

THE STINGRAY POINT

John M. Sexton Elementary School Publication



September 2019

What's Happening

September 2nd

Labor Day Holiday—No School

September 3rd

Sunshine Math Kickoff
PTA Meeting followed by Math
Night with Dr. B 6:30 PM

September 6th

Grandparent's Day (KDG)
9:00-10:15AM

September 27th

All Pro Dads & iMoms 7:30

Our School Hours

8:45 – 2:55

The school gates open
at 8:15 for breakfast.

***Please do not drop
your child off before
8:15 as there is
adult no
supervision.***



**FALL PICTURE DAY,
MONDAY SEPTEMBER 9th**

**Watch for flyers coming
home soon!**

PARDON OUR DUST!

We are in the midst of getting the exterior of the building painted. The projected completion date is the end of October.

A Message from Mr. Pleshe

CONVERSATION ABOUT SCHOOL

When I was growing up, one of the things I remember was coming home and my mom always asking me how my day was. What made it memorable was she never allowed me to just say “good”. We would sit on the couch and talk for a few minutes. Then she made me do my homework but that is not the point of this. Here are some conversation starters that will help you get more than just “good” from your child.

“Let’s see what you brought home.”

This is a great time to comment on the great work your child is doing.

“Show me what you have for homework.”

Since it’s your child’s job to do homework, this is a good opportunity to get them started.

“Describe a book you enjoyed today.”

This gives you an idea of what your kiddo enjoys reading.

“Tell me what you learned that you’d like to know more about.”

As an AVID school, this could spin off into something your child may want to have a career in.

Other great questions are:

- What’s the coolest thing that happened today?
- Pretend you’re the teacher. How would you describe the day?
- What made you laugh?
- What was the most creative thing you did?
- How were you kind or helpful today? Was someone kind or helpful to you?



AVID Elementary teaches and reinforces academic behaviors and higher-level thinking at a young age, thereby creating a ripple effect in later grades. Elementary students develop the academic habits they will need to be successful in middle school, high school, and college, in an age-appropriate and challenging way.

Children learn about organization, study skills, communication, and self-advocacy. AVID Elementary students take structured notes and answer and ask high-level questions that go beyond routine answers. AVID Elementary closes the opportunity gap before it begins.



MATH CORNER WITH DR. B

We're having a Math Fun Night on Tuesday, September 3rd. Come learn about the new math program for this year and do some Math Olympic activities with your children. Snacks are provided.

Our new Sunshine Math Program is launching on September 3rd as well. Watch for the colorful sheets to come home. Your children will be challenged to do problem solving and non-routine problems for fun and PRIZES!!!! More info on prizes to come.

We look forward to seeing you there!

OUR FIRST FENDER BENDER!



Please do not pass the car in front of you and pull in front of them. This causes accidents.



BUS BULLETIN

Find out now if your student's bus is going to be delayed!

Pinellas County Schools Transportation Department is implementing a new system to inform you when your child's bus is going to be delayed. Our school is part of a pilot effort to use a system called Bus Bulletin. The Bus Bulletin notification system will notify schools, parents and students when there are bus delays and schedule changes.

If you would like to receive instant notifications when delays or incidents affect your student's bus, please register with Bus Bulletin.

- There is no cost to you for this service.
- Registration is simple and fast.
- You can choose to receive either text messages, phone calls, and e-mails or all of these options.
- All contact information is stored securely and will not be shared or sold. Your privacy is protected.
- Please note: this system is not related to Pinellas County Schools new emergency text message communications through SchoolMessenger.

For more information, or to sign-up and start receiving notifications, please visit: www.BusBulletin.com/parents. If you need assistance with registration, call Pinellas County Schools Transportation



www.pcsb.org/safetyconcern

Pinellas County Schools has partnered with Sandy Hook Promise to offer the Say Something Anonymous Reporting System. Say Something allows you to submit secure & anonymous safety concerns to help identify and intervene upon at-risk individuals BEFORE they hurt themselves or others. Tips made to the Say Something Anonymous Reporting System are passed along to the appropriate law enforcement agencies and school officials.

Additionally, the district utilizes FortifyFL, a school-related suspicious activity reporting tool that allows Florida students and the community the ability to instantly relay information anonymously concerning unsafe, potentially harmful, dangerous, violent or criminal activities, or the threat of these activities, to the appropriate law enforcement agencies and school officials. FortifyFL was created and funded by the 2018 Florida Legislature as part of the Marjory Stoneman Douglas High School Public Safety Act.

For more information:

<https://www.pcsb.org/safetyconcern>

MAKE A DIFFERENCE!

Get Involved with our Student's Future

Volunteer, Mentor, Tutor, Speakers, PTA/PTSA, School Advisory Council, Business & Community Partnerships and Family Engagement and more...

We now offer online registration to become a volunteer. Please complete the application and upload your driver's license or a photo legal ID. Your application will be processed, and you will receive an email approval with a User ID and password to log your volunteer hours.

If you cannot upload your driver's license, please complete the application and contact Fran Tyoe via email tyoef@pcsb.org, or call her at 570-3400 Ext 2111. She will scan and upload it for you.

We hope we can count on your support!

The volunteer registration website:
www.pcsb.org/volunteerregistration

Curriculum Updates:

We do have a brand new math curriculum for KG-5th grade! Stay tuned for more details.

Another math change this year is we are no longer using ST Math for Pinellas County. We have a new math intervention program called Dreambox that students will be using at school. This is an adaptive intervention program that adjusts for each individual student and their level of learning.

PTA FUNDRAISER

Parents our annual PTA fundraiser will be starting this month. We are doing the discount cards again. Watch for a flier to come home in your students back pack and a school wide Dojo message with more information.

Clinic News with Nurse Paula

Happy September Stingrays! As we settle into the year, I'd like to pass on some helpful tools regarding nutrition. Success at school starts with healthy habits at home. "My Plate" is a great website for nutritional information.

- Start with fresh fruits: seasonal fruits are less expensive. Dried fruits are a great substitute for candy. Keep a bowl of fruit handy for a quick snack.
- Vary your veggies! Carrots, peppers, red cabbage, green beans add color and crunch to any meal. Dip them in hummus or peanut butter, yogurt or ranch dressing.
- Frozen veggies are better for you than canned veggies, they keep more nutrients and taste better. Stock up when they are on sale and pull them out for an easy side dish.
- Make half your grains whole grains. Popcorn is whole grain! Try whole grain cereal or pasta, yum!
- Vary your protein routine: Make dinner once and serve it twice. Roast a chicken, or a lean pork roast. Turkey breasts have a lot of meat and aren't just for Thanksgiving. Nuts are a great source of protein.

Fruits and vegetables keep us regular and naturally cut down on sugar. They have crunch and color and are fun. For more information follow this link: <https://www.choosemyplate.gov/start-simple-myplate>

What is a Multi-Tiered System of Supports?

MTSS is a term used to describe an evidence-based model of schooling that uses data-based problem-solving to integrate academic and behavioral instruction and intervention. The integrated instruction and intervention is provided to students at varying levels of intensity based on student need. The goal is to prevent problems and intervene early so that students can be successful.



What do I do if I believe my child is struggling?

- Talk with your child's teacher.
- Review and assist with homework assignments.
- Ask for regular progress monitoring reports.
- Celebrate your child's successes.
- Learn more about the curriculum, assessments, and interventions being used in your child's school.
- Participate in conferences and other meetings about your child.

<http://florida-rti.org/parentResources/floridaTools.htm>

JOIN CLASS DOJO



Have instant access to your child's class and school. You will send and receive messages to and from your child's teachers and principal. Be the first to hear about school wide stories and events. This is the best way to stay connected.

Please join your child's class Dojo today!

Pests Come to School, Too! Tips for Parents on Two Common Household Nuisances

As we begin to come into the cooler months of the year, a reminder to all families that two common household pests continue to live year-round in Florida! Please see below for some tips for parents.

Head Lice:

Lice aren't dangerous and they don't spread disease, but they are contagious and downright annoying! Lice cannot jump, hop or fly, but they can run very quickly. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice. A child cannot "catch nits" – nits (lice eggs) can only be laid by live lice. Here are ways you can help prevent your kids from getting lice:



- The best prevention is continuous surveillance! Inspect your children's heads regularly for signs of head lice and treat anyone who is found to have lice or nits close to the scalp
- Tell kids to try and avoid head-to-head contact with other children while playing or at school
- Tell kids not to share combs, brushes, hats, scarves, bandanas, ribbons, barrettes, hair ties, towels, helmets, or other personal care items with anyone else

Bed Bugs:

Bed bugs are another nuisance that is on the rise! Bed bugs do not transmit disease, but they can cause significant itchiness, anxiety, and sleeplessness. Bed bug infestations are also very difficult and expensive to control. Usually, bed bugs will hide during the day and only come out to feed at night. Unlike head lice, they do not live on a person, but they can hitchhike from one place to another in backpacks, clothing, luggage, books and other items. Actual bed bug infestations in schools are uncommon, but here are ways you can help to stop the spread:

- Like head lice, vigilance against bed bugs is the first line of defense!
- If the school contacts you with news that your child was found with bed bugs in his/her belongings, take it seriously and inspect your home
- Make sure you have good lighting while inspecting – use a flashlight whose light beam can be seen even when overhead lights are on
- Look on bedding or in areas where people sleep the most (sofas, other nap areas). Also check in areas where items brought home from school and sleepovers may congregate

It is a parent's responsibility to remove and eliminate head lice and bed bugs from the home so as not to cause reintroductions into the school, which could put other families at risk of infestation. Pinellas County Schools has a "No Nit" policy towards head lice, which means that any student found with live lice or nits must be excluded from school until all lice and nits are removed. Additionally, any student found at school with any live biting insect or pest will need to be excluded from school until the biting insect or pest is removed. For additional information regarding head lice or bed bug treatment or prevention, please contact your school nurse.

WELCOME BACK!



I am Dr. Clarissa Hucknall, and this is my 5th year as School Counselor at Sexton Elementary School.

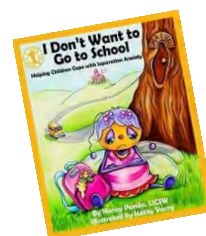
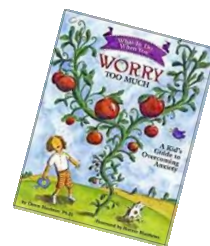
I hope you and your family had a fun and relaxing summer vacation!

I anticipate that this school year will be full of successful experiences for all students.

Parents as we begin a new school year, many students feel anxious either from moving schools, teachers, classrooms, being separated from parents or from the difficulty of the work. As a parent, it can be stressful and concerning to see your child adapting to these changes. After all, time is the best healer, but what kid wants to hear that?

Listed below are some kid friendly books that may touch on the issues you see your child struggling with:

1. *What To Do When You worry Too Much* by Don Huebner & Bonnie Mathews
2. *I Don't Want to Go to School* by Nancy Pando & Kathy Voerg
3. *The Invisible String* by Patrice Karst & Geoff Stevenson
4. *But what if?* By Sue Graves & Desideria Guicciardini



Some frequently asked questions (FAQ):

What services does the counselor provide?

Elementary School Counselors provide preventive and intervention services, which are integrated into all aspects of children's lives. Counselors provide appropriate tools for communicating, making decisions, and developing friendships and coping skills. This is done by developing and delivering *classroom presentations* that teach skills for achieving success, facilitating *small group counseling* and providing immediate *short-term counseling*, when needed, and providing support during personal *crisis*. In addition, counselors work collaboratively with parents to help their student succeed in academic, career, personal and social development and provide referrals for community resources.

How does my student get referred to the counselor?

Students can see their School Counselor via self-referral, parental request, request of the counselor, administrative referral, and/or teacher or staff referral.

For how long does the school counselor see the student?

Sessions may be held on a regular, ongoing basis or simply as needed.

Why would my child see you?

Students may be referred to the school counselor if there are concerns that are inhibiting their learning here at school. Some concerns are, but not limited to: Behavioral, social/ emotional, and academic concerns.

What topics do you cover in small groups?

Small group topics are determined based on the need of the small group. Possible groups and their topics are listed below:

- Making Good Choices Group: Learning skills- listening, following directions, focusing attention, making a plan for learning; self- talk; Decision making; problem solving; Appropriate vs. Inappropriate behavior; friendships; confidence
- Friendship Group: strengths as a friend; what to look for in a friend; conflict resolution with friends; sharing and taking turns; problem solving; listening to others; how to make a new friend
- Citizenship Group: This group focuses on teaching Skills such as: Following Directions, Listening Skills, Disagreeing Appropriately, and Accepting "No" for an Answer

How do parents contact the counselor?

Parents are invited to contact the school counselor at any time via phone or email regarding their child. We can discuss your concerns over the phone or you can come in to meet with me. Parents can call or email the School Counselor to set-up a conference.

Please feel free to contact if you have any concerns about your child.

Since I am frequently out of my office and could be anywhere on the school campus, email is the best way to contact me: hucknallc@pcsb.org.

You can also reach me by telephone: 727-570-3400 Extension 2107

*Please note that voicemail will be returned within the week, but in case of an emergency, please contact the front office.

Best Wishes,

Dr. Clarissa Hucknall

THE FLORIDA DEPARTMENT OF EDUCATION
INVITES YOU TO PARTICIPATE IN



DADS

DEDICATED ACHIEVEMENT DEMONSTRATES SUCCESS

TAKE YOUR CHILD TO
SCHOOL DAY **9.25.19**

ALL FATHERS AND FATHER FIGURES ARE WELCOME

**FATHERS, STEPFATHERS, GRANDFATHERS, UNCLES,
BROTHERS, FOSTER FATHERS AND MALE ROLE MODELS**

*CONTACT YOUR SCHOOL DISTRICT VOLUNTEER
COORDINATOR FOR MORE INFORMATION*

@EDUCATIONFL #FLDADSATSCHOOL



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

SEPTEMBER

Pinellas County K-12 School Lunch Menu

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



Avocados

are not vegetables—they are actually single-seeded berries ... avocados have the highest protein content of any fruit ... avocados are double the potassium and fiber of bananas ... in Mexico, avocados are called “alligator pears”!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO SCHOOL!</p> 	<p>3 Mini Confetti Pancakes Choose One: Breakfast for Lunch Cheesy Bread Chicken Caesar Salad Jamwich Kit Choose: Deli Roasted Potatoes Marinara Cup *Romaine Side Salad</p>	<p>4 Scones Choose One: Asian Beef & Broccoli Lo Mein Chicken Drumstick w/Hush Puppy Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>5 Sausage Patty w/ Biscuit <i>or</i> Grits Choose One: Featured Item: Loaded Beef & Cheese Nachos Chicken Sandwich Apple-a-Day Salad Chicken Caesar Wrap Choose: Marinara Cup Battered Sweet Potato Fries Mixed Side Salad</p>	<p>6 Breakfast Skillet Choose One: Pizza Variety Cheesy Fish Filet Chef Salad Turkey & Cheese Hoagie <i>or</i> Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>
<p>9 Maple Pancake Minis Choose One: Cheeseburger <i>or</i> Hamburger Cheese Sticks & Toasted Ravioli Boat Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Marinara Cup Tater Tots * Fresh Veggie Dippers</p>	<p>10 Chicken Waffle Sandwich Choose One: Beef <i>or</i> Pork Tacos Cheese Pizza Crunchers Chicken Caesar Salad Jamwich Kit Choose: Refried Fiesta Beans Romaine Side Salad</p>	<p>11 Egg, Ham & Cheese Sandwich Choose One: Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Steamed Broccoli Florets Sliced Cucumbers</p>	<p>12 Apple Cinnamon Texas Toast Student Choice Menu <i>Students choose the hot entrees and vegetable options!</i> <i>Plus:</i> Apple-a-Day Salad Chicken Caesar Wrap Mixed Side Salad</p>	<p>13 Cheese Omelet w/ Toast Choose One: Pizza Variety Chicken & Waffle Chef Salad Turkey & Cheese Hoagie <i>or</i> Sandwich Choose: Mixed Vegetables Fresh Veggie Dippers</p>
<p>16 Pancake Pup Choose One: Chicken Tender Basket w/ Crispy Fries & Roll Max Cheese Sticks Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Marinara Cup Green Beans Fresh Veggie Dippers</p>	<p>17 Bacon, Egg & Cheese Pizza Choose One: Teriyaki Beef Dippers w/ Rice & Chow Mein Noodles Grilled Cheese Chicken Caesar Salad Jamwich Kit Choose: Tomato Soup Romaine Side Salad</p>	<p>18 Glazed Dunker Choose One: Chicken Fajita Cheez-It Bowl Pasta & Meatballs Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Spinach <i>or</i> Collard Greens Sliced Cucumbers</p>	<p>19 Scrambled Egg, Bacon & Biscuit Choose One: Featured Item: Italian Beef & Mushroom Pizza Corn Dog <i>or</i> Hot Dog Apple-a-Day Salad Chicken Caesar Wrap Choose: Country Baked Beans Mixed Side Salad</p>	<p>20 French Toast & Chicken Bites Choose One: Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey & Cheese Hoagie <i>or</i> Sandwich Choose: Green Peas Fresh Veggie Dippers</p>
<p>23 Egg & Cheese Croissant Choose One: Chicken Nuggets & Pretzel Rod Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>	<p>24 Mini Confetti Pancakes Choose One: Breakfast for Lunch Cheesy Bread Chicken Caesar Salad Jamwich Kit Choose: Marinara Cup Deli Roasted Potatoes Romaine Side Salad</p>	<p>25 Scones Choose One: Asian Beef & Broccoli Lo Mein Chicken Drumstick w/ Hush Puppy Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>26 Sausage Patty w/ Biscuit <i>or</i> Grits Choose One: Featured Item: Mini Slider Burger Basket Chicken Sandwich Apple-a-Day Salad Chicken Caesar Wrap Choose: Marinara Cup Battered Sweet Potato Fries Mixed Side Salad</p>	<p>27 Breakfast Skillet Choose One: Pizza Variety Cheesy Fish Filet Chef Salad Turkey & Cheese Hoagie <i>or</i> Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>
<p>30 Maple Pancake Minis Choose One: Cheeseburger <i>or</i> Hamburger Cheese Sticks & Toasted Ravioli Boat Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Marinara Cup Tater Tots Fresh Veggie Dippers</p>	<p>Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!</p> 	<p>Follow us! @mypcs #pinallasschfood</p> 	<p>All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally weather, crops and supplies have other ideas!</p>	<p>September is National Mushroom Month!</p> 