



August 6, 2021 | [claytonschools.net](https://claytonschools.net)

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

From the Superintendent: Health and Safety Update

Staff and Student Achievements

Focus On: SMART Goals

### **From the Superintendent**

Dear Clayton Family,

It is with incredible excitement that I write to you today as we approach the first day of in-person learning. Our lives are full of many important "firsts." Whether it's steps, words, awards or events, these firsts make memorable experiences for us and those close to us. One of the greatest parts about being an educator is that we get a new "first" every August and have the privilege of sharing it with an incredible group of students and colleagues. If we're really lucky, a few of those annual "firsts" bring the extra feeling of excitement and anticipation that comes before the start of something truly wonderful. My first day of school with Clayton's students and staff holds the promise of the beginning of a very special journey of learning and growing together, one which I am very excited about.

[Read the rest of Dr. Patel's letter here.](#)

### **The Equity Corner**

Welcome back from a long-deserved summer. We have a lot to be proud of, but still tons of work to do. To end the school year, the District passed Policy ACIB: Educational Equity. I'm super excited for us putting our equity mission into policy and making such a powerful

statement. Now the real work begins. Equity is now more than a mission, it is an expectation.

The foundation of our work being successful was stated eloquently in our ABAR Presuppositions:

We recognize those experiencing inequities as the experts of their own experiences and needs. We must listen to and validate the stories and ideas of those experiencing said inequities and take proactive steps to dismantle the inequities and systemic policies that have caused harm.

We must listen to and validate the stories. That's the key. We've listened for years, but have we listened the right way? We have focus groups, professional development, student testimonies, and other forms of truth-telling, but were we truly listening? Here are four ways we've listened in the past that need to change.

Continue reading the latest edition of The Equity Corner, "[Listening = Empathy = Equity](#)" on the District website and be sure to follow the District's equity work on Twitter [@CP\\_EdEquity](#).

Take Care!

[Cameron Poole](#)

## **Staff and Student Achievements**



Congratulations to CHS Students, **Morgan Nettles** and **Ozzie Keil**, who won the MSHSAA Awards of Excellence for CHS. Want to learn more athletic news from CHS? Be sure to read the Greyhound Insider newsletter sent out to all students, parents, and staff. [View more in this social media post here.](#)

## **Nutritional Notes: Healthy Picnic Snack Ideas**

Healthy eating for kids has a long list of benefits that include stabilizing their energy, improving and evening out their moods, helping them maintain a healthy weight, and also developing a healthy relationship with food. Parents play an important role in shaping children's eating habits. The biggest role of a parent is providing a positive experience at mealtimes and the type of foods provided. Here are some tips on providing a positive



experience at mealtimes with your family:

- Have regularly scheduled meals and snacks to help establish a routine and prevent overeating when snacking all day
- Eat meals as a family without distractions like television. Kids are influenced by what the people around

them are eating, if they see parents eating their vegetables they may be more willing to try also.

- Avoid pressuring kids to eat. Parents are in charge of what is provided at mealtime, the child chooses how much they eat, this can change as the child's mood changes or growth spurts.
- Avoid using food as a punishment or reward.
- Stock up on healthy foods such as fruit, veggies and whole grain treats for when they want to snack.

### **Focus On: SMART Goals**

It is important as the school year approaches that your student(s) are prepared. More specifically, here are some tips from [MindTools](#) for how students can set goals to have a better education experience using "SMART" goals.

- **Create SMART Goals:**

- Specific: Make sure the goal is simple and easy to understand.
  - Example: I want to graduate high school.
- Measurable: The goal should be clear and easy to measure.
  - Example: In order to achieve this goal, I want at least a B or higher level grade in all of my classes.
- Achievable: It is more important to make a goal that is realistic than to overload on work.
  - Example: I will study two hours for each hour of class time each week. If needed, I will take 15 minute study breaks between studying for each class.
- Relevant: Creating goals that matter will help the student want to achieve them more.
  - Example: I am at a time in my life where this goal is important, achievable, and I am able to dedicate the proper amount of time to it.
- Time-bound: It is good to create a deadline and break down the goal into smaller manageable pieces.
  - Example: I need to pass all my classes this semester, so I can graduate on May 4. I will study a specific amount of time each week to keep

myself on track.

## **Get Social With Us**

Be sure to follow us on all of our social media pages below:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)

## **Calendar**

Aug. 9 - 12 - New Teacher Induction

Aug. 10 - WMS New Family Orientation/Meet the Teacher

Aug. 13 - No School for Students. Teacher Work Day: Professional Learning

Aug. 16 - Active Shooter/Intruder Training for Staff/Teachers

Aug. 16 - 20 - No School for Students. Teacher Work Days: Professional Learning

Aug. 17 - District Opening Day

**Aug. 18 - BOE Meeting @ 7 p.m.**

Aug. 19 - CHS Freshman Orientation

Aug 19 - CHS New Student Orientation

Aug. 19 - Wydown Walk Through

Aug. 19 - MER New Family Orientation/Meet the Teacher

Aug. 20 - GLN New Family Orientation/Meet the Teacher

**Aug 20 - Next issue of eNews**

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