



Clayton Elementary

7541 184 Street
Surrey, B.C. V4N 3G5
604-576-6411
Principal: Mrs. L. Fenrick
Head Secretary: Mrs. D. Copan



Monday Apr. 15	Tuesday Apr. 16	Wednesday Apr. 17	Thursday Apr. 18	Friday Apr. 19
		Art Starts performance Marimba Mazuva 1pm Teams and Specialty photo orders due to office Samples of spirit wear shirts, hoodies, and pants are available at the office		Good Friday – no school
Monday Apr. 22	Tuesday Apr. 23	Wednesday Apr. 24	Thursday Apr. 25	Friday Apr. 26
Easter Monday – no school			Ready Set Learn – 3 & 4 year olds – 1pm	Favourite Animal Day Clayton Idol performance Assembly 1pm

Ongoing and Upcoming:

Badminton Intramurals are on now for Grades 5-7 at lunchtime – thank you Mr. Wittal and Ms. Shniad

Clayton Idol – auditions were this week, practices for the next few weeks and the performance is on April 26th at 1pm – SAVE THE DATE! – thank-you Ms. Nystrom and Ms. Lowey

Clayton Spirit Wear sales: April 17-May 1 – see below

PAC Bottle Drive: Saturday, May 2nd 10-2pm VOLUNTEERS AND BOTTLES NEEDED! See the attached flyer

Scholastic Book Fair:

Thank you so much to all the parents who volunteered at the book fair. Another big thank-you to all those families that supported this fundraiser by buying a book or something else at the fair. This is a big help to our library.

Team and Grade 7 Photos: If you would like to order a team or specialty photo, please come to the office for the order form. Order forms are due back by Wed, Apr 17th. There are previews of these pictures at the office. A HUGE shout out to Darby Photos. Their service is just amazing.

Spirit Wear:

If you would like to order some Clayton Spirit wear, we will have ordering available from **April 17th to May 1st** online <https://surreyschools.schoolcashonline.com> or by cash or cheque with a paper order form to the office. This year we will have t-shirts, hoodies, zip up hoodies, and sweat pants available for purchase in youth and adult sizes. Starting Wednesday, Apr 17th, samples will be available at the office for students to try on. If you would like your child to try a size, please send a note in the planner with what item they should be trying on and Ms. Copan can help them. Or, you may also come to the office to see the sizes.

April is Gratitude Month!!

Parents! Help us add to our Gratitude trees!!

Today, your children are bringing home some blank leaves for YOU to express your gratitude. Please write one gratitude for each leaf, cut them out at home and send them back to school. We want to see our school COVERED in gratitudes!

The Science of Gratitude:

Gratitude is associated with many benefits for individuals, including better physical and psychological health, greater happiness and life satisfaction, less materialism, and more.

From The Science of Gratitude by Summer Allen, PhD

https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf

WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY



**GRATEFUL PEOPLE
ON AVERAGE GIVE 20%
MORE**

PSYCHOLOGICAL

**GRATITUDE IS RELATED TO AGE:
FOR EVERY 10 YEARS, GRATITUDE INCREASES
BY 5%**



COMMUNITY



**GRATEFUL
PEOPLE WILL HAVE A STRONGER
BOND WITH THE
LOCAL COMMUNITY**

HEALTH



**GRATEFUL PEOPLE WILL:
HAVE 10% FEWER STRESS
RELATED ILLNESSES
BE MORE PHYSICALLY FIT
HAVE BLOOD PRESSURE
THAT IS LOWER BY 12%**

WORK

**HAPPY
PEOPLE'S
INCOME IS ROUGHLY**



FRIENDS

**MORE SATISFYING RELATIONSHIPS
WITH OTHERS, AND WILL BE BETTER LIKED**



YOUTH



**13% FEWER FIGHTS
20% MORE LIKELY
TO GET A GRADE**

WHERE?



LIFE



**GRATEFUL TEENS ARE
10X LESS LIKELY
TO START
SMOKING**

**THE MOST GRATEFUL
COUNTRIES ARE:
S. AFRICA, UAE,
PHILIPPINES & INDIA
LEAST: NETHERLANDS,
DENMARK, HUNGARY,
CZECH REPUBLIC & UK**

**OVERALL
POSITIVE
EMOTIONS CAN ADD
UP TO 7 YEARS
TO YOUR LIFE**

SOURCE:

How GRATITUDE Supports HEALTH

Research has found that gratitude is good for our bodies, our minds, and our relationships.



SAVE THE DATE!

Clayton Elementary



Bottle Drive

May 4th 10-2pm



So many ways to help:

- Save your bottles, pop cans, juice boxes, glass bottles!
 - Share the bottle drive info with your friends/family/neighbours/work!
- Collect bottles and cans around your neighbourhood and bring them to the school lot on May 4th!
 - Join us on May 4th to help sort cans and bottles!
- ALL money raised will go towards Outside Play Equipment!



Clayton Elementary 7541 184 Street, Surrey

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SAY AFFIRMATIONS

MEDITATE

DO EFT TAPPING

PRACTICE
GRATITUDE

DO COLOR
BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO
MUSIC

GO FOR A
WALK

SIT ON THE PORCH

I CAN
PAUSE
AND

Relax

Get.
Outside

WORKOUT

SWIM

GARDEN

CALL A FRIEND

CUDDLE
WITH A
PET

CLEAN

CROCHET

LOOK
AT
FAMILY
PHOTOS

Create

Connect

HUG
SOMEONE

HAVE A DANCE
PARTY

BAKE

SING
A SONG

JOURNAL

Big Life Journal

Printables by Big Life Journal - biglifejournal.com

5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that **you will love them**...and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can **make them feel seen and appreciated.**



2 ALLOW YOUR EMOTIONS

- All feelings are okay!
 - When a strong feeling arises, observe it. **Pause and take a breath.**
 - When frustration arises, use the helpful practice **S.T.O.P.**
- S-** Stop what you are doing
T- Take a few deep breaths
O- Observe your thoughts and feelings as they are
P- Proceed with whatever you were doing before



3 KNOW THE “90-SECOND RULE”

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, **it's gone in under 2 minutes!**
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **“Mommy is feeling very tired and grumpy right now.”**



4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
- Each time you're about to say, “I have to” to, replace it with **“I get to.”**
- “I have to take my daughter to ballet” versus “I get to take my daughter to ballet”.
- “I have to put him to bed” versus “I get to put him to bed.”



5 APPLY GROWTH MINDSET TO YOUR PARENTING

- **No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**

