

Ruleville Central Elementary Newsletter

October 2023

"Equitable Education for Every Student"

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 RCES. 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 RCES

- ◆ 10/2-10/6- Nine Weeks Benchmark
- ◆ 10/13-17-Fall Break
- ◆ 10/18-20 -Homecoming Week
- ◆ 10/23, 24 & 26- Report Cards Distribution
- ◆ 10/23-27 -Red Ribbon Week

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



Sawanda Washington, Principal

Phone: (662)756-4276 Fax: (662)756 -2622



****Congratulations David Carr and De' Miyah Ray on being elected Mr. and Miss RCES for 2023 – 2024. We look forward to seeing you at the RCES on October 18th and in the Ruleville homecoming activities during the week of October 16th****

Character Education 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.*

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.

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 23	"Put a cap on drugs" Wear your favorite cap with pink attire.
Tuesday, October 24	"Black out Drugs & Bullying" Wear all black from head to toe.
Wednesday, October 25	"Lei off Drugs & Bullying" Wear a lei and Hawaiian Attire
Thursday, October 26	"Pair Up/Team Up Against Drugs" Twin Day
Friday, October 27	"Stomp Out Drugs, Bullying & Cancer" Wear Boots & an Orange Shirt with jeans.
Monday, October 30	"Pink Out Cancer & Shade Out Drugs" Wear pink with shades.
Tuesday, October 31	"Scare away Drugs, Bullying and Cancer" Wear a character costume

In the Spotlight



Doris Carter
Teacher of the Month



Pamela Rogers
Parent of the Month



Dorothy McCain
Community Partner of the Month
Planter's Bank
RCES Tigers of the Month

Homecoming Spirit Week

Friday, October 13	Fall Break
Monday, October 16	Fall Break
Tuesday, October 17	Fall Break (students)
Wednesday, October 18	Western Day (western attire boots , hat & jeans)
Thursday, October 19	Camouflage(Wear camouflage from head to toe)
Friday, October 20	School Spirit Day (RCES School T-shirt or homecoming shirt w/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.





Social Worker Corner



October is both Breast Cancer and Domestic Violence Awareness month, and the pink and purple colors that signify these campaigns offer poignant reminders of the importance of early detection, research, and support for those affected by breast cancer, and the need to address the pervasive problem of domestic violence, offer support to survivors, and work toward a safer and more equitable society.

Breast Cancer Awareness Month is not just about wearing pink ribbons; it's about spreading knowledge, raising awareness, and offering hope. We honor the resilience of those facing breast cancer and work toward a future where cancer is no longer a threat.

The display of purple ribbons conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces or schools of its citizens.



Wear your pink and purple ribbons!!!!

**Ms. Kyree Smith, MSW
RCES, RMS, and TEHS
School Social Worker**



School Hours

Arrival time for students is between **7:00 A.M. and 7:30 A.M.** Students are tardy after 7:35 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 front 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 **3:00 P.M.** after announcements. Avoid checking students out of school after **2:30 p.m.**



Ruleville Elementary Networking Service

To receive school announcements via text **Notify Me** through School Status.

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.

HELP FOR THOSE IN NEED

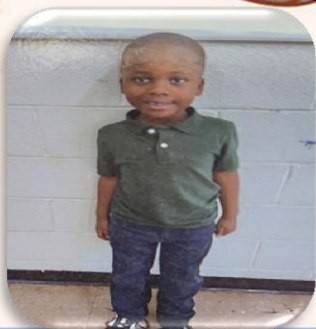
When a family becomes homeless, there are two issues that usually occur with the affected children, 1) student attendance decreases and 2) financial situations destroy students' interest in school. The SCCSD recognizes the importance of education for all children and has adopted the McKinney-Vento Homeless 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 RCES, Ada Mays at (662)756-4276. Your call could be of great assistance to a family in need.



RCES Students of the Month

Kindergarten



Joshua Dillard

1st Grade



Raegan McCain

2nd Grade



Johnny Ward



3rd Grade



Ca'Niya Nunnally



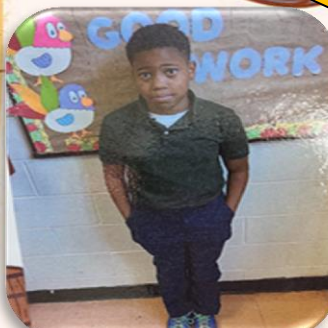
4th Grade



Jocelyn Hall



5th Grade



Jayden Herring

RCES **C**afeteria **T**eam Staff of the **M**onth



Vera Ervins
Cafeteria Manager



Mary Winfrey
Cafeteria Staff



Linda Brown
Cafeteria Staff



Vernikia Phillips
Cafeteria Staff



Sha'Niqua Seals
Cafeteria Staff



Michael Calvert
Cafeteria Staff

“A” Celebration Faculty & Staff Luncheon



**Special Thanks to Mayor Desiree Norwood and
Yumeika Harris of Sunflower, MS**





“A” Celebration Fun Day





"A" Celebration Parade



TIGER



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T.E.H.S 2023 Homecoming Parade



TIGER



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“A” Celebration Luncheon with Students & Parents



RCES 2023 MAAP Award Program



Lillian Washington and Kavion Dixon showcase their 2023 MAAP yard signs.
Great Job!



Kierre Rimmer, 9th Chancery Court
Staff "A" Celebration Speaker



RCES 2023 MAAP Award Students



Principal Washington &
Superintendent Davis



Mrs. Lewis, Mrs. Brand &
Mrs. Garcia

RCES 2023 Red Ribbon Week/Breast Cancer Awareness & Halloween!!



RCES Homecoming Court



Mr. & Miss Kindergarten
Kingsley Kelly & Kaleigh Brandon



Mr. & Miss 1st Grade
Cedric Ware, Jr & Aubrey Brown



Mr. & Miss 2nd Grade
OTavius Harris & Joidynn Rodgers



Mr. & Miss 3rd Grade
Korey Anderson & Lauren Gholar



Superintendent Davis, Principal
Washington and the 2023 RCES
Homecoming Court

RCES Homecoming Court



Mr. & Miss 4th Grade
Major Brand & Lillian Washington



Mr. & Miss 5th Grade
Jayden Herring & Madisyn Montgomery



Mr. & Miss RCES
David Carr & De'Miya Ray



Mr. & Miss Homecoming
Kaiden Scott & Arielle Weeks



Principal Washington
Crowning Mr. RCES



Mr. & Miss RCES and the Royal Court