

EAST SUNFLOWER ELEMENTARY

October 2019

"Equitable Education for Every Student"

Sawanda Washington, Principal

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Principal's Message

The month of October is filled with fun activities and learning opportunities for our students. Expectations are still high for all stakeholders. We encourage everyone to continue to work to enhance teaching and learning at ESE. One area in which we are working intensively to improve is students' reading abilities. By providing students with strategies to improve their reading such as building phonemic awareness, decoding words, expanding vocabulary, and increasing fluency we will create stronger readers. A second focus is teaching students how to cope with issues that affect our society such as bullying, illegal drugs, and sickness. Students will receive helpful tips and information that will positively influence their decision making. It is our mission to provide all students with an equitable education in a safe and positive environment.

Upcoming Events at ESE

- ◆ 10/8-Coronation @ 6:30 P. M.
- ◆ 10/11-Homecoming Week (Early Dismissal 2:00)
- ◆ 10/16 -Walk to school @ 7:30 A. M.
- ◆ 10/22 -Learning Walk @ 9:30 A. M.-
- ◆ 10/22 -Report Card @ 4:00 P.M.- 6:00 P. M.
- ◆ 10/23-31st-Red Ribbon Week
- ◆ 10/28- Bus Driver Appreciation @ 2:30 P. M.
- ◆ 10/31- Haunted Hallway 4 to 5 P.M.

The Kindergarten parents enjoyed the meeting while painting and sipping.



*****Congratulations Tyler Stovall and
Miracle Carter on being elected
Mr. and Miss East Sunflower Elementary for
2019 – 2020. We look forward to seeing you at the
East Sunflower Coronation on October 8th and the
Ruleville homecoming activities during the week of
October 7th**

Character Ed Word of the Month OCTOBER

English:

***Social intelligence refers to awareness
of other people's motives and feelings
as well as using this understanding to
navigate social situations
appropriately.***

Counselors Corner, Nearline Anderson

Health Benefits of Eating Nuts

Did you know pistachios may ease inflammation? And walnuts may help keep your brain sharp as you age? There are also other perks hiding in your nut bowl. They're good for you in all forms. Simply adding them to your diet lowers your chances of getting heart disease, a huge health risk in the U.S. They help improve your cholesterol, among other things.

Physical Education Corner, Earl Liddell



Birthday Wishes to everyone celebrating a birthday in the month of October.



Greeting Parents:

I am Geraldine Ray, Parent Liaison bringing you greetings from ESE 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 Parent 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 let the parent liaison know.



- 10/28 "Put a Cap on Drugs" (Wear a Cap)
- 10/29 "Cancer Drugs" (Wear Pink Top/Khaki Bottom)
- 10/30 "Orange You Glad To Be Drug Free" and "Give Drugs the Boot" (Wear Orange Top w/boots and jeans)
- 10/31 "Scare Away Drugs" (Wear Halloween costume)
- 11/1 "Team Up Against Drugs" (Wear team jersey w/jeans)



October 29th ESE will **"GO PINK"** in recognition of Breast Cancer Awareness Month! Pink attire will be worn on October 29th and we will paint the school pink.



In the Spotlight



Nearline Anderson
School Counselor
Teacher of the Month



Sarah Bell
Teacher Assistant
Staff of the Month



Jessica Irizarry
School Supporter
Parent of the Month



Jalyn Taylor
5th Grader
Student of the Month



ESE Panthers of the Month



Homecoming Week



- 10/9 "Cartoon Character" (Wear your favorite character).
- 10/10 "Western Day" (Wear a cowboy/cowgirl hat, boots, and jeans)
- 10/12 "School Spirit Day" (Wear your favorite East Sunflower Elementary School t-shirt with jeans.)

Enhance Halloween Experiences for Kids

Kids love Halloween! They get to dress up and get free candy! What a perfect event! Give your kids safe and healthy Halloween memories that they will have for life.

- ❖ Offer trick-or-treaters healthy non-candy alternatives, such as pretzels, popcorn, apples, raisins, trail mix, and cereal.
- ❖ Distribute small tokens like story books, yo-yos, temporary tattoos, pencils, stickers, coloring books, bubbles, small games, and jewelry.
- ❖ Plan safe parties, pumpkin carvings, trunk or treat activities, sleepovers, or read a-louds that feature Halloween stories.
- ❖ Before kids go trick-or-treating, try to serve a healthy meal so they're not hungry when the candy starts coming in.
- ❖ Limit the amount of candy that is eaten at a given time and encourage children to share candy with others.



How to avoid a
Halloween
candy
hangover

