

# THE STINGRAY POINT

John M. Sexton Elementary School Publication



November 2019

## Upcoming EVENTS

- November 15**  
All Pro Dads & iMoms 7:30
- November 19**  
Field Trip: Boyd Hill (Burns)
- November 20**  
Field Trip: Boyd Hill (Charsely)
- November 21**  
Field Trip: Boyd Hill (Ferguson)
- November 21**  
Thanksgiving Feast - Cafeteria
- November 25-29th**  
Thanksgiving Holiday Week



**Thanksgiving Break**  
**No School**

- December 2**  
Field Trip: Boyd Hill (Green)
- December 5**  
Winter Concert & Art Show
- December 10**  
1st Grade to Mahaffey Theater
- December 19**  
4th & 5th Gr Music Field Trip
- December 20**  
All Pro Dads & iMoms 7:30
- December 23 - January 6th**  
Winter Holidays



**WINTER  
BREAK**  
**NO SCHOOL!**

## A Message from Mr. Pleshe

### SPOT THE DETAIL

**heading:**

divides the text into sections and identifies the main topic of a page or chapter

*What is an archaeologist?*

*What do bears eat?*

*How are clouds formed?*

Nonfiction books have the answers. Much of our state testing is based on nonfiction text. A good idea when reading nonfiction is to read around the text. The pages of many nonfiction books are covered with “extras” that stories don’t have (headings, photo captions, an index, a glossary).

Point out these features to your child when you read together at night. Be sure to ask your child questions about what they read. This will help with comprehension and understanding key details.

Next time you are at the library or book store consider picking a nonfiction book.

**caption:**

words underneath a picture or photograph that explains what it is or is about

**index:**

is a list of important topics in a book with the page number next to them

apple	pg. 12
bear	pg. 6
crayon	pg. 23
friends	pg. 10

## THANKSGIVING FEAST



Please come join your student for lunch during our Thanksgiving Feast  
Thursday, November 21st, Cafeteria  
Adults \$5.00  
Non-Sexton Sibling \$2.25  
Please bring correct change.



**Don't forget to do your  
Sunshine Math!**



# CLINIC NEWS FROM NURSE PAULA



Hi Sexton Stingrays!

As we head into (hopefully) some cooler weather, holiday parties and sleepovers, this is a gentle reminder to check your child for lice. Anyone can get lice...mainly from head to head contact but also from sharing hats, brushes and headsets. Lice are about the size of a sesame seed. Lice lay 6-10 eggs a day and live for 30 days. Their eggs (nits) are usually found close to the scalp on the hair shaft. Nits hatch in 8-12 days. Treatments do not kill the nits, they only kill the live lice. Nits must be physically removed from the head. Lice like clean hair. It is hard for them to stick to oily/dirty hair. Applying hair product is a great defense. Lice DO NOT jump or fly.

For more information visit [www.headlice.org](http://www.headlice.org)  
Pinellas County schools has a NO NIT, NO LICE policy.

<b>Share a toy, Share a ride,</b>	
	
<b>Share the feelings deep inside,</b>	
	
<b>But NEVER share a hat or comb,</b>	
	
<b>Or lice will make your head their home.</b>	
	



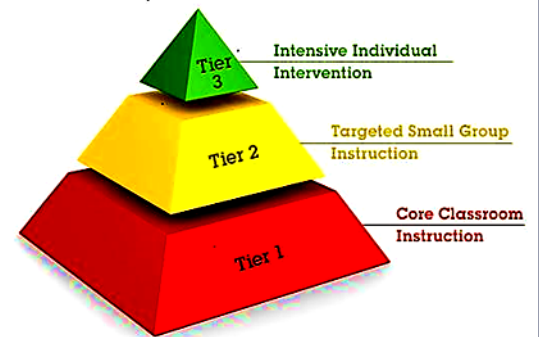
## MTSS: Multi-Tiered System of Supports

A *Multi-Tiered System of Supports* (MTSS) organizes instruction and intervention into tiers, or levels of support:

**Tier 1** – All students receive high-quality instruction in academics.

**Tier 2** – In addition to Tier 1, students needing more support also receive small-group intervention and supports. The difference is increased time, smaller groups of students or narrowed focus of instruction.

**Tier 3** – In addition to Tiers 1 and 2, students receiving Tier 3 intervention receive the most intensive supports based on individual need. The difference is individual team-based problem-solving, increased time, smaller groups of students and narrowed focus of instruction.

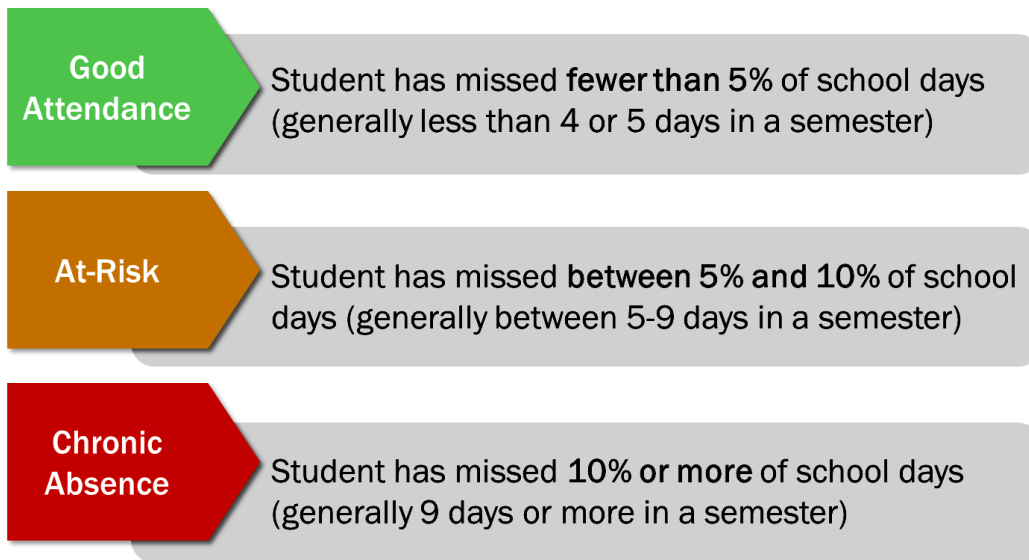


*From all of the Administrators and staff at Sexton Elementary, we wish your family cozy moments filled with laughter and happiness during the Thanksgiving Break. We are so thankful for each one of you!*

## DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up. Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

## Let's all Strive for GOOD ATTENDANCE!



## ¿Sabias?

- A partir del jardín de infantes, Demasiadas ausencias pueden Hacer Que los Niños se atrasan en la Escuela.
- Falta de la ONU el 10 por Ciento (O UNOS 18 DIAS) Hacer PUEDE QUE SEA Más Difícil de Aprender a Leer.
- Los Estudiantes todavía pueden Quedarse Atrás si Faltan Sólo un día o dos Dias Cada Pocas Semanas.
- Llegar tarde a la escuela PUEDE activo conducir un Una mala Asistencia.
- Las ausencias pueden afectar A Toda La Clase Si el profesor Tiene Que Reducir la Velocidad de Aprendizaje Para Ayudar a los Niños a ponerse al día. Asistir a la escuela regularmente Ayuda a los Niños una Sentirse mejor about de la Escuela y de Ellos Mismos. Empezar una Construir Este hábito en preescolar Para Que aprendan de Inmediato Que Va a la escuela A Tiempo, Todos Los Días es Importante. La Buena Asistencia ayudará a los Niños les va bien en la Escuela secundaria, la universidad y en el Trabajo.

## Vamos todos buscamos Asistencia Una buena!

**BUENO ASISTENCIA:** El estudiante ha perdido menos del 5% de los días escolares (menos de 4-5 días en un semestre)

**EN RIESGO:** El estudiante ha perdido entre el 5% y el 10% de los días escolares (entre 5-9 días en un semestre)

**LA AUSENCIA CRÓNICA:** El estudiante ha perdido el 10% o más de días de escuela

Karen Marinari, LCSW, School Social Worker  
Sexton Elementary, (727) 570-3400 x2137



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

# NOVEMBER

# PCS Elementary Lunch Menu

Monday Tuesday Wednesday Thursday Friday


**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

**Harvest of the Month:**  
**YELLOW SQUASH!**  
**Nutritional power-packed veggie!**



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

There is always something to be thankful for!



<p><b>4</b> Egg &amp; Cheese Croissant  <b>Choose One:</b>                  Chicken Nuggets &amp; Pretzel Rod                  Loaded Beef &amp; Cheese Nachos                  Fruit &amp; Yogurt Plate                  Bologna &amp; Cheese Sandwich  <b>Choose:</b>                  Country Baked Beans  <b>Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</b></p>	<p><b>5</b> Mini Confetti Pancakes  <b>Choose One:</b>                  Breakfast for Lunch                  Cheesy Bread                  Chicken Caesar Salad                  Jamwich Kit  <b>Choose:</b>                  Deli Roasted Potatoes                  Marinara cup * Romaine Side Salad</p>	<p><b>6</b> Scones  <b>Choose One:</b>                  Asian Beef &amp; Broccoli Lo Mein                  Chicken Drumstick w/ Hush Puppy                  Yogurt &amp; Fruit Parfait                  Ham &amp; Cheese Croissant  <b>Choose:</b>                  Sliced Cucumbers                  Steamed Broccoli Florets</p>	<p><b>7</b> Sausage Patty w/ Biscuit or Grits  <b>Choose One:</b>  <b>Featured Item:</b>  <b>Beefy-Mac with Breadstick</b>                  Chicken Sandwich                  Apple-a-Day Salad                  Chicken Caesar Wrap  <b>Choose:</b> Sweet Potato Fries                  Mixed Side Salad</p>	<p><b>8</b> Breakfast Skillet  <b>Choose One:</b>                  Pizza Variety                  Fish Sticks o' the Sea w/ a Roll                  OR Cheesy Fish Filet Sandwich                  Chef Salad                  Turkey &amp; Cheese Hoagie/Sandwich  <b>Choose:</b>                  Corn Niblets  <b>Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</b></p>
<p><b>11</b> Maple Pancake Minis  <b>Choose One:</b>                  Cheeseburger or Hamburger                  Cheese Sticks &amp;                  Toasted Ravioli Boat                  Fruit &amp; Yogurt Plate                  Deli Meat &amp; Cheese Sandwich  <b>Choose:</b> Marinara Cup * Tater Tots  <b>Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</b></p>	<p><b>12</b> Chicken Waffle Sandwich  <b>Choose One:</b>                  Beef or Pork Tacos                  Cheese Pizza Crunchers                  Chicken Caesar Salad                  Jamwich Kit  <b>Choose:</b>                  Refried Fiesta Beans                  Romaine Side Salad</p>	<p><b>13</b> Egg, Ham &amp; Cheese Sandwich  <b>Choose One:</b>                  Mandarin Orange Chicken Bowl                  Macaroni &amp; Cheese                  Yogurt &amp; Fruit Parfait                  Ham &amp; Cheese Croissant  <b>Choose:</b>                  Steamed Broccoli                  Sliced Cucumbers</p>	<p><b>14</b> Apple Cinnamon Texas Toast  <b>Student Choice Menu</b>  <b>Students choose the hot entrees &amp; vegetable options!</b>                  Entrée Salad: <i>Apple-a-Day Salad</i>                  Sandwich: <i>Chicken Caesar Wrap</i>                  Side Salad: <i>Mixed</i></p>	<p><b>15</b> Cheese Omelet w/ Toast  <b>Choose One:</b>                  Pizza Variety                  Chicken &amp; Waffle                  Chef Salad                  Turkey &amp; Cheese Hoagie/Sandwich  <b>Choose:</b>                  Mixed Vegetables  <b>Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</b></p>
<p><b>18</b> Pancake Pup  <b>Choose One:</b>                  Chicken Tender Basket w/ Crispy Fries &amp; Roll                  Max Cheese Sticks                  Fruit &amp; Yogurt Plate                  Deli Meat &amp; Cheese Sandwich  <b>Choose:</b>                  Marinara Cup * Green Beans  <b>Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</b></p>	<p><b>19</b> Bacon, Egg &amp; Cheese Pizza  <b>Choose One:</b>                  Teriyaki Beef Dippers w/ Rice &amp; Chow Mein Noodles                  Grilled Cheese                  Chicken Caesar Salad                  Jamwich Kit  <b>Choose:</b>                  Tomato Soup                  Romaine Side Salad</p>	<p><b>20</b> Glazed Dunker  <b>Choose One:</b>                  Chicken Fajita Bowl                  Pasta &amp; Meatsauce                  Yogurt &amp; Fruit Parfait                  Ham &amp; Cheese Croissant  <b>Choose:</b>                  Spinach or Collard Greens                  Sliced Cucumbers</p>	<p><b>21</b> Scrambled Egg, Bacon &amp; Biscuit  <b>Choose One:</b>  <b>Thanksgiving Meal turkey &amp; all the fixin's</b>                  Corn Dog or Hot Dog                  Apple A Day Salad                  Chicken Caesar Wrap  <b>Choose:</b>                  Sweet Potatoes * Mixed Side Salad  <b>Gobbler Cookie w/ every full meal</b></p>	<p><b>22</b> French Toast &amp; Chicken Bites  <b>Choose One:</b>                  Pizza Variety                  Ocean Treasure Fish Nuggets w/ Roll                  Chef Salad                  Turkey &amp; Cheese Hoagie/Sandwich  <b>Choose:</b>                  Green Peas  <b>Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</b></p>

**THANKSGIVING BREAK**



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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider/employer.