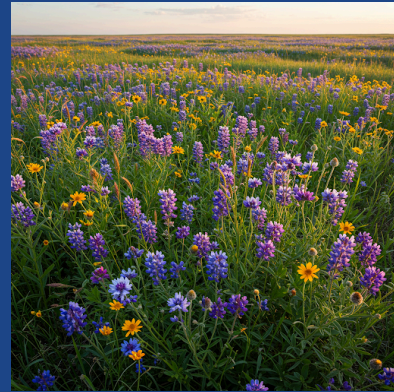


# Copperhaven School Newsletter



Message from  
Administration  
May 2025



May 5-11, 2025 ► [MentalHealthWeek.ca](https://MentalHealthWeek.ca)

**There's  
more  
to me.**



**Open and honest  
conversations connect us all.**

[#UnmaskingMentalHealth](https://UnmaskingMentalHealth)

May 5th - 11th is Mental Health Week, supported by  
[Canadian Mental Health Association](https://CanadianMentalHealthAssociation)

This year's theme: **Unmasking Mental Health**

*Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel.*

*This **May 5-11**, we're encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.*

At Copperhaven School, students and staff will be learning about positive ways to support our mental health and helping reduce stigma by participating in [Hats On! for Mental Health](https://HatsOn!forMentalHealth) on Wednesday, May 7th.

*Michelle Visscher - Principal Copperhaven School*

## Upcoming Dates

May 1	Choir Spring Concert @ 6:30pm
May 6	Pizza Day - organized by TBRA
May 7	Hats On! For Mental Health
May 9	Jr High Track and Field Day @ Copperhaven
May 15	Grade 5 & 6 Track and Field Day at Copperhaven
May 15	Family Games Night 6pm-7:30pm
May 16	PD Day - No School for Students
May 19	Victoria Day - No School
May 20	Zone 1 Track Meet
May 20	Rainbow Trout Release @ Chickakoo Lake
May 21	Grade 3 & 4 Field Day
May 30	Learn-a-thon - organized by TBRA
June 25	Family Picnic and Kindergarten Celebration
June 26	Final Report Cards Live in Powerschool
June 26	Last Day of School for Students & Pancake Breakfast
June 26	Grade 9 Farewell
June 27	PD Day - No Students Attend

## Try-Me Try-Athlon

Date: **Friday, June 6, 2025**

Times:

- **9:15am-10:00am** Check-In and Kit drop-off
- **10:00am-** Warm up and Walk-through with colour group
- **10:30am** -Try-Athlon Begins

Location: **Stony Plain Outdoor Pool and surrounding area** ([5210 55th Ave, Stony Plain](#))

Registration opens: **Tuesday, May 6, 2025**

For details and registration information click [here](#).

*This event is facilitated by PSD and not a school field trip. If your child is participating, please remember to report their absence using our [website](#).*

**Parents/guardians are responsible for transporting their child to and from the event.**



### Art Walk and Family Games Night

May 15th from 6:00 - 7:30 pm we will be hosting our annual Copperhaven Art Walk and Family Game Night. Families are invited to come to Copperhaven to play board games and to view the amazing artwork that was included in the Celebration of Visual Arts. All students attending must be supervised by a parent or guardian. We will have a variety of games available and are looking forward to seeing you there!

### 2024-2025 Yearbook

You can order your 2024-2025 Yearbook with the link below for \$21.00.

Link: <https://products.edgeimaging.ca/yearbooks/order/PHQ>



### Free Session for Families: Youth and Social Media



This discussion will include topics such as : Parental Controls, Impact of Social Media on Mental Health, Acronyms, Slang, Emojis, Criminal harassment, Bullying and Extortion and more

WHEN: Monday May 12th 2025 6:00 PM - 7:30 PM MST

WHERE: Parkland School Division - Division Office 4603 48 Street Stony Plain, AB T7Z 2A8

[Register Here](#)

## 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. For the latest addition click [here](#).

## 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



## Athletics

### Badminton

Badminton teams have now been selected and the season is underway! Thank you to our dedicated coaches!

#### Coaches:

- Miss Tronsgard
- Mrs. Couch
- Mr. Fearon (Student Teacher)

### Track and Field

In May and June, students in grades 4-6 and 7-9 will participate in school based and divisional track meets. Information will be shared directly with these grade levels via classroom teachers.

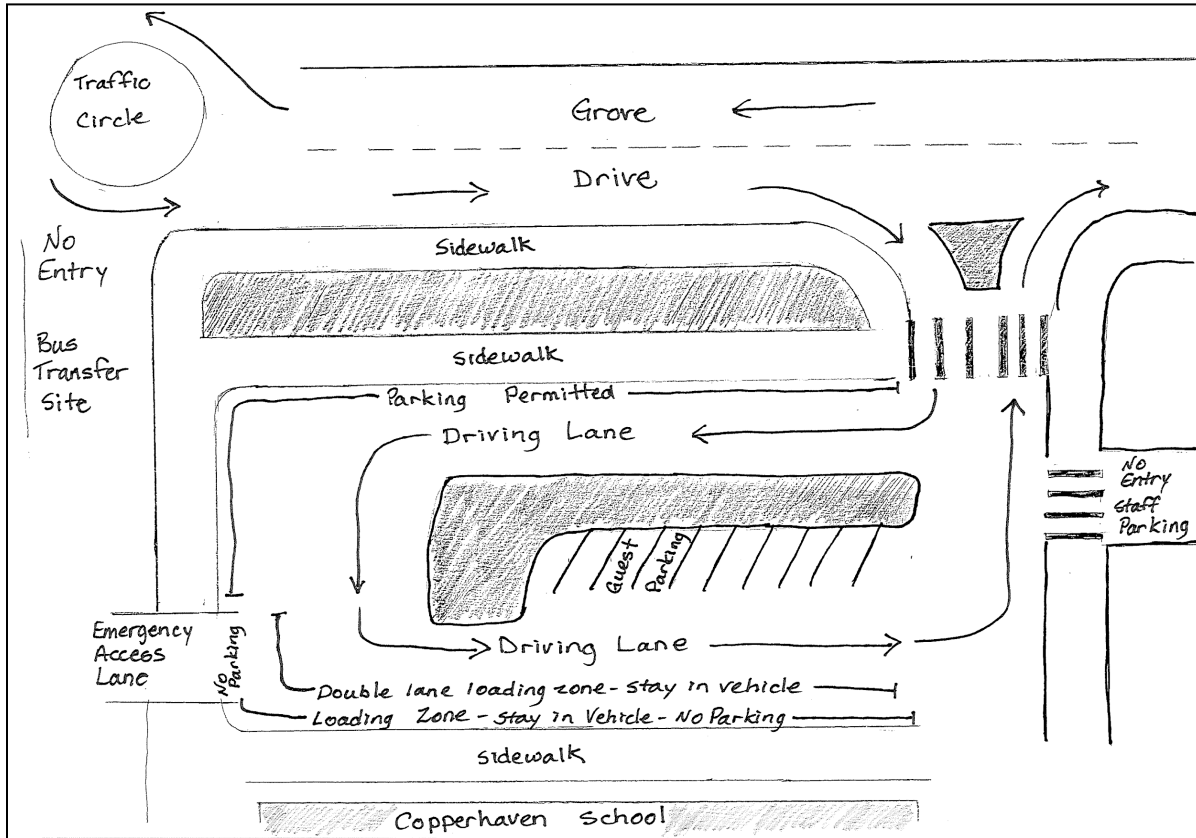
For more information please contact Mr. Presseau: [rich.presseau@psd.ca](mailto:rich.presseau@psd.ca)



## 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 and No Parent Parking/Drop Off in the Staff Parking Lot.**



### Bite to Eat (Hot Lunch Program)

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



### School Council Update

#### **School Council Executive 2024-25**

Chair - Sheila Monteith

Vice Chair - Amy Campbell

Secretary - Kim Ross

Fundraising Liaison - Pam Clendinning

#### **Upcoming Meetings:**

May 20, 2025

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

Council invites you to join us for our last meeting of the year. It has been an amazing year so far and we invite all parents and guardians to come hear about the amazing things happening in our school.

Sincerely,

Copperhaven School Council: Sheila, Amy, Kim and Pam

Sheila Monteith, Chair Copperhaven School Council

*Follow us on Social Media:*

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

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

### The Boundary Ridge Association (Fundraising) Update

The Boundary Ridge will be running a read-a-thon fundraiser in May. Information will be sent home in the coming weeks. If there are any local businesses that would like to donate prizes please reach out to us at [theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com), it would be greatly appreciated.

The zoom twist will be replaced; a new one has been ordered, we are awaiting delivery.

We are very excited to announce that in the 2025/2026 school year we will be adding a day to our hot lunch program, this means there will be hot lunch offered twice a week. Stay tuned for details on the date.

We also run a fundraiser with Write On Stationary to order school supplies directly through them, delivered right to your house. We are in the process of getting the supply list for the 2025/2026 school year uploaded. Once everything is up and running we will provide a site address to log in and place your orders.

As always, if you have questions or concerns please reach out to us at

[theboundaryridge@gmail.com](mailto:theboundaryridge@gmail.com)

Amy, Pam, Allie, and Kim

### Mental Illnesses in Children and Youth

**Mental Health Awareness week** is May 5-11 this year and with that I felt it was important to address mental illness in children and youth. Kids and teens are constantly changing. They grow up quickly and before you know it, your giggly, energetic toddler is a teenager who sleeps until noon. As we grow, it's normal to change as we learn new things and our bodies transform into our adult selves. But with all these changes going on, how can we tell which changes are normal? At what point should we start worrying that our child's tantrums or teenager's mood swings are more than just "growing pains?" It can be hard to tell. The truth is, for many kids, these sudden changes aren't just a part of growing up—they're symptoms of a mental illness.

What is it?

Mental illnesses are surprisingly common in children and youth. Many mental illnesses—between 50% and about 70%—show up before the age of 18, so they can have a huge impact on a child's development. Mental illnesses can affect how well kids do in school and how they form relationships with other kids and adults. Mental illnesses, if not treated early, can be disruptive enough to a kid's normal development that it can affect them for the rest of their lives.

Below are some common mental illnesses that affect children and teens:

- Anxiety disorders are the most common illness to affect children and youth. About 6% of kids experience an anxiety disorder at some point. Anxiety disorders can cause kids to be extremely afraid of things or situations to the point that it interferes with daily life.
- Attention-deficit/hyperactivity disorder (ADHD) affects just under 5% of children at any given time. ADHD makes it very difficult for kids to focus their attention. A child with ADHD is also more impulsive and harder to settle down than other children.
- Conduct disorder affects about 3% of children. It leads children to be extremely aggressive and destructive toward other people, pets or property. They may also seem like they don't care about important but basic rules, such as by doing things like regularly skipping school or running away from home.
- Depression is a mood disorder that shows up most often during the teenage years. Depression can affect a child or youth's attitudes and emotions, making them feel unusually sad or irritated for more than two weeks at a time.
- Psychosis is a condition that involves loss of contact with reality. It affects 3% of the total population but most often appears later in adolescence and early adulthood. It can be seen on its own or with many of the illnesses mentioned in this info sheet.
- Bipolar disorder is a mood disorder that may affect up to about 1% of young people. It usually starts during the teenage years, but in rare cases, it may be seen in younger children. Bipolar disorder can cause a young person's moods to change back and forth between extremely high moods, called mania, and extremely low moods, called depression.
- Eating disorders are less common in young children, but the risk increases with age. Anorexia affects up to 1% of young males and females aged 15-24, and bulimia affects up to 3% of young people in Canada. Eating disorders involve a distorted body image along with seriously harmful behaviours to manage food and weight, making it difficult to nourish oneself properly.
- Schizophrenia affects about 1% of the total population, and usually shows up between the ages of 15 and 25. Schizophrenia makes it hard for people to think and speak in an organized way. It can also cause people to lose touch with reality.

- Suicide often goes alongside a mental illness. Suicide continues to be the second leading cause of death among 15 to 24 year-olds, after motor vehicle accidents. Suicidal thinking or attempts are also common. A BC survey found that in one year, 5% of youth had made a suicide attempt and 12% seriously thought about suicide.

Who does it affect?

Just as with adults, mental illnesses can affect kids and teens from all family types and cultural backgrounds. Kids and teens in certain situations, though, can be at higher risk for mental illnesses and may also face additional barriers to getting help. Some of these situations include:

- Young people with a family history of mental illness
- Young people who've gone through a major life change such as moving to a new city or new school
- Young people who have faced or witnessed trauma, including abuse
- Young people with substance use problems

Could my child have a mental illness?

It can be hard to tell the difference between normal changes as a child grows, and the symptoms of mental illness. Has your child:

- Shown sudden changes in their behaviour? (e.g., an active child becomes quiet and withdrawn or a good student suddenly starts getting poor grades)
- Suddenly changed their feelings? (e.g., a child may show signs of feeling unhappy, worried, guilty, angry, fearful, hopeless or rejected)
- Started avoiding places or situations that others don't routinely avoid?
- Recently complained of physical problems like frequent headaches or stomach aches, problems eating or sleeping, or a general lack of energy?
- Started suddenly keeping to themselves?
- Started to use (or is using more) alcohol or other drugs, especially when alone?
- Shown signs that they're having trouble coping with regular activities and everyday problems?
- Shown little regard for the feelings or property of others?
- Expressed terror or disgust over their weight, or changed how they eat, in unhealthy ways?
- Started making odd or repetitive movements beyond regular playing?
- Deliberately hurt themselves or talked of suicide?

If your child is showing one or more of these changes, and it's impacting their daily life, the best thing to do is talk to them about how they're feeling and then talk to your family doctor to rule out other explanations. Then, it's important to connect to other supports in the school and community. Keep in mind that all talk of suicide must be taken seriously.

What can I do about it?

Unfortunately, only one in four kids and teens in Canada who need mental health treatment can get it. There are many reasons for this. Parents and caregivers can have mixed feelings about getting their children help for their mental illness. They may worry about being blamed for their child's change in behaviour, or they worry about what treatments may be tried. Mental illnesses can be frightening, and many people worry what others will think if they talk about their experiences. The good news is that mental illnesses can be treated successfully, and early treatment can help reduce the impact of a mental illness on your child's life. The kind of treatment that works best for your child will depend on your child's needs. Talk to your doctor to learn more about the different options.

**Counselling**

- Cognitive-behavioural therapy—Helps young people recognize and change thinking patterns and behaviours that are not good for their mental health
- Family therapy—Can help you look at what you can do as a family to help your child through their mental illness, and manage behaviours.
- Interpersonal therapy—Helps young people to feel more comfortable interacting with others.
- Educational interventions—Can help your child by teaching them ways to manage the time in the classroom.

### Medication

There many different types of medications that are being prescribed to kids including medications for mood, for anxiety, for psychosis, and for ADHD. If you aren't comfortable with your child taking medications, then express your concerns to your doctor. They can explain which medications, if any, would be right for your child and go over the benefits and risks of medications with you. For young people, medications are usually not the first type of treatment considered. If they're suggested, they are usually meant to work in connection with other treatments or supports.

### Support Groups

- For teens, groups of others who've gone through or are going through what you're going through (sometimes called peer support groups)
- Groups for family members of someone with a mental illness, including children, to meet other families in similar situations

### COPPERHAVEN SPRING CONCERT – May 1



You are invited to join us for an evening of music and celebration at our Spring Concert on Thursday, May 1 at 6:30 p.m. in the school gym. Performances will feature our talented Choirs, Handbell Ringers, and Concert Band, showcasing the hard work and passion our students bring to their music.

Come and enjoy a night filled with beautiful melodies, harmonies, and joyful sounds as we celebrate the dedication and musical growth of our students.

our Copperhaven musicians. We look forward to sharing this special evening with our families, friends, and community. See you there!

Performers need to arrive at 6:00 p.m. dressed in concert dress; music T-shirts and dark bottoms.

### COPPERHAVEN'S GOT TALENT – June 6



Get ready, Copperhaven!

On **Friday, June 6**, our school will once again shine a spotlight on the incredible talents of our students.

From **Grade 1 to 9**, anyone who wants to share their gifts—whether it's singing, dancing, magic, comedy, or anything in between—is invited to take part in this year's **Copperhaven's Got Talent showcase!**

**Sign-up** for auditions May 5 to May 15 - **Auditions** will be May 20-30. See Mr. Loge for details.

This is a fantastic opportunity for our school community to celebrate and support the unique talents of our students. Let's make it a show to remember!



## Photo Album

### Staff vs Students Basketball Windup



# Jr Teams Basketball Windup

