

THE STINGRAY POINT

A John M. Sexton Elementary School Publication



February 2020

Upcoming EVENTS

February 7th
Field Trip: 5th Grade to
Enterprise Village



February 7th
Valentine's Dance 5:30PM

February 17th
Professional Development Day -
No School for Students

February 26th
Field Trip: 4-5th Chorus to
Palladium for Master Chorale

February 28th
All Pro Dads & iMoms 7:30AM

March 3rd
Spring & Class Pictures



March 16-20th
Spring Holidays -
No school for
students

A Message from Mr. Pleshe

Can you believe it is already February! The year is flying by fast!

Last week, your child may have come home and told you that my reading challenge has started. I have done this competition for many years and the kids seem to like it. Each student sets a goal for themselves to read for however many minutes a day. When they finish a book, they take a Reading Counts quiz. The student in each class that has the most Reading Counts points, wins a pizza party with me. The class per grade level that has the most points gets to jump in the bounce house.



A great way for you to support the reading challenge is to ask your child what they read today and if they earned any Reading Counts points. It has been fun to see the students run up to me and other adults on campus to tell them what they are reading and how many points they have so far.



February 7th is our Valentine's Day Dance. I hope to see everyone there. This year we will also have our art show going on in the music room.

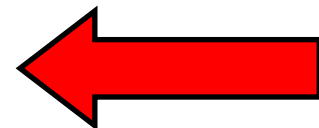
***** HELP WANTED PTA *****

This is a transition year for our PTA. Our president and treasurer have been in the position for two years now, which means we need to have two new people in these positions according to our guidelines. If you are interested in being on the PTA next year, please contact Mr. Pleshe.

IMPORTANT NOTICE: FSA Testing for 3rd-5th grades will be happening in the spring during the months of April & May.

Please mark these dates down now and avoid scheduling doctor's appointments and vacations during this time.

- 3rd grade: April 1-3, May 4-8
- 4th grade: April 1-3, May 4-15
- 5th grade: April 1-3, May 4-22



There will be a limited number of make-up days during these windows. It is very important for your child to be here during testing windows.



Please join us for
Sexton Elementary's Annual
VALENTINE'S DAY DANCE

Friday, February 7th 5:30 - 7:30 p.m.
Advanced Tickets \$4 Tickets at the Door \$5

All proceeds benefit Sexton Elementary PTA which
directly supports Sexton's students & classrooms

MUSIC BY DJ MS. JONES

PHOTOBOOTH, MUSIC AND TREATS
AVAILABLE FOR PURCHASE:
PIZZA, FOREVER ROSES AND YES CLUB GOODIES

MTSS: Multi-Tiered System of Supports



Questions to guide communications between families and the school about the MTSS Process:

- ◆ Is my child successful? How do I know? If not, why and what can we do differently?
- ◆ If needed, how is additional help going to be provided? By whom? How often? For how long?
- ◆ What can I do to participate in problem-solving about my child?
- ◆ What can I do to help with the interventions for my child at home?
- ◆ How will I know if interventions are working?

Parent Engagement Educator Audiences-MTSS

Take Home Computers are Available for Check-out

Computers are available for students to check out for use at home to help with homework and to stay ahead academically. To check out a computer, please contact Mrs. Lewis at lewisa@pcsb.org or your child's teacher.

3 Easy Steps:

1. Complete a contract. (available in front office or from Mrs. Lewis)
2. Provide a copy of parent driver's license or government issued ID
 - Make a copy and send it with your student and the contract or
 - Stop by the front office and have a copy made or
 - Email a copy to Mrs. Lewis at lewisa@pcsb.org.
3. When Mrs. Lewis receives the contract and photo of the ID, she will meet with the student to check out the computer.

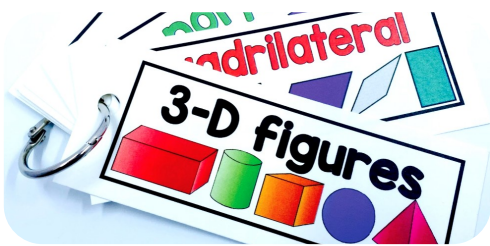


MATH CORNER WITH DR. BRODNEY

This is the time of year to be building math vocabulary with your child. Research shows that when we use big words with kids, they learn the meaning and use of the big words just as easily as using small or easy words. Use the words that your children need to know.

- In kindergarten, they need to know the names of the 2-dimensional shapes and 3-dimensional shapes : 2D shapes include triangle, rectangle, square, trapezoid, rhombus, hexagon, pentagon... 3D shapes include cubes, prisms, pyramids, cones, cylinders.
- In 1st grade, they need to know attributes of 2D and 3D shapes; number of sides on a shape; circles don't have sides; vertex (vertices) or corners.
- In 2nd grade, they should be able to identify and draw triangles, quadrilaterals, pentagons, hexagons, and cubes.
- In 3rd grade, they need to know all of the quadrilaterals (parallelogram, rhombus, trapezoid, square and rectangle) and how the quadrilaterals are related to each other by their attributes (sides and angles).
- In 4th grade, they need to learn lines, line segments, rays, angles (right, obtuse and acute), perpendicular, parallel, and intersecting. They also need to classify shapes by their sides and/or angles.
- In 5th grade, they use a coordinate grid with x-axis and y-axis. They plot points using coordinate pairs. They also classify and organize based on the attributes of the shapes using a Venn diagram.

Sandra Brodney, Ph.D., NBCT Math Coach,
Sexton Elementary & 74th St. Elementary



www.pcsb.org/safetyconcern

CLINIC NEWS FROM NURSE PAULA



February is Dental Health Month!

It is very important to keep your teeth healthy. We need them to eat, smile and sometimes whistle.

- Brush your teeth before bedtime. Use a soft toothbrush and brush in gentle circles above the gumline. You should brush your teeth for at least 2 minutes. Put on your favorite song. Don't forget your tongue!
- Use a fluoride toothpaste. This helps keep your enamel (the white coating on your teeth) healthy.
- Flossing is JUST AS IMPORTANT as brushing. It is not just for removing popcorn from between your teeth, it is great for stimulating gums, reducing plaque and inflammation. For little ones, ready to use flossers are very helpful.
- Consider mouthwash. Mouthwash reduces acid, and cleans hard to reach areas as well as freshening breath.
- Drink more water. Drink a glass of water after every meal. This can wash away the effects of sticky or acidic foods.
- Eat plenty of fresh veggies. Crunchy foods strengthen your jaw muscles and won't get stuck on or between your teeth.
- Limit sugary foods. Sugar turns into acid in your mouth and can wear away at your enamel and hurt your gums.
- See your dentist twice a year. Health teeth lead to a healthy body. Keeping your mouth clean decreases the amount of bacteria in your mouth, which can cause heart disease and respiratory infections.



February is Love of Reading Month

Attendance

in the early grades

Many of our youngest students miss 10 percent of the school year—about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?

Who is affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids

in kindergarten and 1st grade are chronically absent. In some schools, it's as high as 1 in 4.¹



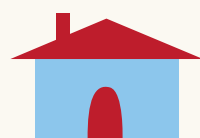
2 in 10 low-income kids

miss too much school. They're also more likely to suffer academically.¹



2.5 in 10 homeless kids

are chronically absent.²



4 in 10 transient kids

miss too much school when families move.²

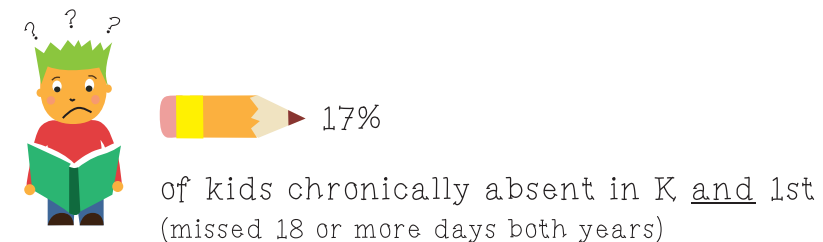
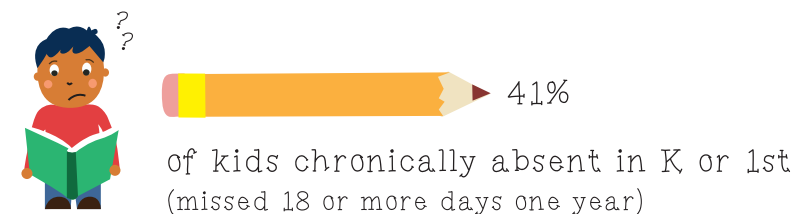
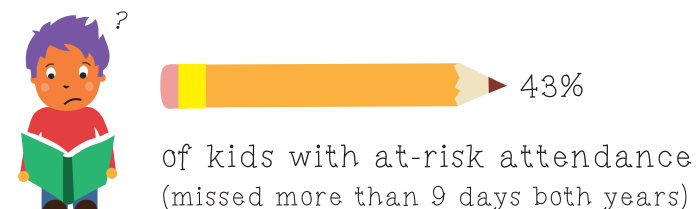


Why it matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

Who Can Read on Grade Level After 3rd Grade?³



What families can do



Find out what day school starts and make sure your child has the required shots.

Build regular routines for bed time and the morning.

Talk about the importance of regular attendance and about how your child feels about school.



Don't permit missing school unless your child is truly sick. Use a thermometer to check for a fever. Remember that stomach aches and headaches may be signs of anxiety.

Avoid medical appointments and extended trips when school is in session.



Keep a chart recording your child's attendance at home. At the end of the week, talk with your child about what you see.

Develop back up plans for getting to school if something comes up. Ask a family member, neighbor or another parent for help



Seek support from school staff or community groups to help with transportation, health problems, or no safe path to school.

¹ Chang, Hedy; Romero, Mariajose, Present, *Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades*, National Center for Children in Poverty: NY: NY, September 2008.

² *Chronic Absence in Utah*, Utah Education Policy Center at the University of Utah, 2012.

³ *Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes*, Applied Survey Research, May 2011.

FEBRUARY

SEXTON Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Apple Cinnamon Texas Toast <u>Choose One:</u> Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Tater Tots Fresh Veggie Dippers	4 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Marinara Cup Refried Fiesta Beans Romaine Side Salad	5 Mini Maple Pancakes <u>Choose One:</u> Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers	6 Chicken Waffle Sandwich <u>Student Choice Menu</u> BBQ Pork Sandwich Beef Ravioli with Roll Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i>	7 Cheese Omelet w/ Toast <u>Choose One:</u> Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Mixed Vegetables Fresh Veggie Dippers
10 Pancake Pup <u>Choose One:</u> Chicken Tender Basket w/ Crispy Fries & Roll Max Cheese Sticks Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Country Baked Beans Marinara Cup * Veggie Dippers	11 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Breakfast for Lunch Pizzaboli Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Deli Roasted Potatoes Marinara Cup * Romaine Side Salad	12 Biscuit & Sausage Gravy <u>Choose One:</u> Pasta & Meat Sauce or Meatballs, OR Ravioli & Roll Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Crispy Fries Sliced Cucumbers	13 Egg, Ham & Cheese Sandwich <u>Choose One:</u> <u>Featured Item:</u> Loaded Beef & Cheese Nachos Grilled Cheese Apple A Day Salad Chicken Caesar Wrap <u>Choose:</u> Tomato Soup Mixed Side Salad	14 French Toast & Chicken Bites <u>Choose One:</u> Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Spinach or Collard Greens Fresh Veggie Dippers
17 <p style="text-align: center;">Presidents' Day No School For Students</p>	18 Scones (3 flavors!) <u>Choose One:</u> Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Steamed Broccoli Florets Marinara Cup Romaine Side Salad	19 Mini Eggo Confetti Pancakes <u>Choose One:</u> Popcorn Chicken w/ Mashed Potatoes & Gravy Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Corn Niblets * Sliced Cucumbers	20 Sausage Biscuit or Sausage & Grits <u>Choose One:</u> <u>Featured Item:</u> Chicken Sandwich Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap <u>Choose:</u> Battered Sweet Potato Fries Salsa Cup * Mixed Side Salad	21 Breakfast Skillet w/ Toast <u>Choose One:</u> Pizza Variety Fish Sticks o' the Sea w/ a Roll OR Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Green Beans * Fresh Veggie Dippers
24 Apple Cinnamon Texas Toast <u>Choose One:</u> Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Tater Tots Fresh Veggie Dippers	25 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Marinara Cup Refried Fiesta Beans Romaine Side Salad	26 Mini Maple Pancakes <u>Choose One:</u> Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers	27 Chicken Waffle Sandwich <u>Student Choice Menu</u> Students choose the hot entrees & vegetable options! Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i>	28 Cheese Omelet w/ Toast <u>Choose One:</u> Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Mixed Vegetables Fresh Veggie Dippers

DAILY BREAKFAST CHOICES
 Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.
DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, 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

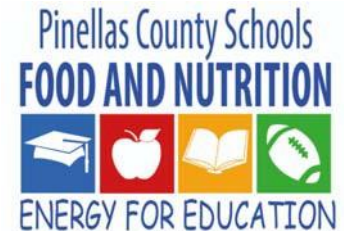


Kind

Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!



Fresh from Florida celery is rich in vitamins A, K & C, plus minerals such as potassium & folate.



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