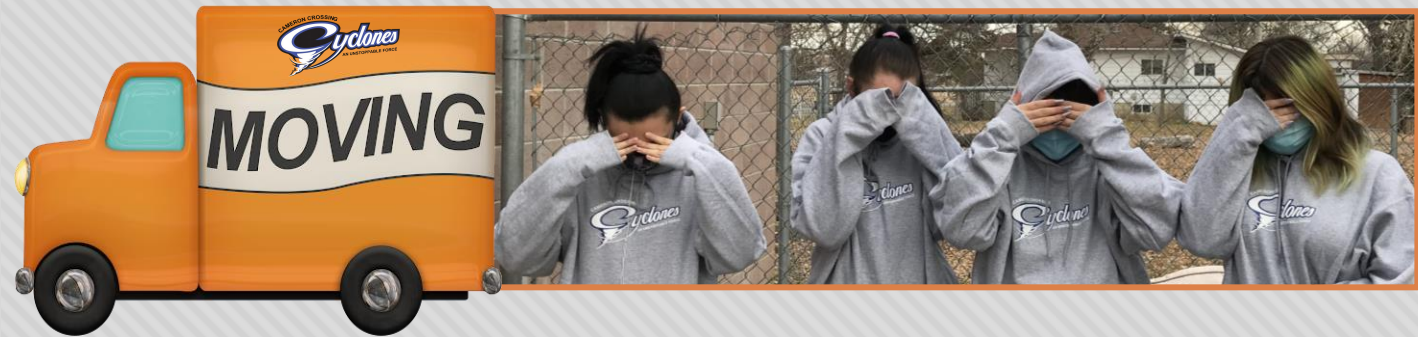


We're MOVING

CYCLONE NEWS

NOVEMBER/DECEMBER 2021

We certainly have had a great start to the school year and who can believe that it's December! Our students continue to accomplish great things, both inside the school and out within the community. We are so proud of each and every one of them, they are truly amazing students.



Moving Day Details... Here We Go!!!

Student in School Learning:

- o December 13th & 14th 2021

No School / School Moving Day:

- o December 16th 2021

Student Volunteer Pack:

- o December 15th, 16th, 17th
- o Students are welcome to volunteer pack if they wish



PRINCIPAL MASON'S MESSAGE

United
Way



Our students continue to utilize the benefits of our kitchen and we appreciate the ongoing support from the United Way Lunch Program and a Nutrition Grant from the Alberta Government. We also appreciate the ongoing support from our families that provide food and beverages.

As we move through December, we will continue to access our community and take advantage of the following facilities: Epic Martial Arts (Kickboxing), Calgary Climbing Center, Okotoks Library and the Okotoks Recreation Center.



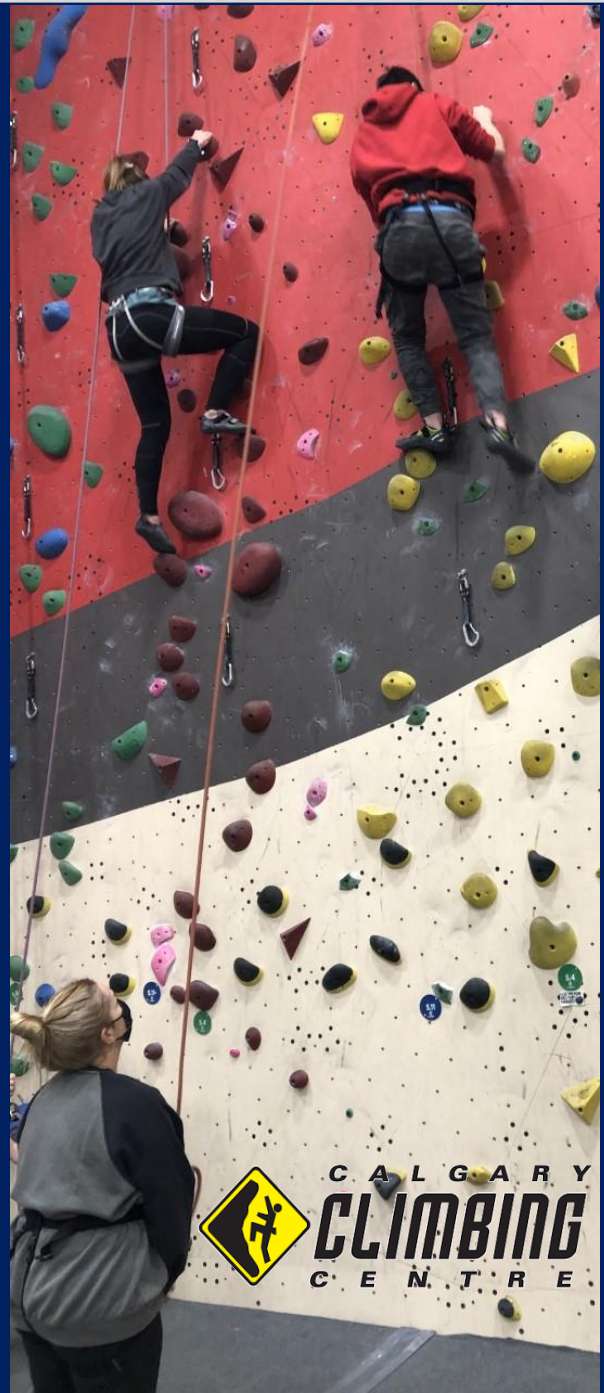
We wish everyone a safe and relaxing holiday break. Classes will resume on January 3rd, at our new location, Old Town Library. With grade 12 Provincial Diploma Exams (ELA) on **January 11th** and **January 21st**, there will be no regular scheduled classes on these days. If your child is not writing the Diploma Exam, they will not have classes on those days. Cameron Crossing will not have an exam break schedule, our students write their finals when they have completed the course, to allow for supporting their learning at their own pace. If you have any questions or concerns, please do not hesitate to reach out to us. Have a great day, week, and month! ~Jeff

MR. D's ACADEMIC UPDATE



The students at Cameron Crossing have continued to work well academically and physically. They have all been working at their own pace, on their own subjects and completing assignments. We have had completed academic course in all four core subject areas. P.E. students continue to reach new heights, they just completed their first rock climbing session, it was a complete success! It has been a pleasure working with all of our students and I am proud of the overall progress that has been shown. Remember students, 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



MENTAL HEALTH MINUTE

Kyran McKee ~ FSLC



It's hard to believe it's already December; my first few months here at Cameron Crossing have flown by, and by far the highlight has been getting to know the students here; they impress me on a daily basis with their ability to show up for themselves, and to work through the various challenges they each face.

In regards to mental health, we've covered different of topics since the last newsletter including the power of gratitude, sleep hygiene, procrastination, communication, boundaries and coping with stress. My main goal the last few months has been to cover topics that are helpful and relevant to the students. I think my personal favorite of the mental health lessons was the communication session; it was fun to see the students reflecting on how they communicate, as well as some of the pros and cons associated with each communication style.

Leading up to the holidays I decided to focus on reviewing some more practical strategies to help the students cope with the additional stress that the holidays tend to bring. While it's always nice to get a break from school, that break in routine can be difficult as students adjust to spending more time at home, which can sometimes lead to a relapse back into unhealthy patterns. So the students were encouraged to plan ahead, and reflect on some of the healthier coping skills they can engage in over the break. ~Kyran



Be Active

- | | |
|-----------------------------|-----------------------------|
| Put on music and dance | Bounce a ball or play catch |
| Build with Legos or blocks | Go for a walk, run or hike |
| Do 10 jumping jacks | Squeeze a stress ball |
| Run in place for 20 seconds | Do yoga or stretch |



Find Your Calm

- | | |
|--|---------------------------------------|
| Take some deep breaths | Have a drink of cold water |
| Listen to music or sing a song | Blow bubbles |
| Close your eyes and count to 10 or backward from 100 | Think of a calm, happy place |
| Take a quiet break or rest | Look at pictures of a favorite memory |



Get Creative

- | | |
|----------------------------|---------------------------------------|
| Color, draw or paint | Write about your thoughts or feelings |
| Play with Play-Doh or sand | Create a dance |
| Play an instrument | Write a poem |
| Make up a song | Make up a new game |



Connect with Others

- | | |
|--|--|
| Cuddle or play with your pet | Write someone a letter |
| Read a book with someone | Share your feelings with someone you trust |
| Play a game with a friend or family member | Ask for help |
| Work with someone on a puzzle | Call a friend to catch up |



Shift your mindset

- | | |
|---|--|
| Think of something positive | Focus on the present moment |
| Focus on one thing you're grateful for | Think about something that makes you laugh |
| Identify your top three strengths | Practice reframes ("I didn't fail; I learned") |
| Think about something you're looking forward to | Focus on what is in your control |



Eric, Arniko, Kyran, Cienna, Kendra, Dylan, Jacqueline, Reese

Firstly, I would like to say, “Wow, has it really been 3 months already!” Well, they do say that time flies when you are enjoying yourself. Secondly, I would like to take the opportunity to give **High Five’s** to the students here at Cameron Crossing. This is such an amazing, resilient bunch of young people.



Mindfulness is a helpful practice of anchoring ourselves to the present moment, being kind to ourselves and being aware of our thoughts and feelings. For some students, this has been a new skill and for others, it is a familiar practice. There are many ways to practice mindfulness. We have taken mindful walks, practiced mindful meditation, body scans, and made efforts to notice our present moments through our senses. Mondays we take the time to explore our thoughts and feelings during our 5-minute journaling activity. Fridays we end the week with our sharing circle. Not all mindfulness activities will work for each student, however, it is about discovering what works for you and taking the time to practice what works. It’s about putting helpful tools in our toolboxes. Mindfulness has numerous benefits for our health, physical and mental. We will continue our Mindfulness activities in the upcoming new year and in the new building. Over the break, take time for yourself, be kind to yourselves and just breath!

~Kendra

Teacher Talk!



~Jacqueline Barnard

CC students have found a variety of successes as they settled into their academic and option courses. Some important milestones of this first semester include sending out the first set of report cards and updating Individual Learning Plans (ILPs).

To date, many CC students have finished their first academic course (yay!) and have been making their way through a second course. This means that students have already made the transition from learning the content to applying exam strategies, such as context clues and process of elimination, in their unit and final exams. Some students in Grade 12 courses also encountered the Diploma exam for the very first time!

Please note that there are a variety of strategies available to students to support them through the exam process, from written and multiple-choice exam strategies to alleviating stress/anxiety. These resources can be accessed online through the HUB or in-person at CC. Feel free to reach out via text, phone, or email if you have any questions on your child's learning plan. Wishing everyone a restful holiday season and a happy new year!

~Jacqueline

CYCLONE CORNER

STEP CHALLENGE

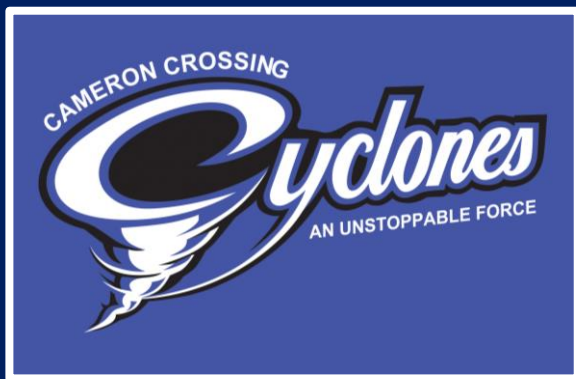
CC Students just completed a 3 part Step Challenge for P.E. Today's challenge was a close race, prizes were won & fun was had by all! Keep on stepping CC kiddos, way to go!



TODAY'S WINNER



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