Principal's Message:

Dear Parents,

It’s February, the month of Valentine’s Day and a perfect time to tell you how much I LOVE your children! Thank you for the great job you’re doing at home with them, and please thank them for helping make Copper Canyon a great place to be! They have faced this unusual school year with courage, determination, and enthusiasm to do their part to make things run smoothly. They constantly remind me that together we can accomplish great things!

Parents, we miss you! Due to the recent pandemic, we have sadly had to greatly limit our normal volunteer opportunities. I look forward to the time we can once again welcome you to tutor students, decorate bulletin boards, help with class parties, or present something special in the classroom. You play an essential role in enriching your students’ learning experience, and I appreciate how you have redoubled your efforts on the home front this year.

I also want to express my great appreciation for the Copper Canyon faculty and staff and all the hard work and dedication they daily invest for our students. They have embraced the changes and challenges this unique school year has brought and have responded admirably to all things asked of them. I am honored to work alongside them as I watch their consistent efforts to care for and reach and teach each child. They understand they are not just teaching for today but are making an impact on your child’s future, and they take that responsibility very seriously. I have never worked with a greater group of people.

The students, parents, and staff of Copper Canyon all make me feel very fortunate to be the principal of Copper Canyon Elementary. I love knowing you and partnering with you to make our school the best it can be. I am excited for the second half of the school year as we all continue to support our students in accomplishing great things! Thank you for continuing to encourage and inspire them at home as we do the same here at Copper Canyon.

Warm regards,

Patty Bowen, Principal
Drop-off and Pick-up: PLEASE HELP US MAKE IT SAFE!

Help us make our Drop-off/Pick-up less stressful, more efficient, and most importantly, SAFE! Please observe these rules to benefit everyone:

1. Be courteous to teachers and staff on duty. When they ask you to follow rules, understand they are trying to secure the safety of your children and the children of others. This duty is difficult, and your cooperation makes it much more pleasant.

2. Remember, the parking lot is not a drop-off or pick-up area. If you wish to bypass the traffic in the drop-off/pick-up lane, you must park your vehicle in the parking lot, and walk your children through the area to the crosswalk in the morning. In the afternoon, you must park and walk to the crosswalk to pick up your children and walk them to your car. To ensure their safety, children cannot be unescorted in the parking lot at any time.

3. Only use the left drive through lane in the drop-off/pick-up area if you are going to park in the parking lot or you have already dropped off your children and are exiting the area. Never use this lane for dropping off or to wait for children. NEVER park in this lane.

4. While in the drop-off/pick-up lane, move as far forward as possible. Continue to move up as the cars ahead of you move so we can move as many cars off the street as possible to avoid traffic congestion on Copperwood Drive.

5. Always drop off students BEFORE the crosswalk by the flagpole. Please do not go past the crosswalk to drop off any students. This causes major traffic flow problems, and it is unsafe.

6. You may consider dropping your children off at a safe location away from the school where a sidewalk is available. Your children can easily walk a few blocks even in cold weather. If you choose to do this, please make sure to obey city traffic rules, and do not block traffic.

Thank you for your patience. With the colder weather, we have many more cars coming and going to and from the school. If we are all just a little more considerate and a little less rushed, we will experience less stress and irritation, and all students will be safe while arriving and leaving the school grounds. Remember, that’s the ultimate goal! Thank you so much for your cooperation.

Patty Bowen, Principal

COPPER CANYON PTA

From Stephanie Betz, Copper Canyon PTA President:
Recently, the nominating committee nominated Linda Lundgren for PTA Treasurer and Laura McCaskill for PTA Secretary. If you object to this, you will need to contact Violet Mills at violetmills71@gmail.com

Hopefully next year, we will need a lot of parents volunteering at Copper Canyon.
Don't Forget Self-Care!

Taking care of yourself is essential, especially during the ongoing pandemic. Here are some ideas of how you can practice self-care.

- **Prioritize healthy choices.** This includes eating healthy food, getting adequate sleep, drinking enough water, and getting some exercise.
- **Carve out some “me” time.** Find a time that works best and do something just for you, whether it's taking a bath, reading your favorite book, or working on a project.
- **Cut yourself some slack.** Especially during these uncertain times, don't beat yourself up over something that doesn't go right or get done. Instead, set some realistic expectations.
- **Set boundaries.** If you feel more stressed after talking with certain people, try to limit your talks with them. You don't need to connect with those people right now if they're making you feel worse.

Remember, it's difficult to help others effectively if you have not been taken care of first.

Helping Your Children Have Self-Love

One way to combat the stress and mental health struggles that have been brought on by the difficult past year is to practice self-love. Helping your children have self-love can decrease their risk of having mental health issues and make them better able to handle stress and other challenges.

**Tips for Teaching Self-Love**

- **Teach and model positive self-talk.** Positive self-talk can help your children feel better about themselves, especially during hard times. Encourage them to use language such as “I can do this,” and “Even though this is hard, I love myself and believe in myself.” Repetition of positive self-talk will help your children believe them. Let them hear your positive self-talk sometimes too.
- **Praise effort, progress, and attitude instead of results of specific qualities.** For example, “You’re working so hard on your school project” and “You’re getting better and better at playing the flute.” This shows them that they can love themselves no matter what instead of only if they have the best grades or if they are the best at a sport (or whatever they perceive they “need” to be to earn their own love). Give your praise sincerely and not in an over-the-top way.
- **Show unconditional love.** If you show your children you love them no matter what mistakes they may make, they learn that they can do likewise.
- **Show them that they matter.** Some ways to do this include being empathetic, listening when they talk, and letting them contribute by helping with chores and inputting their opinions on family matters. Your children will have an easier time loving themselves if they feel like they matter and are important.
- **Encourage them to practice self-care.** Your children will be better able to have self-love when they eat healthy food, get enough exercise, get enough sleep, etc.