

# THE STINGRAY POINT

A John M. Sexton Elementary School Publication



January 2020

## Upcoming EVENTS



**January 14th**  
Club Photos

**January 14th**  
Ready, Set, Kindergarten!  
6:00- 7:00 PM

**January 20th**  
Martin Luther King Jr. Day -  
Holiday, No school for students

**January 21st**  
Field Trip - 3rd Grade to  
Mahaffey Theater

**January 21st**  
Honors Assemblies & Report  
Cards Go Home

**January 27th**  
100th Day of School!

**January 31st**  
All Pro Dads & iMoms 7:30AM



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

**February 7th**  
Valentine's Dance 5:00PM

**February 17th**  
Professional Development Day -  
No School for Students

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

## A Message from Mr. Pleshe

What an exciting time of year this is at Sexton! This is when we see many students take giant leaps in their learning. Students who have struggled get “tuned into” learning and start to take off. Students who struggled with reading fluently are sounding like pros. Students who have fought with their addition and subtraction facts are finding that things are starting to click. This is a true testament to all the work done at school and at home since the start of the school year.



So, let's keep the positive growth going with the coordinated efforts between home and school. Remember, you can/should read with your child each night.

Students need to read with you for:

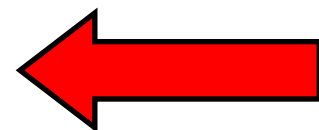
- (1) a fluent model of what reading sounds like,
- (2) seeing that you value the practice needed to grow as a reader,
- (3) continued practice of strategies and skills learned at school, and
- (4) quality time for you and your child.

*Thank you for your continued support at home!*

**IMPORTANT NOTICE: FSA Testing** for 3<sup>rd</sup>-5<sup>th</sup> 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.

- **3<sup>rd</sup> grade: April 1-3, May 4-8**
- **4<sup>th</sup> grade: April 1-3, May 4-15**
- **5<sup>th</sup> 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.

# ELA TIP OF THE MONTH

The most important thing a parent can do to develop literacy is to read with your child. Questions to ask your child while reading non-fiction text include:

- 1.) What is the main idea of the text?
- 2.) Can you tell me something you already know about this topic?
- 3.) What did you learn from reading the text?
- 4.) Are there any words that you do not know what they mean?
- 5.) What are some new words that you learned?
- 6.) Do you have any questions after reading this?
- 6.) What questions would you ask the author about this topic?

## Registration events kickoff in January

Pinellas County Schools Application Period for Choice Programs is less than a month away. Parents can apply for magnet, fundamental and career programs Jan. 8-17. Information about application programs and the registration process is available at [www.pcsb.org/choice](http://www.pcsb.org/choice).



Beginning Jan. 13, families can register for kindergarten for next school year at elementary schools across the district. To kick off registration, Ready, Set...Kindergarten events will be held at elementary schools Jan. 14, 15 and 16. Families will have opportunities to explore classrooms, meet teachers, register for school and learn about opportunities for family involvement. Additional information and a schedule of events is available at [www.pcsb.org/KG](http://www.pcsb.org/KG). **NOTE: Sexton's event will be held Tuesday, January 14th, 6:00 - 7:00 PM**

## MTSS: Multi-Tiered System of Supports



MTSS (Multi-Tiered System of Supports) organizes instruction and interventions to best support all students by providing data for educators to identify and help students.

### How does the school identify and support students?

- ◆ During the year, all students participate in standards-based assessments.
- ◆ For the students not meeting grade level expectations, a school-based team uses a problem-solving process to plan interventions and monitor progress (Tiers 2 and 3).
- ◆ Tier 2 small-group problem-solving teams may include principals, educators, school counselors, school psychologists, school social workers, instructional coaches, intervention specialists and parents.
- ◆ Tier 3 individual problem-solving teams should include parents and staff knowledgeable about the student, grade-level expectations and the problem-solving process.
- ◆ At Tier 3, individual diagnostic assessments may be administered to help plan the intervention.
- ◆ Parents are not required to attend problem-solving meetings, but must be given opportunities to participate in problem-solving for their child.

**“THERE ARE FAR, FAR BETTER THINGS AHEAD THAN ANY WE LEAVE BEHIND.”**

**C.S. LEWIS**

## MATH CORNER WITH DR. BRODNEY

Now is the time for all students to review and learn their basic arithmetic facts.

- ◆ The 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade students need their multiplication and division facts through 10 x 10.
- ◆ The 2<sup>nd</sup> grade students need their addition and subtraction facts through 10 + 10.
- ◆ Kindergarten and 1<sup>st</sup> grade students should be working to understand addition and subtraction.
- ◆ Kindergarten should be fluent on their facts up through 5 as a sum while 1<sup>st</sup> grade should be fluent on their facts through 10.

Try playing adding games with your kids... especially in the car when they can't get away.

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



Do you have an  
old birdbath  
you want to get  
rid of?  
We would love  
to have it!  
Please bring to  
the front  
office.  
Thank you!



[www.pcsb.org/safetyconcern](http://www.pcsb.org/safetyconcern)

## CLINIC NEWS FROM NURSE PAULA

*Welcome back!*

In the spirit of “fresh starts” and health habits I would like to touch on the topic of stress.

Stress is a part of our daily lives. Most of us know it is there but tune it out and tough it out through the day. Stress is sometimes overwhelming, sometimes quiet and sneaky in it's affects on our body. It causes us to eat more carbs and sugar, to sleep less and to binge watch TV. It does damage to our bodies that goes unseen until our bodies reach a breaking point: high blood pressure, high blood sugar, frequent colds, sleepless nights.

Here are some tips for combating stress:

**Walk it off :** Walking boosts creativity. Even a 10 minute walk can wake up your brain and send it in a new direction.

**Listen up:** Sound therapy has long been a go-to treatment for stress and anxiety, but a UK based neuroscientific study found that one song in particular reigned supreme: “Weightless” by Marconi Union. 65% of the people who participated in a study found a major reduction in their overall anxiety. Unplug from the world, find a quiet spot and listen for a while. (as cited in Parade Magazine, November 2019 issue.)

**Get crafty:** Not only is art an enjoyable form of self expression, it's also a very valuable treatment for PTSD, anxiety and depression. Try coloring with the entire family at the kitchen table. Knitting or crocheting is a great substitute for TV watching and you can make great gifts.

**Lavender:** Lavender oil is widely known for it's calming properties- it may even slow your heart rate and lower your blood pressure. Try a DIY lavender bath salt: 3 drops of lavender oil, 1 cup of Epsom salts and 1 tablespoon of baking soda. I like to put a few drops on a piece of gauze and put it in my pocket during the day.

**9-5-2-1-0-GO!** Remember to get 9 hours of sleep per night, 5 servings of veggies and fruit per day, 2 hours or less of screen time per day, 1 or more hour of exercise per day and 0 soft drinks per day.

**Take time for you:** Whatever your preference, take some time, just for YOU. Even if it is just 5 minutes you will reap the benefits and you are worth it!

*Have a happy  
and healthy  
New Year!!*





# JANUARY

# Sexton Stingray's Lunch Menu

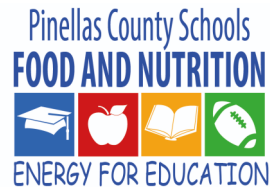


The small but mighty radish contains Vitamin C & Fiber!



No School  
For  
Students

**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



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Visit [nutrislice.com](https://www.nutrislice.com) for Menu & Nutrition Information, & to download the app on your mobile device!