

CYCLONE NEWS

WINTER 2024

Dear parents and caregivers, we are excited for the transition from Winter, Ssto yii, to Spring, Motoyi, and with this change we embrace new opportunities for growth and possibilities. In our morning meetings, many of our quotes have been focused on growth, self-awareness and choosing joy.

Our students have shown tremendous growth and grit as they work through their courses. As Semester one ended, we celebrated many of our students as they aced tests and exams, as well as completed courses. It is a wonderful experience to watch them not only succeed but excel. This semester, you will receive a progress update in March prior to Spring Break (March 29- April 7, 2024) followed by an invitation to attend our second round of Learner Conferences (April 17 and 18, 2024). We are always looking for new opportunities for families to engage with us to support our learners. We will continue our PECC meetings, with the next one attached to Learner Conferences, and will focus on year end, graduation, and any updates regarding the ongoing development of Cameron Crossing. All families are welcome to attend.

Students continue to make the Cameron Crossing team proud as they represent our school in the community. Volunteering at community organizations such as the Okotoks Food Bank and Foothills Therapeutic Riding, attending special events such as the Okotoks Oilers charity event, and participating in our Students' Matters leadership group, our students demonstrate their skills and passions while sharing their positive attitude and attributes. We look forward to finding even more ways that our students can make connections in the community.

•Principal Monica Crane and Vice Principal Rob Gallacher

ACADEMIC UPDATE



Mr. Dunlop & Ms. Spark

CC Senior School: As we reach the halfway point of the school year, I would like to compliment the students on the hard work they have shown through the first semester. Congratulations to our students who have successfully completed some of their required core courses. You are well on your way to having a very successful year. As always, please contact me at the school if you have any questions about your child's academics. I look forward to the continued success of our students as we move forward together on their academic journey. ~Mr. Dunlop



CC Junior School: It is hard to believe it is already March! The Junior High students at Cameron Crossing have continued to do very well. They completed English Language Arts and Science at the end of January and have begun their Math and Social Studies course. Students have been active in group discussions and have enjoyed the many activities offered to them during their Academics. They are currently studying fractions in Math and learning about the early Indigenous people of Canada and Medieval Europe. We look forward to the remainder of the school year with the hopes of spending more time outside and planting some items to grow in our greenhouses. Stay tuned for highlights over the next couple of months. Remember to visit our website and/ or Instagram. We look forward to meeting with parents during our student Learner Conferences in April. As always, should you have any questions or concerns please feel free to reach out to myself or Mrs. Larocque. ~Ms. Spark & Ms. Larocque



Cyclone Social Media



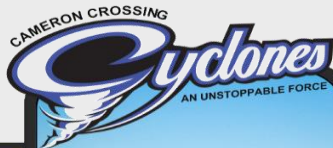
Please feel free to follow the CC family and join Cameron Crossing School's **Instagram** account:

@cameron.crossing.school

It's a great way to celebrate all the fantastic participation from our students & staff!

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

www.foothillsschooldivision.ca/cameroncrossing



Instagram:

[@cameron.crossing.school](https://www.instagram.com/cameron.crossing.school)

CC SCHOOL

CULTURE



Shauna Laubman

Yoga and mindfulness are invaluable tools for reducing stress in teenagers due to their ability to promote relaxation and cultivate self-awareness. By engaging in yoga practice, teens can learn to connect with their breath and body, releasing tension and calming the mind. Mindfulness techniques, such as meditation and guided imagery, empower adolescents to manage stressors effectively and develop resilience in the face of challenges. Incorporating yoga and mindfulness into daily routines helps teens build healthy coping mechanisms, fostering emotional balance and well-being. Ultimately, these practices provide teenagers with essential skills to navigate the complexities of adolescence with greater ease and clarity, fostering a lifelong foundation for mental and emotional health.





For the last couple of months, the Youth Development Coaches, Kendra Hayes and Alicia Henry, have introduced a new program at Cameron Crossing school called the **HEROES** Program. The program works on building their skills for their social and emotional growth. We are currently facilitating the **HEROES** program with both our Junior and Senior High students during our Thursday Mental Health block.



The bases behind the **HEROES** program are to build strong relationships with others, while focusing on confidence, character, and integrity. The program is designed to give youth the tools and wisdom to make the best choices they can in their journey. While we are facilitating the junior and senior students separately, we are all covering the same material. We want all the students to develop the same positive language and messages that come from the program. The students were all given their own journal to follow along and reflect on their growth throughout the course. The mantra for the program is that **"We all have gifts and abilities and a desire to succeed."** Our hope is that students will embrace their skills that they already have and learn that a "Hero is someone who uses their gifts and abilities to make a positive change in themselves and in others." **HEROES** offers little wise advice tips in every chapter, this one we want to share: **Wisdom offers you the tools to live better. The choice to pick up the tools and use them is up to you.**





CC "EXTRAS"

Art~Foods~P.E.

Meegan Selby & Erin Bryant ~ EA

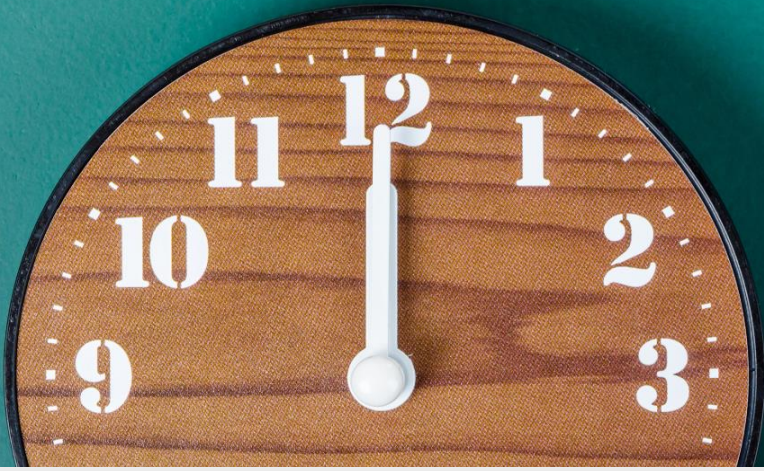


Physical Education, Art and Foods have provided our students with great option choices, allowing for growth & community within our school. CC student participation has been a great success! We are looking forward to a fantastic second term. ~ Erin & Meegs The EA Dream Team!



Mental Health Minute

Krista Tincher - FSLC



It is 2024 and I don't know about anyone else, but January was a loooong month with that cold snap and getting back into the swing of school. We celebrated Bell Let's Talk on January 24th with both the junior and senior high as separate groups. We talked about the importance of reaching out and asking for help if you are struggling. On February 28th we celebrated Pink Shirt Day. Pink Shirt Day is an annual event against bullying, held in Canada and New Zealand. Participants wear pink shirts and attend or host informative events to raise awareness about bullying, particularly in schools. Pink Shirt Day was started in 2007 in Canada. Pink Shirt Day has now spread and become a national day of anti-bullying across Canada and other countries around the world!

