

East Sunflower Elementary Newsletter

September 2020

"Equitable Education for Every Student"

Sawanda Washington, Principal

Phone: (662)569-3137 Fax: (662)569-3309

Principal's Message



Greetings! It is an honor to welcome you to East Sunflower Elementary School to begin the 2020-2021 school year. I am blessed to serve as the principal of this fine institution for teaching and learning. I am eager to begin this journey with the ESE faculty, staff, student body, parents, and community. Although our school experience will be very different this year, it is still our vision that all students grow to be proficient readers, writers, mathematicians, problem solvers, critical thinkers, and productive citizens and graduate college, career and community ready. Remember that when all of us safely work together to ensure the success of our students, the impossible becomes possible. Stay informed about academic events and virtual learning so that students can receive adequate support.

Know that together we can overcome any obstacles. Be safe! —

Sawanda Washington

Upcoming Events at ESE

- ♦ 8/24- Staff Return
- ♦ 9/1- Virtual Community Meeting 6:00 p.m.
- ♦ 9/3- ESE Virtual Open House 4:00 p.m.
- ♦ 9/5- Sunflower Back to School Giveaway 10:00 a.m.
- ♦ 9/8- First Day of Virtual School 7:30 a.m. to 3:00 p.m.
- ♦ 9/24- Parent Virtual Learning Meeting 5:30 p.m.

Virtual Open House for ESE

The official date for the ESE's Open House is **Thursday, September 3, 2020 from 4:00 to 5:00 P.M.** Parents will receive information about school expectations, curriculum, attendance, testing, discipline, grading scale, homework, technology, and school events.

Zoom Meeting ID: 87877001045

Passcode: 913761



East Sunflower Elementary Networking Service

To receive school announcements via text from Principal Washington, text **@1sunflower** to **81010**.

This is a safe and confidential communication system. No telephone numbers will be revealed during this process.

We are working to improve home and school communications one text at a time.



2020-2021 SCHOOL YEAR

Welcome back to school! There have been many changes while you have been away this summer. Meet the new **WORLD CHANGERS** at East Sunflower Elementary!

- **Ms. Candace Burkett** – Lab Facilitator / Librarian
- **Ms. Destiny Keys** – 3rd/5th Grade Social Studies Teacher
- **Mrs. Kathy Lang** – Exceptional Education Teacher
- **Mrs. Tabatha Jones** -Teacher Assistant/ Parent Liaison

Along with the original faculty and staff these newcomers make up a highly qualified group of professionals who will provide valuable teaching and learning opportunities in a safe and positive environment that is beneficial to the growth and development of the students at East Sunflower. (The new world changers are pictured on page 2.)



Office Hours

Office hours are from 7:30 a.m- 4:00 p.m Teachers can meet with parents via telephone or virtually during their planning period and/or office hours.

Birthday wishes to everyone who is celebrating a birthday in the month of **September!!**



Grab and Go Meals

The Nutrition department will make deliveries between the hours of 10:30 a.m. and 12:30 p.m.

This is only for the rural area. Parents are encouraged to do a drive thru at the school to pick up their child's food.

The Grab and Go bag will consist of a lunch for the current day and a breakfast for the next school day.

Lunch number will have to be provided!!

FAMILY FUN IN THE KITCHEN!
CONSIDER YOUR HEALTH AND THE HEALTH OF OUR WORLD!

Start changing the world with your children by sharing this health recipe! This makes for great family time!

Tomato Basil Mozzarella Toasts



Turkey Hummus Pinwheels

Course: Snack

Cuisine: American

Servings: 1 (5 pinwheels)

Calories: 215 kcal

Author: The Foodie Physician

Ingredients

- One 9-inch whole wheat tortilla (I used Smart & Delicious 100 calorie whole wheat tortillas)
- 3 tablespoons hummus, any flavor
- 1 ounce sliced deli turkey breast
- ¼ cup baby spinach leaves
- ¼ cup carrot, peeled and cut into matchsticks (can substitute bell peppers)

US Customary - Metric

Instructions

1. Lay the tortilla out on a cutting board. Spread the hummus over the surface of the tortilla.
2. Arrange the turkey slices on top of the hummus and sprinkle the spinach and carrot sticks on top.
3. Fold in the sides of the tortilla and roll it up like a burrito.
4. Use toothpicks to secure the filling in place and slice into 5 pieces. Remove toothpicks before serving.

Amount Per Serving

Calories 215 Calories from Fat 53

% Daily Value*

Fat 5.9g9%

Saturated Fat 0.7g4%

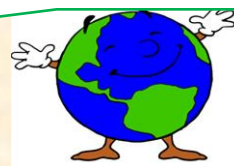
Carbohydrates 33.6g11%

Fiber 11.9g50%

Protein 15.5g31%

* Percent Daily Values are based on a 2000 calorie diet.

Look who has joined the World Changers team at ESE!!!



Tabatha Jones



Kathy Lang

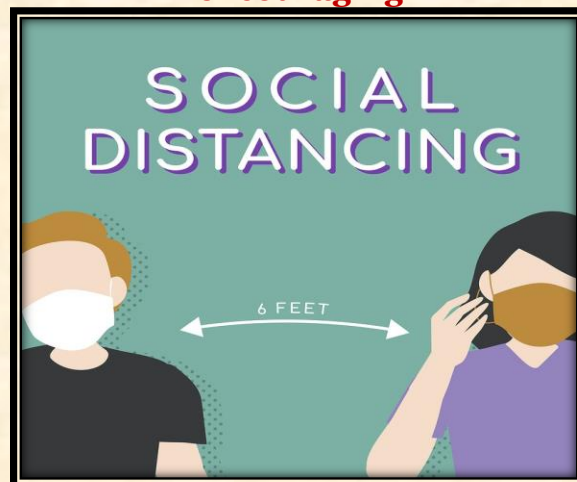


Candace Burkett



Destiny Keys

The ESE Health & Wellness Committee is encouraging



For recent updates on COVID19 please visit Center for Disease Control at

<https://www.cdc.gov/>

Please practice social distancing and wear a face mask for the protection of our students, staff and yourself!



Prosocial behavior, or intent to benefit others, is a social behavior that "benefit[s] other people or society as a whole", "such as helping, sharing, donating, co-operating, and volunteering". Obeying the rules and conforming to socially accepted behaviors are also regarded as prosocial behaviors.

Greetings Parents!

We are excited to be working with our children another year! And even more excited to be working with you, our parents! Things will be a little different but the same! We are still teaching, learning and growing together!

As in each year, in the Counseling Department our children will participate in activities to help them further develop their pro-social skill building behavior!

You may wonder what that means, well I am glad you would like to know...LOL! It may be easier to see it in a chart. **Check out PRO vs. ANTI-Social Behaviors.**

PRO-SOCIAL (positive)	ANTI-SOCIAL (negative)
<ol style="list-style-type: none"> 1. Using please and thank you 2. Asking for help 3. Learning how to share 4. Learning how to wait 5. Dealing w/angry feelings appropriately 6. Saying "I am sorry" 7. Accepting "No" as an answer 8. Giving someone else an opportunity to have or do something ahead of you 9. Being polite toward others 10. Helping someone even when it may be inconvenient for you 	<ol style="list-style-type: none"> 1. Screaming or pouting when he/she can't have his/her way 2. Making demand "Give me" 3. Yelling "That's mine" 4. Whining 5. Hurting someone else because things don't go his/her way 6. Out of control yelling 7. Interrupting or insisting to do it now 8. Showing no empathy or compassion for others 9. Being aggressive toward others 10. Not considering any other person but yourself

As always please contact the counselors' office if you have any concerns about the wellness of your child!



*We are going to have a
"life changing" year!*



Navigating Families to Success
Canopy Children's Solutions'
LINK provides **HELP** to families.
Contact Person: Mrs. LeKeisha Foster
800.388.6247

LINK CONNECTS families to community resources.

LINK provides increased **ASSISTANCE** to access formal and informal support

LINK EDUCATES families on self-care and self-control.

LINK CONNECTS families to mental health and substance abuse services.

LINK provides **TRAINING** on Teen Pregnancy Prevention and Parenting Skills.

LINK is a **FREE** solution to families.



CANOPY

Children's Solutions

mycanopy.org/link

*LINK is funded by a grant through the
Mississippi Department of Human Services.*

COMPLETE YOUR 2020 CENSUS at my2020census.gov

**Shape
your future
START HERE >**

United States®
**Census
2020**