

# WISHRAM SIGNALS

Volume 17 Issue 4

Wishram School Newsletter

April 2017

## News from the Principal's Office

**WISHRAM  
SCHOOL**

**Drug Free  
Smoke Free  
Gun Free**

### School Board Members:

Chairman, Clyde Rosa  
Member, Kandy Churchwell  
Member, Jeri Ruefer-Hore  
Member, Christina Patten-Rowan  
Member, Detmar McCullough

Hello everyone,

This last month was a unique and special time to be part of the Wishram School family. Some of the highlights include the annual lip sync, a trip to Portland to watch the Trailblazers play, and having no missing assignments school-wide for three consecutive days! With so much to be excited about and thankful for here at Wishram School, it's always difficult to condense everything that is going on into a one page summary. Please don't ever presume this is an exhaustive list of all the important events we have going on; it's simply a snapshot.

Our lip sync this year was our highest grossing fundraising event to date. The hard work of our ASB advisor, Mrs. Cassie Back, generated a record amount of donations for our silent auction, and the staff pulled together to help carry out a wonderful event for our school. The performances were entertaining, and it was a pleasure providing such a fun night for the parents and community members that attended the event. Thank you to everyone who came out to support our school and our efforts; your attendance was greatly appreciated.

Last week, we were fortunate enough to be provided with free tickets to watch the Portland Trailblazers play in the Moda Center. This activity was only available to those who met specific academic and behavior criteria, and nearly every student rose to the occasion to become eligible for the event. It was a late night, but we had a great time cheering on the Trailblazers to a resounding victory over the New York Knicks. The students were on their best behavior, and we even had the opportunity to have our school name presented on the reader board! Special events like this are but one reason why Wishram School is such a terrific place to obtain a Pre-K-12 education.

The ICU list has already accounted for nearly 800 missing assignments being turned in so far this school year, and for three days last week, we had no missing assignments school wide. This institution wide effort has lead to huge academic increases by our student body, and we were so excited to be able to recognize those efforts by providing incentives throughout the month for those with no missing work. At Wishram School, every student completes every assignment, and our students are consistently meeting that expectation each and every day. Overall, this was another banner month for Wishram School District #94. We are so blessed to work with such a compassionate staff, and supportive parents and community members. The best has yet to come, and we are all very excited for the future as we celebrate the present. All my best.

-Mike Roberts

Superintendent/Principal



**\*\*\*School Board Meeting\*\*\*  
April 25th, 2017 @ 5:00**

Wishram School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Wishram School Superintendent, PO Box 8, Wishram, WA 98673, (509) 748-2551.

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.*

### **SURVEILLANCE EQUIPMENT**

Our surveillance equipment will be taking pictures of all the school grounds all of the time, north, south, east and west, as will the camera in the front hallway.

Wishram School videotapes teachers periodically as a tool to improve our teaching. We look at how we teach and how our students respond. These videos are for in-school use only. If you do not want your child/ren to be a part of this process, please call Ms. Chantler at the school at 509-748-2551.

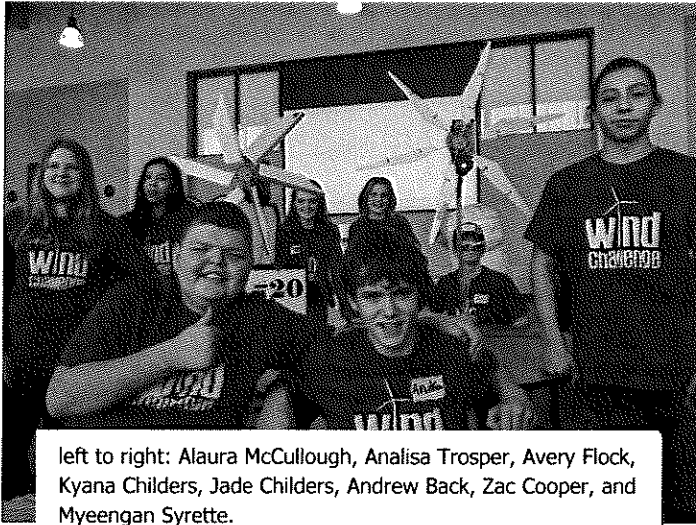
**LifeTip!**  
*for school safety*

*Anonymous tip line*

**1-866-LIVE-TIP Ext. 940**  
**(1-866-548-3847, ext 940)**

Report anonymously 24 hours a day/365 days a year:

## Wishram Students enter the Wind Challenge Competition



left to right: Alaura McCullough, Analisa Trosper, Avery Flock, Kyana Childers, Jade Childers, Andrew Back, Zac Cooper, and Myeengan Syrette.

Every year The Gorge Technology Alliance along with Google and Columbia Gorge Community College hold a competition for local schools in Wind Turbine construction. All teams are provided with a kit from which to build their turbines. They have a choice of materials for the blades and a choice of gears to make it run. Teams are given a limited amount of time to build and test their wind turbines. After all

turbines are built they are put through tests to determine their power both mechanically and electrically. Teams are also expected to give an oral presentation on why their turbine is constructed the way they built it and what they learned through the process.

This year was especially fun for the two teams from Wishram since re-engineering was introduced for the first time. After the first competitions teams were allowed to re-engineer their turbines in order to make improvements. One of the Wishram teams (team 2) was having difficulty getting their turbine to actually move and had a chance after the first competition, to make some adjustments to the blades. By the time the second competition was held, they were ready with a new and improved wind turbine that was successful in all the competitions. While team 2 was working on their blades, team 1 was working on their alternator. For some reason, in the first competition, no power was being generated. Thanks to Alaura and her hard work creating a second alternator, their turbine was successful in the second competition. Team 1 also had some difficulty in the original construction that caused it to not be able to lift the weight when tested before the first competition. Zac decided it needed a new gear and quickly added one after which it had no trouble lifting the weight. As a matter of fact their turbine did such a great job lifting the weight it actually **won** the Mechanical Energy competition for middle school teams.

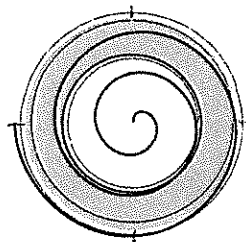
We are proud of our two Wishram teams. They worked well together, solved problems that arose, and in the end were successful at creating both electrical and mechanical energy with their wind turbines. Great job guys!!

# April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 HS SB and BB at Lyle w Tri Cities Prep at 11 HS Track Columbia River Invite at Riverside, OR at 1130 LV9 ETR6 HS Track Umatilla Rivas Edge at Umatilla, OR at 12 Lv 9 ETR 7
2	3 Spring Break	4 Bookmobile at 930 Spring Break	5 Spring Break	6 Spring Break	7 Spring Break	8
9	10	11 5th and 6th ELA Testing HS SB at White Salmon at 3 LV 130 ETR 7	12 2 Dismissal Teacher Inservice 5th and 6th PT Testing	13 5th and 6th PT Day 2 Testing JH Track at Trout Lake at 4 LV 120 ETR 830	14 Paintnite tickets \$45	15 HS SB and BB at Lyle w Dayton at 11
16	17	18 5th and 6th Math Testing Bookmobile at 930 HS Track at Zillah at 330 LV 1 ETR 930	19 2 Dismissal Teacher Inservice 5th and 6th PT Testing JH Track at Wh. Salmon at 4 LV 220 ETR 730	20 5th and 6th Testing Make-up Day NAV 101 1st Period STEM KIT DELIVERY Wishram School Pride Day - Town Cleanup	21 5th and 6th Science MSP Testing HS Track Bruin Invite at Wh Salmon at 330 LV 230 ETR 8 JH Track at Condon at 1130 LV 930 ETR 730	22 HS SB and BB at Walla Walla Academy at 11 LV 7 ETR 7
23	24	25 7th and 8th ELA Testing HS SB and BB at Wh Swan at 3 LV 12 ETR 930	26 2 Dismissal Teacher Inservice 7th and 8th PT Testing FOSS K TO 6 CRITTER DELIVERY	27 7th and 8th PT Day 2 Testing JH Track at Glenwood at 4 LV 120 ETR 830	28 HS Track Jeff Agar Inv at Glenwood at 330 LV 115 ETR 9 STEM Career Day grades 7 and 8	29 HS SB and BB at DeSales at 11 LV 7 ETR 7 HS Track Sherman Inv at Moro at 11 LV 8 ETR 7
30	1	2	3	4	5	6

<b>April 2017</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 SPRING BREAK	4 SPRING BREAK	5 SPRING BREAK	6 SPRING BREAK	7 SPRING BREAK	8
9	<b>10B</b> -Bagel w/cream cheese, sausage, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	<b>11B</b> -Bacon & egg cones. Fruit & milk. L-Tuna noodle casserole, bread stick, salad, veggie, fruit & milk.	12:00 DISMISS B-Cereal, ham slices, toast, fruit & milk. L-Chicken penne Alfredo, roll, salad, veggie, fruit & milk.	<b>13B</b> -Pancakes, fruit & milk. L-Spaghetti & meat balls, salad, veggie, fruit & milk.	<b>14B</b> -Banana muffins, cereal, fruit & milk. L-Pizza, salad, veggie, fruit & milk.	15
16	<b>17B</b> -Cream of wheat, toast, fruit & milk. L-Chef salad, roll, fruit & milk.	<b>18B</b> -Walnut breakfast cookies, fruit & milk. L-Chicken chop suey, fortune cookie, salad, veggie, fruit & milk.	<b>19</b> 2:00 DISMISS B-French toast, fruit & milk. L-Bean & ham soup, cornbread, salad, veggie, fruit & milk.	<b>20</b> B-Biscuits & gravy, fruit & milk. L-Ham or turkey sand, soup, salad, veggie, fruit & milk.	<b>21</b> B-Ultimate English muffin, fruit & milk. L-Turkey tacos, refried beans, salad, veggie, fruit & milk.	22
23	<b>24B</b> -Pancakes, fruit & milk. L-Chicken gravy on mashed potato, roll, salad, veggie, fruit & milk.	<b>25</b> 12:00 DISMISS B-Maple oatmeal, toast, fruit & milk. L-Mexi-mac, refried beans, salad, veggie, fruit & milk.	26:12:00 DISMISS B-Breakfast buddy sand, fruit & milk. L-Tuna sand, soup, salad, veggie, fruit & milk.	<b>27</b> 12:00 DISMISS B-Cereal, ham slices, toast, fruit & milk. L-Chili, cornbread, salad, veggie, fruit & milk.	28:12:00 DISMISS B-Waffles, fruit & milk. L-Ground beef stroganoff, roll, salad, veggie, fruit & mik.	29
30	<b>Notes:</b>					

**WISHRAM SCHOOL IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER**  
 SEE COMPLETE NON-DISCRIMINATION STATEMENT ON OUR WEBSITE [WWW.wishramschool.org](http://WWW.wishramschool.org)



COLUMBIA GORGE  
DISCOVERY CENTER & MUSEUM

*be present... in the past*

OFFICIAL INTERPRETIVE CENTER OF THE COLUMBIA RIVER GORGE NATIONAL SCENIC AREA

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5000 Discovery Drive, The Dalles, OR 97058 · 541.296.8600 · [www.gorgediscovery.org](http://www.gorgediscovery.org)  
Contact: Susan Buce, Marketing Manager • Ext. 215 • [marketing@gorgediscovery.org](mailto:marketing@gorgediscovery.org)

## PRESS RELEASE - For Immediate Release

Date: March 23, 2017

Contact: Susan Buce, Marketing Manager, 541-296-8600 ext. 215

[marketing@gorgediscovery.org](mailto:marketing@gorgediscovery.org)

### SUMMARY

The *Little Swans* dancers will give an *Indigenous Voices* presentation, Saturday, April 1 from 1 to 2 p.m. at Columbia Gorge Discovery Center and Museum, 5000 Discovery Drive, The Dalles, Oregon. The program, featuring dancing and singing from the plateau area of Indian Country, is included with museum admission. Kids get in free with paid adult during Oregon and Washington Spring Break. For more information, visit [gorgediscovery.org](http://gorgediscovery.org)

## Little Swan Dancers showcase Indigenous culture April 1

THE DALLES— The *Little Swans* dancers will give an *Indigenous Voices* presentation, Saturday, April 1 from 1 to 2 p.m. at Columbia Gorge Discovery Center and Museum, 5000 Discovery Drive, The Dalles, Oregon. The “Iksiks Washanahl’a” Little Swans group members include Indigenous grandmothers, mothers, and daughters. The daughters are the dancers and the mothers and grandmothers sing. Each dance tells a cultural story from the plateau area of Indian Country that has been carried down for generations. The program is included with museum admission. Kids get in free with paid adult during Oregon and Washington Spring Break. For more information, visit [gorgediscovery.org](http://gorgediscovery.org)

COLUMBIA GORGE DISCOVERY CENTER & MUSEUM

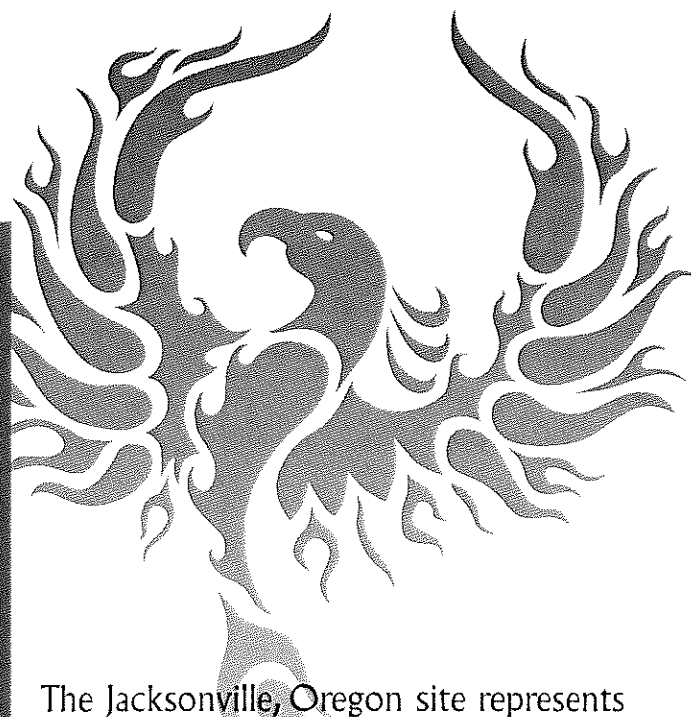
*presents*  
**RISING FROM THE ASHES**  
THE JACKSONVILLE CHINESE QUARTER

**Thurs. April 6**

6 PM DINNER || 7 PM PROGRAM



Chelsea Rose is a dynamic speaker and an historical archaeologist at the Southern Oregon University Laboratory of Anthropology (SOULA).



The Jacksonville, Oregon site represents the oldest urban Overseas Chinese site in the Pacific Northwest, and the vast artifact assemblage recovered from the intact dwelling makes the collection significant on a national level. The more than 60,000 artifacts recovered from the site provide new insight into food, medicine, recreation, and religion in a 19th century Chinese household in the American West, during the height of the Chinese Exclusion era.

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**Soup/salad bar Dinner & Program: \$12,  
Program only \$5**

Get your tickets by April 3. Call 541-296-8600 ext. 201.

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COLUMBIA GORGE DISCOVERY CENTER & MUSEUM  
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# Home & School

Working Together for School Success

CONNECTION®

April 2017

Wishram School District

## SHORT NOTES

### Keep up attendance



Good attendance matters all year. Show your youngster that going to school every day is job number one. If you plan to visit relatives or take a vacation this summer, check the school calendar to make sure your trip won't overlap with the end of this school year or the beginning of the next one.

### Siblings as roommates

Have more than one child? Consider letting them share a room—even if they don't need to. Sharing space can help siblings bond and teach them about cooperation and respect. Plus, youngsters may be comforted and find it easier to fall asleep with someone else in the room.

### Build observation skills

Boost your child's powers of observation during your next walk. Together, gaze at a scene (say, a playground) closely for 1 minute to observe as many details as possible. Then, turn around and take turns asking each other specific questions, like "How many swings are there?" or "What color is the slide?"

### Worth quoting

"It does not matter how slowly you go so long as you do not stop." *Confucius*

## JUST FOR FUN

**Q:** What do clouds wear in their hair?

**A:** Rainbows.



## Bring learning home

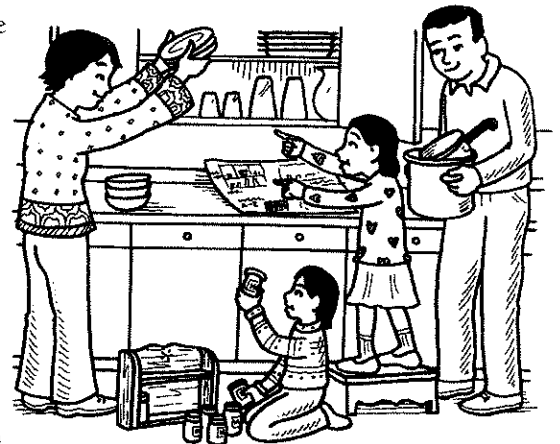
Help your child feel proud of the skills she's learning by giving her opportunities to use them outside of school. You'll boost her confidence—and she'll see that reading, math, and science are useful in everyday life. Pose questions like these for her to answer.

### How can we organize our cabinets?

Your youngster may enjoy giving your kitchen cabinets a makeover. Suggest that she draw a "blueprint" for organizing dishes, pots and pans, canned goods, and other items. Review it together, and try some of her ideas—perhaps arranging spices in alphabetical order or stacking plates by size.

### What will we do this weekend?

Let your child plan a fun outing for your family. She could start by checking the weather forecast. Then, encourage her to read newspaper listings and community websites to find activities, such as an arts and crafts fair, a free concert, or a minor-league baseball game. She'll need



to read for details like times, locations, and prices before she presents her idea.

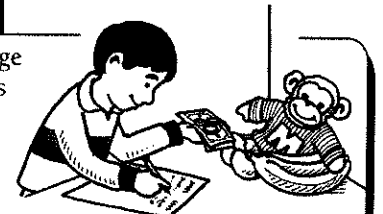
### Where should we keep the bread?

Ask your youngster to conduct a science experiment to discover how to keep your bread fresh and mold-free the longest. She could use what she's learning in science class to set identical slices of wrapped bread on the counter, in the pantry, and in the refrigerator. What does she find? She'll be excited when you use her results to decide where to store bread.♥

## Develop good money sense

Now is the time to help your youngster manage money wisely—before he gets his first job or has bills to pay. Try these kid-friendly ideas:

- Have regular conversations about money. You might say, "Chicken is on sale this week—we'll save money if we buy extra to freeze," or "I want new curtains, but our car will need tires soon, and I need to save for them."
- Suggest that your child give a stuffed animal a pretend allowance and write a budget for how to manage it. Explain that it should include savings and put *needs* before *wants* (so his stuffed monkey might buy bananas to eat or a tree to live in before purchasing one more ball to play with). *Tip:* If possible, give your youngster a small weekly allowance to work on real-life budgeting.♥





## Practicing patience

In today's world, youngsters often have instant access to information, songs, and movies. As a result, they might not learn patience. Encourage your child to get better at waiting patiently with these tips.

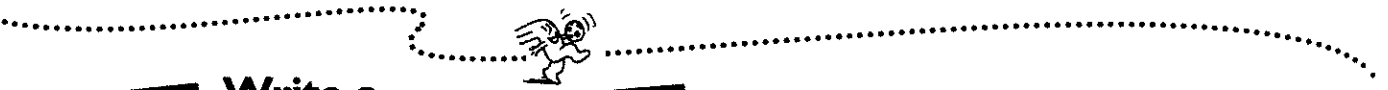
**Set an example.** Let your youngster see you waiting calmly during challenging situations. In a traffic jam, you could say, "It looks like we'll be sitting here for a while. Would you read your story to me?"

**Discover strategies.** What does "wait a minute" or "wait 5 minutes" look like? Look at your watch, and have each



faster? Your child will learn that staying occupied will help him be patient.♥

family member raise his hand when he thinks 1 minute has gone by. They should raise their hands again when they think it's been 5 minutes. Repeat the activity, but this time, ask each person to do something he enjoys like reading or drawing. Does the time seem to go



### PARENT TO PARENT

#### Write a winning argument

My daughter Lucy has been asking for a cat for months. So when she told me that she was learning to write "arguments" in school, I asked her to write me a letter arguing why we should get a cat.

A few days later, Lucy handed me her letter. She had stated her claim — "Having a pet helps kids become responsible." She even gathered evidence. She talked to three friends and wrote about how they care for their animals.



Finally, she considered my side, saying she knew I was worried I'd end up doing all the work. So she proposed a rule: She would have to feed the cat and scoop out its litter box before going out to play.

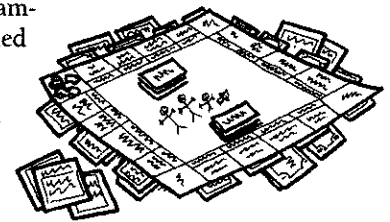
Lucy's letter worked, and we're going to the animal shelter this weekend to adopt her cat. Now she sees that writing a good argument can pay off!♥

### ACTIVITY CORNER

#### Make a personalized game

What's more fun than family game night? Playing a game your child designed herself! Consider these suggestions.

**1. Family-opoly.** Have your youngster create a personalized Monopoly game. She might name properties after people, places, or things that are important to your family (say, her grandparents' native country or her brother's college mascot). After she makes the board and property cards, use Monopoly money and game pieces to play her version.



**2. Trivia, Family Edition.** Encourage family members to write questions about your family on index cards, with the answers on the backs. *Examples:* "What breakfast dish is Dad famous for?" or "How did we celebrate Mom's 40th birthday?" Stack the cards with the answers facing down. Your child draws one and reads the question aloud. The first person to answer correctly keeps the card and asks the next question. When all cards have been used, the player with the most wins.♥

### Q & A Believe it—or not?

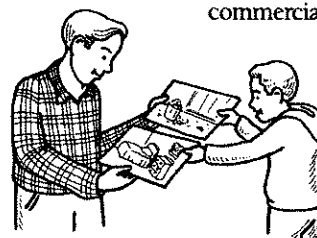
**Q:** My child believes everything in TV commercials. How can I help him understand what's accurate and what's exaggerated?

**A:** Try this eye-opening activity. Let your son take photos around your home. Half should make your house look good, and the other half not so good. For example, he could snap a shot of a freshly vacuumed room with the bed made and one of an overflowing trash can and a dirty wall.

Now, look through the pictures. Have him imagine he is "selling" your house by showing only the flattering pictures. Is he giving the full story?

Explain that this is how commercials work, too—advertisers want to show their products in the best light. Together, watch commercials, and talk about the "other" side that you're not seeing.

You could also read product reviews to get a more complete picture. Your son will learn to think critically about information he sees and hears.♥



**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
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www.rfeonline.com  
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# Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2017

Wishram School District



## BEST BITES

### Festivals of food

Explore new foods with your child by attending food festivals this spring. Whether they feature peaches or persimmons, crawfish or crepes, strawberries or salmon, these events showcase interesting foods from farmers, vendors, or restaurants. Look for ones with free admission—and enjoy the free samples!

### Spring cleaning

With winter in the rearview mirror, April is a good time for active spring cleaning. Together, list indoor and outdoor tasks that will get everyone moving. For instance, your youngster might work with you to wash windows or move winter coats into storage. Outdoors, he could sweep porches or clear sticks from the yard.

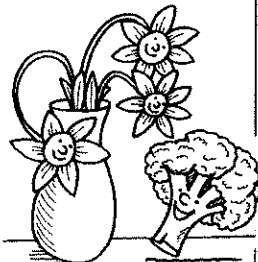


**DID YOU KNOW?** Three types of fitness are important for children (and adults): endurance, strength, and flexibility. Encourage your child to develop all three with a variety of activities. Aerobic sports like soccer or swimming will help improve endurance. Sit-ups and push-ups can build strength. And dancing, gymnastics, and yoga all promote flexibility.

### Just for fun

**Q:** What kind of flower doesn't go in a vase?

**A:** Cauliflower!



## Solutions for picky eating

Help your youngster choose to be less choosy about food! Consider these strategies to add variety to his diet.

### Pass dishes around

Rather than putting bowls in the middle of the dinner table, pass each one from person to person. When a dish is passed to your child, the aroma may tempt him to try it. Or he might be more likely to serve himself a little just because it's in his hands. If not, at least he'll see others take the food. And over time, his curiosity may get the better of him.

### Use a "food chain"

Slowly offer your youngster a series of foods that build on ones he already enjoys. Say he loves boxed macaroni and cheese. Start by replacing the powdered cheese with the real thing ( $\frac{1}{2}$  cup grated cheddar). The next time, add pureed butternut squash or broccoli



to the mac 'n' cheese. Finally, serve just the pureed squash or broccoli.

### Try, try again

Your child won't touch steamed green beans? Offer raw green beans with a yogurt-dill dip. Eggplant a no-go? Make it into "fries." (Cut a 1-pound eggplant into strips  $\frac{1}{2}$ -inch wide, and toss with  $\frac{1}{2}$  tsp. salt. Dip the pieces into 1 whisked egg white, then in breadcrumbs, and roast at 425° for 15 minutes.) In other words, try different ways of preparing foods, and eventually you'll hit on ones your youngster enjoys. ●

## Track family fitness—in color

Let your child encourage your family to get fit—15 minutes at a time. Here's how.

1. Have her choose colored beads to represent different physical activities. She can draw a key, such as "Blue beads = walking the dog" and "Red beads = shooting hoops." Then, each family member could decorate her own "fitness jar."
2. Each person should aim for at least four 15-minute bursts of physical activity a day. For every one, she puts a matching bead in her container. The goal is to exercise at least an hour a day, or 7 hours a week.
3. Ask your youngster to count the beads weekly. Empty your jars, and start exercising again! ●



## Grow a garden

Get your youngster excited about the joys of gardening—and the fun of eating what she grows—with these suggestions.

**Research.** Build enthusiasm, and learn the basics, with a visit to the library. Read children's books like *Roots, Shoots, Buckets & Boots* (Sharon Lovejoy) to find out about everything from seed selection to themed gardens. Your librarian can recommend titles.



**Plan.** Together, figure out where you could put a garden. You might have room in your yard, opt for pots on a porch, or sign up for a plot in a community garden. Then, visit a nursery to choose seeds or plants. The clerks will help you and your youngster pick vegetables to suit your space and sunlight.

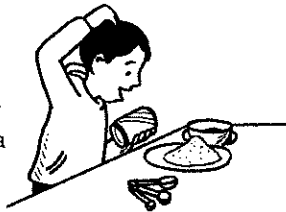
**Tend.** Your child will get a nice workout by planting and caring for her garden. After she digs and plants, she'll need to weed and water regularly to help her plants thrive. And, in turn, you can tell her that eating her home-grown veggies will help her grow and thrive, too! ●



## PARENT TO PARENT Cutting out soda

I recently read an article on childhood obesity that got me worried about how much soda my son Max was drinking. I talked to the school nurse, and she gave me good ideas for cutting back.

First, she suggested that I show Max what's actually in soda. I put a 12-ounce can on the table.



Then, I had him measure out 10 tsp. of sugar and said, "That's how much sugar is in that can of soda." I asked if he would want to eat all that sugar at once—and boy, did he make a face! So I mentioned he could picture that pile when he wanted soda.

The nurse also said we could simply make soda less available. If we don't buy it, then he won't drink it at home. And when we eat out, I give him a choice of water or milk. I know it will take time, but Max is beginning to get used to the change. ●

## IN THE KITCHEN Just add raisins

April 30th is National Raisin Day. To honor this wrinkly, good-for-you fruit, enjoy recipes like these all month long.

### Carrot salad

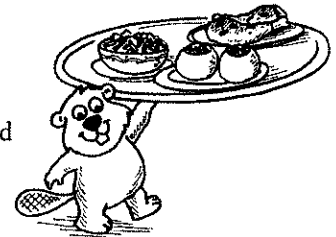
Shred 5 peeled carrots and  $\frac{1}{2}$  head red cabbage. Then, make a dressing by whisking together 2 tbsp. lemon juice and 3 tbsp. olive oil. Toss the carrots and cabbage with the dressing and  $\frac{1}{2}$  cup raisins.

### Baked chicken

In a large ovenproof skillet, brown 2 chicken quarters in 1 tbsp. canola oil. Add  $\frac{1}{2}$  cup golden raisins, 1 chopped tomato,  $\frac{1}{2}$  tsp. dried thyme, and  $1\frac{1}{2}$  cups low-sodium chicken broth. Bake uncovered at 375° for 45 minutes until the chicken is cooked through.

### Stuffed apples

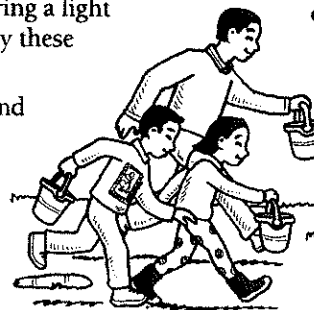
Core 4 apples, leaving about  $\frac{1}{2}$  inch of the bottom intact. Mix together  $\frac{1}{4}$  cup rolled oats,  $\frac{1}{4}$  cup raisins,  $\frac{1}{4}$  cup chopped walnuts (optional), 1 tbsp. honey, and 2 tbsp. melted butter. Divide filling into each hollowed-out apple. Bake at 350° for 30 minutes until the apples are soft. ●



## ACTIVITY CORNER Active play on a rainy day

A little rain doesn't have to stop your child from playing outside. During a light rainfall or after a storm, try these activities:

- Waddle like ducks around the grass. Or hop like frogs from "lily pad" to "lily pad" (dry spot to dry spot).
- Enjoy the mud. Stomp in it, or make mud pies.



- Follow the rain running down a hill or a sloping sidewalk. Where does it go?

- Line up buckets, one for each person, during a downpour. When the rain stops, have a race. The first one to carry a bucket to the finish line wins—but there's a catch! If you spill any water, you have to go back to the start line. ●

### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
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# Reading Connection

INTERMEDIATE EDITION

Working Together for Learning Success

April 2017

Wishram School

## Book Picks

### ■ *Phoebe and Her Unicorn* (Dana Simpson)

Phoebe dreams of being special. When she befriends a unicorn, she thinks she's found her chance. But she soon discovers that being friends with the magical creature is tougher than it looks. The first book in the graphic novel series, *Phoebe and Her Unicorn*.



### ■ *Looking Back: A Book of Memories* (Lois Lowry)

The Newbery Medal-winning author of *The Giver* and *Number the Stars* describes her memoir as a book "about things that happened, which caused other things to happen." Lowry shares personal stories and family photos, and she describes what inspired her to write novels.

### ■ *Flying Lessons & Other Stories* (Edited by Ellen Oh)

This book of short stories pulls readers into the lives of diverse characters.



From the basketball player with a disability to the poor girl trying to fit in among wealthy kids,

readers learn that although we are each different, we are also the same.

### ■ *Tortuga Squad: Kids Saving Sea Turtles in Costa Rica* (Cathleen Burnham)

Here's nonfiction for children who are concerned about endangered wildlife. The book follows a group of youngsters dedicated to rescuing sea turtles. Each hatching season, the young volunteers protect turtle eggs and help baby turtles reach the ocean safely.



## Which book to choose?

Fiona walks into the library looking for a new book to read. But surrounded by rows of books and thousands of titles, she isn't sure how to find one she will like. Sound familiar? Use tips like these to help your child locate her next great read.

### Narrow the field

Have your youngster make her own "book search" bookmark. On a strip of sturdy paper, she can write her favorite topics, types of books, and authors. For example, her list may include soccer, animals, mysteries, and authors Shannon Hale and R. L. Stine. Then, your child could browse the library shelves, bookmark in hand, for books that match her list.

### Sample the new arrivals

Uh-oh. That book your youngster planned to read is checked out. Now what? Invite her to "taste test" books on the new-arrivals display. She might pull one out that catches her eye and read the front flap, the back flap, and the first few pages. If it snags her interest, she can check it out.

### Get recommendations

When your child knows what she likes and wants to find something similar, encourage her to ask a librarian for help. If your youngster mentions a few books she enjoyed, the librarian will guide her toward similar titles. **Tip:** Librarians often feature their personal favorites in a "recommended reads" section—another good place to look for books to take home. 📖



## Beyond the books

Books may be what libraries are known for, but they have so much more to offer! Your youngster could consider free options like these:



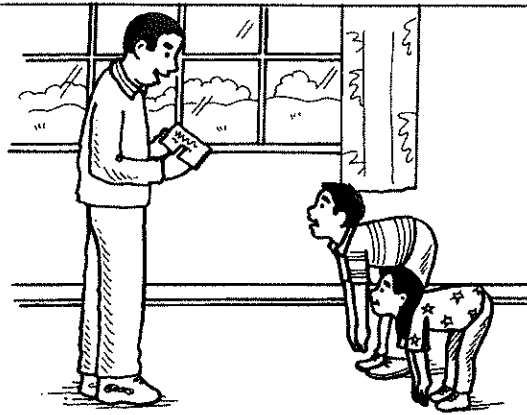
- Join a young writers group.
- Sign up for a theater club, and put on plays and skits.
- Share in a family mystery night.
- Take a workshop to learn Internet search techniques.
- Attend a "meet the author" event.
- Watch a film series based on books.
- Take part in a foreign-language conversation class.
- Drop in for homework help.
- Participate in arts and crafts classes.

**Tip:** If you live in an area with more than one library branch, check them all out. 📖

## Listen “actively”

Children who are *active listeners* absorb more of what’s said—an important skill for understanding lessons, taking notes, and following spoken directions. To listen actively, your youngster needs to concentrate fully on the speaker so he can remember and respond. Try these fun ways to practice.

**Outrageous declarations.** Start by making three silly claims. “My dog is green. I eat spaghetti with a straw. I’ve got furry purple feet.” Your child repeats



them and adds three of his own. “Your dog is green, you eat spaghetti with a straw, and your feet are furry and purple. I like polka dot asparagus. I’ve been to the moon twice. I have night vision.” Take turns repeating the last three claims and trying to top them with three new ones.

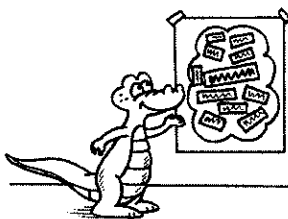
**Crazy directions.** Together, write 20 random instructions on separate index cards. (“Take two steps left.” “Touch your toes.” “Wink your right eye.”) Shuffle the cards. Draw five cards, and read them aloud to your youngster. He waits until all the directions are read, counts to 10, and acts them out in order. If he succeeds, he scores a point. If not, you score the point. Trade roles, and play again. The winner is the first person with 10 points. ■

### Fun with Words

## Cloudy with a chance of words

Let your child channel her inner artist with a vocabulary-building “word cloud.” With this fun project, she’ll think of words that are connected in some way and then display them in a colorful cloud-shaped image.

First, she’ll need a subject (friendship, a famous person). Have her brainstorm words related to her choice. Words for *friendship* might include *laughter*, *loyalty*, *confide*, and *understanding*.



Next, she’ll write the words in various sizes, colors, and styles (or type them

in different fonts) to indicate their importance. She might use large letters and a bright color for *loyalty* and smaller letters and a pale color for *laughter* to show she thinks *loyalty* is more important.

Finally, she can cut out the words and glue them into a big cloud on a sheet of paper. She may want to decorate her room with a wall of word clouds! ■

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## Use a proofreading checklist

Encourage your child to proofread writing assignments carefully before she turns them in. This checklist will help.



- I capitalized...** the first word in every sentence and the first letter in proper nouns.
- I punctuated...** every sentence with a period, a question mark, or an exclamation point. I checked commas, apostrophes, and quotation marks, too.
- I checked for misused words...** like its/it’s, there/their, and you’re/your. And I double-checked words I often misspell.
- I examined my sentences...** each one has a subject and a verb. There are no missing words.
- I looked for confusing passages...** and made sure that what I wrote makes sense and is easy to understand.

*Hint:* Suggest that your child take a break (20 minutes or more) between writing and proofreading so she can see her work with fresh eyes. ■

## Q&A Supporting independent readers

**Q** When my son was starting to read, helping him was easy. How can I support him now that he reads on his own?

**A** One way is just to talk about what he’s reading. Have him describe books he reads at school and for pleasure. Telling you about the plots in a novel or the facts in a nonfiction book gives him an opportunity to

think more deeply about their content—and lets you gauge his understanding.

You could also look through his textbooks and library books and ask a question or two. For instance, you might say, “What’s the most important part in this section on fossils?” or “What happened to the knight in this chapter?”

Also, occasionally touch base with your son’s teacher about his reading progress. The teacher can share strengths and weaknesses and offer suggestions for supporting your child at home. ■

