

# Comprehensive Health At Crossfield Elementary School

## Community Links

<http://www.nrvcl.ab.ca/>

Tim – Each 2<sup>nd</sup> & 4<sup>th</sup> Tuesday at  
Crossfield United Church

## Community Links at CES

Boys Circle – Oct & Nov

Girls Circle – Oct & Nov

## Parenting Services

Thursday, Nov 5 1:30-3:00 p.m.

- Kids Have Stress Too

Nov. 12, 19 & 26 1:30-3:00 p.m.

- Triple P Positive Parenting

Room 17/ No Fees

Contact the Office for More

Information (403) 946-5696



## Public Health

Each Wednesday

<http://www.albertahealthservices.ca>

Gloria Hemming

(403) 912-8483

(403) 869-2502



## Rocky View School Division

### Occupational Therapy & Speech

[https://www.rockyview.ab.ca/custom-search/learning\\_supports](https://www.rockyview.ab.ca/custom-search/learning_supports)

## Cool to Be Kind

CES program that recognizes a child's good deeds. Names are read through daily announcements for recognition.

## Grade 5 Helpers

Mentors to CES younger grades:

Patrols, Milk lunch, Reading Buddies,

Recycling



## Breakfast Program

This year we continue to embrace positive and healthy practices in our school community. Students may access breakfast from the kitchen beside the gym between 8:20-8:40 am. Any student on any day can participate in the CES Food For Thought program. School breakfast programs are not intended as a replacement for morning family time, however they become a valuable option when, for a number of reasons, students require 'food for thought' to start their day.



## Family School Liaison

[https://www.rockyview.ab.ca/custom-search/learning\\_supports](https://www.rockyview.ab.ca/custom-search/learning_supports)

## Drumming Circle

10 week program presented by  
Jennifer Rowe

Other Services include family support, consult and program development. \*Contact the Office for More Information (403) 946-5696

## CDA Program

### Out for Lunch

Opportunity for students to practice social skills and listen to social stories. Rm 17-Lunch hour

## Heart Math

Innovative heart monitor with computer feedback to encourage relaxation.

## Safety

Crossfield Fire Dept.

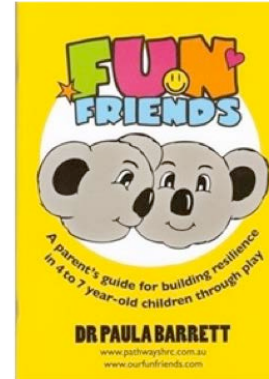
Farm Safety

Water Safety

## Friends

Program - Offered through Rocky View Schools - A teacher resource for a 12-week program designed to teach social and emotional skills, reduce stress and anxiety, and boost academic success.

<https://www.rockyview.ab.ca/21stC/learning/social/emotional/do/fun-friends-and-friends-for-life-program>



## Rainbows

Grades 3,4,5

12 week program

International materials supporting children that are grieving a change in their life; separation, divorce, death.

-consent forms will be sent home or contact the office



## Little Foot

First Nation, Metis, Inuit

An opportunity to celebrate heritage



## Second Step

Social, physical body break that includes marching and movement to music – during recess.

--	--	--