

December 2019

“Equitable Education for Every Student”

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East Sunflower Elementary School

Principal's Message

Happy Holidays! We are already half way through the school year as we enter the month of December. It is expected that **EVERYONE** will continue to keep teaching and learning a **PRIORITY** each day at East Sunflower. Not only do we promote the importance of a quality education, we expect our students to be contributing members of our society. By giving, sharing, helping, and sacrificing, our students can make a difference and change the world. Let's teach our children that it is better to **GIVE** than it is to receive and to **COUNT** their blessings. We can impact the world through teaching, learning, giving, and caring! Continue to watch us grow!

Principal S. Washington

Dads' Role in Education Workshop on November 18th

Upon completion of the Dads' Role in Education walkthrough, the men who attended had this to say about their experience ...



- “All men are powerful if we come together”
- “I need to be more involved in my child's education.”
- “This was a great experience! I'm glad I came.”
- “It's tough being a good parent, head of your household, and leader in the community.”

Upcoming Events

12/6 Humanitarian Project 9:30 A.M.
12/9 Reading is Fundamental Book Distribution 9:30 A.M.
12/10 Parent Walk 10 A.M.
12/10 SCCSD Board Meeting 6 P.M. in Ruleville
12/11 Christmas Lunch 10:55 A. M. - 12:55 P. M.
12/12-12/19 2nd Nine Weeks Testing
12/17 Student of the Month/December Birthday Party
12/17 Parent Academy 4:00 P. M. - 5:30 P.M.
12/20 Christmas Program @ 8:30 A.M.
School dismisses at 1 P.M.
1/6/2020 Professional Development 8:00 A.M.
1/7/2020 Classes Resume for Students 7 A.M.

Counselor's Corner

Seasons Greetings!

Character Ed Word of the Month **GRIT**

Grit is perseverance and passion for long-term goals. Grit also means that you finish whatever you started; stick with your projects for more than a few weeks; try very hard even when you experience failure; keep working hard even when you feel like quitting and staying committed to your goals!

**WORDS OF WISDOM FROM THE
PARENT LIAISON**



*Mrs.
Geraldine
Ray*

While school is out for the holidays, learning does not have to end. Parents should utilize every opportunity to keep students academically engaged while enjoying quality family time. Here are a few suggestions to keep students learning during the holiday season:

*Allow children to use the measuring cup or spoon while helping to prepare holiday meals.

*Play board games with the family (i.e. *Scrabble, Monopoly, Twister, Connect Four, Trouble, etc.*).

*Take a family drive around the neighborhood, town, or city to see what's new or view Christmas décor. Discuss the meaning of the season.

*Write a paragraph about what the holiday means or draft a New Year's resolution and share with relatives.

*Visit local agencies for holiday activities (pictures with Santa, holiday readings, caroling, or plays, winter arts and crafts, etc.)

Make learning a family affair!!



Vision of ESE

All students will grow to become proficient readers, writers, mathematicians, problem solvers, and productive citizens who will graduate college, career, and community ready.



In the Spotlight



**Earl Liddell
Physical Education Teacher
Employee of the Month**



**Christye James
Assistant Teacher
Staff of the Month**



**Tyler Stovall
5th Grader
Student of the Month**



**Shakeita George
School Supporter
Parent of the Month**



ESE Panthers of the Month



**"Alone we can do so little;
together we can do so much."**

-Helen Keller

Caring for Christmas

ESE faculty, staff, and students travelled to Ruleville on December 6th to give Christmas cheer to the residents of the Walter B. Crook Nursing Home. The group delivered care bags filled with toiletries and sang Christmas carols. The students learned from the experience that it is better to give than it is to receive.



HELP FOR THOSE IN NEED

When a family becomes homeless, there are two issues that usually occur with the affected children, 1) student attendance decreases and 2) financial situations destroy students' interest in school. The SCCSD recognizes the importance of education for all children and has adopted the McKinney-Vento Homeless Act that addresses the needs of homeless children.

This policy provides assistance for homeless students so that they can continue to be educated despite the challenges they face. If you know families with children who are homeless, please contact the Homeless Liaison at ESE, Geraldine Ray at (662) 569-3137. Your call could be of great assistance to a family in need.

1ST RIF DISTRIBUTION WAS A SUCCESS

The giving season has arrived! What gift will you give? What gift will you receive?

A most precious gift to share with those you love, especially your children, is the gift of your time and a good book! So during this busy season, take out a little time to share your favorite childhood Christmas memories and/ or your favorite book. Some favorite Christmas stories of young and old include: 'Twas the Night Before Christmas by Clement Moore, The Greatest Story Ever Told by Fulton Ousler, The Polar Express by Chris Van Allsburg, The Crippled Lamb by Max Lucado, The Christmas Box, and The Best Christmas Pageant Ever by Barbara Robinson. At the first Christmas, many believe that we received the Greatest Gift of All!

Happy Holidays and Happy Reading!!!

Giving the Gift of "Time"

ESE Library Advocacy Committee (LAC) demonstrated the value of the gift of time as they worked hard to make our Christmas Reading is Fundamental (RIF) book distribution a huge success! Even Santa himself made an appearance and encouraged ESE students to receive thankfully, to read, and to enjoy the books given. Santa reminded the students that the ability to read is a very special gift that they will enjoy for the rest of their lives. ESE students were excited to visit with Santa. They asked him many, many, hard questions, and told him exactly what they want for Christmas! Thanks to the ESE Library Advocacy Committee for sharing their time, treats, artistic skills, and love in supporting this event. LAC members are Gladys Williamson, Sawanda Washington, Martha Stuckey, Geraldine Ray, Tameka Taylor, Megan Freeman, Linda Haley, and Lafayette Rounds.



Librarian's Corner, Gladys Williamson

Merry Christmas!

MERRY CHRISTMAS

Holiday Food Traps

'Tis the season of tasty foods. The average person puts on a pound during the holidays. And if you're on a special diet because you have high cholesterol or high blood pressure, holiday dishes can be especially tricky. But you can enjoy yourself and make good choices, if you know which items are naughty and nice.

Naughty: Turkey Skin -The skin of turkey and chicken is loaded with saturated fat, **Naughty: Stuffing**- Stuffing is typically loaded with butter and high-fat meats, such as sausage. A single scoop may have up to 550 calories. **Nice:** Replace butter with low-sodium chicken broth, and skip pork sausage in favor of a low-fat chicken, or fruit alternative. Or try making wild rice stuffing instead. **Naughty: Pecan Pie**- Although pecans are packed with healthy fats, vitamins, and minerals, pecan pie is a minefield of sugar and calories. A typical slice of pecan pie has more than 500 calories. That's because it's usually made with oodles of corn syrup, butter, and sugar. **Nice:** Nibble on a bowl of mixed nuts instead. If you can't resist the pie, choose pumpkin or opt for a very small slice and don't eat the crust. **Naughty: Cakes and Cookies** -You may find that you crave carbs more during fall and winter. You don't want to give in by reaching for too many sweets, but you don't have to ignore the cravings either. Carbs taste good and make you feel good triggering the release of serotonin, a brain chemical that boosts mood. **Nice:** The solution is to control portions or snack on complex carbs, such as whole-grain cereal or crackers.

Avoid Naughty Holiday Foods

Knowing which foods are naughty is a good start. Take it a step further by using these tips:

- Talk to people. You'll slow down your eating pace.
- Excuse yourself from the dinner table once you've had enough to eat.
- Chew sugar-free gum or suck on sugar-free candy to curb your desire to nibble.



Health Tips, Coach Earl Liddell

