



November 12, 2021 | [claytonschools.net](https://claytonschools.net)

### **Top Three Things in this Issue:**

- CHS Speech and Debate Team designated as Top 100 Team by NSDA
- "Cents for Sensory" Challenge to Support "Project Sensory Box"
- CHS and WMS Students Chosen for the SLSMEA All-Suburban Honors Orchestra and Bands

### **FC Explores the Positive Impact of their Nature Trail and Outdoor Play**



The Family Center understands the importance of outdoor play. On the Gay Ave and Clayton High School campuses, there are a number of resources and ways that students interact with nature. The FC teachers focus on providing as many opportunities as possible for children to learn new skills outdoors.

"At the Family Center, we value children having the opportunity to have both structured and unstructured time in nature," said **Catherine Katz**, FC Nature Educator.

There are gardens at both locations that students help maintain throughout the year and grow their own harvest. These gardens are filled with flowers, vegetables, herbs and native

plants. Learning gardening skills contributes to their knowledge about and respect for the environment.

[Read more about learning through outdoor play and view photos here.](#)

### **WMS Class Collects Cereal for Shelter**



**Deb Baker**, a Literacy Teacher at Wydown Middle School, and her PACK advisory class collected cereal for Saint Martha's Hall as part of an annual tradition at WMS. St. Martha's Hall provides a shelter care program for women who have been abused and their children. The class collected cereal for about two weeks from any students, staff or families willing to donate. When the collection was complete, a representative

from Saint Martha's Hall spoke to Baker's class about the work that they do. Students helped pack the cereal to be distributed at the shelter.

"I am so proud of our community as we worked together to help those who are trying to rebuild their lives. This empathy is part of what makes Wydown Middle School so special," said Baker.

[See more photos here.](#)

### **CHS Speech and Debate Team designated as Top 100 Team by NSDA**



The Clayton High School Speech and Debate Team earned a spot in the Top 100 Schools from the National Speech and Debate Association (NSDA) for the 2020-2021 school year. This honor is designated to 100 chapters in the National Forensic League Honor Society based on an algorithm with results from the team from the past three years (2018-2021) including the frequency of

competition and objective competitive success. This is an especially amazing achievement considering the size of the District population in comparison to other schools awarded. The CHS Speech and Debate Team is a co-curricular team composed of 112 students. The District wants to congratulate the team on their hard work and dedication. [Learn more here.](#)

## **BOE Candidate Filing Timeline Changes; Opens Dec. 7**

Filing for the Board of Education Election opened on Tuesday, Dec. 7, 2021, at 8 a.m. and will continue through Tuesday, Dec. 28, 2021, at 5 p.m. The timeline for filing starts earlier and ends sooner based on the changes made to election laws in HB 271, which was signed into law in June 2021. Candidate filing will open one week earlier and close three weeks earlier than previous elections. The regular terms of BOE Secretary Stacey Siwak and Director Joe Miller will expire in April 2022. The appointed term of Director Steve Singer also expires in April 2022. Singer was appointed in June 2021 to fill the vacancy created by the resignation of David Gulick. [Learn more about filing to run for the Board of Education.](#)

## **UPDATE: CHS and WMS Students Chosen for the SLSMEA All-Suburban Honors Orchestra and Bands**



Ten Clayton High School students and Fifteen Wydown Middle School students have been selected for the St. Louis Suburban Music Educators Association's All-Suburban Honors Orchestra and Band. Eight CHS students from the concert band and two CHS students from the jazz band were selected. Four WMS students from the orchestra auditioned and were selected. WMS had

more students selected for the band than any other middle school in the St. Louis area. In total, the 11 WMS band members comprise more than 10 percent of the All-Suburban Middle School Band. [Learn more about the auditions here.](#)

## **2021 Turkey Trot**



The 2021 Clayton Turkey Trot sponsored by Wolken Family Dental is approaching on Thanksgiving Day, Nov. 25. Join the Family 5K Walk/Run. There is no registration required. Help support your fellow District families in need by donating items for the School District of Clayton food pantries. Items needed include: shampoo, conditioner, deodorant, toothpaste, mouthwash,

soap and feminine hygiene products. The event begins at 8:30 a.m. and the run/walk begins at 9:00 a.m. at Acorn Park, [7619 Wydown Blvd, Clayton, MO.](#)

## **2021 Halloween Parades**



Meramec Elementary School

Students at the District's three elementary schools to parades on Friday, Oct. 29. Elementary students and staff paraded through their schools and showed off their costumes. The parades were followed by classroom parties.

Click on the school names below to view photos:

[Captain Elementary School](#)

[Glenridge Elementary School](#)

## **WMS Mattress Fundraiser**

If you or someone you know is looking to replace a bed in your home, the Wydown Middle School Band has a great opportunity for you. The WMS Band invites you to attend the WMS Band Mattress Fundraiser on Sunday, Nov. 21 from 10 a.m. to 5 p.m. in the WMS gym. Over 25 different beds will be on display to try. Each mattress is made to order, available in all sizes, includes full factory warranties and priced below retail. Pillows, sheets and power bases will be for sale as well. If needed, delivery and financing is available. [Attached to this message is a flier](#) about the event with a coupon.

[Visit our Facebook event here](#). Remember to click "going" and invite your friends! Share the event posts! [Check out this video here](#) to learn more about how a mattress fundraiser works!

## **City of Clayton Special Needs Registry**



The City of Clayton strives to provide excellent service to all members of our community. In that spirit, the Clayton Police and Fire Departments are collaborating to enhance the safety of persons with special needs by launching new, innovative programs: the Special Needs Registry and STARS. [View their](#)

[website to learn more about these programs.](#)

## **PAC.ED Information**

PAC.ED advocates for awareness, understanding, equity and inclusion of and for all children with disabilities in the School District of Clayton. PAC.ED is a volunteer organization made up of parents, Clayton and Special School District (SSD) staff and administrators, as well as community members. Check out the [Facebook](#) page and our [webpages](#) to keep up-to-date on current PAC.ED events! Learn more about what's happening below:





**Inclusive Schools Week:** Rebuilding Our Inclusive Community is Dec. 6 - 12 and will culminate with our Inclusion Awards Event on Monday, April 11. Look for more information regarding the contests, awards nominations and our family engagement event.

### **"Cents for Sensory" Challenge to Support "Project Sensory Box"**



Do you have spare change you're not sure what to do with? Put your change to work and donate it to the "Cents for Sensory" change challenge.

Clayton PAC.ED volunteers will be accepting your change donation in front of the schools during drop off on the morning of Tuesday, Nov. 16 and during pick up on the afternoon of Friday, Nov.

19. You can also make a donation online, just make sure to put the name of your school in the "notes" section. [Donate Now!](#)

The change will be counted and the tallies shared with each of the school's principals and posted online. Final tallies will be announced on Friday, Dec. 3.

Project Sensory Box is a Clayton PAC.ED initiative to help meet the sensory and mental health needs of School District of Clayton students with disabilities in need by providing sensory and self-regulation supports and tools for use at home. To learn more visit [PAC.ED / Project Sensory Box](#).

### **Board Brief**

Review the latest edition of [The Board Brief](#) from the Nov. 10 Board of Education meeting. The Board of Education received an update on goal two of the District's strategic plan: ensuring students are growing as learners.

Following each meeting of the Board of Education, The Board Brief is your source for details on Board discussions, actions and items of interest to Clayton students, staff and residents.

The Board's next regular meeting is scheduled for Wednesday, Dec. 15, at 7 p.m. The tentative agenda includes an update on the third goal of the District's strategic plan and a

discussion about the District's academic calendar. The Board will also hold a very brief business meeting at 6 p.m. on Wednesday, Nov. 17, to approve a number of consent items.

## **Nutritional Notes**

From Chartwells Director of Dining Services Michelle Fohey. Edited by Ali Lenger.



Omega-3 is made up of polyunsaturated fatty acids. Omega-3 fatty acids are crucial for proper functioning of the human body and many people don't get enough. They are an essential fat for survival that the body cannot make on its own, and must be consumed from food sources. They are important parts of our cell membranes, essential for growth and

maintenance of the brain and eyes, regulate blood pressure, decrease inflammation and lower risk for chronic disease. Good sources of omega-3 fatty acids are fish like salmon and some less potent sources are walnuts and chia.

## **Focus On: Social Emotional Wellbeing**

As we announced last week, the School District of Clayton will be closed from Nov. 22 - 26. All offices and schools will be included. This decision was made in part with the hope that students, staff and their families can recharge and reconnect, taking some time to focus on their social emotional wellbeing. Here are a few highlights from an [Emotional Wellness Toolkit](#) produced by the National Institutes of Health. Check out the link to read the rest.

- Brighten your outlook: Practicing gratitude is a great way to create positive emotions.
- Reduce stress: Show compassion for yourself by noting your accomplishments and prioritize self care.
- Get quality sleep: This is a key not only to your mental health, but physical health as well.

[Read the rest of the tips and get helpful information.](#)

## **Calendar**

**Nov. 17 - BOE Meeting @ 6:30 p.m. - Amplifying Student Voice Alliance**

Nov. 22 - 26 - Thanksgiving Break - All schools and offices are closed.

Dec. 2 - WMS and CHS Jazz Band Concert @ 7 p.m.

Dec. 3 - Next Issue of eNews (Due to Thanksgiving Break)

[View more events on our calendar here.](#)

### **Subscribe to eNews!**



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