

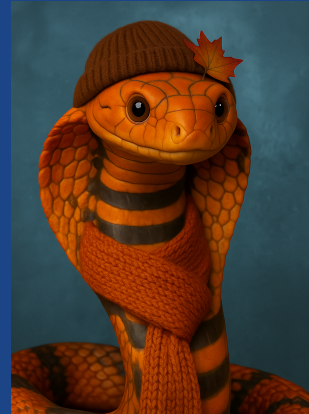
Copperhaven School Newsletter



Message from Administration

October 2025

Autumn in Alberta is a gentle reminder that growth and change often arrive together, painting the world in new colours.



Thank you to all the families who came to our Meet the Staff event and participated in the school scavenger hunt. It was wonderful to engage with so many families and celebrate the start of the year together.

September has been filled with exciting offerings from our Terry Fox run, Copperhaven Chorus, Beginning Band, Cross Country Running and Volleyball. Thank you to our staff and volunteers for making these opportunities a success.

Jr High students have embarked on their first quarter of Career and Technology Foundations (CTF) with exciting courses such as Strategic Games (with a mobile escape room at Copperhaven), Tiny Homes (including a field trip to a Tiny Homes design company) and many more. A huge thanks to our Jr High teaching team for creating these engaging learning opportunities.

As we have gathered back as a community of learners, the administration team and staff are seeing more ways that social media is affecting our students' learning, relationships, and well-being. While it can be positive, it also brings challenges when not used responsibly. As a school, we are committed to guiding students, and we need parent support in monitoring and setting healthy boundaries. Please see the linked [letter](#) explaining how the school responds to negative social media interactions and resources to assist families in setting digital boundaries.

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.

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

Upcoming Dates

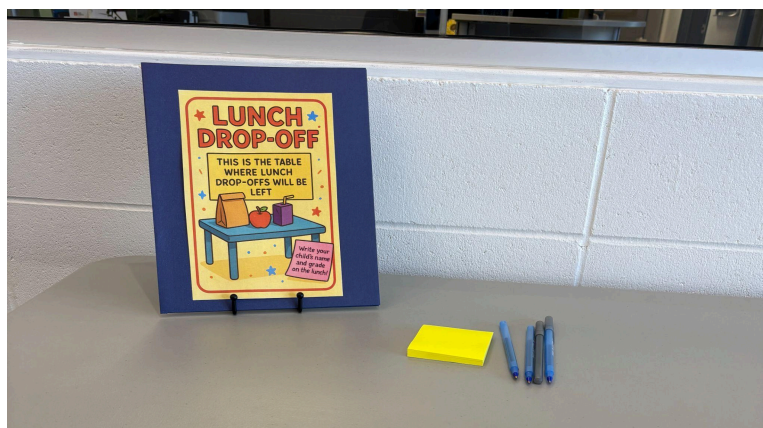
Stay informed of key dates by subscribing to the [school calendar](#).

Oct 13	Thanksgiving - No School
Oct 15	Copperhaven COBRAS Assembly - recognizing Cooperation (live streamed)
Oct 20 & 21	Picture Retakes
Oct 21	School Council Meeting - 6:30pm in the library
Oct 28	TBRA (Fundraising) Meeting - 6pm in the library
Oct 31	Halloween
Nov 3	PD Day - No School for Students
Nov 5 & 6	Parent/Teacher Interviews
Nov 7	Remembrance Day Assembly (live streamed)

Lunch Drop Off Location - Parents

Parents can now drop off lunches in the foyer. Please look for the table and this sign to drop off lunches.

Office staff will facilitate students receiving their forgotten lunches at break times. Thank you for helping keep our school running smoothly.



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.



Reporting an Absence

PSD Schools now use a [digital tool](#) to report student absences. Please do not phone or email the school to report an absence.

[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. Absences may also be reported via the toll-free line: (833) 326-7959.

School Fees

Many [School Fees](#) have been added to your child's Powerschool account including sports team fees. 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, as well as your account balance.

Lunch Deliveries at Copperhaven - Restricted (Reminder)

Third-party lunch deliveries (e.g. Skip the Dishes, DoorDash) to the school create substantial interruptions to the school day and place an added burden on our already busy office staff, who must stop their work to accept deliveries, locate students, and manage distribution.

To minimize disruptions and promote student responsibility, **we ask that families do not send lunch orders through delivery services to the school.** If a delivery does arrive, it may be turned away and/or students will be required to eat their lunch in the office, and we will not be able to call them out of class early to pick it up.

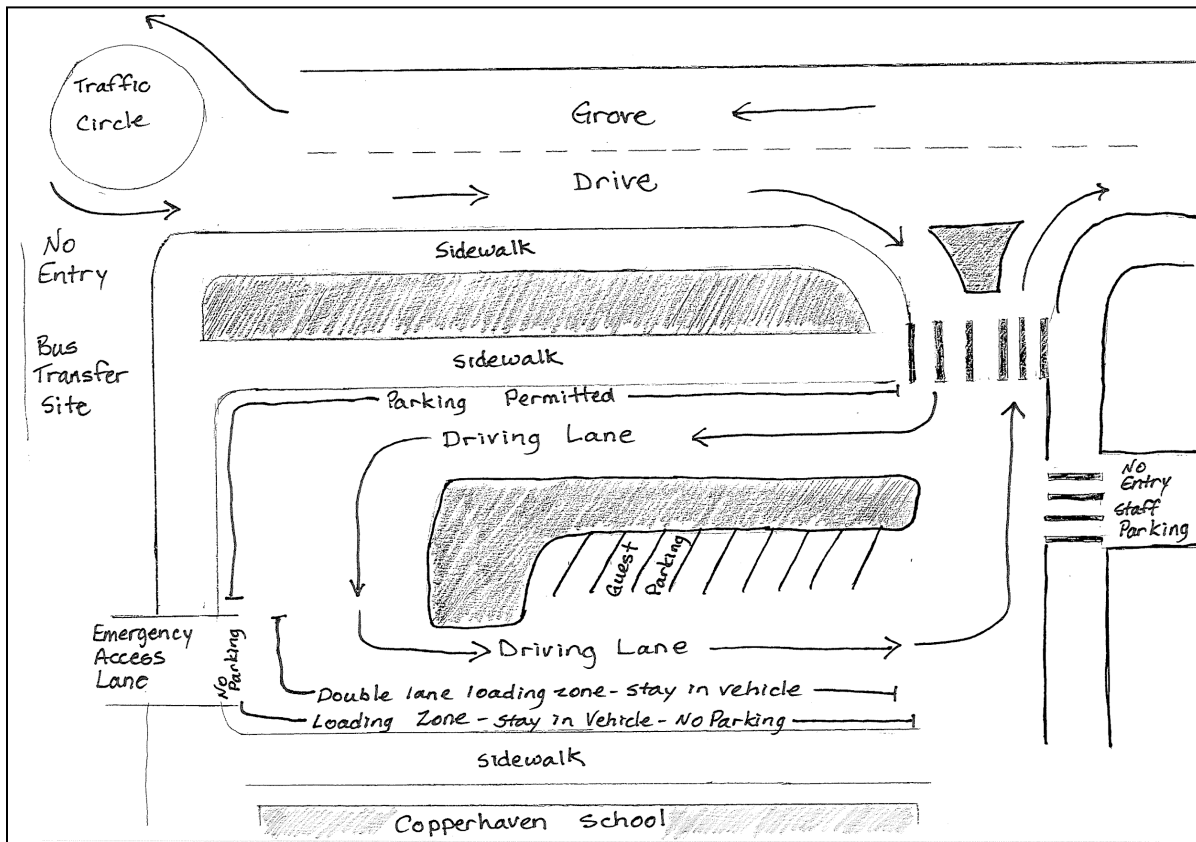
If a student forgets their lunch, please know that our school has lunch options available to ensure no child goes hungry. We are happy to provide a nutritious meal when needed. As part of encouraging independence and life skills, we also recommend supporting your child in learning how to prepare and pack their own lunches. This is a great step in building daily responsibility and healthy habits.

The logo for SkipthXishes, featuring the text "SkipthXishes" in a bold, black, sans-serif font. A large, red, stylized "X" is superimposed over the word "th", effectively crossing out the word "Xishes". The entire logo is centered within a light gray rectangular box.

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.



World Teachers' Day | October 5

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



Bite to Eat (Hot Lunch Program)

Bite To Eat is excited to be back supporting Copperhaven's hot lunch program on Tuesdays and Fridays this year. Please visit bitetoeat.ca under the Hot Lunch tab to place your orders.



School Council Update

Council held our first meeting of the year, September 16, where we elected our new executive for the school year. Congratulations to the following:

- Sheila Monteith, Chair
- Nesreen MacDonald, Vice Chair
- Kim Ross - Secretary
- Lindsay Sarty-Lambert - Communications Officer
- Pam Clendinning - TBRA Liaison

We also set our meeting schedule for the year, our next meeting is October 21; and we will be adding an online option for those that cannot make it in person to join us in the library. Upcoming meetings will be posted on the school calendar and our social media.

Lastly, if anyone is interested in joining one of our committees, please reach out via email or on social media. Opportunities include: Playground, Staff Appreciation, and Special Events.

We look forward to a great year supporting our school community!

Thanks,
Sheila, Nesreen, Kim, Lindsay and Pam



The Boundary Ridge Association (Fundraising) Update

Thank you to everyone who came out to our AGM on September 16th in the school library!

We're excited for the year ahead and still have a couple volunteer spots open: Grant Writer and Sponsorship Coordinator. If you're interested, we'd love to hear from you!

We're continuing to work hard toward our big goal—a brand-new playground for our kids. One of the biggest ways we'll get there is through our Casino Fundraiser on November 11 & 12. We'll need volunteers to help make it happen—please sign up for a shift here:

<https://volunteersignup.org/YLWQH>

Our next meeting is on October 28, 2025 at 6:00 p.m. in the school library. Everyone is welcome—come join us!

You can follow us online on Facebook and Instagram @The Boundary Ridge Association. We can be reached by email @ theboundaryridge@gmail.com or through messenger.

Amy, Pam, Allie and Kim

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](#).

Counsellors Corner

Navigating AI as a Parent: How to Support Your Child's Digital Well-Being

Artificial intelligence (AI) is used ubiquitously today—from helping children complete their homework, to curating social media feeds, to suggesting what individuals should watch next on television. While AI can be a useful tool, have you ever wondered how it might influence your thoughts or feelings? More importantly, have you considered how being exposed to and using AI might shape your child's thoughts, emotions, and mental health?

In January 2025, researchers from the Oxford Institute published a Personal View that examined the challenges of studying how the use of AI may affect children. They emphasized that, while AI is transforming how children learn, interact, and engage with the world, no clear framework for measuring its long-term influence exists (Mansfield et al., 2025). Without structured research, determining whether the use of AI is beneficial, harmful, or both may be difficult.

As a parent, understanding the use and influence of AI could be overwhelming, but knowledge is power. While experts continue to study AI's role in helping and/or hindering children's mental well-being, parents can take steps to help guide their children's interactions with technology in a thoughtful and informed way. Let's discuss what researchers have found and how you can support your child in navigating the use of AI safely.

What did the research find?

The Oxford study highlights a key issue: while AI is becoming a big part of children's lives, we still lack significant research on how its use affects their mental health. Researchers warn that past studies on social media often made assumptions about harm without solid evidence, and the same mistakes could happen when researching the effects of AI's use (Mansfield et al., 2025).

Key takeaways from the study include the following:

- Better research is needed. Many past studies have blamed technology for mental health issues without considering other factors like family life or personality differences (Mansfield et al., 2025).
- AI use is growing fast. With the rapid growth of AI use, children are encountering new and innovative ways to interact with these tools every day, but research and policy are lagging (Mansfield et al., 2025).
- We do not know enough. There is no standardized way to measure the effects of AI usage on individuals, so more long-term studies are needed (Mansfield et al., 2025).
- Collaboration is key. Parents, educators, and technology companies need to work together to make using AI safe and beneficial for children (Mansfield et al., 2025).

What Does This Mean for Parents?

Keeping up with technology advancements can feel like a full-time job. Today, children are growing up in a world where using AI is almost natural, and many parents may feel left behind. However, while we cannot always control how quickly technology changes, we can control how we guide our children's interactions with it. Think about teaching a child how to swim. You start in the shallow end, teach them how to tread water, and make sure they know how to call for help if they get into trouble. The same approach works for teaching children responsible use of AI—children need guidance on how to use it safely and critically.

What Can Parents Do?

Even though researchers are still working on guidelines to help parents and children navigate how to apply AI, below, are some ways you can explore and talk to your child about using AI:

- **Be Curious Together-** Ask your child about their favorite apps and how they use them. Try watching a few YouTube shorts or scrolling through their social media feeds together. By showing interest, you create opportunities for conversations about what they are consuming and how the material they watch and interact with makes them feel (Internet Matters, 2023).
 - Example: If your child loves a certain YouTuber, ask, "What do you like about their videos?" If they mention feeling pressured to look or act a certain way, use it as a teaching moment about online influences.
- **Set Healthy Boundaries-** Just like you create a specific time for bed or limit junk food for your child, you can set boundaries around screen time. Encourage experiences like technology-free meals, outdoor play, and family game nights. This helps balance AI-driven content with real-world experiences (Skool of Code, 2024).
 - Example: If your child struggles with stopping after "one more episode," set a rule like "When the timer goes off, we take a break," and stick to it.
- **Teach Critical Thinking-** Help children understand that not everything AI presents is true or helpful. Teach them to question what they see and think critically about why certain videos, ads, or posts are being recommended on their social media feeds or other platforms (Internet Matters, 2023).
 - Example: If your child interacts with an AI chatbot and receives questionable advice, remind them that AI does not always provide correct or safe answers. Encourage them to

verify important information with a trusted adult or expert. The Thrive blog on [Finding Credible Information](#) offers helpful guidance for parents on evaluating sources and determining what information is trustworthy online.

- **Monitor Emotional Changes-** Pay attention to your child's mood after they have been online. If they seem anxious, irritable, or withdrawn, AI-driven content may play a role. Encourage open conversations and create a safe space for them to share their feelings with you (University of Cambridge, 2024).
 - Example: If your teen seems stressed after using social media, ask, "Did something online bother you today?" Asking questions can spark meaningful conversations and enable you to support your child as they process their emotions and online interactions.
- **Advocate for Safer AI Practices-** The Oxford researchers stress the implementation of better policies and protections for children using AI-powered platforms. Do your best to stay informed and use parental controls where possible (Munzer, 2024).
 - Example: If your child's favorite app has a setting to limit recommendations or filter content, explore this setting together and adjust as needed.

AI usage presents exciting opportunities and unique challenges for caregivers and children to navigate. By staying engaged, asking thoughtful questions, and guiding your child's interactions with AI, you can help them build healthy digital habits that can support their mental well-being.

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TERRY FOX



TINY HOMES CTF

