



# COPPER CLIFF PUBLIC SCHOOL

## HOME OF THE CRUSHERS

FEBRUARY 2019

### INCLEMENT WEATHER

Bus cancellations will be announced on the various radio stations, the bus info website and the Rainbow District School Board website by 7 a.m.

In extreme conditions, there may not be anyone present to receive students upon their arrival. If schools are closed, please do not bring your child to school.

**If schools are open but buses are cancelled and you drop your child off, please remember that you must pick your child up at 3:05 p.m. If you decide to let your child remain home and they normally walk to school, please remember to notify the office.**

### ANNUAL FAMILY SKATE

CCPS invites students, parents, families, neighbours and friends to our annual Family Skate on Wednesday, February 13, 2019 from 5:00-6:00 p.m. at the McClelland Arena. All students are asked to be accompanied by an adult. Parents are strongly encouraged to provide their children with properly fitted and sharpened skates, warm clothing and a properly fitted CSA approved hockey helmet. Like a "public skating" event, there will be an area designated for younger skaters and all adults will be called on to monitor and supervise. If you need a pair of skates please contact the school.

### CANDY GRAMS

Candy Grams will be sold from Feb. 4 - 14 during first nutrition break for \$0.50. Send a special message to a friend and get a sweet treat! The Candy Grams will be distributed each day at second nutrition break and proceeds will go towards our student council initiatives!

### CHILDREN'S MENTAL HEALTH INITIATIVES

Our 6/7 and 7/8 classrooms have partnered with the Sudbury District Health Unit to participate in the Mindfulness Program for 16 weeks.

Mindfulness is moment-by-moment awareness of our thoughts, emotions, sensations and the surrounding environment as well. It is the cultivation of positive mind states such as kindness, compassion and gratitude. Students each week will be exposed to a brief mindfulness lesson followed by a short mindfulness practice. Mindfulness is mental training that over time and with practice provides us with tools that help us flourish. Scientific evidence suggests that mindfulness strategies may improve attention, emotional regulation, behaviour in school, calming, test anxiety and stress, social skills, empathy and understanding of others. Here are some examples of practices taught in the classroom: mindful listening, mindful breathing, mindful seeing, mindfulness of thoughts, mindfulness of emotions, mindful test taking, mindful movement, kindness, generosity and gratitude.

The 4/5 class will be participating in the Holistic Arts Program (HAP) in partnership with Laurentian University and our RDSB social workers. Students will participate in an hour session every Thursday for 10 weeks. This program will focus on self-awareness, self-regulation and choices. Students will express their thoughts and feelings through Art activities.

### FIRST TERM REPORTS – February 20

Our first report card will be sent home on Wednesday, February 20th. Parents/guardians and teachers may request an interview. Please contact the school if you have any questions. Take this time to talk to your child about their progress this term and opportunities for growth.



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### **EARLY LEARNING KINDERGARTEN REGISTRATION**

On January 15, we held our registration session for new JK students for the 2019-2020 school year and registered 12 new students! Students had the opportunity to explore the learning environment, meeting their new friends and staff. We are still accepting registrations so we can make necessary staffing arrangements for September. To be eligible for Junior Kindergarten, a child must be 4 years old by December 31, 2019. We are looking forward to our Kindergarten Orientation session on May 6, 2019 which will provide another opportunity for students to engage in fun learning activities. Students will take home a bag of resources to help with the transition to Kindergarten.

### **BOOMERANG LUNCHES**

A boomerang is a curved piece of wood that when properly thrown will return to the thrower. A BOOMERANGE LUNCH is a lunch that has every piece of it return to its source (e.g., compostables, recyclables, garbage...everything!) Why? The Eco Club would like to increase awareness of the amount of waste created in one day's lunch. We would also like to encourage all CCPS students and staff to use reusable containers and discourage the use of disposable containers.

When? Every Tuesday in February!

### **RAINBOW SCHOOLS TURN DOWN THE HEAT FOR SWEATER DAY ON FEB. 7**

Rainbow District School Board is turning down the heat and inviting all students and staff to wear a sweater on Thursday, February 7, 2019. "Sweater Day is intended to raise awareness about renewable energy and change behaviour around energy consumption," says Director of Education Norm Blaseg. "It's a fun way for everyone to get involved in the conversation about climate change, as students learn the significance of how wearing a sweater promotes sustainability."

As part of Sweater Day, schools have been given some cozy ideas to educate students, including the following question: "Canada's Arctic is warming faster than anywhere else on the planet. How does the temperature of your home affect the temperature of the polar bear's Arctic habitat?"

"We want students to make the connection between their thermostat, greenhouse gas emissions, climate change, melting sea ice and Arctic wildlife," says Director Blaseg. "We also want students to recognize that fashion has an environmental footprint that recycling clothes helps to reduce."

To reduce their fashion footprint, students are encouraged to begin a clothing drive by donating unused clothing to a local charity or trading clothes with a classmate.

This Go Green initiative is part of the Environmental Committee's ongoing efforts to encourage sustainable practices and increase awareness about global warming.

### **Stay tuned for more information on events in March**

-Movie Night on March 6 @ 6 pm, sponsored by the Sudbury Credit Union

-7/8 ski trip to Horseshoe Valley on March 7/19

-Awards Assembly for academic and character achievements on March 8 @ 1:45 pm