

March 12, 2021 | <u>claytonschools.net</u>

Educate. Inspire. Empower.

Top Three Things in this Issue:

Return to Learn Update: Plans for CHS 2021-22 Vaccine Requirements for K-12 Students Remote Learning Days After Spring Break

Return to Learn Update: Plans for CHS

In case you missed it, we announced last week that CHS is returning to a modified schedule for all students to learn in school for the fourth quarter.

Please click the image below to watch Dr. Doherty's entire video message.



For more detailed information from CHS Principal, Dr. Dan Gutchewskyk, <u>please click here to</u> <u>read his letter to all CHS families</u>.

2021-22 Vaccine Requirements for K-12 Students

State law and health regulations are requiring proper immunizations for students. They are also required to provide vaccine verification to attend school, unless they have an appropriate exemption card on file.

Children attending school must be immunized against **diphtheria**, **tetanus**, **pertussis**, **meningococcal**, **polio**, **measles**, **mumps**, **rubella**, **hepatitis B** and **varicella**. All students <u>must provide</u> documentation that includes the month, day and year the vaccines were administered. An informational flyer can be found here.

Parents and/or student caretakers: if you have any questions or concerns about your students immunization record please email your school nurse.

- Glenridge: <u>Corliss Christopher</u>
- Captain: Gail Filarski
- Meramec: <u>Susan Mason</u>
- Wydown: <u>Mary Frances McCarty</u>
- Clayton High School: Lisa McDade

The Globe Receives Top Rating Among Student Publications

The Globe was named a <u>Columbia Scholastic Press Association</u> Gold Medalist through Columbia University in New York. This is the top rating given to a student publication.

Additionally, the publication earned All-Columbian honors in the print and visual categories, meaning it scored in the 95th percentile or higher in the respective categories. Head editors for the 2019-2020 school year were **Grace Snelling**, **Sara Stemmler** and **Lila Taylor**.

"Working with our high school students to achieve these awards is truly an honor," said CHS Journalism Teacher Erin Sucher O'Grady. "They put tremendous effort into their journalism and it shows through when recognition like this comes back as a reward. I'm very proud to be part of the leadership and learning with these amazing writers."

The Big Pitch Competition: March 17



It's that time of year, time for <u>The Big</u> <u>Pitch</u> competition. <u>The Catalyst</u>, an advanced, entrepreneurial approach to education designed for high school students, hosts this annual event which is virtual this year.

When you think of The Big Pitch, envision the reality television show

Shark Tank. Students are given the opportunity, with limited time, to pitch their business ideas to a group of entrepreneurs. The reward for having a great pitch? Over \$12,000 worth of prize money is up for grabs - all made possible by a number of generous sponsors.

Over 30 teams are scheduled to compete from the following school district partners:

- Brentwood
- <u>Clayton</u>
- Ladue
- <u>University City</u>

<u>Click here for more information</u> or to sponsor next year's pitch.

The photo above was taken at a previous year's Big Pitch event, pre-pandemic.

Children for Charity Looking for Volunteers



Children for Charity is a nonprofit organization founded by two **Clayton High School seniors, Anna Walsh** and **AJ Ackerburg**. The goal of this charity is to get younger students in Clayton involved in volunteer work and experience the world outside of their community.

CFC will provide transportation for volunteers and group leaders to and from volunteer sites. With this opportunity, younger students living in Clayton will develop a deeper understanding of different communities

in our area and gain qualities of empathy and cultural competency, the two important qualities identified in the District's Profile of a Graduate.

There will be adult supervision on the bus rides as well as at the volunteer sites for the safety of the volunteers. Please visit the <u>Children for Charity website</u> and the <u>Children for Charity</u> <u>Facebook page</u>. If interested in being involved in Children for Charity please <u>send an email</u>.

CHS to be Featured on National Blue Ribbon Schools Website

Marci Pieper, CHS Journalism teacher, snapped the photo below and submitted it with the CHS National Blue Ribbon School application. The District was recently notified that the photo was selected as <u>one of only four</u> to be featured on the NBRS website homepage. The photo will serve as the feature photo on their <u>website homepage</u> during May and June of this year.

Mark your calendars to check back at that time so you don't miss it. Congrats CHS and congratulations to Marci for her amazing photography.





The School District of Clayton's Grab n' Go Meal Service remains available to all families of students who are Learning@Home.

Meals are distributed from 8:30 a.m. -10:30 a.m. on Mondays at the front entrance of Clayton High School. Listed below are the remaining dates for meal service:

- Monday, March 15
- Monday, March 22*
- Monday, March 29
- Monday, April 5
- Monday, April 12
- Monday, April 19
- Monday, April 26
- Monday, May 3
- Monday, May 10
- Monday, May 17
- Monday, May 24

*Service during Spring Break will be on **Monday, March 22 from 7:00 a.m. - 1:00 p.m.** at CHS for <u>all families</u>. Three hundred lunches will be prepared and they are on a first come, first served basis.

Regular service will resume on Monday, March 29 from 8:30 a.m. - 10:30 a.m. for students Learning@Home even though this is a synchronous remote learning day.

Connecting with the Community Through Postal Pals



With help from the Oasis Postal Pals Program, <u>Oasis tutors</u> remain connected with children in the School District of Clayton, despite the COVID-19 pandemic. Students in Heather Pinson's second grade class at Meramec Elementary each have an Oasis Postal Pal - which they have made great connections with by writing back and

forth. They recently sent their Oasis Postal Pals valentines and St. Patrick's Day well wishes.

"It's been so amazing to see my students engage with their pen pals," said Pinson. "Sadly, they have been missing the in-person connection with Oasis volunteers and vice versa. But it's heartwarming to watch my learners reach out to their pen pals through artwork, writing and sharing personal experiences."

Through Postal Pals, District students and Oasis members exchange letters with each other, which helps improve students' reading and writing skills, fosters relationships with their pen pals and is a way for the students to connect with the greater community. Both the students and Oasis volunteers equally look forward to their exchanges. Soon they will be reading Dear Dragon together and discussing the story about a special friendship that was developed through pen pal writing.

Oasis is a national education organization dedicated to enriching the lives of adults age 50 and older through lifelong learning and service. Volunteers in this program enjoy the rewarding experience of working with students in kindergarten through fourth grades at Clayton's three elementary schools. The focus of the Oasis program is to build reading skills, self-esteem and a positive attitude toward reading.

Photos from this fun and educational experience \underline{can} be found here.

Synchronous Remote Learning: March 29-30



After Spring Break, students and teachers will return to **two days of synchronous Remote Learning March 29 - 30**. In-person learning, for students who have chosen to learn at school, will resume on Wednesday, March 31.

Potential exposures outside of our school community put us and others at risk. These calendar changes are designed to provide members of our school community with additional time to self-isolate and monitor themselves for potential COVID-19 symptoms. **They are not**

intended for families to extend their travel.

Strategically scheduling virtual instruction allows us to create a window after typically high travel times to isolate students and staff at home and prevent COVID-19 spread in our learning community. Building principals will send schedule details to students and families in the coming weeks and staff will also communicate how these days will look for students who receive services from the Special School District.

Meramec Kindergarteners Celebrate Lunar New Year

Each year, **kindergarteners at Meramec Elementary** learn about the Lunar New Year, also known as the Chinese New Year or Spring Festival.

It is the Year of the Ox and these young learners created paper lanterns, dragon puppets and vests in their art classes. In music they sang songs, played drums and gongs, and danced with ribbon wands.

Part of their learning typically includes an in-person parade and a large celebration at school that includes students' families. This year, the learning and the celebration didn't stop - it was just held virtually. Masked and socially-distanced, the kindergarteners still enjoyed their arts, crafts and even their parade.

Please click on the image below to watch this year's video and parade.



The Equity Corner

The work of equity, especially in schools, has become very complex. Exploring the inner workings of the different types of bias, identity and experience has become a science of its own. Being able to break down and analyze age-old systems and institutions has taken on a life of its own. The questioning and critiquing of systems and practices is happening more than ever before. Don't get me wrong, it is about time we started to question things, especially in regard to how harm has been inflicted on students due to their identity. The fact that these studies have become so intricate, leads me to seeing a trend of overcomplicating matters that are rather simple.

Continue reading the latest edition of The Equity Corner, "<u>Ask The Kids</u>" on the District website and be sure to follow the District's equity work on <u>Twitter @CP_EdEquity</u>.

Take Care! Cameron Poole

Mayor's Youth Advisory Council Survey



Each year, the Mayor's Youth Advisory Council takes on a new project. This year, in cooperation with the Clayton Community Foundation, MYAC students will be helping to document how Clayton as a community handled the COVID-19 pandemic.

To assist with this project, MYAC is interested in the community's feedback. <u>This survey</u> was created by the Clayton High School MYAC. Please consider participating. Participants may include their name

and email address or may remain anonymous.

Staff and Student Achievements

Nearly 80 <u>CHS DECA students</u> competed in the District 8 Career Development Conference. Of those, about 50 received trophies and qualified for the state conference.

Wydown eighth graders **Mohini Mahajan** and **Vivian Wang** participated in the <u>Express the</u> <u>Music 2021</u> writing competition presented by the St. Louis Symphony Volunteer Association. Both students entered writing that was selected out of 377 submissions.

CHS senior **Stella Monshausen** recently had <u>artwork accepted</u> into the <u>Emerson Young Artists</u> <u>Showcase</u>. Open to schools within a 150 mile radius, only about 1/3 of the work submitted is accepted.

CHS freshman **Kailyn Rhimes** submitted her poem, "<u>The Last Straw</u>" to Teen Ink, a website, and national teen magazine devoted entirely to teenage writing, art, photos and forums. Her submission was approved and is now published on the site.

Board Brief

Review the latest edition of The Board Brief from the Feb. 24 electronic Board of Education

meeting. The Board of Education discussed legislation that impacts public schools, approved revisions to the 2020-2021 budget and approved the Memo of Understanding between the District and Annie's Hope to provide counseling and interventions to students in the District.

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, March 31, at 7 p.m.** The tentative agenda includes a look at the District's projected enrollment for the 2021-2022 school year and an overview of the annual assessment report.

Nutritional Notes

From Chartwells Director of Dining Services Michelle Fohey.



Why is fiber an important part of your diet? Eating five to ten grams of soluble fiber (dissolves in water) every day can help lower your LDL, or bad, cholesterol.

To help you better understand fiber in foods, <u>click here for an informational chart</u>. Five grams of fiber is found in one baked potato with its skin on and 10 grams of

fiber can be found in ½ cup of an all-bran cereal.

Fiber aids in feeling full after a meal while also preventing constipation and other digestive issues.

Wondering how to keep your blood sugar in a healthy range? Consuming the right amount of daily fiber will do the trick. The recommended daily amount of fiber for women over 50 is 21 grams per day. That number increases to 25 grams for women under 50. Men over 50 should stick to 30 grams of fiber per day while men under 50 are suggested to consume 38.

Other ways to add fiber to your daily diet include:

- Include **almonds** in a salad
- Add bran to your morning cereal
- Toss some **dried beans** in soup recipes
- Eat fruits such as **melons**, **blueberries** or **plums**

Focus On: Daylight Savings Changes

This weekend is Daylight Savings Time. We will all "spring forward" one hour at 2:00 a.m. on **Sunday, March 14**. It will certainly be nice to have the sun stay out longer in the evenings while the temperatures start to warm up a bit.

Even though we are only advancing our clocks ahead by one hour, that mere 60-minutes can do strange things to our minds and bodies. But don't worry, <u>there are things you can do</u> to help make this adjustment much easier.

- **Start preparing a few days early.** About a week before "springing forward," try going to bed 15 to 30 minutes earlier than your usual bedtime.
- **Stick to your schedule.** Be consistent with eating, social, bed and exercise times during the transition. Exposing yourself to the bright light in the morning can also help you adjust.
- **Don't take long naps.** Shutting your eyes midday is tempting, especially if you're feeling sluggish. But avoiding them is key as they could make it harder for you to get a full night's sleep.
- It could be more difficult for night owls. If you like to linger in bed longer in the morning and stay up later at night, you're more likely to be thrown off by the forward time change.

<u>Calendar</u>

March 16-18 - Parent/Teacher Conferences

March 19 - Early Dismissal / Parent/Teacher Conferences

March 22-26 - No School PK-12 / Spring Break

March 29-30 - Synchronous Remote Learning Days

March 31 - In-Person Learning Resumes

March 31 - Electronic BOE Meeting @ 7 p.m.

April 2 - No School PK-12 / Teacher Conference Comp Day

April 2 - Next issue of eNews

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