



# CYCLONE NEWS

## Fall 2022



Hello parents and students, another school year is well underway! The staff of Cameron Crossing would like to introduce our school's newsletter, which will be sent out every two months to all our families.

### **Future newsletters will include:**

- Important Dates
- School Information
- Principal Mason's Message
- Mr. D's Academic Updates
- Mental Health Minute
- Mindful Moments
- Teacher Talk

**We hope you enjoy Cyclone News! If you have any questions or feedback, please contact us.**



# Upcoming Important Dates

## Art @ OAG

October 5<sup>th</sup> - November 16<sup>th</sup>, 2022 (Wednesdays)

## P.E. Gym Time @ Okotoks Rec Centre

October 25<sup>th</sup> - December 20<sup>th</sup>, 2022 (Tuesdays)

## P.E. Bowling @ Millennium Lanes

October 28<sup>th</sup> - November 18<sup>th</sup>, 2022 (Fridays)

No School - November 11<sup>th</sup>, 2022

Remembrance Day

Parent Teacher Conference @ Cameron Crossing School

November 14<sup>th</sup> & 16<sup>th</sup>, 2022 ~ 3:15pm to 7:00pm

No School - November 25<sup>th</sup>, 2022

PD Day



*Lest We Forget*

*11th November*



# Principal MASON'S

## MESSAGE



Dear Parents,

It is great to be well underway into another school year. All our academic programs are up and running. Our Art program has just started up and we are looking forward to seeing the kids artwork and the value added pieces from the Therapeutic Art approach. Just a bit of a heads up that our Christmas Break is quite late this year with our last day of classes being December 23<sup>rd</sup>, 2022. Also, just a reminder around the School Division's change to reporting out student progress in that we will be hosting two evening sessions in November for parents and students to come in and discuss academics, as well as individual wellness of our students instead of a paper-based reporting method. Dates have been sent out via email, if you are interested in attending, please reply to the email. As always, if you have any questions or concerns, please contact the school.



# MENTAL HEALTH MINUTE

Kyran McKee ~ FSLC



Hello Cameron Crossing family! Hope you all had a good summer & a good start to the school year. In terms of our weekly mental health lessons we've been off to a strong start. Already we've had a guest speaker from the YMCA present on the Myths, Facts and Misunderstandings About Cannabis, which was really informative for staff and students. We've also recognized Orange Shirt Day where we talked about intergenerational trauma and how it's impacted indigenous peoples across Canada and throughout the world. In addition to this I've started presenting a Mental Health Literacy curriculum to the students which led to a really great conversation around stigma and mental health. Looking forward on November 1<sup>st</sup> we have a virtual presentation from National Eating Disorder Information Centre (NEDIC) and we'll begin to explore the difference between mental health and mental illness, and eventually start learning more about specific mental illnesses.





# Mr. D's ACADEMIC

## UPDATE

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. Courses continue to be completed and we have some students working on their last courses needed for graduation – Great Work!! Physical Education is well underway for our students. They will be participating in a variety of activities from hiking, mini golf, bowling and many more activities to come!

***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.***



CC SCHOOL

# CULTURE



Shauna Laubman



At Cameron Crossing we agree that a positive culture is one of the key ingredients to running a successful school. We have found such a strong connection with our staff and students between a positive culture, student performance and readiness for post-secondary, careers and a successful life. We are intentional when working with our students to create authentic learning opportunities where students feel respected, heard and seen. Every student gets individualized instruction suited to their particular learning needs. Through authentic conversations we begin with the end in mind helping students see their future selves and empowering students to work towards their future

goals. This confidence building is critical for academic success and a large part of my teaching role here at Cameron Crossing.

## **Our core values that we share daily with our students are:**

**All in** ~ Every day, all day we work to deepen our connections to each other and build a positive school environment.

**Walk the talk** ~As their teacher, I strive that what I say to students matches what I do. My words are positive and calm and so is my body language. We encourage students to do the same.

**Do your best** ~ No matter what the day brings, or what students are experiencing outside of school, always do their best. If they believe in themselves and keep trying, they will reach their goals.

Every morning we start as a family here at Cameron Crossing. We share our challenges and our celebrations, consider the meaning of quotes and play inspiring songs. We encourage students to have a great day and set an enthusiastic, safe and caring tone for the day.

*Intentionally positive in our interactions, starting with our morning routine and maintaining this positivity throughout our days. Well done students and staff!*

A white line-art illustration of a dandelion with its seeds blowing away, set against an orange background.

# Mindful moments

Kendra Hayes ~ YDC



Hello and welcome back to school!

My name is Kendra Hayes and my role at the school is the Youth Development Coach. My role at the school is support the students in a variety of ways - job searching, volunteering, academic support, life coaching and mindfulness practice.

What is mindfulness and why is it important to the students? Mindfulness is paying attention to our "now" and learning how to respond rather than react to difficult situations. Mindfulness helps develop and strengthen our minds, so that we are able to handle our feelings, manage stress, reduce anxiety and bring a calmness to our day. It puts tools in your own personal toolbox. Remember, mindfulness doesn't happen instantly, it is a practice and the more we practice the more we improve. As a group, our students will be practicing mindfulness once a week through different activities and exercises. We have already done many walks around the community and participated in an amazing hike that allowed student to reflect on their strengths and be "present."

*"A Beautiful Day begins  
with a Beautiful Mindset"*

Thank you for allowing me to work with such an amazing group of students and families. If you have any questions or concerns, please feel free to reach out to me at: [hayesk@fsd38.ab.ca](mailto:hayesk@fsd38.ab.ca)



CAMERON CROSSING



# 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 participation from our students & staff!

Please follow CC on Twitter:  
[@crossingcameron](https://twitter.com/crossingcameron)



Please follow CC on Instagram:  
[@cameron.crossing.school](https://www.instagram.com/cameron.crossing.school)



Cameron Crossing School also has a webpage through the Foothills School Division. Check it out at: [www.foothillsschooldivision.ca/cameroncrossing](http://www.foothillsschooldivision.ca/cameroncrossing)

## CYCLONE CORNER



CC fun; slurpee walks, puzzle solving, art therapy, therapeutic riding and birthday celebrations, with more fun to come!