

JANUARY /
FEBRUARY 2022

CYCLONE NEWS

Dear Parents,

Our students continue to do amazing work despite the difficulties associated with COVID. As we have just past the midway point of this school year, I wanted to share how proud I am of our students, what they are doing and who they are becoming as young adults.

Staff continue to work to organize this year's grad ceremonies and more information will be coming out in early March. I will let you know that we are needing to find a new grad date for our original date has a conflict with a scheduled diploma exam. More info to come.

Lastly, we will have students writing another round of Diploma Exams in April. We will update you on what days we will be closed to support these students writing their final diplomas if Alberta Education is not providing exemptions for students.

As always, please feel free to contact the school if you have any questions or concerns.

~Jeff

CC Students & Staff - Pink Shirt Day



Important Dates

Yoda Ed. @ ORENDA - Mondays

February 28th - May 16th, 2022

National Eating Disorder - Student Information Seminar

March 2nd, 2022 - 10:45am to noon

P.E. Variety of Activities - Wednesdays & Fridays

March 2nd - June 1st, 2022

Art @ Okotoks Art Gallery - Thursdays

March 3rd - April 7th, 2022

Centre for Sexuality - Student Information Seminar

March 7, 8, 9 & 10, 2022 - 10:45am to noon

No School - Pd Day

March 18th, 2022

Rowan House/Healthy Relationships - Student Info. Seminar

March 24th & 31st, 2022

*Beautiful view behind
CC's new school!*



MR. D'S ACADEMIC UPDATE



Art Work By: Destini



Art Work By: Katie

I would like to say welcome to the students that have joined us in this new year in our new building. It continues to be a pleasure working with all of the students, they are an excellent group of young people. Students at Cameron Crossing are working well academically. They have all been working on their own subjects and completing assignments. Art Students have successfully completed their first art course. Their work was creative, interesting and a variety of abstract beauty! Academic courses continue to be completed and we have some students working on their last courses needed for graduation - Great Work!! Remember, don't sit stuck, let staff help you as you need it. As always, please contact me if you have any questions around your child's academics.

~Mr. D



Art Work By: Cienna



Art Work By: Suzy



Art Work By: Carson

MENTAL HEALTH MINUTE

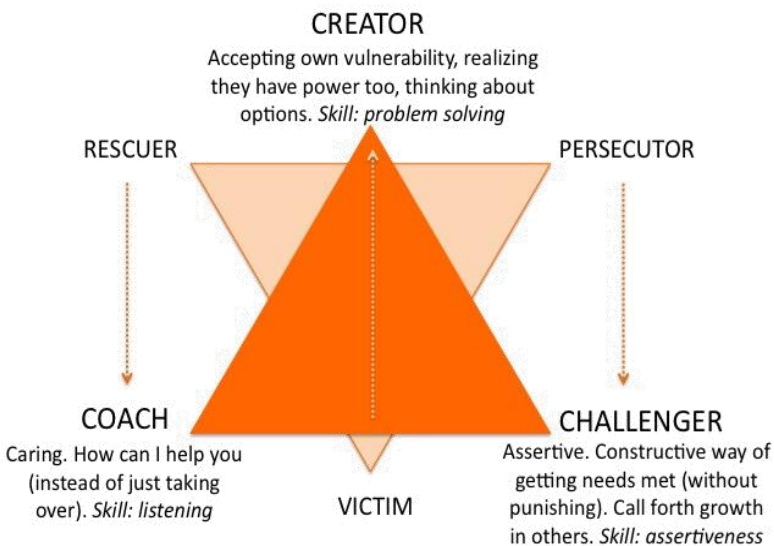
Kyran McKee ~ FSLC



Hello Cameron Crossing Family! It has been an exciting few weeks getting back into the swing of things and settling into our new building. In terms of mental health lessons we've been focusing on a few different topics, including Cognitive Behavioral Therapy, Irrational Thinking, [Bell Let's Talk Day](#), [Pink Shirt Day](#), and most recently the Drama Triangle. The drama triangle is a model which is used to help us understand difficult relationship patterns that tend to appear during times of stress or conflict.

EMPOWERMENT TRIANGLE

KEY = SELF-AWARENESS



When we begin to understand the role(s) we play under conflict with others, then we can begin to shift our mindset from the [Drama Triangle](#) to the [Empowerment Triangle](#). The key is self-awareness.

My hearts goal is to get the students thinking about their thoughts and reflecting on the different roles they tend to adopt in their relationships! I'm looking forward to the next few months!

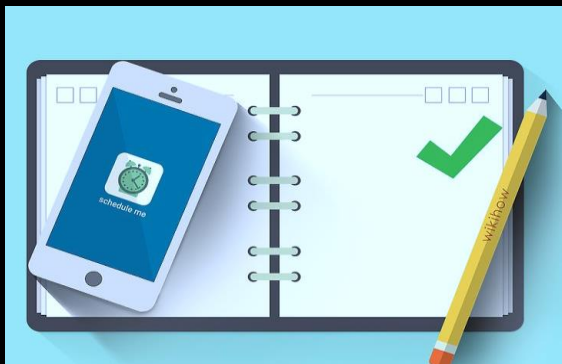
~Kyran

Teacher Talk!



~Jacqueline Barnard

CC students have continued to find success in both their academic and option courses. In fact, many students are heading into their third & fourth course now! As we begin the second semester, CC staff will continue to provide ongoing check-ins, progress tracking, and course planning. Other ways students can stay on track include:



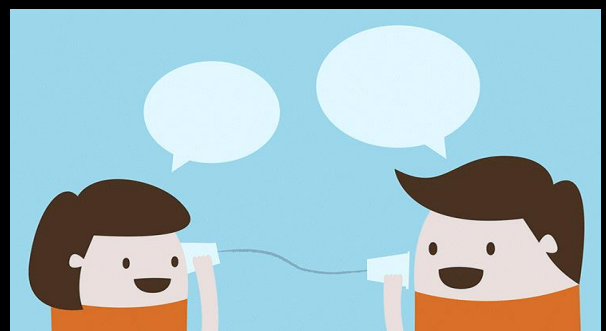
Creating a Schedule



Taking Regular Breaks

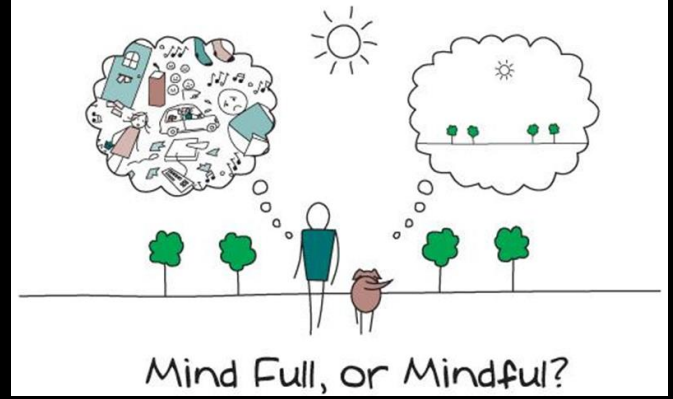


Setting Realistic Goals



Communicate Academic Needs

We are so excited to watch of our amazing community of learners thrive!
~Jacqueline



The last few months sure have been busy, exciting and a little stressful; with moving out of the old building and transitioning into our new space. With all the changes, it is important to remember to stop and take a few minutes to breath. Change can be stressful! We all need to learn to take care of ourselves. By taking those moments allows us time to focus on how we are feeling and how we can help ourselves manage our day.

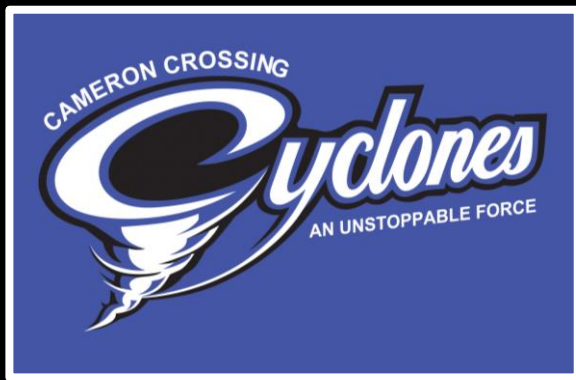
o Here are 5 exercises that we can incorporate into our day to help manage our thoughts and feelings:

1. Mindful Breathing - in through your nose and out through your mouth - 3 to 5 times
 2. Mindful Observations - looking at an object and allowing yourself to feel connected to the present
 3. Mindful Awareness - find gratitude in things that you have in your life
 4. Mindful Listening - don't think; just listen and enjoy what you are hearing
 5. Mindful Appreciation - notice 5 things in your day and appreciate the way they support your life
- ~ Kendra

MINDFULNESS



CAMERON CROSSING CYCLONES SOCIAL MEDIA



Please feel free to sign up for Cameron Crossing School's **Twitter** and **Instagram** accounts. It's a great way to celebrate all the fantastic work of our students & staff!

Please follow Cameron Crossing School on Twitter

@CrossingCameron

Please follow Cameron Crossing School on Instagram

@cameron.crossing.school



twitter



Cameron Crossing School also has a webpage through the Foothills School Division. Check it out at:

www.foothillsschooldivision.ca/cameroncrossing