

SEXTON STINGRAY NEWS

A John M. Sexton Elementary School Publication



www.pcsb.org/sexton-es

September 2022 Issue

Upcoming EVENTS

September:

- ◆ 5th: Labor Day – No school for students

Spirit Week:

- 6th: Wear your Sunglasses
- 7th: Wear Crazy Socks
- 8th: Wear a hat!
- 9th: Wear your Sexton T-shirt

- ◆ 9th: Grandparents Day
- ◆ 19th: Girls on the Run starts
- ◆ 22nd: Reading Night
- ◆ 26th: Fundraiser Kickoff

October:

- ◆ 17th: No school for students. (Hurricane make-up day if needed)



A Message from Mr. Pleshe

Hello Sexton Families,

As children travel along their path to adulthood they will encounter many challenges. Being able to “bounce back” from these challenges and having the strength and resilience to try again is an important skill we need to nurture in our children. As we know, life doesn’t always go as planned and learning to adapt – and even thrive through adversity – is what makes us strong and moving forward in a positive direction. This year, our staff and children will be discovering the Power of Yet. Learning tools and skills to overcome obstacles with a “Can Do” attitude. Moving away from saying, “I can’t” to “I can’t yet”.

As parents, you are your child’s first teacher. They watch, imitate and eventually act like the role model they look up to and love. If you show perseverance, resilience, and persistence, so will your child. Parents with a fixed mindset will typically have children that don’t believe they can do things. Parents with growth mindsets will typically have children that believe in themselves and will learn from their mistakes.

Tony Pleshe, Principal

Hi, please join us at our **READING ADVENTURE CAMPOUT** on Thursday, September 22, 2022, 6:00-7:30pm

You will have the chance to enjoy reading books together in tents, writing and illustrating fun poems (gosh, you may even get to hear poetry recited by some local school stingrays).

Don’t miss chow time with delicious hotdogs and trail mix snacks. Warm up those vocal cords for some fun singing around a campfire.

You can take a hike on a reading scavenger hunt, and you don’t want to miss reading under the canopy with Mr. Pleshe.

Bring the whole family for a wonderful Reading Adventure Campout Night at school.



CURRICULUM CORNER:



Florida Assessment of Student Thinking

This year, all students in VPK-5th grade will participate in the Florida Assessment of Student Thinking (FAST). FAST will be given three times over the course of the school year. The goal of the assessment is to track growth over time so that we are better able to monitor each child's progress toward mastering the standards. Depending on your child's grade level, students will be assessed in the areas of literacy/reading and math.

A letter providing more detailed information was sent home with your child last week. The assessment window for our first test administration is 8/29/2022-9/9/2022.

Please help to ensure your child receives a good night's rest, a positive start to his/her morning, and arrives to school on time.

Monday	Tuesday	Wednesday	Thursday	Friday
29 KDG 9:00 First 9:00	30 Third 9:00 Fifth 9:45	31 Second 9:45	1 Fourth 9:00	2
5 NO SCHOOL	6 KDG 9:00 First 9:00	7 Third 9:00 Fifth 9:45	8 Second 9:45	9 Fourth 9:00
12 Make Ups	13 Make Ups	14 Make Ups	15 Make Ups	16 Make Ups

PROMISE TIME, ENRICHMENT CLUBS AND Y-READS

We will start tutoring, enrichment clubs, and YREADS soon. Students will be sent to the cafeteria and be given a snack until 3:15. Then the tutors will pick up their students at 3:15 from cafeteria. Tutoring times are 3:15pm-4:15pm. Please make sure you are on time for pick up. Three verbal warnings will be given before a child can be released from the program based on attendance, behavior, or tardiness.

- **YREADS will be starting on September 6th.**
Monday is Kdg, Tuesday is 1st and 2nd Grades, Wednesday is 3rd Grade, and Thursday is 4th and 5th Grade. From 3:00-5:30 pick-up on the YMCA SIDE. There are still spaces available.
- **Dance Club is going to start Wednesday, September 7th from 3:15-4:15. There is a waitlist.**
- **Physical Club starts Monday, September 19th from 3:15-4:15**
- Monday 4th and 5th grades, Wednesday 2nd and 3rd Grades, Thursday K-1st Grade
- **Promise Time, Enrichment Clubs, & Science Club all start on September 19th from 3:15-4:15pm**
- **Spanish and French Club for 5th grade only will be starting on September 15th 3:15-4:15pm**
- **Battle of the Books-Starts on September 21st from 3:15-4:15**
- **Jammin-StingRays will start on September 13th Tuesdays only**
- **Girls on the Run will start September 19th they meet Monday and Wednesday**

Parents please make sure you follow the pickup times by 4:15. All the students will receive a note that tells them when AFTER SCHOOL activities will begin and the days. Be looking for the information in their agenda. If you have any questions, please call Mrs. Hubble, MTSS Coach at 727-570-3400.

MEDIA CENTER NEWS FROM JANA BAILEY



Attention Stingrays! Our fall Scholastic Book Fair will be opening on **Friday, the 28th of October and running through Thursday, the 3rd of November.**

We are looking for help running the fair! Please make sure you are a current registered volunteer with Pinellas County Schools. If you are interested, please contact Mrs. Bailey, Sexton Elementaries librarian, at baileyja@pcsb.org. *Thank you!*

Welcome Back Sexton Families

We are so excited to have on campus visitors and chaperones for our field trips again this school year. If you'd like to share these experiences with your child, please register to volunteer.

Below is link to information on what it takes to get started. For those who've volunteered in the past, please reinstate your volunteer status and you're set.

If you have any questions or concerns, please contact me via email salgs@pcsb.org

or call (727) 570-3400 X2045.

<https://www.pcsb.org/Page/459>
Sheila Salg, Family & Community Liaison

**OUR CAFETERIA IS
NOW HIRING!!**

HOURS 7:30am-1:30pm

**CONTACT CAFETERIA
MANAGER**

SHERRY HOUSE

727-570-3394 or email

housesh@pcsb.org

**HAPPY
GRANDPARENTS
Day**

Grandparents Day, September 9th: We invite Grandparents to come join their grandchildren for lunch as a way to celebrate the precious bond that crosses across generations.



[John M. Sexton Elementary | Facebook](#)

Have you found us on Facebook yet? Please take a minute to follow us!



Start with Hello Week is 9/19/22 - 9/23/22.

The goal of the Sandy Hook Promise program is to teach empathy and empower students to end social isolation by following three easy steps:

1. See Someone Alone
2. Reach Out and Help
3. Start with Hello

A BIG Thank You

We would like to thank Chloe Davis (St. Petersburg High School student) and the following businesses for their generosity to our school & students. Pierce Chiropractic Clinic, Wallace, Welch & Willingham Insurance, WaWa on 4th Street N and The Backpack Lady Project.

Your commitment to Sexton is truly an invaluable part to the success of our students.

CLINIC NEWS YOU CAN USE

Hand washing facts for kids

What is hand washing?

Hand washing is the process of cleaning hands with water and soap. It is done to take off dirt, germs, and poisons. Germs and poisons cause diseases and other health problems. Germs are bacteria, viruses, or fungi. Some infections are not stopped by antibiotic drugs. Hand washing prevents lots of new disease spread. Not washing hands before cooking or touching food is risky.

When do you wash your hands?

Always wash hands:

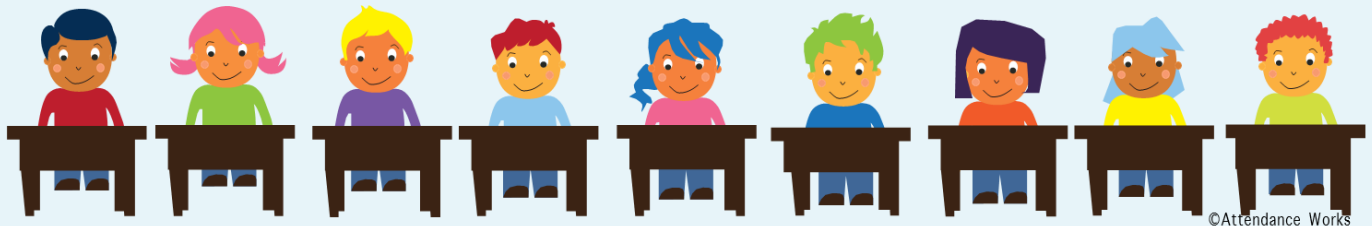
- After using the toilet, urinate, or defecate.
- After touching an animal or pet, such as a dog, cat, or turtle.
- Before and after touching or helping a sick person.
- Before making or cooking food.
- After touching uncooked meat, fish, or poultry (bird meat). Some uncooked foods carry diseases.
- Before eating to prevent contamination of food from germs found on your hands.
- After blowing one's nose/or sneezing into his/her hand.



Steps to washing hands:

1. Use soap and warm (running, if available) water.
2. Wet hands and add soap. Rub wet hands strongly with soap outside running water for more than 10 seconds.
3. Rub all parts of the hands again and again. Clean all dirt under fingernails.
4. Then rub hands under running water again and again to take off all soap.
5. Dry hands using a clean cloth or paper.
6. If your hands are being washed many times every day you may want to use moisturizing lotion to prevent the skin from drying out.

For more information on hand hygiene for children, go to: https://kids.kiddle.co/Hand_washing



Celebrate Attendance Awareness Month!



[#schooleveryday](#)

September is Attendance Awareness Month!
Being at school every day on time is important to the academic success of your child(ren).

Research shows that missing 10 percent of the school year, or about **two days a month**, negatively affects a student's learning.

As part of Attendance Awareness Month, we are having a special Attendance Spirit Week from 9/6/22 – 9/9/22. At the end of the week, all students who were at school every day and on time will be entered in a raffle where 5 students will be randomly selected to win a prize. In addition, the parent of one of those lucky students will also win a prize!

ATTENDANCE SPIRIT WEEK DAILY THEMES

- 9/6/22 (Tuesday): With good attendance, your future is so **bright**, you've got to wear shades! *Wear sunglasses!*
- 9/7/22 (Wednesday): **Sock** it to absences! *Wear crazy socks!*
- 9/8/22 (Thursday): **Headed** for success by arriving on time! *Wear a hat!*
- 9/9/22 (Friday): Show **Stingray Pride** by being at school! *Wear a Sexton t-shirt*

HAPPY LABOR DAY!



September

Elementary School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pinellas County Schools FOOD AND NUTRITION</p> <p>ENERGY FOR EDUCATION</p>	<p>All Meals Include Milk & Fruit Choices</p>	<p style="border: 1px dashed red; padding: 5px;">All menus are subject to change! We do our best to provide our customers with all of our planned options; if necessary we may provide similar substitutions</p>		
<p>5</p> <p>LABOR DAY— NO SCHOOL</p> <p>CHOOSE ONE: Hamburger or Cheeseburger Chicken & Waffles Fruit & Yogurt Plate Turkey Club Wrap</p> <p>CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>6</p> <p>CHOOSE ONE: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit or School Made</p> <p>CHOOSE: Marinara Cup Deli Roasted Potatoes * Romaine Side Salad</p>	<p>7</p> <p>CHOOSE ONE: Chicken Nuggets Pasta w/Meat sauce or Lasagna Rollup Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>CHOOSE: Corn Niblets Sliced Cucumbers</p>	<p>1</p> <p>CHOOSE ONE: Popcorn Chicken Mashed Bowl w/ Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap</p> <p>CHOOSE: Corn Niblets Mixed Side Salad</p>	<p>2</p> <p>CHOOSE ONE Pizza Variety Chicken Tinga Rice Bowl w/ Roll or Chicken Tinga Taco w/ Set-up Apple a Day Salad Combo Ham, Turkey and Cheese Sub</p> <p>CHOOSE: Green Beans Veggie Dippers</p>
<p>12</p> <p>CHOOSE ONE: Hamburger or Cheeseburger Chicken & Waffles Fruit & Yogurt Plate Turkey Club Wrap</p> <p>CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>6</p> <p>CHOOSE ONE: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit or School Made</p> <p>CHOOSE: Marinara Cup Deli Roasted Potatoes * Romaine Side Salad</p>	<p>7</p> <p>CHOOSE ONE: Chicken Nuggets Pasta w/Meat sauce or Lasagna Rollup Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>CHOOSE: Corn Niblets Sliced Cucumbers</p>	<p>8</p> <p>CHOOSE ONE Teriyaki Chicken & Rice Bowl w/ Roll Grilled Cheese Chicken BLT Salad Chicken Caesar Wrap</p> <p>CHOOSE: Broccoli Mixed Side Salad</p>	<p>9</p> <p>CHOOSE ONE Pizza Variety Corn Dog or Hot Dog on a Bun Apple a Day Salad Combo Ham, Turkey and Cheese Sub</p> <p>CHOOSE: Sweet Potato Fries Fresh Veggie Dippers</p>
<p>19</p> <p>CHOOSE ONE: Chicken Sandwich Beef and Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap</p> <p>CHOOSE: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>20</p> <p>CHOOSE ONE: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit or School Made</p> <p>CHOOSE: Marinara Cup Deli Roasted Potatoes * Romaine Side Salad</p>	<p>14</p> <p>CHOOSE ONE: Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant</p> <p>CHOOSE: Crispy Fries Sliced Cucumbers</p>	<p>15</p> <p>CHOOSE ONE: Popcorn Chicken Mashed Bowl w/ Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap</p> <p>CHOOSE: Corn Niblets Mixed Side Salad</p>	<p>16</p> <p>CHOOSE ONE Pizza Variety Chicken Tinga Rice Bowl w/ Roll or Chicken Tinga Taco w/ Set-up Apple a Day Salad Combo Ham, Turkey and Cheese Sub</p> <p>CHOOSE: Green Beans Veggie Dippers</p>
<p>26</p> <p>CHOOSE ONE: Hamburger or Cheeseburger Chicken & Waffles Fruit & Yogurt Plate Turkey Club Wrap</p> <p>CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>27</p> <p>CHOOSE ONE: Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad PBJ Kit or School Made</p> <p>CHOOSE: Marinara Cup Broccoli Romaine Side Salad</p>	<p>21</p> <p>CHOOSE ONE: Chicken Nuggets Pasta w/Meat sauce or Lasagna Rollup Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>CHOOSE: Corn Niblets Sliced Cucumbers</p>	<p>22</p> <p>CHOOSE ONE Teriyaki Chicken & Rice Bowl w/ Roll Grilled Cheese Chicken BLT Salad Chicken Caesar Wrap</p> <p>CHOOSE: Broccoli Mixed Side Salad</p>	<p>23</p> <p>CHOOSE ONE Pizza Variety Corn Dog or Hot Dog on a Bun Apple a Day Salad Combo Ham, Turkey and Cheese Sub</p> <p>CHOOSE: Sweet Potato Fries Fresh Veggie Dippers</p>
<p>26</p> <p>CHOOSE ONE: Hamburger or Cheeseburger Chicken & Waffles Fruit & Yogurt Plate Turkey Club Wrap</p> <p>CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>27</p> <p>CHOOSE ONE: Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad PBJ Kit or School Made</p> <p>CHOOSE: Marinara Cup Broccoli Romaine Side Salad</p>	<p>28</p> <p>CHOOSE ONE: Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant</p> <p>CHOOSE: Crispy Fries Sliced Cucumbers</p>	<p>29</p> <p>CHOOSE ONE: Popcorn Chicken Mashed Bowl w/ Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap</p> <p>CHOOSE: Corn Niblets Mixed Side Salad</p>	<p>30</p> <p>CHOOSE ONE Pizza Variety Chicken Tinga Rice Bowl w/ Roll or Chicken Tinga Taco w/ Set-up Apple a Day Salad Combo Ham, Turkey and Cheese Sub</p> <p>CHOOSE: Green Beans Veggie Dippers</p>

DAILY LUNCH CHOICES:

Choose 1: Entrée.

Must choose at least 1:

Fruit or Vegetable (may choose up to 2 servings to each of fruits & veggies with their lunch meal)

May Choose:

1 Milk:

Skim, or Low Fat White, or

Fat Free Chocolate.

Available

for lunch daily:

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

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