



Clayton Elementary

7541 184 Street
 Surrey, B.C. V4N 3G5
 604-576-6411

Principal: Mrs. L. Fenrick
 Head Secretary: Mrs. D. Copan



Newsflash

Feb 8	Feb. 9	Feb. 10	Feb. 11	Feb. 12
Fitness February continues BRING YOUR MASK competition continues				Valentine's celebration day Game Ready starts for registered Divs 1 & 2 students
Feb 15	Feb. 16	Feb. 17	Feb. 18	Feb. 19
Family Day No school	Fitness February continues BRING YOUR MASK competition continues			Pro – D day for teachers – no school for students

Fitness February

Fitness February is in full swing! Students have been working on various physical literacy skills such as stamina, whole body strength, leg strength, core strength, arm strength and flexibility and balance. As students reach various goals, they will be given tokens to reward their progress, participation and motivate them. We will also be holding various mini competitions within classes and between classes. I've also heard that some students have been working on their fitness at home!! Way to go Cougars! Here is an example of some of the tokens that students can earn for their hard work. Each student should have received their Fitness February vinyl sticker. These are the good waterproof ones that can be put on water bottles or lunch kits. The tokens will be given out by teachers as students make progress through the month. Thank you to the PAC for supporting this great health and fitness initiative.



Valentine's Day

This year, we are still able to pass out the paper Valentine's that many children like to do. We are NOT ABLE to attach any treats to them though. Some teachers may be doing small parties in their classes. We have decided to not do the Candy Grams as originally thought of by the Leadership Group as this opens us up to risk that we do not want to have. Thank you again for understanding.

'intheknow'

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health challenges.

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION
JOIN BY COMPUTER OR PHONE.**

For Families: A Conversation about Eating Disorders

Families don't cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, parent and Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection and strategies that can support recovery.

Communities: Surrey, Delta, White Rock

Cost: Free of Charge

Date: Thursday, February 25, 2021 at 6:30pm

Registration Required: www.familysmart.ca/itk

Discussion facilitated by FamilySmart Parent in Residence.

Watch a video with us and come together with other families for a facilitated discussion.