

Clayton Elementary

7451 184th Street, Surrey

604-576-6411

Message from Mrs. Fenrick

What a busy few weeks it's been! All classes are in full swing and the learning going on in each and every classroom is tremendous. All the students have been learning about the part their brains that are responsible for self-regulation. Ask your child about their prefrontal cortex (PFC) – the decision-making part, their hippocampus – the memory part, and the amygdala – the information regulator. The students have been working on strategies to help calm their amygdala in times of big emotions like stress, excitement, frustration and anger so the other parts of the brain can take over and make good decisions. Students have also been working on the Zones of Regulation which helps students establish if they are in the best zone for learning (Green Zone). The **Red zone** is when students are experiencing big emotions and reactions (their amygdala is active and in charge). The **Yellow Zone** is the warning zone. The **Blue Zone** is when students are feeling tired, low or bored. The **Green zone** is the one that is optimal for learning. Students are calm, alert and focused. Teachers are reporting that they are already seeing many students use the strategies that they have been taught and are noticing calmer classrooms with students increasingly ready to learn. Learning this language and using it at home would be a great home/school connection.

For more information: www.mindup.org

And [Zones of Regulation Parent Presentation](#)

Please also see the [two tip sheets](#) outside of the office and feel free to take one if you are interested: *Resiliency in Action* and *What to do if Someone is Mean to You Online*.



Upcoming Events

November 8

Remembrance Day
Assembly 1pm

November 10

No school – Pro-D day

November 13

No school – Remembrance
Day Stat Holiday

November 6

Family Photo night – in gym

November 15

PAC meeting in library
6:30pm

Ms. Sheila Hammond
(Principal of Ecole Salish
Secondary) attending

November 16

ArtStarts presentation –
Motivational Magic – 9am

More Important News

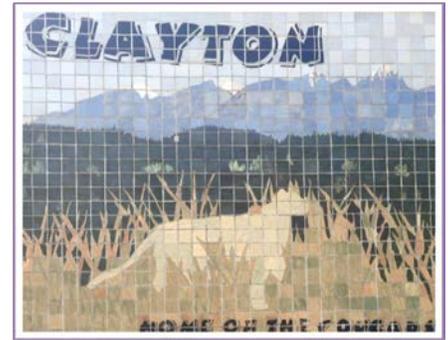
Inclement Weather

Schools remain open during most inclement weather. Please dress your children appropriately to go outside in light rain or cold. Students cannot stay inside if they are not dressed appropriately as there is no supervision during recess and lunch in their classrooms. As I'm sure you are all aware, this winter is supposed to be very snowy and cold. Students really need to have that outside time, fresh air, and space to move and run. We will be outside if the rain is manageable. Please ensure that your children have a change of clothes if they do happen to get wet.

If there is a lot of snow on the ground, please look to the website and/or listen to AM 980 (CKNW) or AM 1130 (News1130) for possible school closures. While this does happen, as we all remember last year, it is an extreme measure not taken lightly by the district. Please do your best to be safe when walking or driving your children to school on inclement weather days. The weather makes our already full parking and pick up/drop off area even more congested. Thank you so much for your cooperation on this.

Cougar Paw Awards:

We have had three great get-togethers with the Cougar Paw Award winners. The students have been recognized for their great work in October. Please come and see the bulletin board in the breezeway. October's award will be up until Nov. 8th and then be sent home to make way for November's awards. Students also receive a backpack token chain when they come for the cookies and juice. The goal is that students add to their chain with more tokens throughout the year in recognition of their academic success, school contributions, and growth in their personal goals and that every Clayton student soon has one to start. Keep an eye out for your child's chain and tokens and please know that these are to be highly valued and honoured.



Other reminders:

Student Safety

Please remind your children that they are to access the portables and the playground by going around the back of the school and NOT through the staff parking lot. There are still students who are attempting to cut through the front and this can be very dangerous with staff and some of our daycare buses coming and going.

During School Hours Visits

We have parents come to school during the school day for a variety of reasons – dropping of lunches, forgotten homework, picking up for an appointment. We need to ensure that **ALL VISITORS, INCLUDING PARENTS, who are on school property during school time check in at the office before going anywhere else on the school grounds – including the portables.** We take student safety very seriously. Thank you for your cooperation on this.