

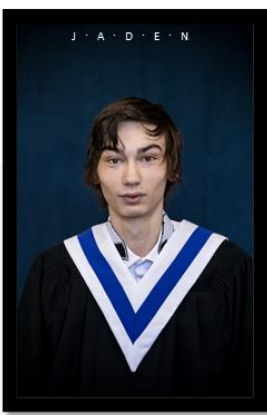
CYCLONE NEWS

MAY/JUNE 2022



It's hard to believe that the 2021/2022 school year is almost over, we blinked and it's the end of June already. We have had quite another interesting year with COVID restrictions, moving building, having some diplomas waived while other write times were required. Through it all, our students are so resilient and have been so responsive and positive throughout all of these changes.

C · L · A · S · S · O · F · 2 · 0 · 2 · 2



We are so proud of our five graduates that have successfully completed their High School Diploma and are now moving on to follow their interests and dreams outside of the school realm. These five students have worked very hard over the past few years, overcoming many obstacles and showing great resiliency in the pursuit of their diploma and life goals. We wish them all the best and would like to extend an open invitation for all them to come by and visit at any time. Way to go class of 2022!

Important Dates

**No School for Grades 10 & 11 Students Due to
Grade 12 Diploma Exams: June 13th, 14th, 20th & 22nd, 2022**

**Last Day of School - Half Day Noon Dismissal
June 28th, 2022**



**SCHOOL'S
OUT FOR
SUMMER**

**CC will have a staggered student entry for the beginning of
the 2022/2023 school year:**

'Meet & Greet - Welcome Back 2022/2023!'

**CC GRADE 12 ONLY: 'Meet & Greet - Welcome Back'
September 6th, 2022**

**CC GRADES 10 & 11 ONLY: 'Meet & Greet - Welcome Back'
September 7th, 2022**

**All CC Students First Day of Full Classes:
September 8th, 2022**

Mason's Message

As we prepare for next year, we will be busy organizing and booking programs, in the hopes that Post Pandemic structures will allow us to take part in off campus activities such as Art, Therapeutic riding, Volunteering, Physical Activity units such as kickboxing, yoga, bouldering, rock-climbing and the list goes on. Our students enjoy these alternative learning environments and have all talked about how much they have missed these opportunities throughout the past year and a half. We look forward to greeting our students in a staggered entry format again, with the grade 12's attending on the 6th of September, grade 11's and 10's on the 7th of September followed by all students in full attendance on September 8th. We will be doing course selections and reconnecting with our students on these days; please plan for this process to take around an hour. Once students are done, they are more than welcome to stay for the day or can choose to leave and return on September 8th, 2022.



It is with sadness that we are seeing Jacqueline move on to other teaching adventures. We want to thank Jacqueline for her ongoing support and expertise in working with our students and wish her nothing but the best.

We also have 1 new staff joining us here at CC, welcome Shauna Laubman, who comes to us from Westmount School. Shauna has a grades 7-12 background in Humanities, vast experience working with At-Risk-Students, Indigenous and Criminal Justice background, with a personal focus on Mindfulness and Trauma Base Yoga.

We are pleased to welcome back; Mr. D our main classroom teacher, Kyran our Family School Liaison Counsellor, Kendra our Youth Development Coach, Meegan our Educational Assistant. We would like to give a special "shout out" to Kyran in obtaining a permanent position with Foothills School Division. Kyran's presence on our team is a great asset. Congratulations Kyran!



Mr. D's Academic Update

As we wind down the school year, I would like to compliment the students on the hard work they have shown over this past school year. They have had a successful year. Congratulations to our five graduating students, **"YOU DID IT!!!"** and we are all so very proud. It has been a true pleasure working with all the students here at Cameron Crossing and I look forward to working with our returning students in September. I wish you all a restful and fun summer! As always, please contact me at the school if you have any questions.



GoodLife
FITNESS.

Goodlife Fitness - Okotoks, AB
105 Southbank Blvd. (587) 757-0271

Ages 12-17

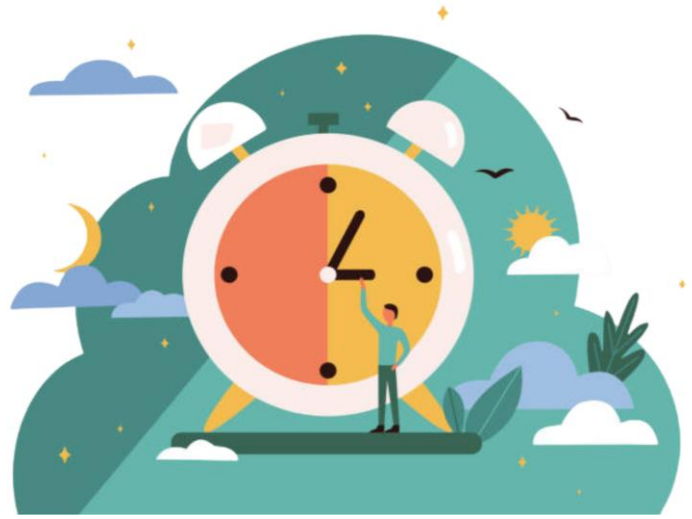
Workout
FREE

JULY 4 - SEPT. 5

For more information or to register
please go to: www.teenfitness.ca

MENTAL HEALTH MINUTE

Kyran McKee ~ FSLC



Hard to believe it's that time of year already! This year has seemed to have flown by. For our teen mental health, we had a couple of sessions by Marnie Johnston from the McMan Family Resource Network in which she encouraged our students to be mindful of how we/they choose to respond to one's emotions! The key message was about listening to your inner coach, versus your inner critic. Something we can all use as a reminder of.



CC students creating personalized mindfulness jars with Marnie Johnston from McMan Family Resource Network.



www.mcman.ca

McMan

This time of year, as the structure and social connections from school are soon to be put on hold for the summer, one of my main concerns is ensuring that both students and their families know where they can turn for support.

I've included one key resource (see below) and will be sending out an email to all families and students prior to the end of the year with a more extensive list of resources.



YOUTH
BRANCH

FOOTHILLS CHILDREN'S WELLNESS NETWORK

RESILIENT • CONNECTED • YOUTH

Julia Shaffler - Youth Navigator at the Foothills Children's Wellness Network

Phone:

403-336-9440

Email:

julia.schaffler@crpcn.ca

Website:

www.foothillsnetwork.ca/youth/

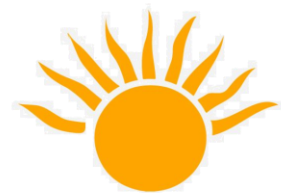
Wishing everyone a fun & healthy summer! Remember students and families; if you need support, reach out! There are so many amazing people in the foothills region that are ready and willing to be there for you. ~Kyran



~Jacqueline Barnard

With June's arrival, it's time to recognize that another school year has come and gone. I have to say it's been a pleasure to work in such a close-knit community with all of you. I can see why everyone always calls Cameron Crossing a family because that's exactly what it is. It's been amazing to see all the progress this year and, ultimately, a privilege to be a part of your year and your journey.

We are all so incredibly proud of every step taken forward and every success found along the way. As we look towards the summer months, think about all that you have done this year and take a well-deserved break. Happy summer to everyone and best wishes for the new school year! ~Jacqueline



Summer is singing with joy, and the beaches are inviting you with dancing waves.

DEBASISH MRIDHA

A large white dandelion seed head is the central focus, with several smaller seed heads floating around it against a solid orange background. The text 'Mindful moments' is written in a white, rounded, sans-serif font, with 'Mindful' on the top line and 'moments' on the bottom line. Below the title, the author's name 'Kendra Hayes ~ YDC' is written in a smaller, white, sans-serif font.

Mindful moments

Kendra Hayes ~ YDC

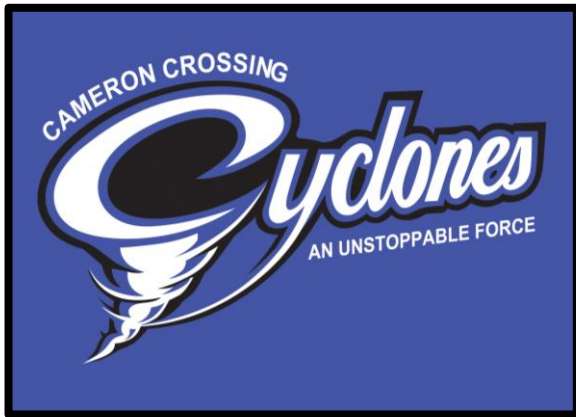
Can you believe it is June already! The grass is green, the birds are chirping, and another year is coming to an end. I just want to give a shout out to all of you for making my first year at Cameron Crossing so amazing. You all are such a strong ,resilient group of people with kind hearts and unique personalities, and I look forward to reconnecting with you in the fall. As we move into summer, I wish that students take time to be present and mindful. Enjoy and have gratitude for even the little things that come your way. Summer months can be challenging however, remember it is the time to recharge and grow as an individual. As Jeff says, "**Be kind to yourselves**". There are some activities to practice if you feel like you are needing some time for self-compassion and balance in your days:

1. **Slow deep breathing exercises**
2. **Stop and Stretch**
3. **Move to some music**
4. **Have a brain break**
5. **Switch off devices**
6. **GET OUTSIDE AND ENJOY!!!!**



I want to wish everyone a relaxing break. To those who are moving on in their next adventure, best of luck and enjoy the ride. ~Kendra

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