

CYCLONE NEWS

Winter 2023



Principal

MASON'S

MESSAGE



Dear Parents,
Our students continue to do amazing work whether it's in our building or in the community. The amount of positive feedback from everyone is amazing and speaks volumes to how wonderful our students are and the choices they are making to help themselves.

As semester two commences, we will be sending out an updated progress report in early February. As always, if you have any questions or concerns, please do not hesitate to contact the school, we are more than happy to meet with you in regards to academics or any other concerns. Second semester Art will be starting up after the Easter break, so if your son or daughter is interested in joining us, they are more than welcome to.

Alberta Education will be sending you a school survey in the mail. This information is very important to the school, for it provides us with meaningful information that helps direct our decisions in programming for our students. If you can, please take the time to complete this survey, it would be greatly appreciated.

Lastly, we will have students writing another round of Diploma Exams on April 17th, 18th, 20th & 23rd, 2023. We will update you on what days we will be closed in order to support these students writing their final diplomas in the spring.

~Jeff Mason

Upcoming Important Dates

P.E. GymTime @ Okotoks Rec Centre

January 10th - June 2nd, 2023 (Tuesdays)

P.E. Kick Boxing @ Epic Martial Arts

February 3rd - February 17th, 2023 (Fridays)

No School - Reading Week

February 20th to February 24th, 2023

P.E. Archery @ Fly's Etc.

March 3rd & March 10th, 2023 (Fridays)

No School - PD Day

March 17th, 2023

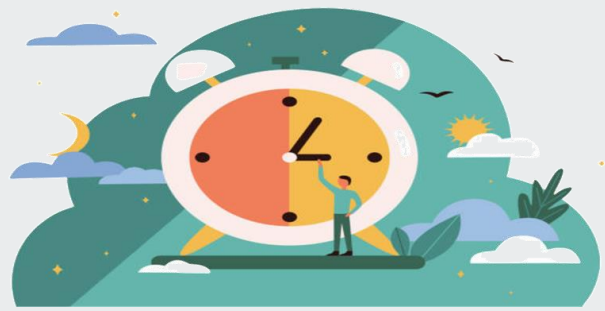
P.E. Rock Climbing @ Chinook Climbing Centre

March 24th & March 31st, 2023 (Fridays)



MENTAL HEALTH MINUTE

Kyran McKee ~ FSLC



Hard to believe we're already one month into 2023! We've have lots in store for mental health this year. We just discussed Bell Lets' Talk Day, regarding mental health and the stigma society places on the issue. Coming soon a presentation form Rowan House on Healthy Relationships and Boundaries, as well as Marnie Johnston from McMan coming to do a small workshop Anger Management - just to name a few! As a class we will continue to work through the Mental Health Literacy program exploring the brain and how it develops and changes as we learn and grow & experience life.



Bell
Let's Talk

~Kyran McKee

Mr. D's



ACADEMIC

UPDATE

As we reach the midway point of the school year, I would like to compliment the students on the hard work they have shown over this first semester. They have had a very successful first semester. Congratulations to our students who have completed their diploma exams and graduation requirements. You have

worked very hard to complete this milestone in your lives. Physical Education and Yoga are going very well, and Art starts up again in April. As always, please contact me at the school if you have any questions about your child's academics. I look forward to working with all of our students over the second semester – remember students, “Don't sit stuck,” let our great staff help you.

~Mike Dunlop

CC SCHOOL

CULTURE



Shauna Laubman

Final exam time can be pretty intimidating for students and I wanted to share some wisdom I have learned over the years to help manage the anxiety and stress exams can create in our students.

We talk here at Cameron Crossing about managing life's challenges and how to achieve the goals we are striving toward. When life is difficult or challenging - especially when life is difficult and challenging - the present is always an opportunity for us to learn, grow and become better than we've ever been before.

Keeping up with the course work, planning daily goals for achievement and being intentional about the learning opportunities we create in our days are all ways to prepare ourselves now for the stress of exams. The day to day commitments and achievements not only build the confidence needed to succeed at exam writing, but build the resiliency and stamina required to focus on these final and diploma exams.

For us at Cameron Crossing, we must balance the need to help prepare students for their tests with the goal of teaching them to be able to study independently for exams by the time they graduate. Here are some tried and true tips to manage stress and anxiety during final exam writing times: Make a realistic revision schedule, customize your notes to make them more personal, review the content and ensure you understand as much as possible, review old tests, take short breaks, do something physical.

~Shauna Laubman

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

Mindful moments

Kendra Hayes - YDC

Happy New Year to all of our students and families at Cameron Crossing School. As we embrace the beginning of a new year, it's important to take a moment to be mindful and to remember to be kind to others and more importantly, ourselves. It is also a time to build new habits. One habit we can all build on is Gratitude.

There are 3 qualities for Gratitude:

1. Feeling grateful for things in our lives
2. Expressing our gratitude to those around us and what is around us
3. Adopting new behaviors that improve or strengthen who we are.

We all have the ingredients of these qualities and with some attention, reflection and practice, we can build on what we already have in our tool box and move forward to a greater well-being.

Here at Cameron Crossing, we like to take a moment and show our gratitude by showcasing a student. Student Spotlight happens every couple of months and it focuses on a student who is demonstrating Cyclone pride. Please take a moment and check out who our Spotlitged student is in the newsletter. Who knows, you could be next!

~Kendra Hayes



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

We would like to welcome all our new students and staff member, Erin Bryant, who have joined our CC family in the new year! We are so happy to have you all here 😊

