

WISHRAM SIGNALS

Volume 17 Issue 5

Wishram School Newsletter

May 2017

News from the Principal's Office

The proceeding month was filled with events worthy of celebration for Wishram School District #94. We were able to carry out our state testing, our heavily anticipated Wishram Beautification Day, and compete in a staff/student ping pong tournament during the month of April. At least two of these events are unique to only Wishram School, and help project further detail on our family like atmosphere and culture.

State testing is a reality for every school district in the state of Washington, and the results of those exams can become the variable in which a school is judged regionally, and statewide. We take our results very seriously, and we are taking major efforts to improve our student's test taking strategies, while at the same time understanding that those scores don't define us as a building. We are very much looking forward to seeing the results, so that we can use them to guide our instructional improvement efforts to help all Wishram students succeed in school and beyond.

Wishram Beautification Day was a huge success this year, and we couldn't be more proud of our young men, women, and staff members. The grounds look phenomenal, and the students were able to gain a sense of pride and adoration for their school. We are very proud to continue to hold this event as a school district, and we love to have the ability to provide such an essential service for our school and community.

So often, we find that it's very important to model the importance of showing our students that even though we are committed to educational excellence, we are also regular people. The ping pong tournament that we currently have running between students and staff provides an optimal opportunity to show students that we also know how to have a good time. It has been such a tremendous experience to participate in a fun and exciting event alongside our students. It's just another way to show our kids just how unique and special it is to have the opportunity to attend school in such a small, family like setting.

In closing, it goes with saying that April was yet another tremendous month at Wishram School District #94. The opportunities that our students and staff are able to participate in are truly second to none as a result of being able to carry out their duties in such an amazing school. We are proud and honored to serve our students, parents, and community, and the best has yet to come. All my best.

-Mike Roberts

Superintendent/Principal
Wishram School District #94

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



*****School Board Meeting***
May, 22nd 2017 @5:00 P.M.**

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, audiotope, 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, 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. 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:

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2 7th and 8th Math Testing Bookmobile at 930 HS Track like JV at Yakima at 330 LV 1230 ETR 9	3 2 Dismissal Teacher Inservice 7th and 8th PT Testing JH and HS Track Sports Pictures at 315 in Lyle	4 5th and 6th Testing Make-up Day 7th and 8th Make-up Day HS Baseball Sports Pictures at 315 in Lyle JH Track at Bickleton at 4 LV 130 ETR 8 NAV 101 1st Period	5 8th Science MSP Testing HS Track Ridgefield Spudder Classic at Ridgefield, WA at 2 LV 1030 ETR 9 JH Track at Arlington at 1 LV 1130 ETR 8	6 HS SB and BB at Lyle w Liberty Chr at 11 HS Track Arlington Inv at Arlington at 10 LV 8 ETR 7 PROM at 6 at CGCC Building One Tickets \$20
7	8 ASVAB TESTING at 8	9 10th and 11th ELA Testing HS SB and BB District TBA	10 10th and 11th ELA PT Testing 12 Dismissal BOOK FAIR 3 to 5 pm 2 Dismissal Teacher Inservice FOSS K TO 6 CRITTER DELIVERY	11 10th and 11th ELA PT Day 2 Testing JH Track League at Bickleton at 4 LV 120 ETR 830	12 HS Track EWAC Championship at College Place at 1 LV 9 ETR 830	13 HS SB and BB District TBA HS Track Sub District
14	15 Senior Presentations 6th and 7th periods	16 10th and 11th Math Testing Bookmobile at 930	17 10th and 11th PT Testing 2 Dismissal Teacher Inservice Senior Presentations 5th & 6th	18 10th and 11th Make-up Testing Christopher Leebrick Assembly 7 to 12 at 1145 K to 6th at 115	19 BLOOD DRIVE 1 TO 6 PM IN THE GYM	20 Beauty and the Beast Play trip K-6 HS Track District
21	22 BOARD MEETING AT 5	23	24 2 Dismissal Teacher Inservice EOC Biology Testing FOSS K TO 6 CRITTER DELIVERY	25 EOC Biology Testing Reptile Man Assembly K thru 12 at 1015	26 EOC Biology Testing HS Track State meet at Cheney TBA Snow Day Make-up Day School in Session	27 HS SB and BB State TBA HS Track State meet at Cheney TBA
28	29 Memorial Day No School	30 Bookmobile at 930	31 2 Dismissal Teacher Inservice	1	2	3

May 2017							
← April 2017	Sun	Mon	Tue	Wed	Thu	Fri	
		1B -Bacon & egg cones, fruit & milk. L -Mostaccioli, roll, salad, veggie, fruit & milk.	2B -Cereal, sausage, toast, fruit & milk. L -Grilled cheese, soup, salad, veggie, fruit & milk.	3 2:00 DISMISS B -Pancakes, fruit & milk. L -Chicken & white bean chili, cornbread, salad, veggie, fruit & milk.	4B -Bagel w/cream cheese, sausage, fruit & milk. L -Tuna sand, soup, salad, veggie, fruit & milk.	5B -Blueberry muffin, cereal, fruit & milk. L -Beef taco pie, refried beans, salad, veggie, fruit & milk.	6
7		8B -Wainut breakfast cookie, cereal, fruit & milk. L -Chicken ala king, rice, salad, veggie, fruit & milk.	9 B -Cream of wheat, toast, fruit & milk. L -Bean & ham soup, cornbread, salad, veggie, fruit & milk.	10 2:00 DISMISS B -Yogurt & granola, toast, fruit & milk. L -Sloppy Joes on bun, salad, veggie, fruit & milk.	11B -Colby calzone, fruit & milk. L -BBQ chicken flatbread, salad, veggie, fruit & milk.	12B -Cereal, toast, fruit & milk. L -Hamburger & fries, salad, veggie, fruit & milk.	13
14		15B -Maple oatmeal, toast, fruit & milk. L -Chicken burrito, refried beans, salad, veggie, fruit & milk.	16B -Cereal, ham slices, toast, fruit & milk. L -Chef's choice, salad, veggie, fruit & milk.	17 2:00 DISMISS B -Scrambled eggs & hashbrowns, toast, fruit & milk. L -BBQ pork hero, salad, veggie, fruit & milk.	18B -Pancakes, fruit & milk. L -Chicken penne Alfredo, roll, salad, veggie, fruit & milk.	19B -Banana muffin, cereal, fruit & milk. L -Pizza, salad, veggie, fruit & milk.	20
21		22B -Ultimate English muffin, fruit & milk L -Macaroni & cheese, roll, salad, veggie, fruit & milk.	23B -French toast, fruit & milk. L -Turkey tacos, refried beans, salad, veggie, fruit & milk.	24 2:00 DISMISS B -Cereal, toast, fruit & milk. L -Hamburger gravy on mashed potatoes, sal, roll, fruit & milk.	25B -Bagel w/cream cheese, sausage, fruit & milk L -Ranch chicken, roll, salad, veggie, fruit & milk.	26B -Caramel apple salad, cereal, toast, fruit & milk. L -Spaghetti, garlic bread, salad, veggie, fruit & milk	27
28		29 Memorial Day no school	30B -Cream of wheat, cereal, toast, fruit & milk. L -Chicken ala king, rice, roll, salad, veggie, fruit & milk.	31 2:00 DISMISS B -Biscuits & gravy, cereal, fruit & milk. L -Tuna casserole, roll, salad, veggie, fruit & milk.	Notes:		

More Calendars with US Holidays: [Jun2017](#), [Jul2017](#), [PDF Calendar](#)

WISHRAM SCHOOL IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER
SEE COMPLETE NON-DISCRIMINATION STATEMENT ON OUR WEBSITE www.wishramschool.org

Jade Childers entered the essay below into the Washington State Law Enforcement Association and was recognized as the Region 4 second place winner. This was the 23rd Annual Washington State 8th grade essay contest for "Why I will say No to Alcohol and Drugs!"

Congratulations Jade on a Job well done.

Why not to do alcohol and drugs

The reason why not to do alcohol and drugs is because you can ruin your reputation and your life. For example, if you have kids and you do drugs, and you do it in the car or in home, you can get your kids taken away. That's what happened to me. My mom did alcohol and drugs; she did all that for no reason. Look where it brought her-kids take away.

She tried to stop but she didn't. She got worse. She made out with every boy she met. So you can see how my life is going on, and I now live with my grandparents.

Alcohol and drugs are the reason why the CPS took us away from our mom. They were going to split us into different families but luckily my grandma stood up and took us in. We look up to our grandparents. We have our ups and downs, but I'm so glad to get know my sisters. My mom lost five girls and one boy by doing all that stupid stuff. My mom tried to get us back, but she can't. She did the wrong choice, the wrong path, with the wrong people.

Now I am going to tell you a story about how my life began with my dad in it. There was this young woman that was pregnant with twins, and their names were Jade and Ky'ana. My mom did drugs and alcohol and my dad did drugs, too, and they were bad. They got into so many fights and my dad said "That's enough! When those two twins are born, I will kill them!" then he walked away. Then she had Jade and Ky'ana, and moved on to another guy. She was pregnant with another set of twins and their names were Amedea and Aaron.

Then the CPS found out she did drugs and took all four of us away but my grandma said "No.", And took us in. My mom hated them after that and tried to get us back, but she couldn't, so that's how our life has been.

I have an older sister right now, she is 25, but when she was 7, my mom was drunk and tried to run her over but she went next door and called the police, and my grandma came and took her home but did not get to keep her. Her name, by the way, is Karena, and our younger sister is named Aleash and she is 5 right now. She just stays at our house on school nights because my mom and grandma put her in school and she is happy there because she knows people there.

I will let you know, that I'm not going do to drugs and alcohol, and I never will. I don't want to ruin my reputation or my life with my kids. That's the reason why you do not do alcohol and drugs. They will kill you faster than you think. People think they are cool, but it really just tears you down.

I want to get a good scholarship and good grades so I can get onto a good college, and then get a good job. I want two jobs. I want to earn a lot of money so I can help buy poor people houses or shelter.

Especially for my mom, everyone has to learn to forgive. I am 13, with 13 years of missing her, not seeing her, because she choose boyfriends over her kids. It hurts so much when your mom does alcohol and drugs. That's why I promise you guys I will not do it, it will bring you down. People might think it is cool, but I want a strong, healthy body. You should worry about your body, you can do more and live longer with it.

Written By: Jade Childers

NEW WISHRAM SENIOR CLASS A. SPIRIT GEAR FUNDRASIER



All Shirt
Artwork
Designed by
Wishram
Senior Alex
Cloud

A- Polo (\$40)

B- Hoodie(\$45)

C- Full Zip Jacket(\$60)

D- T-shirt (\$25)

E- Long Sleeve Shirt (\$30)

F. Ladies Joggers(\$45)

G- Sweat Pants (\$40)

H. Ladies Hoodie and Jogger Set (\$95)

This is a matching hoodie to the jogger not the one pictured in B

All orders must be paid in full by

May 5th, 2017

All Profit goes to the Wishram Senior Class of 2017 Senior Trip.

* All items come in Black

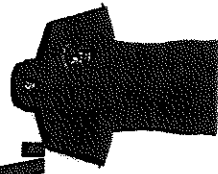
• Note items A and D are embroidered and will not have the same detail as the example shown

• Items C, F-H are printed as example shows

• Youth sizes available

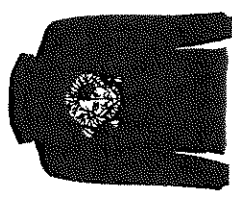
• Sizes 2xl add \$2, 3xl add \$3, 4xl add \$4 to total

• If you have any questions contact the Wishram School at 509-748-2551

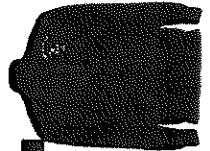


80L-247571 | One-Track-White

B.



C.



80L-247571 | One-Track-White

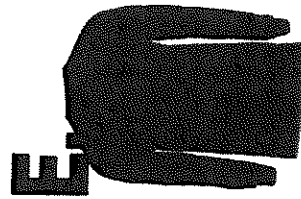
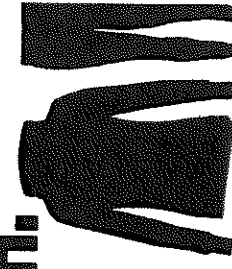
F.



G.



H.



* Joggers and Sweats Design Options: Choose One
 ___ A- paw prints and feathers going up the right leg
 ___ B- WISHRAM
 ___ C- LYLE

Name _____

Phone # _____

School _____

Item Letter _____

Size _____

Items F-I (A ___ B ___ C ___) Choose One

Item Total _____

Size Total _____

Total _____

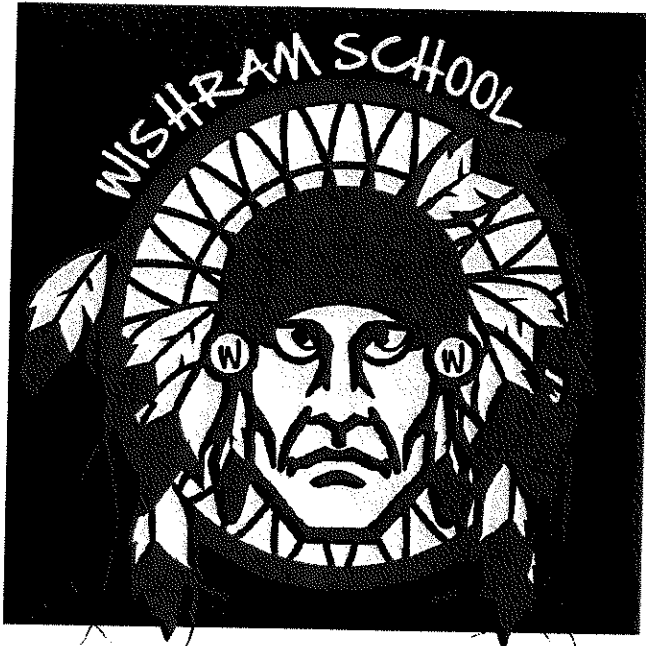
One Item per order form Please

FOR OFFICE USE ONLY

Paid

Please Initial when you have taken payment

NEW WISHRAM SENIOR CLASS SPIRIT GEAR FUNDRASIER



All orders must be paid in full by

May 5th, 2017

All Profit goes to the Wishram Senior Class of 2017 Senior Trip.

- * All Items come in Black
- Wishram Only design is only available in Hoodies and T-Shirts
- Youth sizes available.
- Sizes 2xl add \$2, 3xl add \$3, 4xl add \$4 to total
- If you have any questions contact the Wishram School at 509-748-2551

A.



\$45

B.



\$25

C.



\$30

Name _____ Phone # _____ School _____

Item Letter _____ Size _____

Item Total _____

Size Total _____

Total _____

One Item per order form Please

FOR OFFICE USE ONLY

Paid

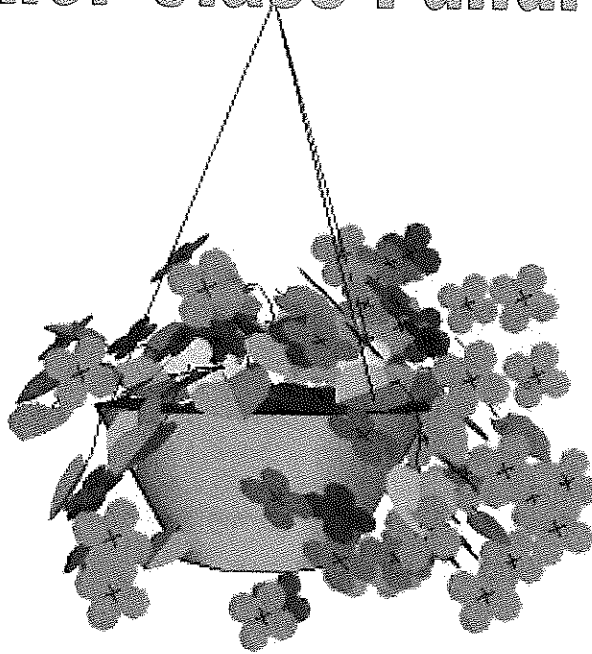
Please Initial when you have taken payment

Mother's Day

Hanging Flower Baskets

Wishram Senior Class Fundrasier

\$15.00



Order by May 11th

Pick up on May 12th

At The Wishram School

Local Delivery Additonal \$5

MOTHER'S DAY HANGING FLOWER BASKET ORDER FORM

Name _____ Number _____

Hanging Basket QTY _____ X\$15 QTY. Total _____

Delivery Address _____ Fee _____

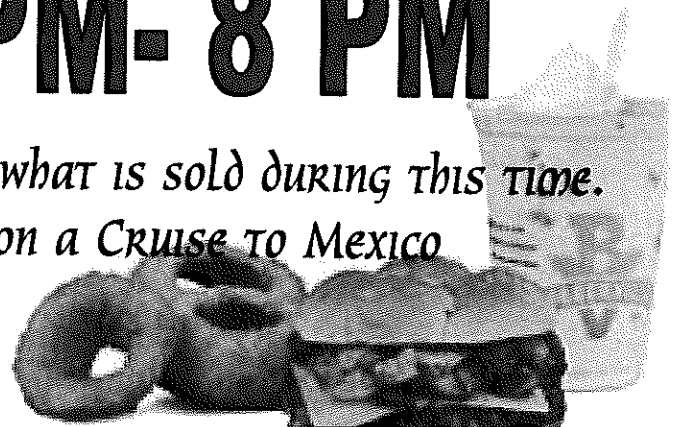
Total _____

Wishram 2017 Senior Class



**Come Eat at Burgerville in The Dalles Or
Wednesday May 3rd and Tuesday May 16th
Between 5 PM- 8 PM**

*The Senior Class will receive 10% of what is sold during this time.
They are raising money to go on a Cruise to Mexico*





**American
Red Cross**



HOPE begins with you.

Blood Drive Wishram High and Elementary

**135 Bunn Street
Wishram, WA**

**Friday, May 19, 2017
1:00 PM to 6:00 PM**

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: Wishram to schedule an appointment.



Scan to schedule
an appointment.

Be rewarded for leading efforts that help save lives. Learn more about the High School Leadership Program today at leader.redcrossblood.org.

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | Download the Blood Donor App



Senior Presentations

Family, Friends, and Community Members,

You are cordially invited to this years "Senior Class Presentations." You will learn who these amazing young adults are, and what their next steps and aspirations are.

Monday, May 15th, beginning at 1:15 P.M., the following students will be presenting:

Larry Dorr Alex Cloud Aaron Basse
Phil Tolentino Raquel Montoya

Wednesday, May 17th, beginning at 11:00 A.M., the following students will be presenting:

Iris Gatti Rebecca Li Josiah Strong
Terra Pearce Ashlea Turner

We hope you can attend and help us celebrate our "Senior Class Of 2017."

Respectfully,
Wishram School Staff

HOST FAMILIES NEEDED!

Are you looking for
a good and new
experience for you
and your family?

Right now, many Foreign
Exchange Students are
waiting for a host family
placement!

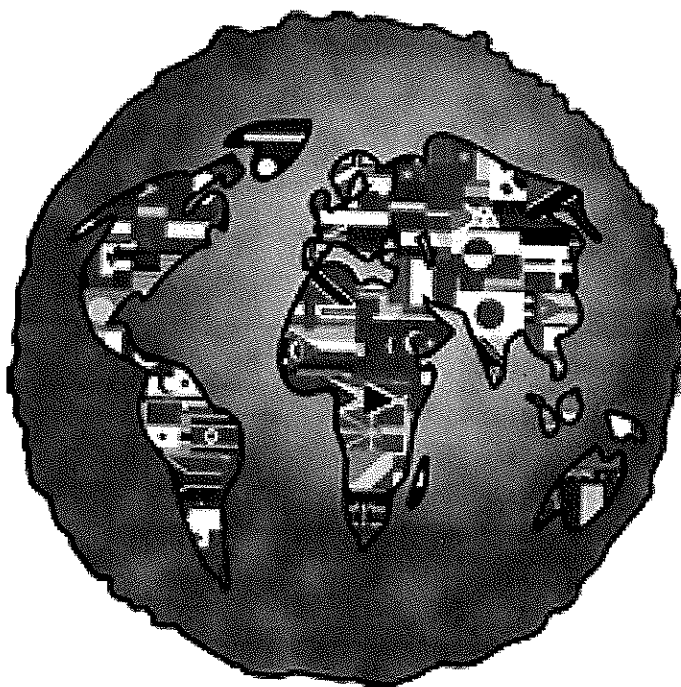


If you are interested in hosting one or
more Foreign Exchange Students for
the school year or if you have any
question about the project please
contact

Iris → phone: 304-905-5298

email: iris.gatti99@gmail.com

Facebook: Iris Gatti





"Be Our Guest"

May 6th

Prom 2017

When: 8:00-12:00P.M

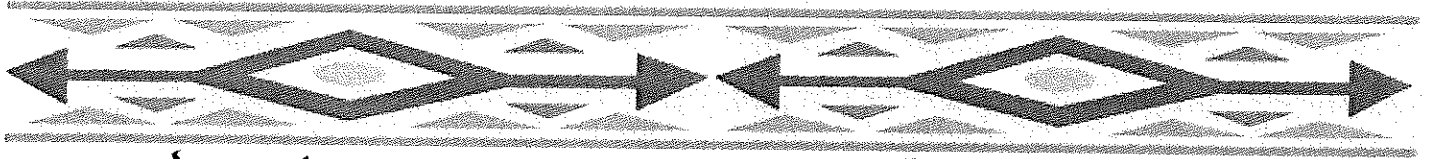
Where: CGCC Café—Building One

~Disney Theme~

Come join us at 2017 Prom!

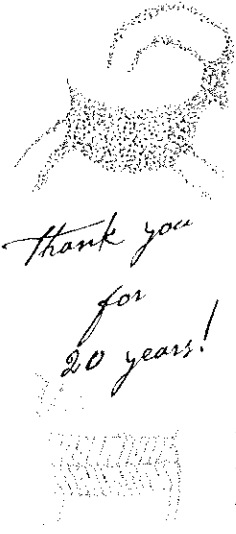
\$20 Per Ticket

COLUMBIA GORGE DISCOVERY CENTER & MUSEUM

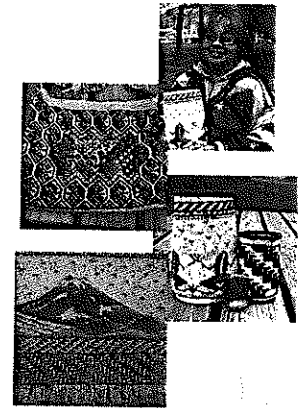


20th Anniversary Celebration

FREE ADMISSION FOR EVERYONE
SUNDAY, MAY 14 9am-5pm



- ▲ **Indigenous Voices:** Native American Drum-Making workshop with Jefferson Greene and Wasco Full-Turn Twined Basketry workshop with Bernyce Courtney. (Space is limited; sign up today!)
- ▲ Store-wide 20% Off Sale at the Columbia River Trading Co. museum store
- ▲ Guided Wildflower Walk 10 am & 12 noon
- ▲ Music with "Got Your Six" 5-piece band
- ▲ Live Raptor Presentations 11 am & 2 pm
- ▲ Special Mother's Day Brunch 11 am-2 pm
(please call ahead for Brunch reservations 541-296-8600 x 201)



MOTHER'S DAY BRUNCH
11AM to 2PM in the Basalt Rock Café

MENU: baked frittata, fresh fruit, French toast, bacon, sausage gravy & biscuits, home fried potatoes, fresh fruit juice, and cheesecake. Hot and cold beverages are included.

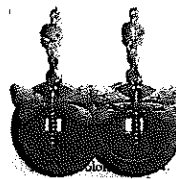
\$18 per person, \$8 children 10 and under,
Children under 5 eat for free!

COLUMBIA RIVER TRADING CO. MUSEUM STORE
ONE-DAY SALE — 20% OFF EVERYTHING!



POTTERY

HOME DÉCOR



JEWELRY



ART



HANDCRAFTED SOAP & LOTION

COLUMBIA GORGE DISCOVERY CENTER & COLUMBIA RIVER TRADING CO.
5000 Discovery Drive, The Dalles, OR 97058 - Exit 82 off I-84 • 541-296-8600 x 201 • www.gorgediscovery.org

Scholastic Book Fairs

Big Event

WAREHOUSE SALE

25% - 80% OFF

Get your **SUPER SAVINGS PASS** online!

scholastic.com/bookfairs/warehouse

\$10 or **\$25** or **\$50**

off your \$50 purchase

off your \$100 purchase

off your \$200 purchase

Scholastic Book Fairs Warehouse

5127 N.E. 158th Avenue

Portland, OR 97230

June 15 - 24

Weekdays, June 15-13: 12 p.m.-7 p.m.

Saturdays, June 17 & 24: 9 a.m.-3 p.m.

Closed Sundays

(503) 252-8486

Call the warehouse if you get lost at 503-252-8486. We are located in a warehouse complex.

Exclusively for Librarians, Teachers, School Employees and
Volunteers, Book Fair Chairpeople, and Homeschool Teachers.



Preferred methods of payment: credit cards, checks, purchase
orders, and Scholastic Dollars. Title I and grants are welcome!



Important: Items purchased with Scholastic Dollars do
not qualify for discount pricing, but customers can apply
the SUPER SAVINGS PASS discount against the total
purchase. Sales tax charged if applicable. If your school is
tax exempt, please bring your valid tax-exempt certificate.

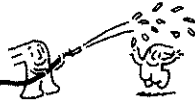
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Reading Connection

Working Together for Learning Success

May 2017

Wishram School



Book Picks

■ *The Brilliant World of Tom Gates* (Liz Pichon)

When Tom's not annoying his classmates, playing tricks on his sister, or scheming to get tickets to see his favorite band, he's writing in his diary. This first book in the Tom Gates series invites readers to chuckle at Tom's hilarious mishaps. (Also available in Spanish.)



■ *Awesome Adventures at the Smithsonian* (Emily B. Korrell)

This nonfiction book lets your youngster explore the world's largest museum system, the Smithsonian Institution in Washington, DC. The museums contain more than 154 million artifacts, including the Hope diamond and the Apollo lunar landing module. Created by a former teacher, the guide is packed with facts, photos, and activities.



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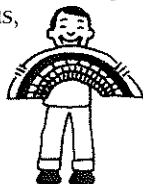
Created by a former teacher, the guide is packed with facts, photos, and activities.

■ *Fuzzy Mud* (Louis Sachar)

In the woods, throwing weird-looking mud seemed like a good way for Tamaya and Marshall to deal with the class bully. But now Tamaya has a bad rash, and the bully hasn't returned to school. Is the mysterious mud at the heart of an environmental disaster?

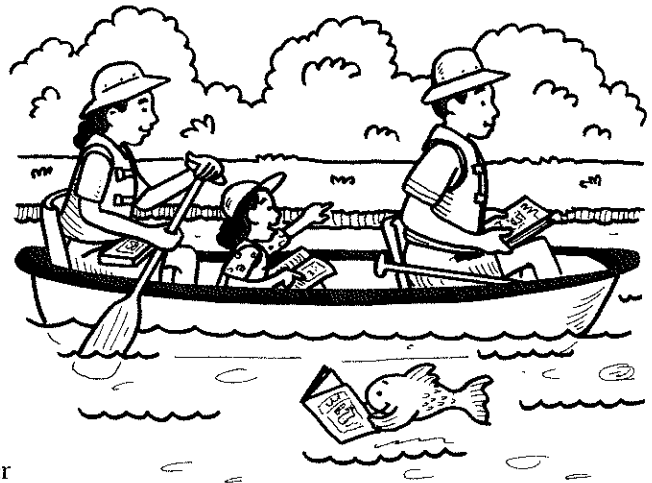
■ *Eat Your Greens, Reds, Yellows, and Purples* (DK)

Encourage your youngster to eat a rainbow of foods with this kid-friendly vegetarian cookbook. Step-by-step photographs make it easy for young chefs to follow along. Plus, color-coded sections contain nutrition facts about the ingredients.



Read, sing, explore

Children who read during summer break are more likely to maintain and even improve their reading skills. Here are ways your youngster can fit in reading while spending time outdoors, enjoying music, or pursuing an interest.



Read on location

Suggest that wherever he goes, your child carry books related to his destination. At the beach or pool, he might read a novel set on a tropical island or a nonfiction book about ocean life. While camping, he could read a story about a mountain climber or a book on outdoor survival. He'll naturally make real-life connections to details in his books.

Collect song lyrics

Have your youngster print out lyrics to favorite songs and put them in a binder.

He can use the printouts to sing along with the radio or his playlist. Let him practice making inferences—can he “read between the lines” to figure out what the songwriter meant?

Follow interests

Your child's interests can inspire him to read. If he enjoyed a science unit on rocks and minerals, he might collect rocks and look them up in a field guide. Or maybe he loves animals. He could get a brochure of training tips from the vet and teach commands to your dog.

Roll-and-write poetry

With this fun family poetry-writing activity, your child will choose her words carefully!

1. Ask your youngster to pick a topic (say, thunderstorms) for each person to write a poem about.
2. Let your child roll two dice—the number rolled is how many lines each poem should be. (Roll an 8, and the poems will be 8 lines.)
3. For every line, take turns rolling one die to determine the

number of syllables in that line. If you roll 5, 2, and 1, your youngster's first three lines might go:

*Lightning cracks the sky
And then
Boom!*

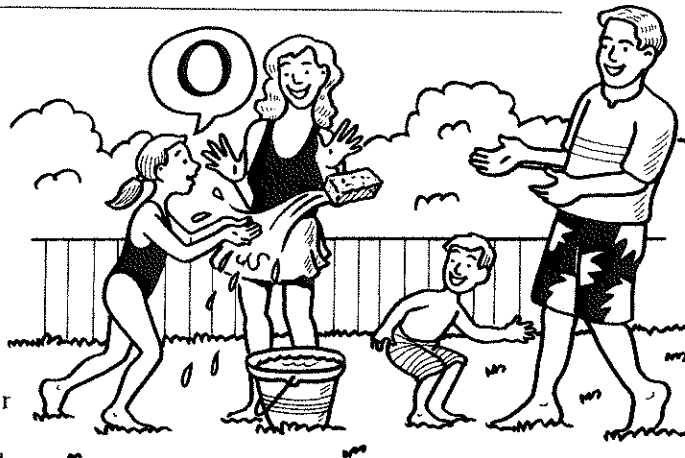


4. Read your poems aloud. It'll be fun to hear how different they are, even though the topic and rhythm are the same!

Word games with a splash

Can your child spell *swimsuit*? Have everyone put theirs on, and beat the heat with these family spelling and vocabulary games.

Dunk and spell. Players stand around a bucket of water. Let your youngster dunk a large sponge in the water. She says any letter (perhaps O) and tosses the sponge to another player. That person dunks the sponge, thinks of a word that starts with O, and adds a letter that would begin to spell her word (O, C).



Continue until a word is spelled (*ocean, octopus*). If you finish a word or can't think of a letter to add, you're out. The last player to go starts a new word.

Downpour. Anyone who breaks the word chain is in for a soaking. Fill a large plastic cup with water, and name a category (*flowers*). The first player holds the cup and names something that belongs in the category (*tulip*). She passes the cup to the next person, who names a flower that begins with the *last* letter of the previous word (*petunia*). Play until someone is stumped—she must dump the cup over her head! 📖

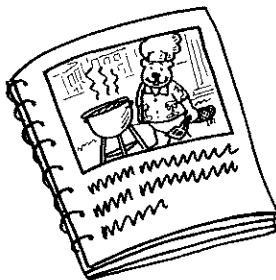


My book of summer

Putting together a summer scrapbook is a fun way for your child to practice writing. Share these ideas for filling the pages:

- Take photos during an activity (say, a cookout). Arrange them in order on a page, and write captions to tell what happened.
- Save ticket stubs, maps, and other memorabilia. Glue them in the scrapbook, and use them to write a story.
- Keep a list of favorite quotations or passages from books he enjoyed.
- Draw a comic strip about a special memory, such as a water park adventure or a visit with cousins.

Idea: Suggest that your youngster plan to make a new book each summer. 📖

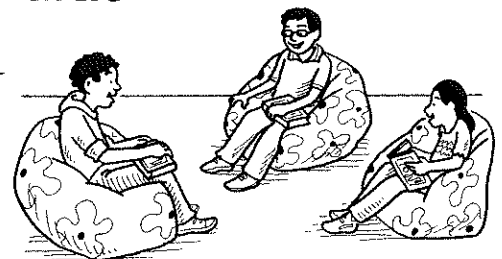


Parent 2 Parent Start a literature circle

This year in school, my son Seth enjoyed participating in a literature circle. He explained that it's like a book club where every reader has a special job—and he wanted to start one in our neighborhood.

My son and a few friends decided to choose books, meet regularly, and take turns with different roles. Seth was the group's first "director," so his job was to bring discussion questions, such as whether the main character would make a cool friend. Thanks to the group's "word detective," whose job was to look up unfamiliar words, the children decided the character's *deviousness* would make them unable to trust him. At the end of their meeting, they passed around books brought by the "recommender" and voted on the one to read next.

Seth is excited about starting the new book. And guess what? I told Seth that he inspired me to start a literature circle with my friends. We're having our first meeting next month! 📖



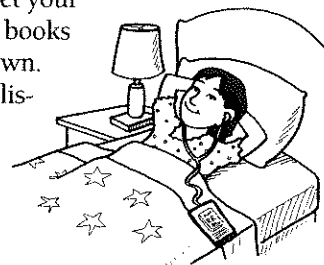
Q&A Listening to audiobooks

Q I've heard that audiobooks will help my daughter become a better reader. How can I get her interested in them?

A It's true! Audiobooks let your child enjoy more complex books than she can read on her own. Plus, when your daughter listens to an audiobook, she hears a good example of *fluent* reading—the narrator reads smoothly and with expression.

Have your youngster download a title or two from your public library's website. She might listen while she does chores or plays in her room, or she

could relax with an audiobook before she falls asleep. Or turn on an audiobook for everyone to hear in the car. You'll enjoy a book together, and the story could spark an interesting family discussion. 📖



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Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2017

Wishram School District



BEST BITES

Go "whole"

Eat healthier by selecting foods that are as close as possible to their natural state. For example, instead of canned fruit



cocktail in syrup, give your child a fruit salad of fresh blueberries, raspberries,

and kiwi. Or offer him homemade chicken nuggets made from boneless, skinless chicken breasts rather than the pre-made frozen ones.

Tumble together

Want to fit in more exercise at home? Have your youngster take a tumbling break. On a carpeted area, challenge her to do a few forward and backward rolls. Join in the fun—seeing Mom or Dad do somersaults will encourage her to do more. *Note:* Tumbling is a weight-bearing exercise that helps children build bone density.

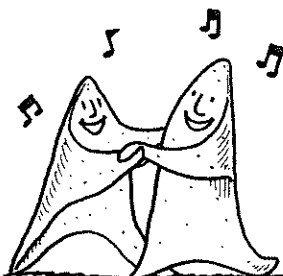
DID YOU KNOW?

Frozen fish is a bargain. It's nutritionally the same as fish that has never been frozen, it often tastes fresher, and it's usually cheaper. Select fillets without spots or blemishes and that are frozen solid in vacuum-sealed packaging. Store in the freezer for up to five months. To use, thaw in the refrigerator overnight.

Just for fun

Q: Why did the tortilla chips start dancing?

A: Because they put on the salsa!



Food + games = picnic!

A picnic is a terrific way to mix yummy food and active games over the nice summer months. Here are some fun combinations.

Bunnies in the grass

The food: Chow down on a bunny feast. Try carrot sticks with a side of hummus or a cold salad made with whole-grain pasta, chopped vegetables, and a lemony dressing.

The game: Race like a bunny. Each person holds a ball between her knees and hops toward a finish line. Drop the ball, and you have to begin again.

Burgers and bowling

The food: Enjoy hamburgers—deconstructed! Thread skewers with cooked turkey or lean beef meatballs and all the fixings—cherry tomatoes, lettuce, sliced cucumbers, and chunks of cheddar or other cheese. Bring mustard and ketchup for dunking.

The game: In a grassy area or on a sidewalk, set up "bowling pins" of partially



filled water bottles. Play a few rounds, using a softball to knock down the pins.

Beach time, anytime

The food: Pack "fish" (tuna salad sandwiches), "sand" (a salad of corn, red onion, and crumbled cotija or feta cheese tossed in lime juice and olive oil), and "sails" (triangle-shaped watermelon wedges).

The games: Play badminton, toss a Frisbee, or fly a kite. Or try this version of volleyball: Lob a beach ball over a "net" made from a rolled-up beach towel or blanket placed on the ground. ♡

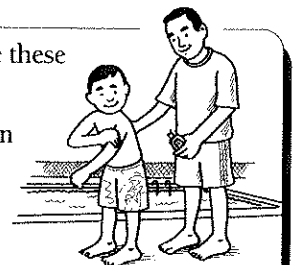
Summer safety

Playing outside is one of the best parts of summer. Use these tips to keep your youngster healthy and safe as he plays.

Stay hydrated. Children often forget to drink fluids when they're having fun. To prevent dehydration, remind your child to take frequent water breaks.

Avoid sun damage. Exposure to sun now can increase your youngster's risk of skin cancer later. Help him apply sunscreen 30 minutes before he goes outdoors. Reapply every 2 hours. *Note:* Clouds don't block all of the sun's harmful rays, so use sunscreen even on cloudy days.

Beware of bugs. Insect repellent can protect your child from tick- and mosquito-borne illnesses. Look for child-safe products, or ask your pediatrician for advice. ♡



Create a cookbook

Let your youngster craft his own cookbook—he'll get excited about cooking, enjoy eating the healthy food he makes, and practice reading and writing. These steps will get him started.

1. Collect. Together, brainstorm healthy recipes to include. They might be his favorites from home, or he could ask relatives, neighbors, and friends to contribute theirs.

2. Organize. Help your child decide how to arrange the recipes. He may want to group them in a binder or an accordion file by category (starters, main dishes, sides, dessert). Or he



can put them into folders according to food groups: fruits, vegetables, grains, protein, and dairy. *Idea:* Suggest that he classify fruit and vegetable recipes by color (red fruits, yellow vegetables). This will remind him to eat a variety of colors.

3. Illustrate. Have your youngster add drawings or photos of each dish. Even better, take pictures of him cooking, and he could include those.

4. Explain. Encourage him to write stories introducing some recipes. For example, he might describe the first time he tried a particular food or why he likes a certain dish. ●

ACTIVITY CORNER

Relay games

Build your child's coordination skills with these lively family games.

Run forward, throw back

Players line up, with the first person holding a ball. At the signal, he runs to a designated spot, turns around, and tosses the ball to the next person in line. That player catches the ball and repeats the process. Continue until everyone has had five turns to catch, run, and throw. *Variation:* Before throwing the ball, do movements like three jumping jacks or five squats.

Egg-and-spoon race

Divide into teams. The first runners each place a hard-boiled egg on a spoon. They run (or walk quickly) to a turnaround point and then run back—passing the egg and spoon to the next person in line. (Drop the egg, and you have to stop to pick it up.) First team to finish wins! *Variation:* Play with an egg and a spoon in each hand. ●



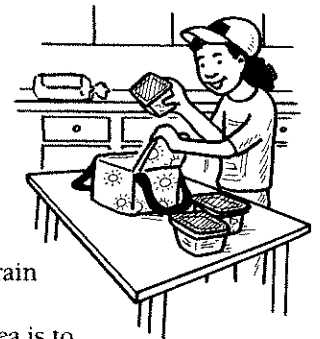
Q&A Healthy lunch to go

Q: During the school year my daughter buys lunch at school. But this summer she's going to day camp, and I'll need to pack her lunch. What advice do you have?

A: Start by shopping with her for lunch items. That way, she can help pick out foods she likes, and you'll get a chance to talk about healthy choices like whole-grain bread, lean meats, fruits, and vegetables.

Then, have your child pack her own lunch. A fun idea is to include items for her to assemble at lunchtime. For example, she might put in separate containers of marinara sauce, shredded mozzarella cheese, and round whole-wheat sandwich thins—she'll be able to make her own mini pizzas. Also, suggest fruits that travel well, such as grapes or orange slices.

Note: If your youngster's lunch won't be refrigerated, use an insulated bag, and include an ice pack or a frozen water bottle. ●



IN THE KITCHEN

Campfire cooking

Enjoy healthy summer foods by cooking them in foil packets over a campfire, grill, or fire pit. Just place ingredients in the middle of a large sheet of heavy-duty foil and fold tightly. Try these recipes.

Quesadilla

Cut corn from a cob. Mix with $\frac{1}{4}$ cup canned black beans (rinsed, drained) and 2 tbsp. shredded Monterey Jack cheese. Spread on half of a large whole-wheat tortilla, and fold the other half over. Cook for 15–20 minutes.



Shrimp & veggie

Marinate 1 lb. peeled, uncooked shrimp for 10–15 minutes in a mixture of 1 tsp. lime juice, 1 crushed garlic clove, 1 tbsp. olive oil, and $\frac{1}{4}$ tsp. ground pepper. Mix with $\frac{1}{2}$ cup chopped zucchini and $\frac{1}{2}$ cup snap peas. Split among 4 packets, and grill for 10–12 minutes.

Grilled fruit

Combine 1 sliced peach or nectarine, 1 tsp. ground cinnamon, and 1 tsp. brown sugar. Cook for 15 minutes. Eat this single-serving sweet snack on its own or with fresh mint and a dollop of vanilla yogurt. ●

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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Home & School CONNECTION[®]

Working Together for School Success

May 2017

Wishram School District



SHORT NOTES

Thank you, teacher

Encourage your youngster to decide how she wants to thank her teacher for a great year. Maybe she'll make a card that tells what she liked best. ("The engineering projects were cool. I really had fun building a bridge.") She can hand-deliver the card along with a homemade gift, perhaps a bird feeder or a pencil jar.

Middle school ahead

Do you have a child moving on to middle school? He will feel more confident if he knows what to expect. Make sure he attends orientation, where he'll meet staff and begin to learn his way around. He might also ask older kids for advice about getting from one class to another on time or finding a seat in the cafeteria.

Happy parent, happy child

A happy parent equals a happier household. To increase your family's overall happiness, try to find time every day to do something that pleases you. *Examples:* enjoy a hobby, spend time with a friend, read a book.

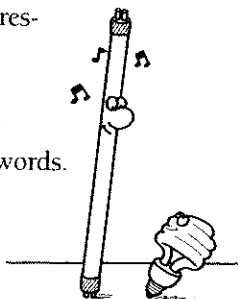
Worth quoting

"Good actions give strength to ourselves and inspire good actions in others." *Plato*

JUST FOR FUN

Q: Why do fluorescent light bulbs always hum?

A: Because they don't know the words.



Explore the outdoors

From sunny mornings when dew sparkles on the grass to dark nights when stars appear in the sky, the great outdoors is the perfect summer "classroom" for your child. Enjoy these activities together to help him appreciate nature and learn more about it.

Observe nature

Have your youngster put together an outdoor exploration kit. He could fill a shoebox or a reusable grocery bag with a magnifying glass for examining bugs, binoculars for gazing at constellations, and a sketch pad and colored pencils for drawing and labeling what he sees. Let him use his kit all summer long in your backyard, at the park, or on hikes.

Count collections

Encourage your child to gather leaves, nuts, seeds, and other objects from the ground. He'll practice math skills as he counts, sorts, and graphs his "finds." He might make a pictograph to compare the number of seeds, nuts, and leaves he collected. *Idea:* Suggest that he research his



discoveries in nature guides and display his collection with facts on index cards. ("A sweetgum ball is the fruit of a sweetgum tree.")

Take poetry walks

Go on poetry walks. Your youngster can jot down notes on what he sees, hears, feels, and smells. Perhaps he'll walk barefoot across damp grass, sniff a patch of honeysuckle, or run his hand over the bark of a tree. Then, he could use his notes to write a poem, such as:

*Dew is cool under my bare feet
The honeysuckle smells so sweet.♥*

Celebrate learning

Let your child know how proud you are of her efforts this school year by holding a learning celebration. Here are suggestions:

- Be your youngster's audience as she reads aloud stories or reports she wrote. Asking questions will show you're interested.
- Help your child make a hallway gallery of her artwork. Hang up favorite pieces, and invite family members to take a tour.
- Show her all the progress she has made! Pull out samples of her homework or projects from early in the year. She will enjoy seeing how much she has learned and improved.♥



Expressing empathy

How can you help your youngster develop empathy? Encourage her to be aware of how others feel and to take action with these ideas.

1. Recognize. This activity lets your child see the world from various points of view. First, have her cut out magazine photos of a dozen faces. Take turns choosing one and making up a story about how the person feels. Say your youngster picks a frowning child gazing out



the window on a rainy day. She could say, "He feels disappointed that he can't go out and play." Continue until you've used up all the pictures.

2. Act. Now explain that it's time to put this knowledge into action. Ask your youngster to imagine how people feel in real life and then express empathy for them. As she goes about her day, she should keep an eye out

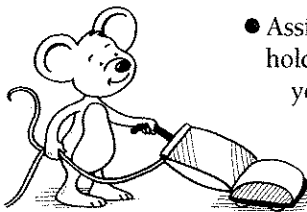
for people's feelings. Perhaps she will spot a girl on the playground who looks anxious for a turn on the swings and offer to let her go first. ♥



Routines that work

Sticking to routines in the summer makes it easier for your child to adjust to school routines in the fall. Try these tips:

- Have your youngster get up and go to bed at around the same time each day. That way, early school mornings won't be such a big change.



- Assign household chores so your child stays in the habit of having regular

responsibilities, just like he does in the classroom. He could vacuum, sweep, or dust, for example.

- Eat regular meals together when possible. You might enjoy an early breakfast before work and reconnect with a family dinner in the evening.

- Play outdoors every day. Your youngster will stay active and burn off energy—and work toward the 60 minutes of daily recommended physical activity. ♥

ACTIVITY CORNER

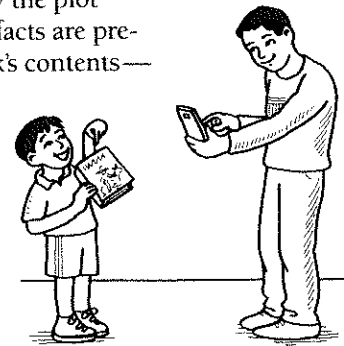
My book trailer

"You're going to love this book! Here's why."

Let your child introduce friends or family to books he reads by creating his own "book trailers"—videos that give sneak peeks into books the way movie trailers do for movies.

He'll need to think about a book's details, how the plot unfolds, who the main characters are, and what facts are presented. Remind him to give clues about the book's contents—but not give away the ending or any plot twists. He could practice speaking while holding up the book to show pictures.

When he's ready, record him with a camera or cell phone. He can watch the video and re-record until he's pleased. Then, have him share his trailer with others. Anytime he reads a book he thinks friends would like, suggest that he make a new trailer. ♥



Prevent summer math slide

Q: I'm concerned that my daughter's math skills will get rusty while school is out. What should I do?

A: Keeping math "muscles" strong is fun!

Look for ways to add math to outdoor games. For instance, write math facts like $7 + 8$ or 9×6 in hopscotch squares. As your daughter jumps to each box, she calls out the answer. If she's "It" during hide-and-seek, she could count to 100 by 2s, 5s, or 10s while players hide.

Also, give her opportunities to estimate. Cut open a watermelon, and ask how many seeds she thinks it contains. Or have her estimate how many people are in the deep end of the swimming pool or in your row at a baseball game. Then, she should count to check her answers.

As she estimates and counts, her skills will improve. ♥



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