

Ruleville Central Elementary Newsletter

April 2024

"Equitable Education for Every Student"

Sawanda Washington, Principal

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

Principal's Message



April showers bring May flowers and the fourth nine weeks bring state tests. As we enter the last phase of the school year, let's stay focused on the tasks at hand: (1) to support our students academically and (2) to motivate them to do their very best under demanding circumstances. Students must apply strategies taught during the school year to solve problems, read with endurance, answer text-dependent questions, and write to the text. Students **MUST** be in attendance **EACH** day, on time, well-behaved, and in good health to receive quality instruction. All stakeholders should concentrate on student data and proceed accordingly

Sawanda Washington

Ruleville Central Elementary School 3rd Nine Weeks Honor Students 2023-2024

Superintendent's List

Serenity Bridges
Aubrey Brown
Jakaiden Brown
David Carr III
Cassidy Cox
Taylynn McCain
DeMonte Mickey
Walter Pollard II
De'Miyah Ray
Joidynn Rodgers
Mackenzie Sanders
Ivy Smith
Bobby Townsend
Arielle Weeks
Artavius Williams
Madisyn Wilson

Honor Roll List

Kamari Brown
London Carter
Malaysia Carthen
Dontae Clark, Jr.
Taylor Conway
Jacelyn Daves
Ja'Nylah Davis
Kayleigh Graham
Bryson Green
Ja'Niah Hall
Jaelynn Harper
Dimitri Jack
Kayden Jetts
Ilayah Mallard
Kenyard McCraney
Jayden Moore
Tanyah Price
Brennen Reed
Amiracle Rich
RaKiyah Shipp
Czarina Smith
Aurora Spivey
Kaisley Taylor
Londynn Thigpen
Imani Townsend
Amarii Weeks
Jayden West
Shakennon Winder
Paris Wright

Principal's List

Major Brand
Kaylynn Brewer
Bre'anaya Coleman
Raegin Conway
Destinee Davis
Kavion Dixon
Micayla Fletcher
Ryan Foster
Cameron Freeman
Ken'Daya Garfield
Kaitlyn Gordon
Taniya Hall
OTavius Harris
Carlah Hayes
Jayden Herring
Layla Hogan
GeorLaila Howard
Paisley Hudnall
Autumn Jackson
Te'Asia Jorden
Amiyah Lee
Deondre Lee
Zhanye Luckett
Lauren Maiden
Kassandra Maldonado
London McCain
Damien Mitchell
Madisyn Montgomery
Zoey Moreno
Cambrie Nailor
Adrianna Nash
Roosevelt Nash, Jr.
Ca'Niya Nunnally
Micah Pointer
A'Dreylyn Pomerlee
Chauncey Porter
Tommie Porter
Kennethia Price
De'Nylah Ray
Arianna Rogers
Corwyn Scott
Delilah Scott
Kaiden Scott
Nala Smith
Taliyah Townsend
Ariane Walker
Johnny Ward, III
Cedric Ware Jr.
Lillian Washington
Tristan West
Cayden Williams
Kamariah Woods

Upcoming Events at RCES

- **04/01** Easter Monday-No School
- **04/05** Awards Program – 9:30 a.m.
- **04/09-10** 3rd Grade MAAP Part 1
- **04/11** Head Start visit -12:00 p.m.
- **04/17** 3rd Grade MAAP Part 2
- **04/18** Brain Bowl – 5:30 p.m.



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



Making Healthy Choices

It's that time of year again!!!! State testing. One of the most important factors in a great performance is-getting enough sleep; but not only does getting enough sleep help you stay focused for the day there are also many other benefits of a restful night.

Did you know?

- Sleep deprivation hurts the immune system, leaving your body open to many different issues.
- When you get a good night's rest, your body can properly control the hormones that affect how hungry you feel, ghrelin and leptin. Without them, you may feel the urge to eat more than you need, which can make you gain weight.
- You Crave Junk Food After a sleepless night, you may be more likely to pick that cheeseburger and fries over a salad for lunch. A sleep-deprived brain is more likely to crave unhealthy snacks and meals. It may be that judgment and decision-making aren't as sharp when you're tired, which makes it easier for other desires to take over.
- You Feel Moody, irritable, stressed, angry, and mentally exhausted.
- You Feel Depressed. Depression and poor sleep are also closely related. Worse, they're circular -- depression can lead to poor sleep, and the reverse can happen, too.

Get the Rest You Need

Most adults need 7 to 9 hours of sleep a night, children and teens need more. Make sure it's restful:

- Stick to a schedule, which means going to bed and waking up about the same time each day.
- Keep your room cool, quiet, and dark.
- Exercise regularly, especially workouts that get your heart pumping. It may promote deeper sleep.

A good night's sleep repairs the body and mind, which helps you function at your best!!!!!!!



In the Spotlight



Charlene Roby
Librarian of the Month



Gloria Young
Staff of the Month



Sha'lexia Miller
Parent of the Month



**Alpha Gamma Epsilon Omega Chapter of Alpha Kappa
Alpha Sorority**
Community Partner of the Month

RCES Tigers of the Month

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

-Helen Keller





RCES Students of the Month



Kindergarten



Esmeralda Zuniga

1st Grade



Chayace Ross

2nd Grade



Malaysia Carthen



3rd Grade



Bryson Ross



4th Grade



Raegin Conway



5th Grade



Paisley Hudnall



BRAIN BOWL SCHOLARS!!



Zoey Moreno



Serenity Bridges



Cassidy Cox



Lillian Washington



Paisley Hudnall



Chauncey Porter



Adrelyn Pomerlee



David Carr



Artavius Williams

Shout out to the Brain Bowl Coaches:

Ms. Anderson, Mrs. Carter, Ms. Garcia, Ms. Scott and Ms. Aldridge



Character word of the Month Integrity

April Word of the Month is

INTEGRITY is the quality of being honest and having strong moral principles; it means to act in an upright way showing honesty and truthfulness in one's actions.



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.**



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.



Mrs. Charlene Roby
Librarian Appreciation



Paraprofessionals/Parent Liaison Luncheon w/ Principal Washington in Sunflower, MS at Chapman's Grill



3rd Grade State Test Scholars/Kindergarten Class/ Head Start Visit/ 3rd Nine-Weeks Honors Program

