

Inverness Elementary School Newsletter

January 2015

“Committed to Academic Excellence”

Khalilah Ransom, Principal

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Principal's Message

I hope the holiday break is enjoyable and relaxing for all of you! We are ready to begin the second semester. January is a great time to reflect on the areas in our lives where we felt successful during the past year. It is also a time to consider how to make changes in areas where we would like to improve.



Upcoming Events

- ◆ 1/5 Teacher Workday
- ◆ 1/6 Students Return
- ◆ 1/12 Report Cards
- ◆ 1/13 PTA Meeting @ 5:30 pm
- ◆ 1/14-15 Basketball Tournament
- ◆ 1/15 School Spelling Bee
- ◆ 1/16 Donuts for Dads
- ◆ 1/19 MLK Holiday (No School)
- ◆ 1/22 Family Science Night @ 6 pm
- ◆ 1/30 Nutrition Workshop @ 8:45 am

Attendance Policy Reminder

If your child is absent from school, it is the parents' responsibility to contact the school to let us know why they are absent. If we do not have phone contact, you have 24 hours to send a note explaining why your child was absent. If we do not receive a note, it will be counted as an unexcused absence. After six unexcused tardies, a conference will be held with the principal. After five unexcused absences, the case will be transferred to the Attendance Officer.

Tips for Great Year!

Get plenty of sleep. Scientists have found that students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. Recommended amounts of sleep range from about 8½ to 11 hours a night for elementary students.

Eat healthy. Eat more fruits, nuts, and vegetables. Drink at least 8 (8 oz) glasses of water every day. Limit the amount of sodas and snack foods you eat.

Exercise your body and your mind daily.

Follow the Golden Rule -Treat others (children and adults) the way you would like to be treated.

Time + Effort = Achievement

–Take the time to carefully complete all assignments at school and home; ask questions when you do not understand task; demonstrate, and eliminate the word “can’t” from your vocabulary. Make it a goal to do your personal best at school every day.

Read, read, read

– Success in school depends, in large part, on a student's ability to read and understand what they have read. Read to get information, read for fun, read to someone in your family...just read!

Join the PTA!

Looking for a good new year's resolution? If you haven't already done so, please join the PTA. Your membership goes to support our class trips and school assemblies. It is not too late to join!

~ Beverly Gilmore

Change of address or phone number

We all have changes as the year goes on. It is **very important** that your child's emergency card is up to date. If you have had changes to phone numbers, addresses, emergency contacts; make sure you let the school know. **We need to be able to contact you in an emergency.**

Inverness Elementary Text Messaging (Remind 101)

If you have not signed up for text messaging from us, please do so. Reminders and notifications about school events are sent by text. If you would like to receive texts from us, please text @msransomth to 81010 to join.

Dress Properly

Cold weather is here!

It is important that the children are properly dressed. Please have your children wear winter coats, hats, gloves/mittens, and long pants. We want your children to be warm and healthy.



COUNSELOR'S CORNER by Naomi Fant

January is National "Thank you" Month

January has been designated as National Thank You month! It is always good to thank people for acts of kindness, hard work, support, and even pushing us to be our best. As a school counselor, we should always thank our coworkers and parents for all they do to support us.

Ways that you can celebrate the month:

- Start a gratitude journal and write one thing, or more, a day that you are thankful for.
- Take turns at the dinner table in sharing who or what you are thankful for.
- Write someone a thank you note, an email, or even a sticky note telling them you are thankful for them or something that they did for you.
- Tell someone that you may have just met thank you for what they did. This may be the person bagging your groceries or the person at the gas station.
- Do something nice for someone else.
- Sometimes a simple "thank you" can turn someone's day around.

No Name Calling Week - January 19 – 23 - We hope that No Name-Calling Week will help all students consider the weight of the words they use, and make school a safer, healthier place for all of our children. We enthusiastically encourage your participation.

