SEXTON STINGRAY NEWS

A John M. Sexton Elementary School Publication



www.pcsb.org/sexton-es

October 2021 Issue



October 8:

No school for students

October 12:

Picture Retakes

October 11-15:

National School Lunch Week

October 20:

Unity Day

October 25-28: Red Ribbon Week

- Monday: "Be a HERO! Stand UP to Bullies!"
- Tuesday: "Be an INFLUENCER!
- Wednesday: "Put a STOP to drugs!" Stop Light Day
- Thursday: "Scare Drugs Away"

October 29:

9:00 Halloween Parade and 5:30 Drive Boo!

A Message from Mr. Pleshe

Importance of Parent – Teacher Communication

Your children are always watching what you do. They see how you handle stress. They watch how you treat other people and observe how you deal with your feelings. They soak in all that information like little sponges. Even when you think your children aren't paying attention, it's essential to be a positive role model.

I can't thank you enough for being that example to your child. We have wonderful students who are becoming good citizens. The partnership between home and school is very important for your child's growth. I want to encourage you to attend upcoming conferences that will be scheduled after the first grading period. If you are not able to come to school, please participate virtually. Strong parent-teacher communication improves academic performance and provides our students with a feeling of community.

Tony Pleshe, Principal



CURRICULUM CORNER:

Reading for pleasure helps students develop academically. At times, students can be reluctant to read at home. Below are a few strategies to encourage your young reader:

CURRICULUM CONSTITUTE DUCAT EDITION AND THOMAS TO CONTROL OF THE C

Continue being a good role model

Let your child see you read.

Encourage your child to read on their own at home

Reading at home can help your child do better in school.

Keep a variety of reading materials in the house

Make sure to have reading materials for enjoyment as well as for reference.

Encourage your child to practice reading aloud

Frequently listen to your child read out loud and praise often. Offer to read every other page or even every other chapter to your child. Have conversations and discussions about the book with your child.

Write short notes for your child to read

Write down weekly household responsibilities for your child to keep track of or put a note in the lunch bag.

Encourage activities that require reading

Cooking (reading a recipe), constructing a kite (reading directions), or identifying a bird's nest or a shell at the beach (reading a reference book) are some examples.

Establish a reading time, even if it's only 10 minutes each day

Make sure there is a good reading light in your child's room and stock bookshelves with books and magazines that are easy to both read and reach.

Talk with your child

Talking makes children think about their experiences more and helps them expand their vocabularies. Ask your child to give detailed descriptions of events and to tell complete stories.

Give your child writing materials

Reading and writing go hand in hand. Children want to learn to write and to practice writing. If you make pencils, crayons, and paper available at all times, your child will be more inclined to initiate writing activities on their own.

Restrict television time

The less time your child spends watching television, the more time your child will have for reading-related activities.

Visit the library once a week

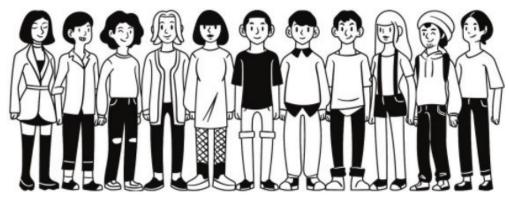
Have your child apply for a library card so they can check out books for schoolwork and for pleasure reading. Ask your child to bring home a library book to read to a younger sibling and encourage your child to check out books on tape to listen to on long car trips.

Work in partnership with your child's school

The more you know about the type of reading program the school follows, the more you can help by supplementing the program at home.

Fondly, Mrs. Gardner

WEDNESDAY, OCTOBER 20TH, IS UNITY DAY



Since October is National Bullying Prevention Month, October 20th has been designated as Unity Day! Everyone is invited to wear an orange shirt on October 20th to show unity for kindness, acceptance, and inclusion and to send a visible message that no child should ever experience bullying. Bullying is defined as mean, hurtful behavior that occurs repeatedly in a relationship with an imbalance of power or strength.

Did you know that **57**% of students who are bullied don't notify an adult at school? *National Center for Educational Statistics*, *2016*.

That's why it is so important that parents talk with their children regularly about their experiences at school.

If you discover your child is being bullied, you may feel a variety of emotions, from anger to fear to sadness. These reactions and emotional responses are natural for parents who want their child to feel valued, protected, and loved. When you talk with your child(ren), please encourage them to report any bullying they experience to their teacher or other trusted adult at school and make sure they know:



- It is NOT their fault. They are not to blame.
- They are NOT alone. You are here to help.
- It is the adults' responsibility to make the bullying stop.
- Bullying is never okay, and they have the right to be safe.
- No one deserves to be bullied.
- They deserve to be treated with respect.
- They have the right to feel safe at school.

LIBRARY NEWS FROM MRS. BAILEY, AKA THE BOOKWORM

It's a wonderful time to be a Sexton Stingray. Our Stingrays are checking out books from the school library! Here are some guidelines for book care:

- Babies and pets sometimes think books are chew toys.
 Please keep books away from pets and babies.
- Books do not like their pages to be folded. Please use a bookmark to hold your place.
- Drinks, foods, scissors, glue, and anything you write or color with are not things that are friendly to books.
 Please keep them away from your books.
- Books deserve respect. Please bring them to and from school in your backpack where they will be safe.
- Your books are due back to the library in 10 school days. Remember to return your books so you can check out more and so other students can check out the book or books you've returned.
- Your hands should always be clean when touching the books. Please wash your hands or sanitize them so the book will stay clean and last for a long time.

Thank you for being a responsible Stingray and taking good care of the books you borrow from the Sexton Library!

CAFETERIA NEWS:

- Second helping of the main entrée at lunch is \$2.50
- A-la-carte items: We sell bottled waters and smart snack approved extra items for students to purchase. Examples: Fruit Snacks, Rice Krispies
 Treats, Variety of Graham Crackers, Baked Cheetos and Low-Fat Ice Cream. Prices range from \$0.25 to \$1.00.

National School Lunch Week is October 11th through the 15th. There will be special drawings for prizes for everyone who participates in school lunch this week.

TITLE I NEWS

"Title I" is the federal program that provides funding to local school districts to improve the academic achievement of disadvantaged students. It is currently known as the No Child Left Behind Act. The Title I law requires the meaningful involvement of parents in school level planning, development and design of initiatives to improve student achievement supported by Title I funds.

Sexton Elementary Title I funds are used to:

- Add highly qualified staff
- Support parent and community involvement efforts,
- Improve staff development,
- Purchase additional instructional materials and supplies,
- Add technology and needed equipment

Please review more information about our school's Title I Budget from our Annual Meeting on our school's website.

We look forward to seeing you at future school events. Please call us at 570-3400 if you have any questions or concerns regarding our school or our Title I Program.





Sexton Elementary is thrilled to participate in Pinellas County Schools Lunch Pals Mentor Program again this year. This program is designed to have students meet with a trained mentor once a week during their lunch periods. The mentor chosen for your child will help develop a positive attitude towards school, which in turn improves academic success and self-esteem. If you feel that your child/ren would benefit being involved in this amazing opportunity, please call or email me.

Sheila Salg, Family & Community Liaison salgs@pcsb.org (727) 570-3400 X2045.

A **HUGE** Thank You!

Sexton would like to THANK all of our business & community partners for their kindness and generosity throughout the month of September.

- The Backpack Lady Project
- Publix on 4th Street
- Papa John's Pizza
- Cracker Barrel
- McDonald's on 54th Ave
- Dunkin Donuts on Dr MLK
- The Spot 727
- Eight Brothers Moving Company, Inc.

Your commitment and support to our school is extremely appreciated! Thanks a million.



The Halloween Parade is BACK!

While not an official holiday, the traditional October 31 Halloween celebration is much beloved by children in the United States, for whom the day is a chance to don costumes' often depicting ghosts, goblins or a favorite superhero/ character to collect candy and other treats from adults. On the 29th students and adults are allowed to wear costumes to school for the parade. The parade starts at 9:00 and parents are allowed to come and watch. Hopefully we will have some parents who dress up too. Your child's teacher will let you know if they have to change back into a uniform after the parade.



Don't forget to join us October 29th 5:30 to 7:00 for our Drive Roo!

Bring as many passengers as you have seatbelts for the same price. Safety first. The price is \$5 presale or \$7 at the gate. All proceeds benefit our Sexton PTA and help with future events. There will be socially distanced candy stations per grade level to get your sugar fix! Families must remain in cars throughout the parade. Costumes and decorating of the cars is encouraged, but not required.

Bully Prevention Month - Tolerance From Bystanders to Upstanders!

Students who are bullied often feel even more alone because there are witnesses who do nothing. When no one intervenes, the person being targeted may feel that bystanders do not care or they agree with what is happening. There are many reasons a student might not interject; they want to fit in or are in fear that they will become a target. We need our students to stand up against bullying and become upstanders at our school. Tolerance is respecting the individual differences, views, and beliefs of other people, including race, ethnicity, and religion.

An Upstander is someone who takes action when they witness bullying. Even one person's support can make a big difference for someone who is being bullied. You can help reinforce this message by talking to your child about different ways they can be an UPSTANDER! (stopbullying.gov).

- Question the bullying behavior. Simple things like changing the subject or questioning the behavior can shift the focus.
- There is strength in numbers too! Bystanders can intervene as a group to show there are several people who don't agree with the bullying.
- Walk with the person who is the target of bullying to help diffuse potential bullying interactions.

Reach out privately to check in with the person who was bullied to let them know you do not agree with it and that you care. It makes a difference.

Delaney Clesen, School Counselor Clesend@pcsb.org 727-570-3400 x 2060

Red Ribbon Week

October 25th-28th

What we're doing all week...

Monday, October 25th "Be a HERO! Stand UP to Bullies and say NO to drugs!"

Students will learn how to be someone's hero

Tuesday, October 26th "Be an INFLUENCER! Say No to Drugs!"

Get your picture taken at the Sexton photobooth

Wednesday, October 27th "Put a STOP to drugs!" Stop Light Day



Pre-K, KG, 1st wear **RED** 2nd and 3rd wear GREEN 4th and 5th wear YELLOW

Thursday, October 28th "Scare Drugs Away"

Come to school with your craziest hairstyle.

Let's get 100% of participation from students and our staff at Sexton to stand up to bullies and say no to drugs!



By: Mrs. Hubble MTSS at Sexton Elementary

Happy October Sexton Families! This month we will be focusing on ISTATION. Pinellas County uses this computer program to help the students' progress in reading. The kids love it! It can be accessed at home as well. The first of every month all Sexton students take a test called ISIP on the computer.

- <u>For early readers</u> (K-2) it measures listening comprehension, phonemic awareness, alphabetic decoding, comprehension, vocabulary, spelling, and text fluency.
- <u>For the advanced readers</u> (3-5) it measures comprehension, word analysis, vocabulary, and text fluency.

The teachers take this data and set goals with each individual student through data chats. Together they determine their goals for reading each month. This data is a key piece to their learning for the students to grow in reading. If a student tests' at a level 3, 4, or 5 on the ISIP monthly test, the students will have a computer goal with ISTATION for 30 minutes a week in class. If a student falls within a Level 1 or 2, their goal will be adjusted to 40 minutes a week on the computer program in the classroom. During that time, they get extra reading support on the pieces they need to individually work on using the data from the ISIP test. It is important that they take this test seriously so that the computer knows where to place them when they are working on their individual goals.

What can you do to support your child(ren) at home? Read every night with them or give them quiet time to read by themselves. This will increase their comprehension and fluency to help them in all academic areas at school.

Below are the levels they need to meet for their grade level expectations to be at a Level 3. Ask your child(ren) at the beginning of every month...Did you take your ISIP test? What was your score? They will know right away, and you can keep track of their data as well at home. Each month the levels increase. You should see that growth at home also.

To be at a Level 3 these should be their scores...

Grade	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May
Kindergarten	184	188	191	194	196	198	200	202
1st Grade	204	207	209	211	213	215	217	219
2nd Grade	222	224	226	227	229	230	231	232
3rd Grade	236	238	239	240	241	242	243	244
4th Grade	1805	1819	1832	1846	1857	1867	1876	1885
5th Grade	1898	1908	1917	1923	1929	1936	1942	1948

If you have any questions, please do not hesitate to call the school and ask for me. I will help you anyway I can.

I NEED TO STAY HOME IF...

I HAVE BEEN IN THE HOSPITAL	HOSPITAL
I HAVE AN EYE INFECTION	
HAVE A RASH I HAVE HEAD LICE	
I HAVE A RASH	0
I HAVE DIARRHEA	0
HAVE A FEVER I AM VOMITING	
I HAVE A FEVER	

Hospit	and/or [
Redness, itching,	and/or "crusty"	drainage from	eye.	
Nits (eggs) or live	sbnq.			
Obvious rash.				
2 or more	occurrences	within the past	24-hours.	
2 or more	occurrences	within the past	24-hours.	
Temperature of	101 °F or	higher.		

Hospital stay and/or ER visit.

I AM READY TO GO BACK TO SCHOOL ONCE I AM ...

Released by a medical provider

to return to school.

Free of	symptoms,	and/or have	been evaluated	by a doctor and	have a note	stating I am not	contagious.
Treated by lice-	killing agent	AND live bug and	nit (egg) free.				
Free from rash	and/or have	been seen by	my doctor and	have a note	stating I am not	contagious	
Free from	diarrhea	for 24 hours.					
Free from	vomiting for 24	hours.					
Fever free for	24-hours	without the use	of fever	reducing	medication (i.e.	Tylenol, Motrin).	



Monday

Breakfast K-12 Menu



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PHEURS COUNTS GHOOLS	DAILY

breakfast choices Pancakes, Cereal & Breakfast Sandwich, are available BREAKFAST Hot or cold daily, i.e.: CHOICES

National School Lunch Week

Toast, or Cereal Bar Must choose at least 1: Fruit or & Toast.

May choose 1: Juice. Ξ

Skim, Low Fat

Buttered & Cinnamon Toast

Graham Crackers,

Cold Cereal, Cereal Bars,

Variety of

Offered Daily:

-at Free Chocolate.

DAILY LUNCH

Egg & Cheese Croissant

Choose 1: Entrée. Must choose at least 1: Fruit or /egetable (may choose up to 2

May Choose: 1 fruits & veggies with their lunch meal)

servings each of

Pancake Pup Minis

Offered Daily:

Milk; Skim, Low Fat Fat Free Chocolate Available for lunch Meatless Entrée, *daily:* Meat or

Buttered & Cinnamon Toast

Graham Crackers,

Cold Cereal, Cereal Bars,

Variety of

Entrée Salads, Cold Sandwiches, Hot & choices, Variety of cupped) & Juices Fruits (fresh or Cold Vegetable

Apple Cinnamon Texas Toast

Offered Daily:

Cold Cereal, Cereal Bars, Maple Mini Pancakes Offered Daily: Variety of Croissant or English Muffin Ham, Egg & Cheese on Offered Daily: Variety of Apple Cinnamon Texas Toast

Buttered & Cinnamon Toast Graham Crackers,

Buttered & Cinnamon Toast

Graham Crackers,

Confetti Mini Pancakes

Buttered & Cinnamon Toast Graham Crackers,

Cold Cereal, Cereal Bars,

Chicken Waffle Sandwich Offered Daily

Cold Cereal, Cereal Bars, Graham Crackers, Variety of

Buttered & Cinnamon Toast

Buttered & Cinnamon Toast

Graham Crackers,

Cold Cereal, Cereal Bars,

Variety of

Egg, Bacon & Biscuit

Cold Cereal, Cereal Bars, Graham Crackers, Offered Daily: Variety of

Buttered & Cinnamon Toast

Buttered & Cinnamon Toast

Graham Crackers,

Cold Cereal, Cereal Bars,

Variety of

Cold Cereal, Cereal Bars, Maple Mini Pancakes Graham Crackers, Offered Dailv: Variety of Croissant or English Muffin Cold Cereal, Cereal Bars, Egg, Ham & Cheese on

Offered Daily:

Variety of

NO SCHOOL Cold Cereal, Cereal Bars, **Breakfast Pizza Sountry Gravy** Offered Daily: Variety of

Buttered & Cinnamon Toast

Graham Crackers,

Cold Cereal, Cereal Bars,

not reflect what is actually offered in your cafeteria if substitutes are offering students a variety of healthy menu options. This menu may

necessary. We apologize for any inconvenience.

significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still

The nationwide labor, driver and product shortages are having a

Wednesday PLEASE NOTE: Variety of

or Cheese Omelet Wrap

Offered Daily

Cheese Omelet w/ Toast

STUDENTS

Sausage Biscuit Sandwich

or Grits with Sausage

Sausage Breakfast Wrap

Egg, Cheese, Potato &

Cold Cereal, Cereal Bars,

Variety of

Graham Crackers,

Buttered & Cinnamon Toast

Cold Cereal, Cereal Bars,

Variety of

Offered Daily:

Graham Crackers,

Offered Dail

Buttered & Cinnamon Toast Cold Cereal, Cereal Bars, Cheese Omelet w/ Toast Graham Crackers, Variety of Buttered & Cinnamon Toast

Sweet Cinnamon Waffle

Chocolatey Chip

Mini Pancakes

Offered Daily:

Offered Daily:

or Cheese Omelet Wrap Cold Cereal, Cereal Bars, Graham Crackers, Offered Daily Variety of

Cold Cereal, Cereal Bars,

Variety of

Graham Crackers,

Buttered & Cinnamon Toast Buttered & Cinnamon Toast

Chicken Biscuit Sandwich Cold Cereal, Cereal Bars, Offered Daily Variety of

Breakfast Pizza Country Gravy

Offered Daily:

Buttered & Cinnamon Toast Graham Crackers,

> NERGY FOR EDUCATION **30D AND NÚTRITION** ^oinellas County Schools

In accordance with Federal Law and US Department of Agriculture policy, Pinellas County School Food Service is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs).

To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, 1400 Independence Av. SW, Washington D.C. 20250-9410; or email: program.intake@usda.gov. This institution is an equal opportunity provider/employer.

Buttered & Cinnamon Toast

Graham Crackers,

Buttered & Cinnamon Toast

Buttered & Cinnamon Toast

Graham Crackers,

Buttered & Cinnamon Toast

Cold Cereal, Cereal Bars,

Variety of

Graham Crackers,

Cold Cereal, Cereal Bars,

Variety of





<u>DAILY</u> BREAKFAST

breakfast choices are available Hot or cold CHOICES

Toast, or Cereal Bar Breakfast Sandwich, Pancakes, Cereal & daily, i.e.:

Must choose at least 1: Fruit or & Toast.

May choose 1: ¥ Juice.

-at Free Chocolate Skim, Low Fat White, or

DAILY LUNCH

Choose 1: Entrée.

Must choose at least 1: Fruit or /egetable (may choose up to 2

May Choose: 1 meal)

Milk; Skim, Low Fat Fat Free Chocolate White, or

Available for lunch

Entrée Salads, Cold Sandwiches, Hot & choices, Variety of Meatless Entrée, Fruits (fresh or Cold Vegetable daily: Meat or

National School Lunch Week

CHOOSE ONE

Chicken Tenders & Cornbread Backyard Pizza Burger Fruit & Yogurt Plate Turkey Club Wrap

Chicken Vegetable Dumpling w/

Max Cheese Sticks

CHOOSE ONE:

Chicken Caesar Salad

PB&J Kit

Chicken Fried Rice

CHOOSE:

Mixed Vegetable Medley Fresh Veggie Dippers CHOOSE ONE:

Breaded Chicken Sandwich

-oaded Beef & Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap

CHOOSE:

Santé Fe Black Beans Fresh Veggie Dippers

servings each of

fruits & veggies with their lunch

CHOOSE ONE

Popcorn Chicken & Waffle Cheeseburger Sliders Hamburger Sliders or 8

Beef Tacos or Pork Tacos

CHOOSE ONE:

Chicken Caesar Salad

PB&J Kit

Cheesy Bread

CHOOSE:

Fruit & Yogurt Plate

Furkey Club Wrap

CHOOSE: Corn Niblets*

Romaine Side Salad *

Marinara Sauce Cup

Fresh Veggie Dippers Country Baked Beans

Chicken Tenders & Cornbread Backyard Pizza Burger Fruit & Yogurt Plate **Furkey Club Wrap** CHOOSE ONE:

cupped) & Juices

CHOOSE:

Mixed Vegetable Medley Fresh Veggie Dippers **JOD AND NÚTRITION** ^oinellas County Schools

NERGY FOR EDUCATION

Wednesday PLEASE NOTE:

not reflect what is actually offered in your cafeteria if substitutes are offering students a variety of healthy menu options. This menu may significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still The nationwide labor, driver and product shortages are having a necessary. We apologize for any inconvenience.

CHOOSE ONE: Teriyaki Beef Dippers & Rice

CHOOSE ONE:

Corn Dog <u>or</u> Hot Dog on a Bur Popcorn Chicken, Mashed Chicken Caesar Wrap Potatoes, Gravy & Roll Yogurt & Fruit Parfait CHOOSE:

> Cavatappi Pasta Alfredo Ham & Cheese Croissant

Chef Salad

Mixed Side Salad Corn Niblets

Sliced Cucumbers Side Salad

Broccoli Florets

CHOOSE: Green Beans

Romaine Side Salad *

MarinaraSauce Cup*

CHOOSE:

CHOOSE ONE

CHOOSE ONE:

5

Mandarin Orange Chicken Rice Bowl w/ Chow Mein Noodles Grilled Cheese Sandwich Chef Salad

Chicken Caesar Wrap CHOOSE:

Mixed Side Salad Tomato Soup

Cheese Lasagna Roll-Up & Yogurt & Fruit Parfait **BBQ Pork Flatbread** Featured Entrée-

Boneless Dill Chicken Wings &

Roll Variety

CHOOSE ONE Pizza Variety

22

CHOOSE ONE

5

Sliced Cucumbers Side Salad

Corn Niblets

CHOOSE

CHOOSE: Deli Roaster Potato

Romaine Side Salad *

Marinara Sauce Cup

Ham & Cheese Croissant

Pasta w/ Meatballs or Yogurt & Fruit Parfait Pasta w/ Meat Sauce

Mozzarella Stuffed Garlic

Breakfast for Lunch

CHOOSE ONE:

Chicken Caesar Salad

PB&J Kit

Breadsticks

Chicken Nuggets

CHOOSE ONE:

Chicken Caesar Wrap Crispy Fries CHOOSE:

Mixed Side Salad

Sliced Cucumbers Side Salad

Broccoli Florets

Ham & Cheese Croissant

CHOOSE

Chef Salad

acho Chicken Bowl w/

Garlic Breadstick

Macaroni & Cheese

CHOOSE ONE

Teriyaki Beef Dippers & Rice

CHOOSE ONE

Cavatappi Pasta Alfredo

Chicken Vegetable Dumpling w/

Chicken Fried Rice

Max Cheese Sticks

CHOOSE ONE

Chicken Caesar Salad

PB&J Kit

Chef Salad

Ham & Cheese Croissant

CHOOSE

CHOOSE ONE:

Corn Dog <u>or</u> Hot Dog on a Bur Popcorn Chicken, Mashed Potatoes, Gravy & Roll Yogurt & Fruit Parfait

Chicken Caesar Wrap Mixed Side Salad Corn Niblets CHOOSE:

CHOOSE ONE Friday

Boneless Dill Chicken Wings & Deli Carver Combo Sub Apple -A- Day Salad Pizza Variety Roll Variety CHOOSE:

Fresh Veggie Dippers

Green Beans

NO SCHOOL STUDENTS

Cheesy Fish Filet Sandwich Deli Carver Combo Sub Apple -A- Day Salad Pizza Variety

CHOOSE

Fresh Veggie Dippers Green Beans

Deli Carver Combo Sub Apple -A- Day Salad

Green Beans CHOOSE:

Fresh Veggie Dippers

Chicken Tinga Tacos Apple -A- Day Salad CHOOSE ONE Pizza Variety

Deli Carver Combo Sub

Country Baked Beans Fresh Veggie Dippers CHOOSE:

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Sliced Cucumbers Side Salad

3roccoli Florets

CHOOSE: Green Beans

Romaine Side Salad *

MarinaraSauce Cup *

JOIN SEXTON ELEMENTARY FOR

DRIVE "BOO" TRICK OR TREATING



5:30-7:00

\$7 PER CAR AT
THE GATE OR \$5
PRESALE FOR
TREATS AND FUN!