

Ruleville Central Elementary Newsletter

November 2024

"Equitable Education for Every Student"

Sawanda Washington, Principal

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Principal's Message



I encourage everyone to make teaching and learning a **PRIORITY** each day at Ruleville Central Elementary. Not only do we promote the importance of a quality education, we expect our students to be contributing members of society. By giving, sharing, helping, and sacrificing our students can make a difference and change the world. Let's teach our children that it is better to **GIVE** than it is to receive and to **GIVE** thanks for their many blessings. In closing, I say to all of our stakeholders, **thanks for giving** to Ruleville Central Elementary!! *Sawanda Washington*

Upcoming Events at RCES

- 11/13 Thanksgiving Lunch with Parents
- 11/14 Progress Report Distribution
- 11/15 Christmas Picture
- 11/18-22 Biweekly
- 11/15 SCCSD Board Meeting (Merritt) 6 p.m.
- 11/25-29 THANKSGIVING BREAK (NO SCHOOL)



Happy Birthday to everyone celebrating a birthday during the month of **November**.

COUNSELOR CORNER!!

November Word of the Month is **GRATITUDE**. GRATITUDE means to be thankful or to have an attitude of thankfulness. It also means to be ready to show appreciation for and to return kindness.

Healthy Corner

Heart Help

Grapes are a good source of potassium, a mineral that helps balance fluids in your body. Potassium can help bring down high blood pressure and lower your risk of heart disease and stroke. Most people don't get enough of this nutrient, so eating grapes can help fill the gap.

Healthy Skin and Hair

Grape seeds are rich in vitamin E, which helps your skin stay smooth and hydrated. Other compounds in grapes may help prevent acne and increase blood flow to your scalp for healthier hair.

Weight Loss

You wouldn't think a fruit this sweet could help you drop some unwanted pounds, but grapes may do just that. A natural compound they contain appears to make it harder for your cells to store fat. It may also help fat cells in your body break up at a faster rate. Just be careful not to eat too many. One serving is 1/2 cup, or about 16 grapes.

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.**



THANKSGIVING SONGS



Glad I'm Not a Turkey

Sung To: Did You Ever See A Lasse

I'm glad I'm not a turkey,
a turkey, a turkey,
I'm glad I'm not a turkey
on Thanksgiving Day.
They stuff you and bake
you, and then they will
taste you
I'm glad I'm not a turkey
on Thanksgiving Day!

www.enbowlright.com www.singyourself.com Graphics by Graphics Factory

If You're Thankful

If you're thankful
and you know it,
Clap your hands.
If you're thankful
and you know it,
Clap your hands.
If you're thankful
and you know it,
Then your face
will surely show it.
If you're thankful
and you know it,
Clap your hands.
...Stomp your feet...
...Shout, "I am!"...



Thanksgiving

Tune: Where is Thumbkin?



Thanksgiving, Thanksgiving.
Here it comes, here it comes.

Turkey on the table, turkey on the table.
Mmm-good, mmm-good.

Cornbread muffins, chestnut stuffing.
Pumpkin pie, ten feet high.

We were so much thinner,
before we came to dinner.
Me-oh-my, me-oh-my!

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In the Spotlight



Justine Lewis
Teacher of the Month



Angela Landfair
Staff of the Month



Starshema Shipp
Parent of the Month



**Sonny's Inc
&
Panth Patel**
Community Partner

RCES Tigers of the Month

"Alone we can do so little;
together we can do so much."

-Helen Keller



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 Student of the Month



K



Grade



Ariana Raine

1st



Grade



Kelsi Daugherty

2nd



Grade



Chloe Cason

3rd



Grade



Ava Lewis



4th



Grade



Rakiyah Shipp

5th



Grade



Ikehji Womack





Thanksgiving Lunch with Parents



HAPPY THANKSGIVING from the
Ruleville Central Elementary Family!!

