

# EAST SUNFLOWER ELEMENTARY

October 2021

**“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

- ◆ 9/27-10/1- Nine Weeks Benchmark
- ◆ 10/15-18-Fall Break
- ◆ 10/18-22 -Homecoming Week
- ◆ 10/19- Mr. & Miss ESE Crowning
- ◆ 10/25-29 -Red Ribbon Week

## Congratulation!!

**Students scoring At or Above Grade Level on the I-Ready Diagnostic for BOY!!**



Happy Birthday to everyone who is celebrating a birthday in the month of October!!



*\*\*\*Congratulations Brandon Powe and Za’ Niyah Daniels on being elected Mr. and Miss East Sunflower Elementary for 2021 – 2022. We look forward to seeing you at the East Sunflower on October 19<sup>th</sup> and in the Ruleville homecoming activities during the week of October 18<sup>th</sup>\*\*\**

## Character Ed Word of the Month OCTOBER

*The character trait of the month is **COURAGE**. Courage is another word for brave. It is the ability to do something that frightens one; it allows you to have strength in the face of pain, grief or fear.*

**Counselor’s Corner, Nearline Anderson**

## Health Benefits of Eating Nuts Worst food for High Blood Pressure

### Restaurant Food

The shrimp fried rice at your favorite spot might be amazing, but it’s likely full of sodium. Research suggests most of the sodium in U.S. diets comes from restaurant and packaged foods. Look for low-sodium menu options or ask the chef to make your meal without salt. Try other flavors instead, like lemon juice on fish and veggies. Most adults should eat no more than 2,300 milligrams of sodium a day. That’s one teaspoon.

### Bread

It doesn’t taste salty, but it’s got plenty of it. One slice of white bread has between 80 and 230 milligrams. The next time you make a sandwich, reach for whole-grain bread, an English muffin, or a tortilla to cut back on sodium. You can also eat your sandwich “open-faced” with just one slice.

**Physical Education Corner, Earl Liddell**



## Red Ribbon Week

Red Ribbon Week is about encouraging students to focus on maintaining healthy bodies and remain drug free. Every day the students will participate in doing something for Red Ribbon week.

|                       |  |
|-----------------------|--|
| Monday, October 25    | “Red Out”<br>Wear as much red as you can.                        |
| Tuesday, October 26   | “Cancer Awareness”<br>Wear pink attire/khaki pants               |
| Wednesday, October 27 | “Join the Teams Against Drugs”<br>Wear your favorite team jersey |
| Thursday, October 28  | “Put a cap on drugs”<br>“Wear a Cap”                             |
| Friday, October 29    | “Scare Away Drug”<br>Wear a Halloween Costume                    |



“GO PINK” in recognition of Breast Cancer Awareness Month!



## In the Spotlight



**Kathy Lang**  
Teacher of the Month



**Ada Mays**  
Staff of the Month



**La'Zharria Dunlap-5<sup>th</sup> Grader**  
Student of the Month



## ESE Panthers of the Month



## Homecoming Spirit Week



|                       |  |
|-----------------------|--|
| Monday, October 18    | Fall Break                                 |
| Tuesday, October 19   | Camouflage                                 |
| Wednesday, October 20 | College Jersey/Jean Day                    |
| Thursday, October 21  | Western Day (western attire boots and hat) |
| Friday, October 22    | Game Day (Green or Gold)                   |

## 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**





## Meet the Social Worker



Welcome back to a new school year! I hope everyone had a great summer! My name is Tabatha Jones and this is my first year as the school Social Worker for East Sunflower and Gentry High School. My role is to help students do well in school by addressing their social and emotional needs. I will be here to guide you in expressing your part as a leader in your own child's future. It is my promise to you to work with you so that we can help students be successful.

I received my degree in Social Worker from Mississippi Valley State University. I have previously worked with Head Start families providing crisis intervention and behavioral/emotional management.

As a team, the teachers, administrators and I will be able to meet the social, mental, and emotional needs of all the scholars. I have outlined some of my responsibilities so you will know what a social worker can do in a school setting.

- Crisis Intervention: Bereavement, self-injury or harm to others
- Individual/Group Session: Meet with students weekly or monthly working on issues such as negative behavior, depression, bullying, anxiety, stress
- Classroom Intervention: Work with classroom teacher and develop program such as getting along with peers, social skills and current events
- Provide Resources: Identify resources needed for scholars and families for issues such as homelessness, teen pregnancy, mental health treatment, abuse, neglect, financial assistances

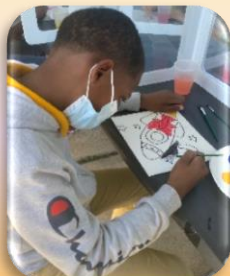
I will be at East Sunflower on Wednesday -Friday from 7:30-4:00 and Gentry High School on Monday and Tuesday from 7:30-3:30. I can be reached for appointments or consultation by contacting the school office or through email.

If anytime during the year if you have questions or concerns, or would like your scholars to engage in service with me, please feel free to contact me. My email is [tabathajones@sunflower.k12.ms.us](mailto:tabathajones@sunflower.k12.ms.us) **or I can be** reached by calling the school (662) 569-3137.

Wishing a successful school year for ALL!!



**5<sup>th</sup> Graders Sipped and Painted because of their Perfect Attendance and Good Behavior!!**



**Supporting the Unity Bowl. Who you with Gentry or Ruleville??!**





# Farmers Market at ESE



# The NED Show



NED is here at ESE reminding students to Never Give Up, Encourage others, and Do Your Best!!!  
Always keep a positive attitude!!!

# Remembering 9-11

