

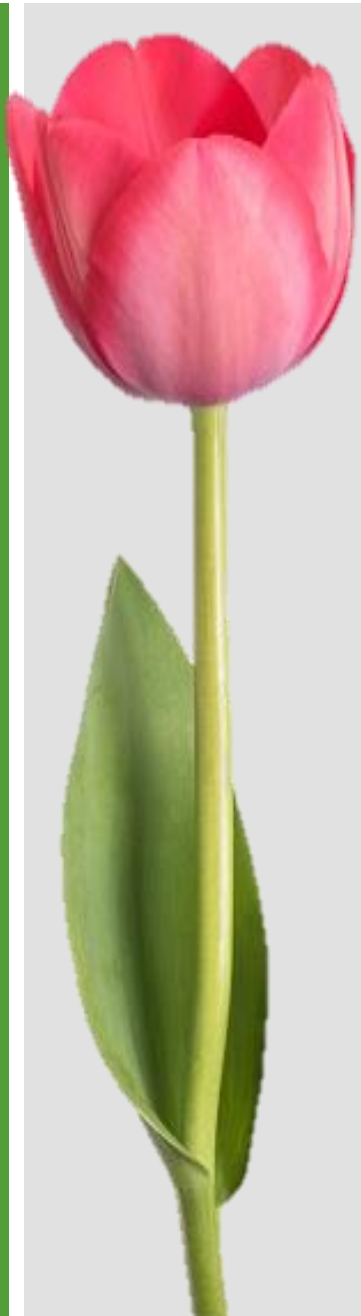
GRADE 12 INFO...

- CC Graduation 2022 is scheduled for **Friday June 3rd, 2022**. There will be no active classes on this day for non-graduating students.
- Please see our **Diploma Schedule** attached.
- Given the high number of students writing **ELA-30** and **SOC-30** Diplomas, regular classes will not be scheduled on these days for our students will need an appropriate writing environment and we can not offer this with regular classes being scheduled with diplomas.



<u>DIPLOMA SCHEDULE</u>
<u>ELA Part A</u> June 13 th , 2022
<u>SOC Part A</u> June 14 th , 2022
<u>Math 30-2</u> June 17 th , 2022
<u>ELA Part B</u> June 20 th , 2022
<u>SOC Part B</u> June 22 nd , 2022

- **CC Graduate Photo Day is May 6, 2022**



“Spring is a lovely reminder of how beautiful change can truly be.”

Important Dates

No School - Spring Break

April 15th - April 22nd, 2022

Yoda Ed. @ ORENDA - Mondays

April 25th - May 16th, 2022

P.E. Gym Time @ Okotoks Rec Centre - Wednesdays

April 27th - June 1st, 2022

P.E. Bowling @ Millennium Lanes - Fridays

April 29th - May 6th, 2022

P.E. Frisbee Golf - Fridays

May 13th & May 27th, 2022

No School - May Long Weekend

May 20th - May 23rd, 2022

P.E. Spring Hike @ Brown Lowery Provincial Park - Lower Loop

May 30th, 2022

CC Graduation - No School for Grade 10 & 11 Students

June 3rd, 2022

No School for Grade 10 & 11 Students Due to

Grade 12 Diploma Exams: June 13th, 14th, 20th & 22nd, 2022

spring



PRINCIPAL MASON'S MESSAGE



Happy Easter to everyone. Wishing everyone a relaxing and rest filled break. Our Spring Break commences on Thursday April 14th at noon and students return to class on Monday April 25th. We have begun reaching out to our outside agencies to see where they are at with respect to volunteer opportunities for our students.



The Okotoks Food bank is up and running and we have students

assisting and supporting them. Westwinds Senior Home is looking to re-engage with volunteers in September if all goes well. We are still waiting to hear back from Foothills Therapeutic Riding Association. If you know of any other organizations that work with volunteers, we would be happy to reach out to them if our students have an interest.

The students have been working hard on their academics, and have been enjoying many outings with P.E., most recent was an outing to the Calgary Climbing Centre. Our art students have just completed their six week art session at the OAG.

Once we return from our Spring Break, May and June will zoom past us and before you know it, school will be out. Please reach out to the school if you have any questions or concerns.

~Jeff



MENTAL HEALTH MINUTE

Kyran McKee ~ FSLC



Happy Spring! It's been so nice having more daylight & some warmer weather. In regards to mental health, for the month of March our schedule was jam packed with guest speakers who joined us both via zoom & in

person to talk about a variety of topics related to mental health. It started off with a presenter from the National Eating Disorder Information Centre (NEDIC) who explored topics like body image, diet culture, healthy eating and how to support someone who may be struggling.

nedic
National Eating Disorder
Information Centre

Centre
for Sexuality



Next, we heard from The Calgary Centre for Sexuality, they're presenter shared about various topics related to sexuality including things like birth control, gender norms, and consent.

Lastly, we had a speaker from Rowan House from High River come and talk to the students about healthy relationships exploring topics like boundaries, not tolerating abuse, and exploring one's own values when it comes to relationships.

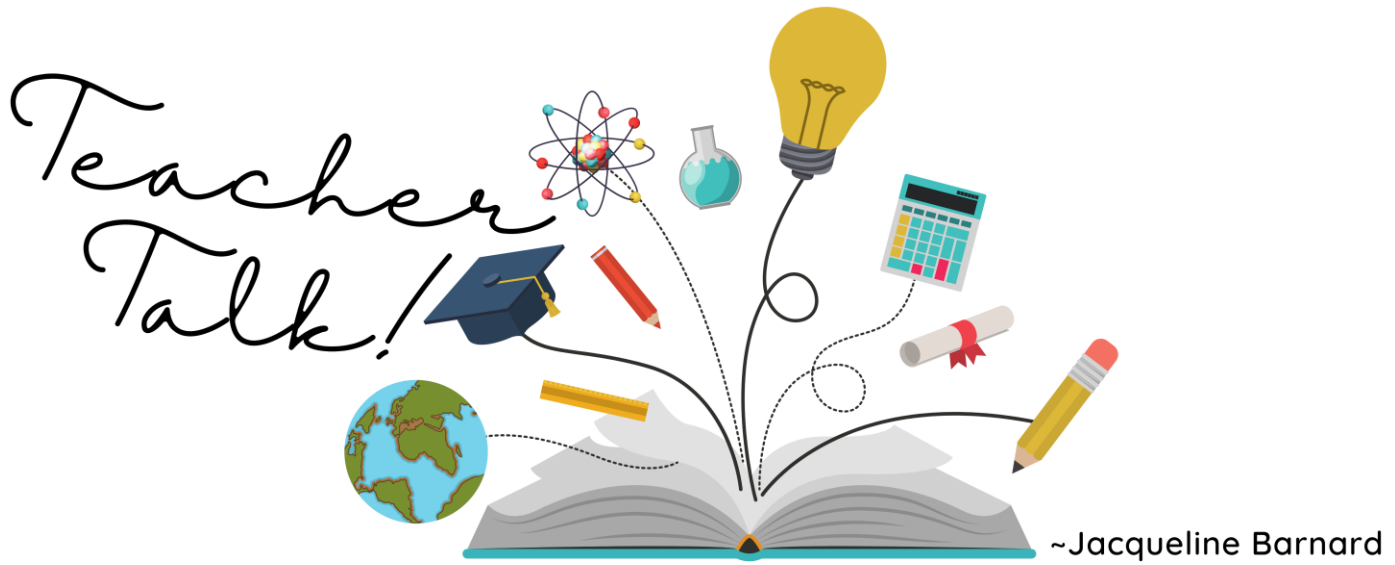


**ROWAN
HOUSE
SOCIETY**

In early April we were fortunate enough to have Marnie Johnston from McMan come and lead a drum circle with the students; which was a lot of fun. As we draw closer to summer the focus of mental health will begin to shift to preparing kids for the summer months! ~Kyran



McMan



CC students have continued to build confidence and find success in both their academic and option courses.

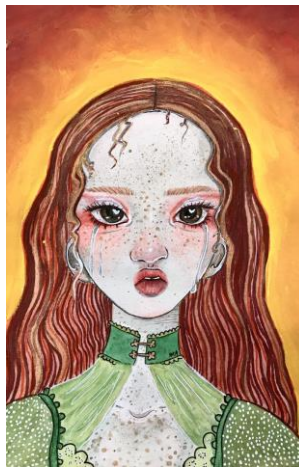
As we head into the last few months of the school year, it's important to remember that anxiety - the body's natural response to stress - can come in many shapes and sizes. More specifically, academic anxiety can come in 4 forms:

- Worrying
- Physical signs
- Task interruption
- Study skills concerns

No matter the type of anxiety, working with an adult you trust to make a plan that works for you can help. This can include mindfulness, movement activities, talking to someone, and creating an academic routine.

And as always, all CC staff are here to help! ~Jacqueline





“Art is something that makes you breathe with a different kind of happiness.” ~ Anni Albers

CC Student
Art by Maia

Welcome to spring everyone! Many of us know that we should be kind to ourselves, however, that is sometimes easier said than done so for this reason, self-compassion is essential. We all can be hard on ourselves. So, what is self-compassion and how do we practice it. Self-compassion is a time to be kind, supportive and understanding to ourselves. It is not self-pity or being selfish. It is a mindful practice. A way to ground yourself, acknowledge your experiences, recognize you are not alone, and give yourself the compassion you deserve. This statement is something for all of us to practice and remember for ourselves:

I am here for you
I am supporting you
I see you
May I be kind to you
May I accept myself
I love you
I forgive you!



Check out www.mindfulness Exercises.com for more information.

Cameron Crossing School

WELCOME NEW STUDENTS

2022



Cameron Crossing School



Welcome Alvaro



WELCOME RYLEE



CAMERON CROSSING SCHOOL



Welcome REESE



Cameron Crossing School



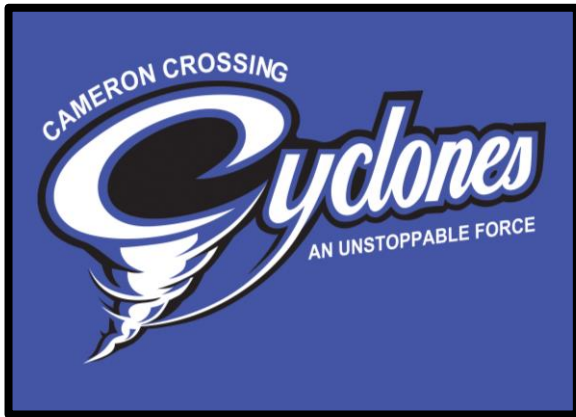
WELCOME MICHAEL



CAMERON CROSSING SCHOOL



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



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

www.foothillsschooldivision.ca/cameroncrossing