

East Sunflower Elementary Newsletter

September 2021

"Equitable Education for Every Student"

Sawanda Washington, Principal

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Principal's Message



Greetings! It is an honor to welcome you to East Sunflower Elementary School to begin the 2021-2022 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 so that students can receive adequate support. Know that together we can overcome any obstacles. Be safe! --

Sawanda Washington

Upcoming Events at ESE

- September 6-Labor Day Hbliday
- September 7-10-Kindergarten Readiness Assessment (KRA)
- September 9-The NED Show
- September 10- Progress Report Distribution

Special Schedules

- Ms. Tabatha Jones, social worker, will be on campus Wednesday, Thursday, & Friday only
- Ms. Quntella Brown will provide behavior support to students on Thursdays
- Speech therapists will provide services to students on Tuesdays

Gifted students will travel to gifted classes at Lockard on Fridays



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.



2021-2022 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. Gladys Williamson - Librarian
- Mrs. Tabatha Jones -Social Worker
- Ms. Linda Williams- Assistant Teacher
- Ms. Fuendra Jasper- Assistant Teacher
- Ms. Tawanda Hudson-ISS/Assistant Teacher
- Ms. Annette Shepherd-Custodian

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.)



Shool Hours

School hours are from 7:30 a.m until 4:00 p.m. Teachers can meet with parents via telephone or virtualy during their planning period.

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



Blast off to a Great Year!! ESE Faculty and Staff for 2021-2022.



**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%

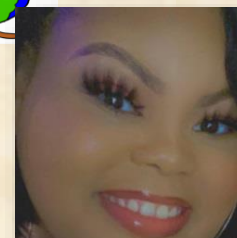
Protein 15.5g31%

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

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



Tabatha Jones-Social Worker



Feundra Jasper-Teacher Asst.



Tawanda Hudson-ISS/Teacher Asst.



Linda Williams-Teacher Asst.



Gladys Williamson-Librarian



Annette Shepherd-Custodian

Town of Sunflower School Supply Giveaway!!

Thanks for supporting the ESE scholars.



**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!**

We are going to have a “life changing” year!



WELCOME TO THE COUNSELOR’S PAGE

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



September Character Word of the Month is Self-Discipline
 Self-Discipline is a pro social skill. The word means having the ability to control your feelings and overcome your weaknesses to do what is right despite the temptation to do what is wrong.

ESE OPEN HOUSE

