

Copperhaven School Newsletter



Message from Administration June 2025



June promises to be a busy month of learning both in the classroom and through year end field trips and community activities. With so many celebrations and memorable opportunities it's a wonderful time to reflect on growth and connection across our school.

At this time of year, students and families begin to think about transitioning to next year's grade. As part of this process, students will visit their upcoming grade during our "test drive" on June 24th. This includes our incoming kindergarten families. Specific information will be shared by your child's teacher.

Next year's teaching teams are still to be determined, and students will learn of their teacher by logging on to Powerschool at the end of August. The school office will be open to the public on August 20th, 2025.

A reminder to please register your student for next year if you have yet to do so. Registration can be completed by following this link: <https://www.psd.ca/schools/registration>
A huge thank you to Mrs. Sockman for her support in processing all of our registrations.

PSD Schools have now transitioned to a new absence reporting system *SafeArrival*. You will have received information via email about this new system for reporting when your child is away from school. Beginning the week of June 2nd, we will not be taking phone calls at the school regarding absences and reminding families to use this new system. More details regarding SafeArrival can be found further in this newsletter.

Michelle Visscher - Principal Copperhaven School

Upcoming Dates

June 4	Wear Blue and Orange or a Jersey to School
June 6	Copperhaven's Got Talent
June 11	Grade 6 Immunizations
June 11	All student materials due to the library
June 11	Grade 9 Parent Info Night at SGCHS
June 24	Test Drive
June 25	Family Picnic
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.



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](#).

Please note that classes run as normal after PATs are written. Students should not sign out as this is a regular school day.

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

Track and Field

Congratulations to the following Track Athletes who have qualified to compete at the Zone 5 Championships June 3rd:

Lainey Y. & Trista W. for placing 1st & 2nd overall in Hurdles, but unfortunately won't compete further due to hurdles not being included in the Zone 5 Meet.

Gr. 7 Girls: Ava H. 1200M & 800M

Gr. 7 Boys: Blake M.-G. 200M & 400M

Gr. 8 Girls: Sydney W. 100M & Relay

Gr. 8 Boys: Dante R. 1200M & Triple Jump;
Ben W. Shot Put & Long Jump

Gr. 9 Boys: Jacob W. 100M, Relay, Triple Jump,
Long Jump; Zev R. Shot Put

*Elementary East Zone Track Meet will be held
June 4th for those athletes who have qualified.*

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

Exciting News – Copperhaven's First Golf Team!

We are thrilled to announce that Copperhaven now has its very first golf team!

A dedicated group of eight students from grades 7 and 8 will proudly represent Copperhaven at the upcoming tournament on **Monday, June 2nd at Montgomery Glen Golf Course.**

Under the guidance of **Mr. Chodzicki** and **Mrs. Couch**, the team has been learning the rules and etiquette of the game and putting in valuable practice time at the driving range in preparation for the big day.

Please join us in wishing our golfers the best of luck as they take to the course and make Copperhaven history!



Skip the Dishes and Other Scheduled Lunch Deliveries

Lunch delivery orders are currently having an impact on our daily operations. It is challenging for office staff to receive deliveries and call students down to receive them while effectively managing operations of the school. Special lunches should be reserved for non-school days. As part of our nutrition programming, Copperhaven School provides lunches for students in the event that they forget to pack a lunch, or require a bit more throughout the school day. We will be reviewing our school processes and communicating changes for lunch deliveries prior to the first day of school in August 2025. Thank you for your understanding.



Absence Reporting: SafeArrival

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence.

You are asked to report your child's absence in advance whenever possible using one of these convenient methods:

- Get the SM Home app from the Apple App Store or the Google Play Store (search for SM Home or visit <https://home.schoolmessenger.ca/>)
- Web and Mobile Web: home.schoolmessenger.ca
- Interactive Toll-free Phone: (833) 326-7959

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](#).

Bite to Eat (Hot Lunch Program)

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



Grade 9 Parents/Guardians



School Council Update

School Council Executive 2024-25

Chair - Sheila Monteith
Vice Chair - Amy Campbell
Secretary - Kim Ross
Fundraising Liaison - Pam Clendinning

Upcoming Meetings:

September 16, 2025
All meetings begin at 6:30pm in the Library

School council has wrapped up our meetings for the year, and we want to thank everyone that attended, participated in our committees, and volunteered in numerous ways.

We hope everyone has an amazing summer and we will see you all back in the fall!

Our first meeting in the fall will be our Annual General Meeting and is scheduled for September 16, 2025 at 6:30pm.

Sincerely,
Copperhaven School Council: Sheila, Amy, Kim and Pam

Follow us on Social Media:

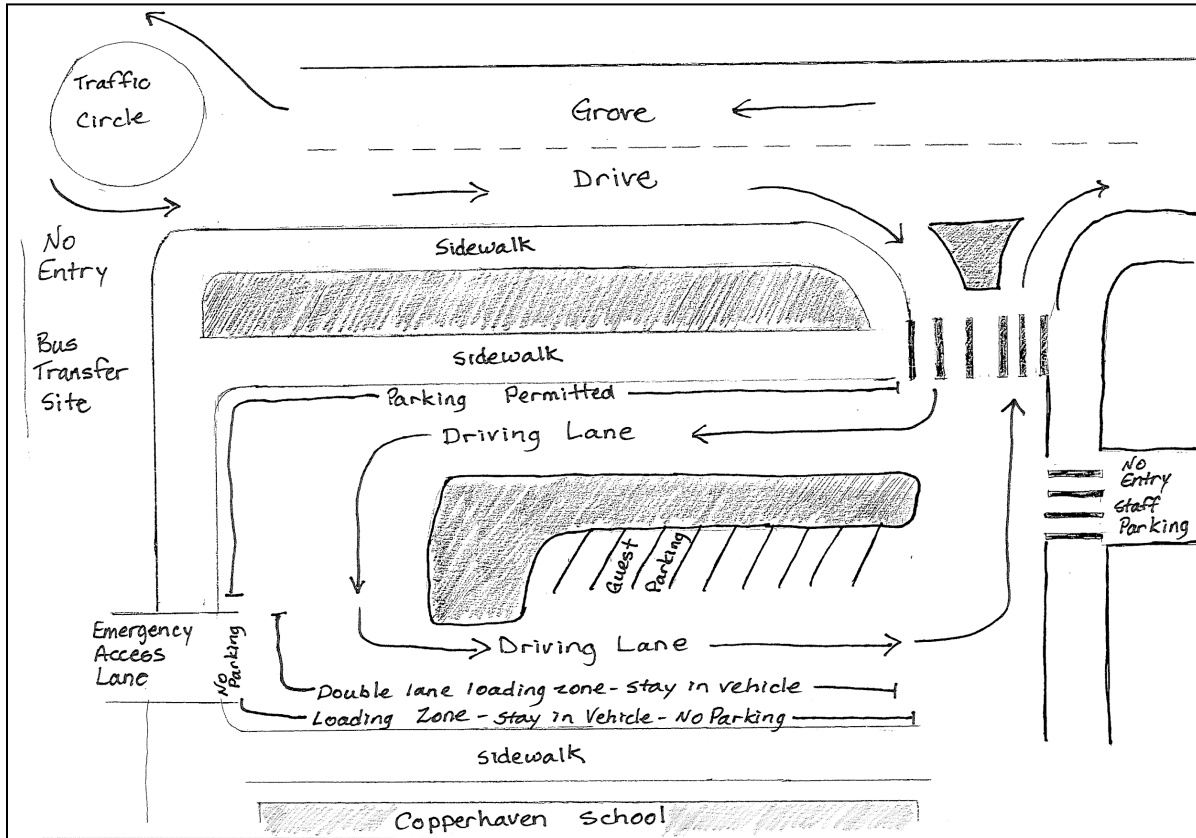
<https://www.facebook.com/copperhavenschoolcouncil>

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

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.



Summer Well-Being: Supporting Children's Mental Health

It's soon to be summer so the change in routine can present unique challenges and opportunities for maintaining and enhancing *children's mental health*. During this season, it is crucial for parents and caregivers to be mindful of the various factors that can impact a child's emotional and psychological well-being. The lack of a structured school day, increased free time, and different social interactions can all play a role in shaping a child's mental health over the summer months.

Summer well-being is not just about physical health; it's also about ensuring that children feel happy, secure and mentally well-balanced. The freedom of summer can be a double-edged sword-while it offers a break from academic pressures, it can also lead to feelings of boredom, anxiety and loneliness if not managed properly. Thus, the role of parents and caregivers becomes pivotal in creating an environment that supports mental well-being during these months.

Understanding the importance of *children's mental health* during the summer months is the first step in providing the right support. By fostering a nurturing environment and engaging in activities that promote mental well-being, we can help children build resilience, develop coping skills, and maintain a positive outlook. The strategies and activities that we choose can significantly impact how children perceive their summer experience and their overall mental health.

Creating a Summer Routine to Foster Children's Mental Health

During summer, maintaining a daily schedule becomes crucial for *children's mental health*. A predictable routine can provide a sense of stability and comfort, which is especially important when the structure of the school year is absent.

A consistent routine helps regulate a child's body clock, improving their sleep patterns and overall mood. When children know what to expect each day, they experience less anxiety and stress. The predictability fosters a safe environment where children can thrive. Incorporating regular bedtimes and wake up times, even during the summer months, ensures that children get adequate rest, which is fundamental for mental health.

In addition to sleep, regular meals and snack times are vital. Proper nutrition and hydration are directly linked to emotional stability and cognitive function. By planning and sticking to set times for meals, parents can ensure that their children maintain a balanced diet which, in turn, supports their mental and physical health.

Daily activities should also include time for physical exercise, creative play, and relaxation. Physical activity is known to boost mood and reduce symptoms of anxiety and depression. Whether it is a family walk, a bike ride, or a trip to the park, regular physical exercise should be a staple in the summer routine. Creative play, such as drawing or crafting or imaginative games stimulates the mind and provides a healthy outlet for emotions.

Moreover, downtime is equally important. Children need moments of quiet and rest to process their experiences and to recharge. Incorporating periods of relaxation, such as reading a good book or quiet time, into the daily schedule helps balance active play and rest, contributing to overall mental well-being.

Balancing Screen time and Offline Activities

Balancing screen time and offline activities is crucial for addressing the growing concern of depression in children. Excessive screen time has been linked to a range of mental health issues, including depression, anxiety and attentional problems. It is essential to manage digital exposure and promote engaging offline activities to foster a healthy lifestyle and improve mental well-being.

Digital devices are deeply ingrained in daily life, providing educational benefits and entertainment. However, excessive use can lead to social isolation, disrupted sleep patterns, and decreased physical activity. Setting limits on screen time is the first step in creating a balanced routine. Establishing clear rules about the amount of time spent on screens and ensuring these limits are enforced consistently helps create a healthy balance.

Engaging children in offline activities is equally important in combating depression in children. Encouraging participation in sports, outdoor play, and creative hobbies not only reduces screen time but also provides opportunities for physical exercise, social interaction, and creative expression. These activities are known to boost mood, increase energy levels, and improve overall *children's mental health*.

Social interactions are vital for emotional development and can be fostered through organized group activities or simple playdates. Spending time with peers helps children develop important social skills and provides emotional support, which can alleviate feelings of loneliness and depression.

Moreover, incorporating family activities such as board games, reading together or family walks can strengthen familial bonds and provide a supportive environment. These interactions support a feeling of security and belonging, which are essential for children's mental health.

Monitoring and adjusting screen time while actively promoting engaging offline activities can significantly reduce the risk of depression in children. By creating a balanced and enriching daily routine, parents can help their children develop healthy habits that support their emotional and psychological well-being.

Building Social Skills and Friendships over the Summer

Building social skills and friendships over the summer is essential for a child's development. Summer provides a unique opportunity for children to develop their social skills in a relaxed and fun environment, free from the academic pressures of the school year.

Encouraging social interactions during the summer helps children learn important skills such as communication, cooperation, and empathy. These skills are crucial for forming and maintaining friendships, which provides emotional support and a sense of belonging. Playdates, group activities and summer camps are excellent ways to facilitate these interactions.

Organizing playdates allows children to bond with peers in a less structured setting, promoting spontaneous and creative play. These interactions help children navigate social dynamics, resolve conflicts, and understand different perspectives.

Summer camps offer structured environments where children can engage in a variety of activities while making new friends. These camps often focus on team building exercises, cooperative games, and group projects, all of which enhance social skills. Additionally, the shared experiences and memories created at camp can lead to lasting friendships.

For children who may be shy or have difficulty making friends, parents can encourage participation in smaller, interest based groups or activities. Whether it's a sports team, an art class, or a science club, these settings allow children to connect with others who share similar interests, making it easier to form friendships.

Family activities and community events also play a role in social development. Participating in neighbourhood gatherings, library programs, or family friendly events can expose children to diverse social settings, helping them to become more adaptable and confident in new environments.

Promoting Positive Thinking and Resilience

Promoting positive thinking and resilience in children is essential for their emotional development. Art, music, and creative play provide excellent outlets for children to express their feelings and develop coping skills that foster resilience.

Art as Emotional Expression

Creative activities allow children to express their emotions in a safe and constructive way. Through art, children can express thoughts and feelings that they might not yet have words for. Drawing, painting, and sculpting enable them to externalize their inner world, making it easier to understand and manage their emotions. This form of expression can be particularly beneficial for children who struggle with verbal communication.

The Power of Music

Music is another powerful tool for emotional expression and positive thinking. Playing an instrument, singing, or even just listening to music can significantly impact a child's mood and emotional well-being. Music therapy is often used to help children cope with stress, anxiety, or depression.

Benefits of Creative Play

Creative play, such as role-playing or story-telling, allows children to navigate their experiences and emotions in a controlled environment. This type of play helps build problem-solving skills and resilience by allowing children to experiment with different scenarios and outcomes. It also promotes empathy as children take on various roles and perspectives.

Building Resilience Through Creativity

Encouraging these creative outlets not only aids in emotional expression but also builds a foundation for positive thinking and resilience. By giving children the tools to understand and manage their emotions, we help them develop the confidence and coping skills necessary to face life's challenges.

Family Bonding Activities to Strengthen Emotional Connections

Engaging in outdoor adventures is a wonderful way for families to bond and strengthen emotional connections. Whether it's hiking through local trails, picnicing in the park, or exploring nature preserves, these activities foster a sense of togetherness while enjoying the outdoors. Outdoor adventures encourage teamwork, communication, and shared experiences that create lasting memories for parents and children alike.

Creative Arts and Crafts

Artistic activities provide a creative outlet for family members to express themselves and connect on an emotional level. From painting and drawing to crafting handmade decorations or keepsakes, these projects promote collaboration and support individual expression. Creative arts and crafts also encourage problem solving skills and boost self esteem as family members work together to complete projects.

Cooking and Baking Together

Cooking and baking as a family not only creates delicious meals but also strengthens emotional bonds. From planning recipes to preparing ingredients and sharing meals, these activities promote cooperation and communication in a relaxed setting. Cooking together allows children to learn valuable skills while enjoying quality time with their parents, fostering a sense of accomplishment and emotional security.

Family Game Nights

Hosting regular family game nights is a fun way to promote family togetherness and strengthen emotional connections. Whether playing board games, card games, or outdoor games, these activities encourage laughter, friendly competition and teamwork. Family game nights provide opportunities for bonding, communication, and building trust, creating a positive environment for emotional support and shared experiences

Volunteering as a Family

Volunteering as a family not only benefits the community but also strengthens emotional connections amongst family members. Whether participating in local clean up efforts, volunteering at a soup kitchen, or supporting community events, these activities promote empathy, gratitude and a sense of purpose. Volunteering fosters shared values and teaches children the importance of helping others, strengthening emotional bonds and creating meaningful memories.

Recognizing and Addressing Signs of Anxiety and Depression

Parents and caregivers play a vital role in observing and understanding changes in their child's behaviour and emotions. Symptoms such as persistent sadness, irritability, social withdrawal, changes in appetite or sleep patterns, and difficulty concentrating can indicate underlying anxiety or depression.

Early intervention is key to managing these mental health issues effectively. It's important for parents to maintain open communication with their children, creating a supportive environment where they feel comfortable expressing their feelings. Listening attentively and validating their emotions can help children feel understood and less alone with their struggles.

Seeing help from a doctor or mental health professional is essential if symptoms persist or worsen. These professionals can conduct a thorough evaluation to determine the underlying cause of the child's symptoms and recommend appropriate treatment options. This may include therapy, medication, or a combination of both, tailored to meet the child's specific needs.

Educating oneself about mental health issues and available resources is also beneficial for parents and caregivers. Understanding the potential causes and risk factors for anxiety and depression in children can aid in early detection and prompt intervention. By taking proactive steps to address these concerns, parents can help their children navigate emotional challenges and build resilience for the future.

Enjoy the summer!

science

ignites wonder and
fuels fearless
thinking



