



December 2018

“Equitable Education for Every Student”

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East Sunflower Elementary School

Principal's Message

Happy Holidays! We are already half way through the school year as we enter the month of December. It is expected that **EVERYONE** will continue to keep teaching and learning a **PRIORITY** each day at East Sunflower. Not only do we promote the importance of a quality education, we expect our students to be contributing members of our 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 **COUNT** their blessings. We can impact the world through teaching, learning, giving, and caring! Continue to watch us grow!

Principal S. Washington

Dads' Role in Education Workshop on November 26th

Upon completion of the Dads' Role in Education workshop conducted by State Representative of District 31 Rev. Otis Anthony, II, the men who attended had this to say about their experience

- "All men are powerful if we come together"
- "Wow, I met State Representative Otis Anthony, III!"
- "Fathers are very important in their children's lives."
- "I need to be more involved in my child's education."
- "This was a great experience! I'm glad I came."
- "It's tough being a good parent, head of your household, and leader in the community."



Upcoming Events

12/7 Humanitarian Project 12:30 P.M.
12/10 Parent Walk 10 A.M.
12/12 Classroom Spelling Bee 7:30-8:30 A. M.
12/12 Christmas Lunch 11:00 A. M. - 12:30 P. M.
12/13 Parent Academy 4:00 P. M. - 5:30 P.M.
12/13-12/20 2nd Nine Weeks Testing
12/15 Christmas Parade in Sunflower 10 A.M.
12/17 Student of the Month/December Birthday Party
12/18 SCCSD Board Meeting 6 P.M. Ruleville Central HS
12/21 Christmas Program @ 9 A.M./RIF Distribution #1
School dismisses at 1 P.M.
1/8-9/2019 Professional Development 8:00 A.M.
1/9/2019 Classes Resume for Students 7 A.M.

Counselor's Corner

The Character Ed Word of the Month for December is **GRIT**. Grit is perseverance and passion for long-term goals. When we think of grit things come to mind such as finishing whatever we begin, sticking with a project for a long period of time and staying committed to goals. When you want to pursue a project consider that grit will be the trait that will get you the success you want!

Seasons Greetings!

From: Nearline Anderson



ESE READING FAIR WINNERS

Family Literary Fiction DIVISION A	Family Literary Fiction DIVISION B	Individual Literary Fiction DIVISION C	Individual Literary Fiction DIVISION D	Individual Informational Non-fiction DIVISION G	Group Literary Fiction DIVISION J
Brennen Reed-1st	Serenity Lee-1st	Alexandria Freeman-1st	Tyler Sykes-1st	Kaitlyn Price-1st	Miracle Edwards-1 st Markevious Edwards
Ja'kari Russell-2nd	McKenzie Williams-2 nd Cornelius Williams	Kentavius Hawkins-2nd	Carlito Williams-2nd	Judeyion Carter-2nd	Tyreke Myles-2 nd Myrick Lemon
Lillian Washington-3 rd	Kylie Lewis-3 rd	Jakolbe Winfrey-3 rd	Tacara Ward-3 rd	Jonathan Taylor-3 rd	Braylon Reed-3 rd Bryce Reed
Honorable Mention	Honorable Mention	Honorable Mention	Honorable Mention	Honorable Mention	Honorable Mention
Alexander Davis	Shamiyah Wash	Martavius Barrow	Jalyn Taylor	N/A	N/A

**WORDS OF WISDOM FROM THE
PARENT LIAISON**



*Mrs.
Geraldine
Ray*

While school is out for the holidays, learning does not have to end. Parents should utilize every opportunity to keep students academically engaged while enjoying quality family time. Here are a few suggestions to keep students learning during the holiday season:

*Allow children to use the measuring cup or spoon while helping to prepare holiday meals.

*Play board games with the family (i.e. *Scrabble, Monopoly, Twister, Connect Four, Trouble, etc.*).

*Take a family drive around the neighborhood, town, or city to see what's new or view Christmas décor. Discuss the meaning of the season.

*Write a paragraph about what the holiday means or draft a New Year's resolution and share with relatives.

*Visit local agencies for holiday activities (pictures with Santa, holiday readings, caroling, or plays, winter arts and crafts, etc.)

Make learning a family affair!!



Vision of ESE

All students will grow to become proficient readers, writers, mathematicians, problem solvers, and productive citizens who will graduate college, career, and community ready.

Caring for Christmas

ESE faculty, staff, and students travelled to Ruleville on December 7th to give Christmas cheer to the residents of the Walter B. Crook Nursing Home. The group delivered care bags filled with toiletries and sang Christmas carols. The students learned from the experience that it is better to give than it is to receive.



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 ESE, Geraldine Ray at (662) 569-3137. Your call could be of great assistance to a family in need.



In the Spotlight



Megan Freeman
3rd Grade Teacher
Teacher of the Month



Sarah Bell
Kindergarten Assistant
Staff of the Month



Miracle Edwards
4th Grader
Student of the Month



Desiree Norwood
School Supporter
Parent of the Month



ESE Panthers of the Month



**“Alone we can do so little;
together we can do so much.”**

-Helen Keller

THANKS FOR A SUCCESSFUL PARENT WALK



Merry Christmas!



Health Tips, Coach Earl Liddell

Perks of Working Out

Losing weight is one reason to exercise, but there are so many others. Get to know the rewards of sweating it out on a regular basis.

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. It doesn't matter when you exercise, as long as you don't have trouble sleeping. If you do have problems, though, work out earlier in the day.

More Confidence

You just walked a mile or ran your first 5K. Success like that can boost your self-esteem and make you ready to conquer anything. Exercise makes you feel good about yourself.

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.

More Productive

Want to be more efficient at work? Take a break and get some exercise. In one study, people who got moving in the middle of the day were much more productive when they went back to work. They also were happier and got along better with their co-workers.

Weight Control

Exercise and diet work together to keep your weight healthy. Whether you want to lose some inches around the waist or just avoid putting on extra pounds, exercise is the key. Try to work out 30 minutes most days of the week.

MERRY
CHRISTMAS