

P r i n c i p a l ' s **Newsletter**

Clayton High School

Dr. Louise W. Losos

“98th Year of Excellence: Inviting/Challenging/Respectful”

January 2008

“Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will”.

Jawaharal Nehru

Dear Greyhound Families,

Happy New Year, 2008! The new year is a time of making resolutions, of examining the past and setting goals for the year to come. For me, this New Year 2008 has a special meaning. This December I underwent the last major piece of my treatment for breast cancer, my last major surgery. I no longer consider myself a cancer patient, but rather a cancer survivor. I am thankful to all of you for your support and love these past few months, and I appreciate what this experience has taught me. I have many times heard the quote, “life is what happens to you when you are making other plans.” Please take some time in the months ahead to spend time with your child, experience life together, make some memories; another year will be gone before we know it.

As I move forward, so too does our school year. Registration for next year begins this month. On January 7th, teachers handed out materials during 3rd period classes. Registration will be complete by the end of January. We encourage everybody to start looking at possible courses and talking now about what they would like or need to take. The Program of Studies is already on our website (www.chs.clayton.k12.mo.us) under the student button or through each academic department’s web page. If you cannot access the website, please contact our counseling office for assistance in getting a copy of the Program of Studies.

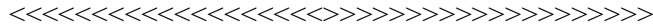
The spring semester is one of duality. We are working with our seniors as they prepare to leave us, working with the 8th graders as they prepare to join us, and working to plan the next year as

we finish this one. By length, second semester is longer with more student days and fewer breaks. For our seniors and their parents, these next few months will fly by, and graduation

will occur far earlier than anticipated. What seemed far off 13 years ago, by May will have seemed like a blink of an eye. I hope everyone has a tremendous semester. Enjoy each day of this New Year and your time together as a family.

With Greyhound Pride,

Louise Losos
Principal



Special Dates to Remember:

Martin Luther King Holiday - No school	Monday, January 21
Late-Start (<i>Students @ 9:20</i>)	Wednesday, January 30
8th Grade Curriculum Night	Wednesday, January 31
Peppers Prom	Saturday, February 2
CHS Broadway Musical	February 7, 8, 9, 10
StuGo Blood Drive	February 8
Night of Orchestras Concert	Wednesday, February 13
Professional Development - No school (<i>for students</i>)	Friday, February 15
President's Day - No school	Monday, February 18
Spring Sports Begin	Monday, February 25
Late-Start Day (<i>Students @ 9:20</i>)	Wednesday, February 27
Night of Bands	Thursday, March 6
Pops/Jazz Choir Concert	Tuesday, March 11
End of 3rd Quarter	Thursday, March 13

The Clayton Special Education Parent Advisory Council (CSEPAC) has helpful information for students who need special assistance, and for their parents. They are putting together a new list of e-mail addresses to send any pertinent information to families who have a student who may have special needs. No I.E.P. (Individual Education Plan) is required to receive this educational information. Debbie Grebler is a parent volunteer chairing CSEPAC in Clayton. Please e-mail her at: debgreb@aol.com to be added to this list. If you have questions, suggestions, or special requests, she can be reached via the e-mail address above, or call (314) 721-8408.

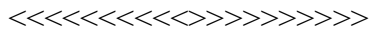
Do you need to drop your child off early due to the shut-down of Highway 40? The CHS Learning Center is now open at 6:30 a.m. for any student who needs to use the computers or who needs a quiet place to study. For more information, please contact Dee Blassie, director of the Learning Center at dee_blassie@clayton.k12.mo.us

The A - B - C's of Clayton High...

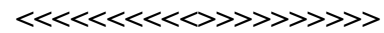
(The Accomplishments, Bits and pieces, Congratulations)

Students of the Week

Social Studies recently recognized **Katherine Thompson(9)** as a student of the week. Katherine demonstrated outstanding participation, daily work, and test preparation in Mr. Harned's freshman history class.



Seniors **Parker Rawdon** and **Scott Belsky** were named to the Southeast All-Region Soccer First Team for Class 2. **Parker** was also named Co-offensive Player of the Year for the Southeast Region!

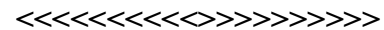


Amazing Athletes

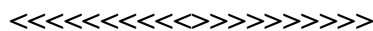
CHS girl's Swimming and Diving extended their record to 5-0 in a 121-65 win over Ladue in mid December. Outstanding performances included placing first and second in all three relays. In addition, the 200 freestyle relay team of **Paige Meneses(11)**, **Kerri Blumer(12)**, **Julia Hartel(11)** and **Eve Brumley(10)** qualified for state, which means the team qualified in all three relays.



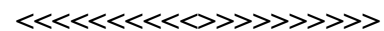
Captain **Syd Warner's(11)** team won the 4th Annual Impact Team Indoor Soccer Tournament. Team members included **Syd, Olivia Hayes(11)**, **Will Hayes(9)**, **David Schlessman(11)**, **Geoffrey Mayer(11)**, **Beau Haydon(9)**, **Sasha Richman(10)**, **Siobhan Jones(11)**, and **Evan Green(10)**. They won a hard-fought championship game against the teacher team, scoring a goal with four seconds left to ice the 2 to 0 win!



In a recent victory over U City individual winners included our CHS swimmers: **Elizabeth Sikora(9)** in the 200 freestyle and 100 freestyle; **Moriah Olschansky(9)** in the 200 individual medley; **Liz Hutchinson(11)** in the 50 freestyle; **Paige Meneses(11)** in diving; **Gabe Inder(10)** in the 100 butterfly; **Eve Brumley(10)** in the 500 freestyle; **Kerri Blumer(12)** in the 100 backstroke (where she also qualified for state), and **Natalie Turza(12)** in the 100 breaststroke.



Emily Anderson(12) was selected to the St. Louis Post-Dispatch first team all-metro in girls field hockey. This is a distinct honor for one of the best athletes in CHS history and a rare accomplishment for a Clayton student. Additional all-metro players in field hockey included **Leigh Katz(12)** on the second team and **Anna Krane(10)** and **Kate Wheelock(11)** on the honorable mention team.



The Parents' Page

Issue #22

Compiled by The Community Alliance for Healthy Kids

The Questions:

For Parents/Staff: What do you do to encourage your teen to spend time at home with your family? Does your family set guidelines about how many nights a week your child can be out with friends?

For Students: How much time do you spend at home with your family? What kinds of things do you enjoy doing with your family?

Responses from Parents, Staff, and Students:

Spending time at home with the family is encouraged in our home by a consistent dinner time Monday through Thursday, usually with home cooked meals. Other family time is encouraged with Cardinals tickets or theater tickets, a weekly TV show or video games. Family chores include leaf raking, decorating for the holidays, and babysitting small relatives. There are no guidelines about nights out during the week. The kids usually have enough sports and homework to set their own guidelines. The curfew on weekends is the main guideline that is set.
CHS Parent

In all, I don't spend a lot of time with my family. Most of the time I am busy doing homework, and if I do have free time I will want to spend it with my friends because it's stress free, and I have more fun with them. With that being said though, I do dedicate every Sunday to my family without any of my friends or interruptions. I love sitting down and watching a few good movies with my family. I also like going on fun outings, like the zoo, or City Museum with them. The kind of places where we have to interact with one another are really enjoyable, especially since I don't get to do that often.
CHS Student

We've spoken to our kids about how our religion and personal values encourage us to put our family first — which means spending time with them before socializing away from each other in the community. They understand this to be our family's way even though all our friends and neighbors may have a different policy/approach. We are also unusual in that we are still able to eat a family dinner 5/6 nights a week. We have tried a few things to motivate family time. First, we only spend one night during the weekend out; the others are spent in. Those tend to be filled with special activities like renting movies, playing games, Dance Dance Revolution, cooking/baking, or whatever we agree on. Sometimes we may also have that evening out at a theater, cinema, sporting event, or some other special activity of choice. We rarely have time for weeknight social activities, but would look at each opportunity as it arose. As parents, we also follow the same guidelines, so we "walk the walk." Finally, we socialize with families on some weekends. Whether it be going to a park, an exercise event or game, playing a board game, having folks for dinner, or hosting a trivia night, our entire family hosts the guests, dine, recreate, and spend time together (not kids in one room, parents in the other the entire time). We hope that this helps everyone understand that a variety of social experiences are "normal" and that everyone's company (from an adult friend or neighbor, to younger kid, to your parent's friends' children) is appreciated!
WMS Parent

We work hard to make spending time as a family a priority in our too busy lives. We have dinner together almost every night. We move when we eat dinner around our schedules so that everyone can be there most nights. Spending time with extended family and vacations together are also important to us. Teens need to be part of family planning decisions and as parents, we do our best to make these times together FUN. Dinnertime is not the time for lectures or complaining for instance. Our teens spend most weeknights at home after sports practices/games. On Friday and Saturday nights, they are doing something with their friends, but often they are all at our house. We have raised our children to understand that friends, career, school and volunteering are very important but family is always the center of our lives.
District staff and Parent

Dinnertime is the most natural time for families to spend time together. Our society is one that gathers around meals and/or dining out. Some families may find it more challenging than others to schedule regular family dinner times. Once a time is found for the family dinner most families find that it is well worth the inconvenience of working around busy schedules. Most families can find at least one day a week to make this happen. Families can actually make cooking the meal part of the ritual. Busier families may declare that Family Night is Pizza Night. Teens may initially balk at the notion of a family dinner time, however, once the dinners begin to happen it becomes a pleasant time to hear about each others' days. There are teens who set their own limits and manage their schedules with friends and school activities very well. There are other teens who suffer from not being able to manage their own time well and need guidelines for what is a reasonable schedule.

District Counselor

On weekdays depending on how much homework I have, I'll spend anywhere from 2 to 3 hours just maybe sitting and watching TV with my family or something. And on the weekends I usually spend most of my Friday and Sunday nights with them, we usually go somewhere fun for dinner and watch Desperate Housewives or CSI. My favorite thing to do with my family is go on road trips. Those are always the best because you never know what's going to happen next and its interesting when we get lost, and end up at some diner at 4 o'clock in the morning. All my favorite memories with my family seem to be when we were on a road trip. CHS Student

THE FACTS

One of the 40 developmental assets proven to make a positive difference in young people's lives is Asset #20 Time at Home: the young person is out with friends "with nothing special to do" two or fewer nights per week. **21% of our 6th graders, 22% of our 8th graders, 25% of our 10th graders and 23% of our 12th graders were out with friends "with nothing special to do two or fewer nights per week."**

(A Profile of Your Life Survey given to WMS and CHS students in May 2004)

See www.search-institute.org for all 40 developmental assets.

The Associated Press and MTV asked 1,280 13-24 year olds, "What one thing makes you most happy?" "Spending time with family was the top answer. Next was spending time with friends. Nearly three-quarters of young people say their relationship with their parents makes them happy. 'They're my foundation,' says Kristiana St. John, 17. 'My mom tells me that even if I do something stupid, she's still going to love me no matter what. Just knowing that makes me feel very happy and blessed.' Almost no one said 'money' when asked what makes them happy. And sex? Being sexually active leads to less happiness among 13- 17-year-olds, according to the survey. If you're 18 to 24, sex might lead to more happiness in the moment, but not in general."

Edited from Chicago Sun-Times, Aug 20, 2007 by Jocelyn Noveck

http://findarticles.com/p/articles/mi_qn4155/is_20070820/ai_n19473355

WHAT YOU CAN DO

MAKE TIME FOR TEENS by Tania K. Cowling

"Mealtime can be a time of re-connection for families, especially for adolescents. It can be a great time to ask questions about your child's day without interruption. If given the opportunity to spend a meal together, keep these points in mind.

- Ignore the phone
- Let children have equal time to talk about themselves.
- Ask specific questions of your teen. This tells them you are interested.
- Tell them about your day. This tells them you respect their opinions.
- Make mealtime fun no arguing!

Your child will appreciate knowing that he/she is important enough for you to make time together a priority.

Here are some ways to spend quality time:

- Take your child with you for a drive a great time to open up a conversation.

- Go to a movie your teen wants to see.
- Go shopping at their favorite mall.
- Go to a concert or sporting event together.
- Go for a nature walk or hike, pack a lunch, and make it an adventure.
- Rent movies and stay up late together.
- Pitch a tent in the backyard and escape the rest of the family for a night.
- Plan regular family nights where you play board games, cards, or just hang out watch TV together.
- Make use of rituals. Maintain practices such as special birthday dinners, a holiday at the grandparent's house, or playing car games on long trips (like when they were young). Rituals help provide the foundation making of family unity and also create positive emotional memories.
- Keep in contact with extended family. Visiting with relatives rekindles a sense of heritage and helps kids feel a sense of belonging.
- Take vacation time together. It's not the length of the vacation or even whether you leave your home; it's the fact that you spend relaxed time together."

Edited from: http://www.familytlc.net/make_time_teens.html

Teens Need (And Want) Family Time by Dr. Scott Wooding

"The key to going places with your teenagers, is to plan ahead and get their input. Instead of just telling them on Friday that the family is going for a hike on Saturday, it is much more effective to ask on Monday or Tuesday if they would like to go for a hike on the weekend. If the answer is positive, then ask which day do they prefer, and where would they like to go. Make each outing into a family planning meeting. In this case, get out the trail guides, discuss what food to bring, and review the clothing to carry in their backpacks.

This planning session adds greatly to the anticipation of the event as well as allowing the teens input into the decisions. Most teens enjoy all kinds of activities with their parents, as long as they are consulted about them. They don't have to be exotic or expensive. It is also not always necessary for the whole family to be on an outing, although this is preferable most of the time. Because kids differ so widely in their interests, sometimes one teen or another will prefer not to go. This should be allowed occasionally as it recognizes and respects individual differences.

It is often a good idea for parents to plan a yearly event with just one teen. For example, if Dad and one teen share an interest in skiing, he could plan a special ski trip for the two of them alone. He could organize a separate outing with another child who happens to have different interests. These events usually become much anticipated, with months being spent on the planning.

Family outings with teenagers are definitely very different from those with younger children. They require much more planning and notice. They are however, vital to the development of the teenager and to the closeness of the family unit. Don't be fooled by the teens "I don't care" attitude.

Assume they want to do things with you and plan accordingly. Respect the plans and outings that the teens have with their friends and work around these as much as possible. If family events have been a priority from an early age children will anticipate them just as much as teenagers as they did when they were younger. If they haven't been a priority, make them so. Teens need and want the company of their parents."

Scott is a psychologist in private practice specializing in teenage problems. He is the author of the best-selling 'Parenting Today's Teenager Effectively, Hear Me, Hug Me, Trust Me' as well as the recently released 'Rage, Rebellion and Rudeness: Parenting Teenagers in the New Millennium'

Edited from: <http://www.calgaryschild.com/content/view/46/22/>

Additional Resources: *A Tribe Apart: a Journey into the Heart of American Adolescence* by Patricia Hersch
On Becoming Teenwise: Building a Relationship that Lasts a Lifetime by Gary Ezzo and Dr. Robert Bucknam

For more information, contact the Community Alliance for Healthy Kids, 854-6753.

Do you have a question or comment for an upcoming Parents' Page? Please contact The Community Alliance, c/o Anne Wilding, 854-6753, #1 Mark Twain Circle, Clayton, MO 63105; anne_wilding@clayton.k12.mo.us

Spring 2008 Parenting Workshops
Call Clayton Schools' Family Center to Register (854-6900)
www.clayton.k12.mo.us click on Schools (for Family Center)

Parents, join us for these parenting classes! Sign up with a friend or come on your own to meet other parents. District parenting classes provide a supportive group environment in which you can discuss child development, parenting skills and topics of unique concern. All classes are held at the Family Center, 301 N. Gay (the building on the driveway before you get to the Clayton track/football field). Call 854-6900 for information about parenting class scholarships.

Parenting Daughters

Mondays
12:00-12:30 p.m.
12:30-2:00 p.m.

January 7, 14, 28, February 4, 11, 2008
Gathering and optional lunch time (bring your own)
Adult discussion and children's program (sibling care available; 3 child min.)
Using JoAnn Deak's *Girls Will Be Girls*, we'll explore ways to build strong relationships with our daughters and foster their self-esteem. Deak provides a comprehensive road map to the many emotional and physical challenges facing girls today.
Katie Monteil and Mimi Boyle
Resident parent \$80; parent and child \$113; additional parent or child \$80

Single Parenting

Thursdays
6:00-6:30 p.m.
6:30-7:00 p.m.

February 14, 21, 28, 2008
Gathering and optional dinner time (bring your own)
Adult discussion and children's program (sibling care available; 3 child min.)
We will discuss how to begin to turn an emotionally draining experience of single parenting into one of more energy and optimism.
Carol Kaplan-Lyss and early childhood staff
Resident parent \$49; parent and child \$68; additional parent or child \$49

evening class

Just Go to the ATM

Tuesdays
9:30-11:00 a.m.

March 4, 11, 25, 2008
In a world of credit cards and ATM machines, it is no wonder that children cannot understand the concepts of earning, budgeting, saving and prioritizing the use of money. Starting with piggy banks and allowances, how can parents proceed with the larger issues?
Carol Kaplan-Lyss and Mimi Boyle
Resident parent \$49; parent and child \$68; additional parent or child \$49

NO! Why Kids – of All Ages – Need to Hear It and Ways Parents Can Say It

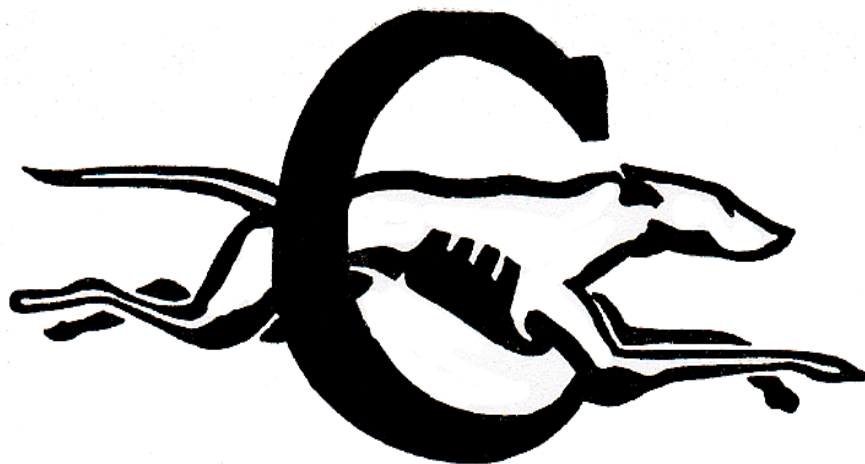
Tuesdays
9:30-11:00 a.m.

April 1, 8, 15, 2008
This workshop, based on David Walsh's book by the same title, looks at the psychological importance of using NO in a child's development. We'll share advice and strategies that will help your children develop skills such as self-reliance, self-discipline, integrity and the ability to delay gratification.
Katie Monteil and Mimi Boyle
Resident parent \$49; parent and child \$68; additional parent or child \$49

Design Your Own Workshop

Four Sessions

Grab five friends (or more) and select a parenting topic (or more). We'll provide the facilitator, the early childhood teacher, and the classroom for four sessions. Together, we'll find a mutually agreeable time. Talk about what's important to you! The choice is yours!
Resident parent \$61; parent and child \$86; additional parent or child \$61



Clayton High School Baseball Trivia Night

Saturday

February 9, 2008

Doors Open at 6:30 pm

Questions start at 7:00 pm

The Commons

Clayton High School

#1 Mark Twain Drive Clayton, MO 63105

\$160 per Table of 8/
\$20 per person

- Snacks and soda included (no alcohol allowed)
- All proceeds benefit Clayton High School Baseball Program
- 1st, 2nd, 3rd place cash prizes/Silent Auction
- Questions will consist of many categories, not just baseball

Clayton High School Baseball Program's Trivia Night Registration Form

To register, please complete this form and return with team payment (\$20 per person, \$160 per table) by January 30, 2008. Checks should be made payable to Clayton High School Baseball and sent to John Heil at 43 Arundel Place, Clayton, MO 63105. If you have any questions, please contact John or Harrison Heil at 314-862-6101 or heils@sbcglobal.net



Team Captain _____ Team Member #6 _____
Team Member #2 _____ Team Member #7 _____
Team Member #3 _____ Team Member #8 _____
Team Member #4 _____
Team Member #5 _____
Team Captain's Email Address _____

AFTER PROM

May 3 11:30pm - 1:30am

JOIN US in THE TROPICS

Be a part of the fun!!!

Parent Volunteers are needed

We're going to TROPICANA and
We need tour guides (Committee chairs)

Acquisitions, Casino, Decorations, Food, Money Changer,
Publicity, Thank yous, Ticket Sales, Chaperons

If you would like to chair or serve on any of
these committees, GREAT!!!

Contact Pepe Finn 862-2533 or fivefinn@aol.com