

# welcome



## CYCLONE NEWS

2021/2022 SCHOOL YEAR

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
- Cyclone Corner
- Teacher Talk
- Mental Health Minute
- Mindful Moments

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



## ANNUAL CC FIRST DAY SLURPY WALK 2021!



Aidan, Nick, Dylan, Logan,  
Cienna, Kendra, Jeff, Carson

# PRINCIPAL MASON'S MESSAGE



Dear Parents,

It is great to be well underway into another school year. All of our academic programs are up and running and we will soon be looking to add to our Off-Campus pieces such as P.E., Yoga Ed., Volunteering at the Food Bank and working with the United

Church on providing lunches for students across the division. In addition to this, we will be having all of our students and staff certified in CPR and First Aid later this month, October 18<sup>th</sup> and 19<sup>th</sup>. Our Art program will also be starting up in early November and will run through to the Christmas Break. We have some great news about our move in date to our new school. We will take possession of the new building in early December and will be officially moving in over the

Christmas Break.

While the construction crews are busy modernizing the facility for us, we are busy trying to get the necessary furniture to enhance our larger learning areas... so exciting!!!



P.E. Hike - Brown Lowery Prov. Park - Kyran, Kendra, Aidan, Jeff, Arniko, Cienna, Dylan, Eric

# MR. D'S ACADEMIC UPDATE

IF YOU DON'T WANT  
TO GET STUCK,  
DON'T SIT STILL

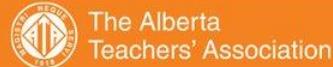


The students at Cameron Crossing are off to a great start academically. They have all been working on their own subjects and completing assignments. Some Science students have already completed their entire course! P.E. class is well underway, CC students started off P.E. with mini golf, many other fun activities are to follow! It has been a pleasure getting to know the students again this year 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.



September  
**30**

**Orange Shirt Day**  
**National Day for**  
**Truth and Reconciliation**



Sarah, Arniko, Dylan, Kyran, Meegs, Cienna, Jeff, Jaden, Kendra, Dom, Aidan

CC staff and students honoured Orange Shirt Day on September 29<sup>th</sup> in which our staff provided insight and information regarding residential schools and the impact they have had to date on Indigenous people within our country. We talked about the history of residential schools, intergenerational trauma it has caused, as well as the importance of **Orange Shirt Day** in honouring those who have suffered and those we have lost as a result of residential schools.



# Important Dates

**NO SCHOOL - TRUTH & RECONCILIATION DAY (Thursday)**

September 30<sup>th</sup>

**October 1<sup>st</sup> (Friday)**

P.E. Day Hike @ Brown Lowery Provincial Park

**October 4<sup>th</sup> to December 13<sup>th</sup> (Monday's)**

Yoga Ed. @ ORENDA 1:30-2:45pm

**October 6<sup>th</sup> (Wednesday)**

P.E. Hike @ Cat Creek Falls Kananaskis

**October 8<sup>th</sup>, 13<sup>th</sup> & 15<sup>th</sup>**

P.E. Frisbee Golf @ Okotoks Sheep River Course

**NO SCHOOL - THANKS GIVING (Monday)**

October 11<sup>th</sup>

**October 20<sup>th</sup> to December 15<sup>th</sup> (Wednesday's)**

P.E. Gym Time @ Okotoks Rec. Centre 1:30-2:45pm

**NO SCHOOL - PD DAY's (Thursday & Friday)**

October 21<sup>st</sup> & 22<sup>nd</sup>

**October 29<sup>th</sup> (Friday)**

P.E. Bowling @ Millennium Lanes Okotoks



# Teacher Talk!



~Jacqueline Barnard



Hello all! I am excited to be joining the Cameron Crossing family and am looking forward to connecting with all of you!

My role within CC is an ELA and Social Studies teacher, with a focus on critical writing and reading comprehension. Because of my passion for teaching, I wear many hats: Alberta Teacher's Association (ATA) representative for the school and a Learning

Coach within the school division, I am the designated tech guru for all things HUB. This space will be dedicated to learning strategies and educational tips and tricks. To date, CC students have been focused on getting comfortable with their online courses. In the first week, I outlined how to navigate the HUB platform and troubleshooted when students encountered tech issues. Now that we are settled into the school year, we will be diving deeper into learning strategies and other helpful tools to engage students in their learning.

# MENTAL HEALTH MINUTE

Kyran McKee ~ FSLC



Hello! For those of you who I haven't gotten a chance to connect with, my name is Kyran, and I'm the new Family School Liaison Counsellor here at Cameron Crossing. This is my first year with the Foothills School Division,

and therefore also my first year being in the Family School Liaison Counsellor role. Prior to this I had spent the last 6-7 years working at various agencies within the addictions field, mostly at residential treatment centers working with individuals recovering from alcohol, drug and/or gambling addictions. In terms of my life outside of work, I spend most of my time doing some kind of physical activity. Lately it's been a lot of running, and getting out and exploring the Kananaskis.

In terms of mental health, this first month has really been about getting to know the students and the different areas of mental health that are relevant to them. So far, we've spent some time reviewing why mental health is important, as well as some of the different "red flag" behaviors that tend to show up when our mental health is slipping. We also spent some time exploring the spirit behind Truth and Reconciliation Day (the first ever!), and how it's impacted the indigenous peoples of Canada. This led to a brief discussion around intergenerational trauma, and how many people are working hard to break unhealthy cycles that have been passed down through previous generations.

Overall, I've really enjoyed my first month here and Cameron Crossing; I've been impressed with how hard the students are working, and I can't get over how much the staff here really care about the students. I'm excited to be part of this team, and looking forward to continuing to get to know these amazing students.



# YOGA ORENDA

Yoga Ed. class is a safe environment for students to learn & practice yoga tools that help them navigate their daily lives. Cameron Crossing students will have an opportunity to join Yoga Ed. classes to support their wellness, as well as gain extra credits. Yoga Ed. will be held at ORENDA Studio Monday's, Oct. 4<sup>th</sup> through to Dec. 13<sup>th</sup>, 2021.

SELF  
UNDERSTANDING

STUDENT  
UNDERSTANDING

EMPOWERED  
TEACHING  
METHODS

Yoga can support adolescents/young adults in the following ways: sense of identity, sexuality, body image, personal safety, acceptance, emotions, stress, compulsion and addiction, peer pressure, and success! Yoga practices self-awareness, which can be an internal or external practice. Practicing self-awareness physically re-wires your brain. By consciously directing your focus to your internal experience, you promote positive changes in brain areas association with attention, decision-making, emotional stability, and empathy. Self-awareness is like a muscle; the more you use it, the easier it is to use!





Hello students and families!

My name is Kendra Hayes and I'm the new Youth Development Coach here at Cameron Crossing School. I am honored and excited that I have been given this opportunity to work with such an amazing group of students and staff. So far this year, I have been getting to know the students and learning how I can support their needs at the school. Throughout the coming months, I will be running weekly Mindfulness sessions and supporting the Family School Liaison Counsellor with the Mental Health lessons.

Why is mindfulness so important for our mental health? Mindfulness teaches us how to pay attention to the present moment, the "now." It's about helping us anchor our mind, cultivate awareness of the life we live, manages stress, and help reduces anxiety and depression.

Here are 4 reasons why we need to practice

Mindfulness:

- ❖ Helps improve our Focus
- ❖ Teaches us how to lower our stress
- ❖ Reduces Brain Chatter
- ❖ Provides us with New Perspectives

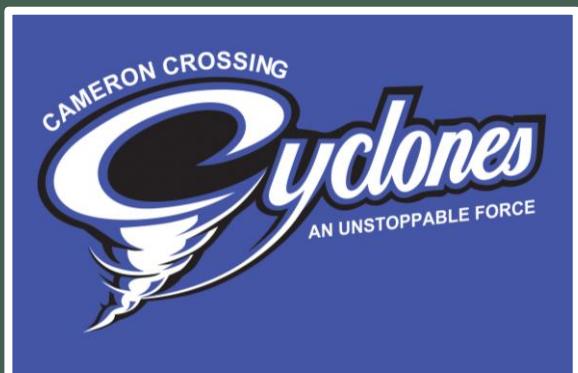
*Every  
moment  
matters*

I will continue to take every opportunity I can in getting to know the students better and provide them with some tools they may need for their tool boxes. Thank you for making me feel so welcomed here Cameron Crossing!

If there are any questions or concerns, please feel free to reach out:

**[hayesk@fsd38.ab.ca](mailto:hayesk@fsd38.ab.ca)**

# 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:

**[foothillsschooldivision.ca/cameroncrossing](http://foothillsschooldivision.ca/cameroncrossing)**