

East Sunflower Elementary School

February 2022

"Equitable Education for Every Student"

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Principal's Message

Showing compassion, respect, and appreciation for those who work diligently to support and serve our school and community is imperative in order for us to remain on the road to success. I give **KUDOS** to those who support us! We **MUST** commit ourselves to continuing the legacy that our forefathers began. Therefore, **EVERYONE** must keep their eyes on the prize of quality teaching and learning. As we reflect on students' test data, growth is evident. Yet, we must continue to work to reach higher goals and expectations. By working hard, studying, and making academic growth our students will graduate college and career ready, make a difference, and change the world. It starts with parental support, a quality elementary education, self-determination, and discipline.

Sawanda Washington, Principal

Upcoming Events

- 2/3 – Progress Reports Distribution
- 2/4 – 2nd Nine Weeks Awards Program
- 2/7 – Fundraiser begins (Candy Sale)
- 2/7 – 11 – Counselor Appreciation Week
- 2/11 – District Spelling Bee
- 2/14 – 2/18 – Biweekly Exams
- 2/21/2 – 22 – Presidents' Day (School Closed)
- 2/25 – Regional Reading Fair at Delta State
- 2/25 – Bus Driver Appreciation Week

ESE's Vision



We are striving to grow students to become proficient readers, writers, mathematicians, problem solvers, and productive citizens in a safe and positive environment who will graduate college, career, and community ready.

Counselor's Corner, Nearline Anderson

The February Word of the Month is **KINDNESS**. *Kindness is the quality of being friendly, generous, and considerate.*



2nd Nine Weeks

Academic Recognition

Superintendent's List (Students with all A's)

- **Artavius Williams**

Principal's List (Students with all A's and B's)

- **Zuri James**
- **Cameron Freeman**
- **Cambrie Nailor**
- **Amiyah Lee**
- **Kristin Carpenter**
- **Rosilyn Richard**
- **Anthony Lee**
- **Deondre Lee**
- **Demonte Mickey**

Honor Roll (Students with all A's, B's and 1 C)

- **Allisyn Brandon**
- **Zoey Moreno**
- **Roosevelt Nash**
- **Zaylon Lee**
- **Skylnn Edwards**
- **Amariah Porter**
- **Phoebe Patterson**
- **Marcus Patterson**
- **Lillian Washington**
- **Jaquarious Appleberry**
- **Jacques Nicholson**
- **Ryleigh Griham**

Social Worker Corner, Tabatha Jones

Being a kid can be really hard. You might be struggling with bullying, peer conflicts, making friends, school work, big life changes or just trying to figure out who you are. I am here to help and support you every step of the way!

You are important
You are Valued
You are Smart
You are Unique
You are Special
You are Loved
I believed in You
I am here for You

Love, Mrs. Jones

The McKinney-Vento Act

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 they can continue to be educated despite the challenges they face. If you know families with children who are homeless, please contact the Social Worker at ESE, Tabatha Jones at (662) 569-3137. Your call could be of great assistance to a family in need.

Healthy Tips Corner, Coach Earl Liddell

Exercise: What's in It for You?

Better Mood

Cranky? Get moving. Exercise makes you feel happier. When you work out, your body makes endorphins -- "feel-good" chemicals in the brain. You can actually start to feel better within a few minutes of moving. But the effects of regular exercise can last for a long time.

More Energy

You might not expect it, but using energy to exercise gives you more get-up-and-go. Sometimes when you're tired, the last thing you want to do is move. But when you exercise regularly, that fatigue goes away and you find yourself with a lot more pep.

Good Night's Sleep

Get regular exercise to help you fall asleep faster and sleep more soundly. The harder you exercise, the more likely you are to have a good night's sleep

Less Stress

Exercise calms your body and your brain. After your body works hard, the levels of stress hormones -- like adrenaline and cortisol -- drop. Stress and anxiety fade away, especially after aerobic exercise.

Healthy Heart

It's no secret that exercise is great for your heart. Regular workouts lower your risk of heart disease, improve your blood cholesterol levels, and help control and even prevent high blood pressure.



In the Spotlight



Gladys Williamson
Librarian of the Month



Feundra Jasper
Staff of the Month



Amariah Porter-4th Grade
Student of the Month



Barbara Wrenn
Parent of the Month



ESE Panthers of the Month



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

-Helen Keller

Did You Know? Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African-American historian, scholar, educator, and publisher. It became a month long celebration in 1976. The month of February was chosen to coincide with the birthdays of Fredrick Douglass and Abraham Lincoln. "The past is behind, learn from it. The future is ahead, prepare for it. The present is here, make a difference." --Thomas S. Monson



Librarian's Corner, Gladys Williamson

PANTHERS ON THE PROWL



ESE competed in five Divisions at the District Reading Fair and won 1st Place honors in three of the five. Four ESE Champs will represent ESE at in the Regional Reading Fair at Delta State University on Friday, February 25. We are proud of their success and we are cheering them on in this final round of competition!

Ar'Stevion Wash, Kindergartener, will represent in Division A, Family/Literary Fiction; **Lillian Washington**, 2nd Grader, will represent in Division C, Family/ Literary Fiction; and **Londynn Parker**, 3rd Grader, and **La'Zharria Dunlap**, 5th Grader, will represent in Division J, Group/ Literary Fiction. Go Panthers!!



USoR Top Picks

As part of Scholastic's United States of Readers Book Club students at ESE received their third set of two books of their choice during the month of February. Peppa Pig, the Good Egg, and The Dogman were among favorites for K-2nd Grade. City of Dragons, Buster, That Girl, La La, The Dogman, and Cat Kid were tops among 3rd -5th Graders.

Panthers Celebrate Reading, Black History, and Cultural Diversity



3rd Graders

Our first Reading is Fundamental distribution had the theme "Celebrating Black History and Cultural Diversity." Each student received bookmarks and activity books with information about African-Americans and their accomplishments and they were able to select a book about African-Americans and people of other cultures. Popular selections were Great Black Heroes: Five Notable Inventors, Jess Cesar Chavez, Dancing with the Indians, This Is the Way We Eat Our Food, Ruby Bridges, and Look What Came from Mexico.



Kindergarteners



5th Graders

Read Across America

In Dr. Seuss' words, "You're never too old, too wacky, too wild, to pick up a book and read with a child!" ESE will celebrate Read across America in the month of March, National Reading Month, by celebrating the birthday of beloved children's author Theodore Geisel, Dr. Seuss. One of his most famous characters around ESE is that cat, that Cat in the Hat! That cat will help us celebrate Dr. Seuss's birthday on Friday, March 4th. He might even read with a child!

At ESE we celebrate reading every chance we can and every way we can! To help celebrate Read Across America and Dr. Seuss' birthday, students will get to choose books in our second Reading is Fundamental (RIF) distribution as well. No matter your age or gender, we invite you to "...pick up a book and read with a child" every chance you get. This kind of sharing is priceless!

Mindset Matters

Your mindset directly affects how you see the world and how you see yourself. It shapes the way you think, feel and behave. Having a positive mindset will not only put you in a better mood, but it will also help you cope with stressful situations. The following daily prompts will help you start each day on a positive note.

Mindfulness Monday

Close your eyes and take 5 slow deep breaths. Sit very still and notice one thing you can see, hear, feel, and taste and smell. Mindfulness is about focusing your attention on the present moment without dwelling on the past or worrying about the future. Mindfulness will help you calm both your mind and body. You can use it as a positive way to stay your day or when you're feeling overwhelmed or upset.

Thoughtful Tuesday

What is one thoughtful and kind thing you can do for someone else? Kid "Do something every day that makes the world a little more awesome".

Wish-Well Wednesday

Think of someone who is struggling and wish them well. Let them know you're thinking about them and send positive thoughts their way all week!

Thankful Thursday

What is one thing you're thankful for? Happiness isn't about getting what you want all the time. It's about loving what you have and being grateful for it.

Fabulous Friday

Think for a minute about what make YOU fabulous and how you can celebrate **it!**