

# East Sunflower Elementary Newsletter

September 2019

**"Equitable Education for Every Student"**

Sawanda Washington, Principal

Phone: (662)569-8137 Fax: (662)569-3309

sawashington@sunflower.k12.ms.us

## Principal's Message

Greetings! It is an honor to welcome you to East Sunflower Elementary School to begin the 2019-2020 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. It is our vision that all students grow to be proficient readers, writers, mathematicians, problem solvers, critical thinkers, and productive citizens and graduate college and career ready. Remember that when all of us work together to ensure the success of our students, the impossible becomes possible. Stay informed about academic and testing events so that students can receive adequate support. It is our mission to provide all students with an equitable education in a safe and positive environment.

**NED: Never give up, Encourage others, and Do your best!**



## Upcoming Events at ESE

- 9/9 Grandparents' Day @ 11:00 A.M.
- 9/10 Federal Programs Meeting @ 5:30 P.M.
- 9/16 P.T.O. Meeting @ 5:30 P.M.
- 9/23 Learning Walk @ 9:30 A.M.



## East Sunflower Elementary School's Vision

**All students will become proficient readers, writers, mathematicians, problems solvers, and productive citizens in a safe and positive environment who will graduate college, career and community ready.**

## School Hours 7:00 A.M. to 3:20 P.M.

Arrival time for students is between 7:00 A.M. and 7:30 A.M. Students are tardy after 7:45 A.M. An adult must come into the office to sign for the tardy student. During dismissal parents are asked to pick up students in the rear of the school. Parents should not exit vehicles, but wait patiently for students to be delivered by a school official to each vehicle. School dismisses at 3:20 P.M. after announcements. Avoid checking students out of school after 2:30 p.m.



## 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.





### Greeting Parents:

I am Geraldine Ray, parent liaison bringing you a word from ESE's Parent Center for the 2019 - 2020 school year. I am very excited to begin this journey with you; working beside you so that you may become a partner in the educational process. As your parent liaison, my goals are to motivate, empower, and assist you in any way to ensure student success. My schedule at East Sunflower Elementary is Monday and Tuesday from 7:00 A. M. - 4:00 P. M. However, I will adjust my schedule to be available for you as needed. Remember, we have great resources in the Resource Center you can check out to help your child at home. So, with that said, remember, "With us plus you, there's nothing our students can't do"! Looking forward to a great year!

Geraldine Ray, Parent Liaison

#### McKinney Vento Act

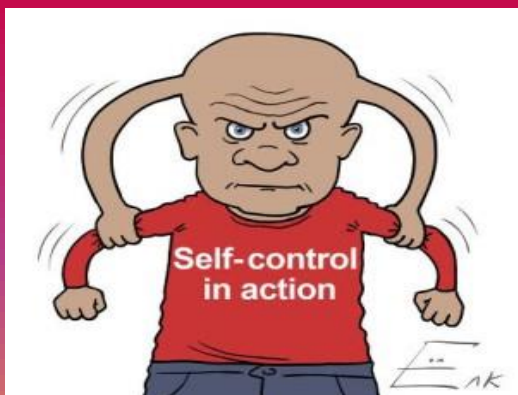
*Is an act that provides urgently needed assistance to protect and improve the lives and safety of the homeless, with special emphasis on elderly persons, handicapped persons, and families with children. If you know of any families who are displaced, please inform the parent liaison.*

### Counselor's Corner, Nearline Anderson

#### ESE September Word of the Month:

#### **SELF CONTROL**

*The capacity to regulate thoughts, feelings, or behaviors when they conflict with valued goals.*



Happy Birthday to everyone celebrating a birthday in the month of September.



### In the Spotlight



**Megan Freeman**  
3<sup>rd</sup> - 5<sup>th</sup> Grade ELA Teacher  
Teacher of the Month



**Shaterica Elmore**  
Computer Lab  
Staff of the Month



**Ashanti Shelton**  
School Supporter  
Parent of the Month



**Jimena Zuniga**  
4<sup>th</sup> Grader  
Student of the Month



### ESE Panthers of the Month



#### Health Tips

- A small meal or snack a couple of hours before you exercise. This will keep you from getting too hungry and you'll have the energy you need to be active.
- Good snacks include carbohydrate, a little protein and not too much fat.
- If you lift weights, having carbohydrates and a small amount of protein after you exercise may help you speed up recovery and build muscle tissue. Plain or chocolate milk or a soy beverage is a perfect recovery snack, providing fluid, carbohydrate, and protein.
- Stay hydrated before you exercise. Drink water, 100% juice, milk, soy beverages, even tea and coffee.
- Drink enough water during exercise to replace what you lose through sweat. This means sipping while you work out, not drinking gallons
- Grab a glass of water after you exercise

Coach Earl Liddell



**Box Tops for Education** is sponsoring a support your local school campaign. Collect Box Top labels and receive ten cent per label. This is a great way to receive money for school projects. Here's how it works: (1) Clip Box Tops from participating products. (2) Submit Box Top labels to East Sunflower. (3) The school will send labels to General Mills and receive funds for the school. This process is **SIMPLE and FREE!** Show how much you support East Sunflower Elementary by turning in Box Top labels **IMMEDIATELY!** Thanks for your help!!

**THE BEST FUNDRAISER EVER!!**