Ruleville Central Elementary Newsletter

April 2024

"Equitable Education for Every Student"

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

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.
- 3rd Grade MAAP Part 2 04/17
- 04/18 Brain Bowl - 5:30 p.m.











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

Sawanda Washington, Principal Phone: (662)756-4276 Fax: (662)756-2622

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 Hayah Mallard Kenyard McCraney Jayden Moore Taniyah Price Brennen Reed Amiracle Rich RaKiyah Shipp Czarina Smith Aurora Spivey Kaisley Taylor Londynn Thigpen Imani Townsend Amarii Weeks Javden 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'Dava Garfield Kaitlyn Gordon Taniya Hall OTavius Harris Carlah Hayes Jayden Herring Layla Hogan GeorLaila Howard Paislev Hudnall Autumn Jackson Te'Asia Jorden

Amiyah Lee Deondre Lee Zhanye Luckett Lauren Maiden Kassandra Maldonado London McCain Damien Mitchell Madisyn Montgomery Zoev Moreno Cambrie Nailor Adrianna Nash Roosevelt Nash. Jr. Ca'Niya Nunnally Micah Pointer A'Dreylyn Pomerlee Chauncey Porter Tommie Porter Kennethia Price

Arianna Rogers Corwyn Scott Delilah Scott Kaiden Scott Nala Smith Taliyah Townsend Ariane Walker Johnny Ward, III Cedric Ware Jr. Lillian Washington Tristan West Cavden Williams Kamariah Woods

De'Nylah Ray

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

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"Alone we can do so little; together we can do so much." -Helen Keller

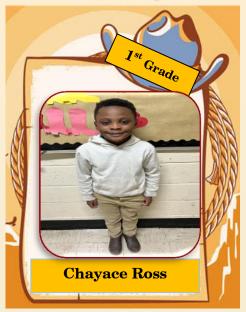




RCES Students of the Month























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

