living.

Support groups may also be helpful. Support groups are an opportunity to share experiences and learn from others. There are also groups specifically for caregivers and family members.

Medication

Your child may also be prescribed an antidepressant if other options don't seem to help. This is a group of medications used to treat depression and other mental illnesses. The decision to use medication can be complicated, especially if your child is young. Medications can be helpful for some children, but there may be extra risks to consider. It's important to have an honest discussion with your doctor so you know what to expect. Most professionals will consider medication for children under the age of 18 as a second option to other approaches, like counselling.

How can I help the entire family?

It is important to recognize your own feelings about your child's depression. Many people feel guilty or frustrated when a loved one is diagnosed with a mental illness, and this can affect family relationships. It can also be difficult to cope with your child's unhappy feelings.

Many of the strategies that help your child can help the entire family. Family counselling can give everyone an opportunity to share their experiences and help you develop strategies that take care of the entire family's well-being. Support groups can connect you with other caregivers who are supporting a loved one. And, of course, wellness strategies at home are helpful for everyone.

It's best to be honest with siblings and other family members about a child's illness. That way, your child has several sources of support and understanding.

Do you need more help?

A great place to start is to contact your child's pediatrician or family doctor or to speak with your child's school counsellor as both are good resources to connect you to the services that your child may need.

Here are some online resources that may be helpful:

<https://kidsnewtocanada.ca/mental-health/depression>

<https://www.kidthink.ca/depression-in-children/>

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=ty4640>

<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1001856>

[Photo Gallery](#)







Community News



OFFICIAL LANGUAGES PROGRAMS
PROGRAMMES DE LANGUES OFFICIELLES

EXPLORE +

*An immersive French-language learning summer program
for 13- to 15-year-old students*



A 19- to 21-day summer program for 13- to 15-year-old students who are looking to learn or improve their French through cultural, social, and travel experiences.



I've fallen deeply in love with the French language and the Québécois culture! This was a very beautiful experience.

Krista, Alberta



ENGLISHFRENCH.CA



OLP.PLO.Canada



OLP_PLO_Canada



OLP_PLO_Canada



OLP_PLO_Canada



OLP_PLO_Canada



OFFICIAL LANGUAGES PROGRAMS
PROGRAMMES DE LANGUES OFFICIELLES

EXPLORE

*An immersive French-language learning summer program
for 13 to 15 year-old students*

WHAT IS EXPLORE?

A 19- to 21-day summer program for 13- to 15-year-old students who are looking to learn or improve their French through cultural, social, and travel experiences.

WHERE?

Opportunities are available across Canada!
*Visit EnglishFrench.ca for the most up-to-date session information



WHEN?

Summer

WHAT COSTS ARE COVERED?

- **ALL** tuition fees, lodging, and meals
- Instructional materials
- Workshops and cultural activities

WHAT WILL IT COST ME?

- **FREE** to **APPLY**
- Registration fee (non-refundable; due on acceptance to the program)
- Travel to and from the program
- Optional cultural activities
- Personal spending money (for snacks or souvenirs, etc.)
- Other program-related fees may apply depending on the host institution

WHERE WILL I STAY?

You will live on campus or with a host family.

WHO IS ELIGIBLE?

- Canadian citizens, permanent residents (those studying in Canada on a student visa are not eligible)
- All language levels welcome
- Learning groups will be assigned according to language proficiency level, so that you can learn and practise with confidence!

FUNDED BY THE GOVERNMENT OF CANADA