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Top Three Things in this Issue:

- A Place for Everyone - Episode Two
- Students Create Buttons to Advocate for Upstanding Behavior
- Districtwide Food and Essentials Drive

A Place for Everyone



As part of the next installment of our series “A Place For Everyone,” we talk with a Clayton student and teacher about the rich culture and history that we acknowledge as part of Hispanic Heritage Month. **CHS Junior Aitana Rosas-Linhard** and **Wydown Spanish Teacher Carlos Espinosa** tell us about traditions and culture that are special to them. Celebrating our students' and staff's different cultures and identities, and ensuring they are

reflected in our schools and the overall Clayton experience, is an important step in ensuring that Clayton schools are indeed a place for everyone and somewhere we all feel like we belong.

Students Create Buttons to Advocate for Upstanding Behavior



Jill Warner's sixth grade health classes at Wydown Middle School have been learning about advocacy in a creative way by making buttons with their own messages around the idea of being an "upstanding" person. They each created one button for themselves and one to give to a fellow student, teacher, parent or friend. [Read more on this story here.](#)

The CHS GLOBE Launches Newsletter



The GLOBE journalism staff at Clayton High School that publishes "The Globe Newsmagazine" and runs "CHS Globe Online" has launched their own eNewsletter. The newsmagazine, website and eNewsletter are created by students. The Globe Newsmagazine is affiliated with the Columbia Scholastic Press Association, National Scholastic Press Association, Missouri Journalism

Education Association, Missouri Interscholastic Press Association and Sponsors of Schools Publications. Learn more about what is happening in the community and [subscribe to the eNewsletter here.](#)

Districtwide Food and Essentials Drive



This new District-wide event is sponsored by the PTO Council and the Clayton Education Foundation. By donating non-perishable food and household essentials, or making a cash contribution, you help stock each building's food pantry, provide holiday food support, and fund other emergency assistance. Help support fellow School District of Clayton families in need by

donating to the Annual Food & Essentials Drive between Oct. 25 and Nov. 5. [Learn more about how you can donate here.](#)

All in Clayton Coalition Update



The All in Clayton Coalition will be starting the Head and Heart Series again this fall via Zoom. The first workshop is on Oct. 18 from 6:00 - 7:00 p.m. Dr. Tim Bono will present on how adults can support children growing up in a high-performance culture. This free virtual event is hosted by the Clayton Chamber

of Commerce, in partnership with the All In Clayton Coalition and the School District of Clayton. For more information, [see the flier here](#). [To register click here](#).

In addition, the All In Clayton Coalition in partnership with the School District of Clayton is excited to present a free virtual viewing of "LIKE" the documentary. This film explores the good, bad and ugly of social media and its impact on mental health. If you are a District parent, caregiver, staff member or student 10 or older, you can view the film for free starting on [Monday, Oct. 18 at 8:00 a.m. using this link](#). Use the same link if you'd like to pre-register or view the trailer. Viewing access ends on Nov. 1 at midnight. This link is not intended for viewers outside of the district; please do not share. If you have questions, please email [Kim Sherony](#).

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, community members and Clayton and Special School District (SSD) staff and administrators. Check out the [Facebook](#) page to keep up-to-date on current PAC.ED events! Learn more about what's happening below:



October is Missouri Disability History & Awareness Month. We commemorated this event with the signing of the Missouri Disability History & Awareness Month Proclamation, coming together for the Parent Networking Social and hosting the Intelligent Lives Screening/Panel Discussion. Thank you for your participation!

Project Sensory Box



Project Sensory Box is a Clayton PAC.ED initiative to help meet sensory and mental health needs of underserved School District of Clayton students with disabilities by providing sensory and self-regulation supports and tools for use at home. Our goal is to have all kits and sensory boxes assembled and in the hands of students by Friday before Thanksgiving. Make a difference today

by [donating](#) and or [volunteering](#) to support the vital work of the PAC.ED. [Learn more about the project on the website here.](#)

Equity Corner

The Equity Corner will return in November. You can read past editions on [The Equity Corner](#) on the District website. Be sure to follow the District's equity work on Twitter [@CP_EdEquity](#) and keep an eye out for the blog in the next issue of eNews.

Take Care!

Cameron Poole

Board Brief

Review the latest edition of [The Board Brief](#) from the Oct. 13 Board of Education meeting. The Board of Education received an update on the District's continuing partnership with the Special School District of St. Louis County, heard from Clayton's legislators about pending legislation that could impact education and recognized students from the All In Clayton Coalition.

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, Oct. 27 at 6 p.m. The board will hold a brief business meeting prior to a community engagement forum.

Nutritional Notes

From Chartwells Director of Dining Services Michelle Fohey.



Despite being high in fat, nuts and seeds have some impressive health and weight benefits. They are a great source of “healthy” monounsaturated fats and many other nutrients including Vitamin E and magnesium. They also contain antioxidants which can protect us from developing heart disease, cancer or other diseases.

Consumption of nuts has been shown

to aid in weight loss and lower cholesterol and triglycerides levels. Finally, they are a great source of fiber that helps reduce inflammation. Remember to always look at the nutrition label and serving size when consuming. A typical serving size is one-fourth cup.

Focus On: The Importance of Nutrition to Academic Success

[National School Lunch Week](#) was Oct. 11 - 15. The District recognizes how important a healthy lunch can be when it comes to a student’s academic success. Student’s maintaining a balanced diet has been linked to reduced absenteeism and better academic performance. Lack of adequate nutrition has also been linked to lack of focus, difficulty problem solving and reduced energy levels.

To ensure all students are getting the nutrition they need, we offer a [Free and Reduced Price Meal Program](#) that caretakers can apply to for their students. Students spend a majority of their week at school and have both breakfast and lunch available, so it is important schools also recognize the hard work of our food service workers and the responsibility they carry to make sure our students are receiving healthy meals. We want to extend our thanks to our food services staff for everything they do to support our students’ nutrition. Learn more in this [Health and Academic Achievement report](#) from the CDC.

Calendar

Oct. 18 - Caring for the Head and Heart Series @ 6 p.m.

Oct. 19 - CHS Orchestra Concert @ 7:30 p.m.

Oct. 19 - 21 - Parent Teacher Conferences

Oct. 22 - Early Release - Parent Teacher Conferences

Oct. 25 - SLSMEA Middle School Band/Orchestra Auditions @ 5 p.m.

Oct. 26 - Caring for the Head and Heart Series @ 6 p.m.

Oct. 26 - CHS Band and Choir Concert @ 7:30 p.m.

Oct. 27 - BOE Meeting @ 6 p.m.

Oct. 27 - Community Engagement Forum @ 6:30 p.m.

Oct. 29 - Next Issue of eNews

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

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