

CYCLONE NEWS

May/June 2020

We hope this Newsletter finds you all safe and in good spirits.

These are definitely unique and challenging times and please know that you do not have to go through these times by yourself.

Please reach out to the school, we are here to help both you and your family.



Student Art By: **Carson Ross**

The first project that our art students completed was Digital Photo Design. The idea was for students to find any digital photo altering app and utilize it to redo a photo that they've taken and transform the photo into visual masterpiece! The variety of submissions and design choice was fantastic!

~Megan Brookes EA





Student Art By: **Jaden Smith**
Digital Photo Design
Art Project 1

Principal Mason's Message

In times such as these, it is important to know that it is ok to lean on others. We have lots of supports in place, both for academic and social emotional wellness. If you would prefer not to reach out to one of the staff, please know that there are lots of resources on the FSD webpage such as:

[Student Link](#) **[Parent Link](#)** **[Staff Learning Link](#)**

Staff have been working hard to make the necessary adjustments to meet Alberta Education's mandate to ensure that learning continues despite not being able to be face to face in our classrooms. If you need any assistance with any of the different learning platforms, please feel free to contact the school and we will be able to help you through these different platforms.

Please know that we are here for you and are doing everything that we can to help our students through these times. As always, please do not hesitate to contact myself via email or the school phone.

We are Here





United Way

Important Dates

NO SCHOOL

May 15th to May 18th
Victoria Day Long Weekend

Mothers Day

Sunday May 10th

NO SCHOOL

Friday June 5th Staff PD Day

FINAL DAY FOR COURSE CONTENT SUBMISSION

June 19th

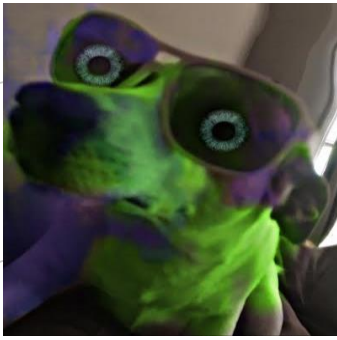
Fathers Day

Sunday June 21st

LAST DAY OF SCHOOL!

June 26th - Noon Dismissal
CC staff wish you all a happy
and safe summer holidays!





Student Art By: **Aidan Stanton**
Digital Photo Design
Art Project 1

Mr. D's Academic Update

It has been a big change for our students having to do their school work from home. I am very proud of the way they have adjusted. They are working hard to master the challenges faced by learning to navigate Google Classroom and at the same time continuing on their core subjects without the benefit of face to face instruction. For the most part, students are making good strides to complete their subjects and earn the credits needed to graduate.

Students, make sure you use all the people available to help you through these challenging times. The HUB teachers are all available to help you with your core subjects, make sure you message them when you need assistance. As well Cameron Crossing staff is available to help with not only your Google Classroom work and all core subjects as well. **DON'T SIT STUCK!**

As I stated, I am proud of the effort you have been giving. Keep up the good work! I miss you all... Stay Safe!





Student Art By: **Destini Taylor**
Digital Photo Design
Art Project 1

Mental Health Minute

~Lindsay Boucher FSLC

It is hard to believe that we are entering week 6 of home/online learning. This has been a giant learning curve for both staff and students, I hope I'm not alone in feeling like it's not really getting easier as each day goes by. I am very proud of our students and the effort they are putting into their academics and their mental health. Now more than ever, we need to focus on self-care and connection with others (not physically).

The following are some tips to follow in order to help keep a healthy/functioning level of mental/emotional health during this stressful time:

- ❖ Ensure you maintain a routine
- ❖ Eat mindfully
- ❖ Maintain proper sleep hygiene
- ❖ Get some exercise
- ❖ Do something you enjoy EVERYDAY
- ❖ Allow yourself to feel sad or frustrated with this situation
- ❖ Ask for help if you need it
- ❖ Remember, this is temporary

At Cameron Crossing, we consider our staff and students to be a family! So please, if you are in need of any type of support (financial, groceries, toiletries, emotional support) don't hesitate to contact me at: boucherl@fsd38.ab.ca

Mindful Moments

~Shanda Harper YDC

With a shift to distance learning and working from home, yoga and mindfulness can be a great tool to support students and families with their mental and physical wellbeing. Incorporating mindfulness into your daily routine can help calm anxiety and develop healthy coping skills.

Keep it SIMPLE, especially if you are newer to this practice. Here are some tips and some of my favourite resources:

Transition Activity - Mindfulness can be a great activity to transition between tasks or courses, it can also be a movement break as the majority of the distance learning is done sitting down behind the computer. This could be ANY mindfulness activity (breathwork, drawing, journaling, yoga, listening to music, etc)

Gratitude Practice - Right now our entire worlds have changed and a lot of the information/media is negative or overwhelming. Having a gratitude practice can be a positive way to support your mental health during this time - could be more structured like a Gratitude Journal or a just a family discussion at the supper table.

Meditation - There are lots of free apps out there offering lots of different Guided Meditations and usually available as a Mobile or Desktop version. Some of my personal favorites are:

- Mindfulness for Teens
- Insight Timer
- Stop, Breathe & Think
- Calm
- Head Space (currently offering a free series specifically in response to COVID19 called "Weathering the Storm")

YOGA^{ed.} YogaEd - this is the curriculum I teach at the school... they have a FREE YouTube channel with lots of resources. Play around with them, when you scroll down on the page they have a section for Teens, check out those ones.



Hang in there, we are all in this together! I am also available during school hours to connect with students & families and can offer other resources or support you directly with a yoga or mindfulness practice. Stay safe and big hugs.

Student Art By: **Kitty Chappell**

Digital Photo Design / Art Project 1