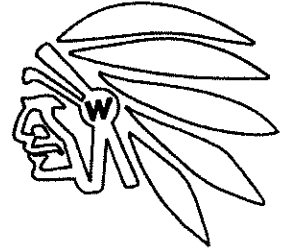


WISHRAM SIGNALS



Volume 17 Issue 3

Wishram School Newsletter

March 2017

News from the Principal's Office

It's hard to believe another month has come and gone at Wishram School. With so many academic and athletic activities occurring at the same time, it's easy to see how time can move at a very quick pace. This month, we have a lot to celebrate. Some items to highlight are the first semester academic awards ceremonies for the elementary and secondary students. We also carried out our initial incentive award day for students who weren't on our missing assignment list, and we said farewell to our Winter sports programs after another successful season. Wishram School District #94 is completely dedicated to maximizing student achievement, and this month has provided us with many opportunities to reflect on that vision.

Our first semester awards assembly was a smashing success. Out of 33 high school students, 25 of them were recognized as honors (GPA 3.25-3.49) or high honors (GPA 3.4-4.0) award recipients. This is just one of many statistics showing that Wishram students go the extra mile on the field, on the court, and in the classroom. There were many students who received this award for the first time, and we believe that shows a huge improvement in academic efforts by our secondary students.

The missing assignment list has become a way of life at Wishram School, and we are very excited to have such a proactive and tangible resource to assist us as we work with our learners. As an added incentive to stay off the missing assignment list, the secondary teachers proposed that we carry out a monthly activity that takes place during 6th and 7th period on selected days. During this time, students who aren't on the list can partake in activities like open gym, a movie day, or an art project, and those we are on the missing assignment list get some much needed time to help them catch up on their work. We have found that the goal of "every student completing every assignment" has had a very positive effect on our school culture regarding assignment completion, and we are excited to see the continued success of our students as we work together towards maximizing success at Wishram School.

Winter sports programs have officially ended, and both boys and girls high school and junior high teams competed remarkably well. Although we didn't earn a bid to state competition, our teams played with heart and integrity. The resilience and sportsmanship that Wishram students show on the court are representative of our core values, and our student athletes are glowing examples of those values. As we close out one season, and look to begin another, the hard work and determination of Wishram athletes are visible to all who attend our events. We are incredibly proud of our young men and women.

In closing, it has been another tremendous month at Wishram School. The talents and skills of our employees and students become more evident with each passing day, and I am very proud to lead this team of exceptional team of faculty, staff, and students towards making a difference. We are proud of our achievements, and are constantly searching for ways to continue our positive trend of success for years to come. As always, It is an honor and a privilege to serve as Superintendent/Principal of Wishram School District #94. All my best.

Mike Roberts
Superintendent/Principal
Wishram School District #94

EDITED BY:
12TH GRADE
CLASS

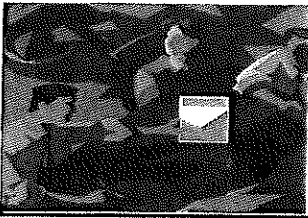
Alex Cloud
Elijah McCullough
Larry Dorr
Terra Pearce
Ashlea Turner
Phil Tolentino
Rebecca Li
Iris Gatti

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***
March 28th , 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, 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:

Wishram School Board Position #4

The Wishram School Board is pleased to announce the appointment of Christina Patten-Rowan to Director Position #4 replacing Eugene Wilson who resigned as of December 2016.

“I love Wishram School!!” said Mrs. Patten-Rowan. “I’ve always been moved that my children attend here. I want to be a part of the future progress of this school and to be a part of a team that cares about each other and the school”

SNOW MAKE- UP DAYS

MARCH 10th

MAY 26th

DON'T FORGET DAYLIGHT SAVINGS!

MARCH 12th

Turn all your clocks 1 hour ahead

Wishram's 7th Annual



March 3rd 2017

**At the Wishram School
Loaded Nacho's**

\$6 a Plate

Silent Auction/ Nacho Feed Starts at 5p.m.

Silent Auction Closes at 6 p.m.

Lip Sync Starts at 6:15 p.m.

2017 Auction Item List

Marine Discovery Tour	2 Games Orchard Lanes Bowling Center	Mountain painting	Stashable backpack
Skamania Lodge Brunch for 2	One hour Golden Touch Massage	Dakine boot bag	Blue jacket
4 OMSI passes	\$40 Gift Card Auto Service Repair	Russell Wilson #3 Autographed football	Hip pack
\$50 Giftcard Snap Fitness	\$200 Gift Card Columbia Laser Skin Center	Silver hoop earrings	Black jacket
Solstice \$25 Card & Hat	\$30 Gift Card Freshies	Country farm dishware	Toaster oven
4 Tacoma Art Museum passes	\$10 Gift Card Play It Forward Music	Can of paint & 5 pc. Painting kit	Wooden incense
4 Sky High Passes	2 \$25 Gift Card Monagon's Pancake House	Basketball & sweatband	Hair bundle
2 WAAAM passes	One hour Golden Touch Massage	Pink poodle basket	Photo board
\$25 Zim's Gift Certificate	Dairy Queen Gift Certificate	Green rug	Dog basket and Gift Certificate
\$25 Ladro Coffee Gift Card	2 Family Papa Murphy's Pizza	Family game night bundle	Girls sleeping bag & chair
Family Pass Portland Children's museum	\$40 Gift Card Pietro's Pizza	Earring & necklace set	Ninja sleeping bag & chair
\$25 Gift Card Munchen Haus	2 Tickets Enchanted Forrest	Cross country ski	Rivertap shirt & hat
5 G6 Air Park passes	2 \$25 Gift Card Monagon's Pancake House	Finger paint	Organizer
\$20 Gift Certificate Hood River Warehouse	\$20 Gift Card Artifacts	BBQ basket	Knife set
\$25 Gift Card Ladro	5 skaters pass to Oaks Park Roller Rink	Eagle	Baby blanket
\$25 Gift Certificate Jenerations	Oil change Columbia auto repair & sales	Native American eagle figure	Snake skin shoes \$20 coupon
\$25 Gift Certificate Zim's	\$25 gift card River Tap	Three bags of coffee	Fishing Pole Bundle
2 passes to WAAAM	\$100 Gift card rogue valley zip line	Beard kit & Mens cologne	Bench Lake Picture
4 tickets to Tacoma Rainiers	\$100 Gift card to Water's Edge	Fly fishing shirt & hat	Lamb Roast (Cooper Sheep Company)
Family Day Pass Discovery Center	\$100 Gift card to Tiek's	Silver shoes \$20 off coupon	Photo Shoot(Tiffani Back)
2 Wild Waves tickets	\$50 Gift certification Big Bull Taxidermy	Solar car & car shirt	Purple Afghan
\$35 Gift Card. Epic Styling	Kid's Weekend At The D Farm	Fishtail necklace	Bat light
\$25 Gift Card IXTAPA	\$25 Gift Card Burgerville	52 piece emergency kit	Tree sunset painting
Tour & Tasting for 8 Maryhill Winery	Lawn Mower Tune Up	Spark plug jacket	Blue earrings
2 tickets Wildlife Safari	\$25 Gift Card Burgerville	Sling pack	IHOME
\$25 Gift Card Bette's	\$25 Skippers Gift Certificate	Wax warmer & wax	Snakes shoes & \$20 coupon
\$70 2X 2 hr sup rental. Big Wind	\$25 Skippers Gift Certificate	Purple lamp	Tea tree shampoo kit
A Voodoo dozen doughnuts	\$60 Dirty Paw Gift Card	Stainless 3 Qt sauce pan	Silver shoes & \$20 coupon
\$20 gift card Another Chance Resale	2 Tickets to Improv Jet City	Dakine laptop case	Fork basket
2 Papa Murphy's family Pizza	Avery Point Picture	2 Books	Blue mountain painting
\$10 Gift Card Petite Provence	Native American Flute	Black dress shoes \$20 off coupon	Color bundle
10 Punch Card Columbia center Art	Wine Basket	Coke dispenser	Dakine backpack
\$30 Gift Card Canton Wok	Wine Basket	60 piece severe weather kit	
\$20 Gift Card Foundation 45	Wine Basket	Dakine backpack (black)	
\$50 Gift Card JC Penney	Soap Basket		
8 piece chicken meal KFC	Soap Basket		
\$25 Gift Card Montira's	Soap Basket		
\$27 Gift Card Color Me Crazy	Waterfall painting		
\$27 Gift Card Color Me Crazy	Black Flats(Shoes)		
\$35 Gift Card Images The Salon	Coffee Basket		
4 EMP Museum Tickets	Water bottle bundle		
\$35 Gift Card Epic Styling	Facial massager		
2 Family Papa Murphy's Pizza			

****REVISED****
2/2017

WISHRAM SCHOOL | 2016-2017 CALENDAR

AUGUST 2016

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

23 Teacher Optional Day
24 All Staff Day
25 First day of School

31 In-Service 2:00 Dismissal

17 Break day/Snow
20 Presidents' Day

1 8 15 22 In-Service 2:00 Dismissal

FEBRUARY 2017

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

LOOK!!

SEPTEMBER 2016

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

5 Labor Day

7 14 21 28 In-Service 2:00 Dismissal

10 SNOW DAY MAKE UP
28-30 12 Dismissal-Conferences
31 12 Dismissal
Fourth QTR begins

1 8 15 22 In-Service 2:00 Dismissal

MARCH 2017

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER 2016

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

5-6 12 Dismissal Conferences
7 12 Dismissal
21 Break Day
31 Second QTR begins

12 19 26 In-Service 2:00 Dismissal

3-7 Spring Break

12 19 26 In-Service 2:00 Dismissal

APRIL 2017

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

LOOK!!

NOVEMBER 2016

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

11 Veterans Day
23-25 Thanksgiving Break

2 9 16 30 In-Service 2:00 Dismissal

26 SNOW DAY MAKE UP
29 Memorial Day

3 17 24 31 In-Service 2:00 Dismissal

**MAY 10th : 12:00PM STUDENT DISMISSAL
*** BOOK FAIR *****

MAY 2017

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DECEMBER 2016

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

19-30 Winter Break
25 Christmas Day

7 14 In-Service 2:00 Dismissal

9 Last day of school
12 Dismissal

7 In-Service 2:00 Dismissal

JUNE 2017

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JANUARY 2017

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

16 M.L. King Day
23 Third QTR/2nd Semester begins

4 11 18 25 In-Service 2:00 Dismissal



March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1 2 Dismissal Teacher Inservice	2 HSBB 2B Tournament TBD JHBB Awards at Spooky's at 6 NAV 101 4th Period	3 HSBB 2B Tournament TBD Lip Sync and Auction at 5	4 HSBB 2B Tournament TBD
5	6	7 Bookmobile at 930	8 2 Dismissal Teacher Inservice	9 NAV 101 5th Period NURSE VISIT	10 Break Day or Snow Day Evergreen College Field Trip Seniors	11 HS Track Eisenhower Jamboree at Yakima at 11 LV 8 ETR 7 Wind Challenge 8 to 4
12 Daylight Savings Time - turn clocks AHEAD 1 hr.	13	14 HS SB and BB at Lyle w Sunnyside Chr. at 3	15 2 Dismissal Teacher Inservice	16 NAV 101 6th Period	17	18 Abby's Closet trip HS SB and BB at Sunnyside Chr at 11 LV 730 ETR 6 HS Track at The Dalles Mullin Leavitt Invite at 11 LV 10 ETR 8
19	20 JH Track 1st Day of Practice	21 Bookmobile at 930 HS BB at Dufur at 3	22 2 Dismissal Teacher Inservice	23 NAV 101 7th Period	24	25 HS Track Columbia River Invite at Riverside, OR at 1130 LV9 ETR6 HS Track Ramos Relays at Selah at 1030 LV 730 ETR 6
26	27	28 12 Dismissal Conferences BOARD MEETING AT 5 HS SB at Lyle w Mabton at 3	29 12 Dismissal Conferences	30 12 Dismissal Conferences NURSE VISIT	31 12 Dismissal Break Qtr 4 Begins	1

WISHRAM SCHOOL DISTRICT #94
LUNCH MENU
March 2017

◀ February 2017 March 2017 ▶ April 2017					
Sun	Mon	Tue	Wed	Thu	Fri
			1 2:00 DISMISS B-Yogurt & granola, toast, fruit & milk. L-Chicken penne Alfredo, roll, salad, veggie, fruit & milk.	2 B-Bagel w/cream cheese sausage, fruit & milk. L-Chili, cornbread, salad, veggie, fruit & milk.	3 B-Maple oatmeal, toast, fruit & milk. L-Pizza, salad, veggie, fruit & milk.
5	6 B-Pancakes, fruit & milk. L-Chicken gravy on mashed potatoes, roll, salad, veggie, fruit & milk.	7 B-Cereal, toast, fruit & milk. L-Mexi-mac, refried beans, salad, veggie, fruit & milk.	8 2:00 DISMISS B-Biscuits & gravy, fruit & milk. L-Grilled cheese, soup, salad, veggie, fruit & milk.	9 B-Ultimate English muffin, fruit & milk. L-Chicken ala king, rice, fortune cookie, salad, veggie, fruit & milk.	10 B-Blueberry muffin, cereal, fruit & milk. L-Hamburger, fries, salad, veggie, fruit & milk.
12	13 B-Cream of wheat, toast, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	14 B-Breakfast buddy sandwich, fruit & milk. L-Chicken burrito, refried beans, salad, veggie, fruit & milk.	15 2:00 DISMISS B-French toast, fruit & milk. L-Chefs choice, salad, veggie, fruit & milk.	16 B-Cereal, ham slices, toast, fruit & milk. L-Spaghetti & meatballs, garlic bread, salad, veggie, fruit & milk.	17 B-Bacon & egg cones, fruit & milk. L-Nachos, refried beans, veggie, salad, fruit & milk.
19	20 B-Yogurt & granola, toast, fruit & milk. L-Ham or turkey sand, soup, salad, veggie, fruit & milk.	21 B-Bagel w/cream cheese, sausage, fruit & milk. L-Cheese lasagna, roll, salad, veggie, fruit & milk.	22 2:00 DISMISS B-Cereal, toast, fruit & milk. L-Burrito, refried beans, salad, veggie, fruit & milk.	23 B-Cream of wheat, toast, fruit & milk. L-Sweet & sour chicken, rice, salad, veggie, fruit & milk.	24 B-Pancakes, fruit & milk. L-Grilled ham & cheese, soup, salad, veggie, fruit & milk.
26	27 B-Maple oatmeal, toast, fruit & milk. L-Salisbury steak, roll, salad, veggie, fruit & milk.	28 12:00 DISMISS B-Biscuits & gravy, fruit & milk. L-Chicken nuggets, bread stick, salad, veggie, fruit & milk.	29 12:00 DISMISS B-Pancakes, fruit & milk L-Chicken & white bean chili, cornbread, salad, veggie, fruit & milk.	30 12:00 DISMISS B-Colby calzone, fruit & milk. L-Grilled cheese, soup, salad, veggie, fruit & milk.	31 12:00 DISMISS B-Cereal, sausage, toast, fruit & milk. L-Mini burgers, salad, veggie, fruit & milk.

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SEE COMPLETE NON-DISCRIMINATION STATEMENT ON OUR WEBSITE

WWW.wishramschool.org



spring break

at the
Columbia Gorge
Discovery
Center




**SEE
LIVE BIRDS
OF PREY**

Daily presentations
at 11 a.m. and
2 p.m.



***FREE
ADMISSION
FOR KIDS**

when accompanied by a paid adult
during Oregon and Washington
SPRING BREAK
March 25 to
April 23, 2017.

- 
- Scavenger hunts for all ages
 - Craft activities in the Kids Explorer room
 - See live raptors daily, at 11 a.m. and 2 p.m.
 - Basalt Rock Café open, 11 am-2 pm
 - Hike or bike Riverfront Trail to see wildflowers
 - Stroller & wheelchair accessible
 - Fun for the whole family!

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Home & School

Working Together for School Success

CONNECTION®

March 2017

Wishram School District



SHORT NOTES

Which way?

Improve your youngster's sense of direction by having her observe the sunset from a window in your home—that's west. Then, let her make north, south, east, and west signs to hang on the walls. Next, hide a toy, and give her directions to find it. ("Take two steps south and three steps east.") When you walk outdoors, she can try using the sun to figure out directions.

Use medicine safely

Teach your child about drug safety from an early age. If medicine is prescribed for him, read the label together, and explain that it's important to take it exactly as directed. Then, dispense doses yourself, and store it in a locked cabinet. Also, tell him he should never share medication—or accept medicine from a friend.

DID YOU KNOW?

The first day of spring (March 20) is also World Storytelling Day.

Celebrate it by spending an evening telling family stories. Your youngster will probably enjoy hearing tales from your childhood—or the story of the day she was born.

Worth quoting

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." *John Ruskin*

JUST FOR FUN

Q: What was the farmer doing on the other side of the road?

A: Catching all the chickens!



The importance of helping others

Your child will discover that the world is a better place when people help each other. Consider these ideas for raising a helpful youngster.

Take on chores

Helping starts at home, and regular chores are a good place to begin. Point out that your household runs more smoothly when all family members help take care of it. Get your child in the habit of everyday chores (washing dishes, folding laundry). Then, suggest that he look for other ways to help, perhaps cleaning the attic or weeding the garden.

Assist classmates

Let your youngster see that he has the power to help others. If he mentions someone who might need help (say, a classmate who is struggling with math facts), ask, "What could you do?" Your child could invite the student to study with him. Tell your youngster about



everyday ways you lend a hand, such as bringing morning coffee to a coworker who broke her ankle.

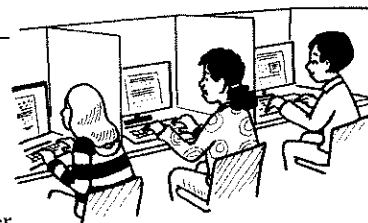
Volunteer together

Your child can be a community volunteer with your help. For ideas, contact the parks and recreation department, community centers, and service agencies like the United Way. Your family might take part in a park cleanup day, be a foster family for rescue dogs, or do face painting at a fund-raiser. When your youngster sees how good it feels to make a difference, he may want to make volunteering a habit!♥

Tips for test day

Good news: Everyday strategies your youngster uses in reading and math will come in handy on standardized tests. Here's how:

- Help your child prepare for sections where she has to read paragraphs, answer questions, and give supporting details. When you read to her at home, talk about the book, and ask her to show you *evidence* to back up her ideas and opinions.
- Your youngster may be asked to show how she solves math problems during the test, just like she does on regular assignments. Tell her that it's better to write too much rather than not enough, especially if the test isn't timed. She might also include drawings, such as a sketch showing how she found the area of a trapezoid.♥



It's cool to learn new words!

At home or on the go, your youngster can expand her vocabulary. Try these suggestions.

My word wall. Many classrooms have word walls—why not let your child make one at home? Her closet door, a side of the refrigerator, or any other open spot will do. She could write words she



is learning on index cards and arrange them by category. *Examples:* History words (*expansion, treaty*), science terms (*photosynthesis, mineral*). Each time she adds a word to her wall, ask her what it means. Then, she can refer to the wall as she does her homework or writes stories.

Games to go. In the car, let your youngster pick a random letter (say, G), and take turns calling out something you see that begins with

that letter (*grass, gazebo, girl*). If you say an unfamiliar word, point out the item so she learns it. When you reach the next block, someone else can pick a different letter. *Tip:* Later, help her remember the words by asking questions like “What was that round wooden structure that started with G?” (*gazebo*)♥

ACTIVITY CORNER

Structural engineering

Your child will have fun exploring engineering with homemade building blocks. Share these steps.



1. Make triangle blocks

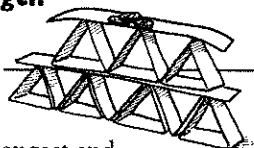
Let him cut poster board, file folders, or index cards into 24 strips, each about 1" x 5". Then, have him fold each strip into thirds, bend it into a triangle, and tape the ends together. (*Note:* He should save a few unfolded strips to use for building.)

2. Build a structure

Encourage your youngster to experiment with different designs. He can fit triangles together into rows with every other block pointing up, lay an unfolded strip on top, and continue alternating layers. Perhaps he'll make the rows all the same length or make them different lengths.

3. Test strength

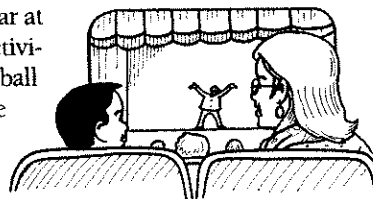
Ask your child to check each structure to see which design is the strongest and most stable. He could put a strip of paper on top and add pennies, counting as he goes, until the structure topples. Which arrangement of blocks holds the most pennies?♥



PARENT TO PARENT

Spring events: A family affair

The last quarter of the year at my son Andy's school is always filled with fun activities like plays, concerts, a student-teacher basketball game, the book fair, and curriculum nights. I like to attend or take Andy to as many as possible, but I'm a single mom with two jobs, so we usually end up missing some.



This year, I sent the calendar of events to my mom, my brother, and my cousin, and I asked whether they could each take Andy to one. They were happy to help! My mom took Andy to the school play, and my brother is going with him to the basketball game. My cousin, who's studying to become a teacher, is excited about literacy night.

I'm relieved that my son will attend so many evening activities. And Andy looks forward to sharing his school events with other family members.♥

Q & A Encourage good school behavior

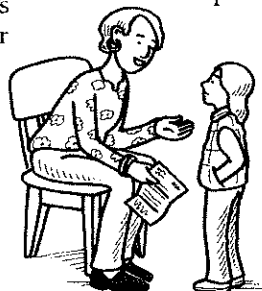
Q: My daughter has been misbehaving in school. The teacher sent home a note saying she's goofing off and not listening. What should I do?

A: First, contact your child's teacher. Find out when your daughter tends to act up, maybe during silent reading time, in the hallway, or at lunch. Together, you and the teacher might be able to figure out what triggers the behavior. Perhaps she

is struggling in a particular subject, or maybe sitting beside her best friend makes it a challenge for her to follow the rules.

Then, talk to your daughter about the importance of behaving well in school.

Discuss strategies for solving the problem like asking for help when an assignment is hard or sitting near different kids. Finally, plan to keep talking to your child and to stay in touch with the teacher to make sure her behavior improves.♥



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March 2017

Wishram School District



BEST BITES

I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Building strength

Let your youngster create her own weights using two empty quart-sized milk jugs. Help her fill them a quarter-full with sand or dry rice and screw on the cap. Suggest that she hold one in each hand as she squats, lunges, or does bicep curls. As she gets stronger, she could add sand or rice to make her weights heavier.



DID YOU KNOW?

Most children consume too much sodium. Lower your child's salt intake by offering a variety of spices and fresh herbs instead. Let him smell the basil, oregano, or ginger and sprinkle it in while you're cooking. *Idea:* Read spice jar labels together for ideas of where to use the spices. He'll learn about different flavors—and forget about the salt shaker!

Just for fun

Q: How do you fix a torn pizza?

A: With tomato paste.



Go for whole grains

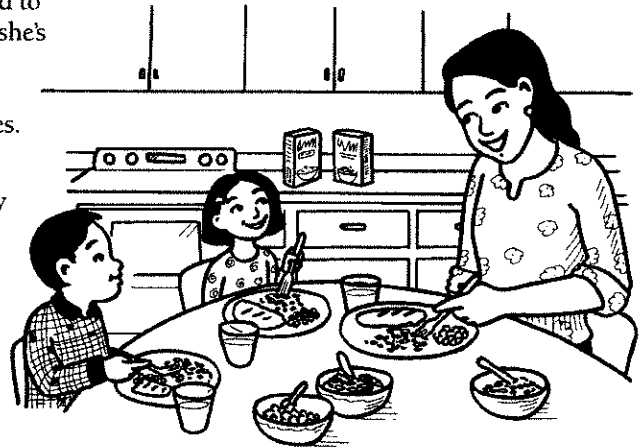
Get your youngster used to eating whole grains while she's young, and you'll help her build a healthy habit for a lifetime. Try these strategies.

Give details

Begin by explaining why whole grains are good for her. You can tell her that these grains are still "wearing their coats"—they contain the entire grain kernel with all its fiber, vitamins, and minerals. Processed grains like white bread have the outer layer removed, so they've "lost their jackets"—where the important nutrients are.

Make it gradual

Help your youngster adjust to whole grains by working them in gradually. For instance, make both white and brown rice, and mix them together. Or prepare regular and whole-grain pasta, and toss them in a bowl with sauce. As she becomes accustomed to the taste, build up to three-quarters whole grains and then eventually to all whole grains.



Use daily

Try adding whole grains to foods your child regularly eats. You can stir oats into lean ground beef when you're fixing hamburgers. Or put barley or bulgur wheat in soups and casseroles. When shopping, go for the whole-grain varieties of bagels and tortillas.

Note: Many chronic conditions that develop later in life might be avoided by eating more whole grains. The fiber and other natural compounds may reduce the risk of diabetes, heart disease, and some cancers. ●

Get your winter wiggles out

Winter's chill might still be lingering, but your youngster can burn off pent-up energy—and get physical activity—with these indoor ideas.

● **"Drive" around the house.** Let your child use a kitchen pot lid as a pretend steering wheel. He could pick up speed by marching down the hallway or slow down as he maneuvers around furniture.

● **Follow the path.** Have your youngster make a color trail with different-colored socks (or pieces of construction paper). Then, take turns saying a color, and everyone has to walk down the path, stepping only on that color. *Variation:* Step on any color except the one called out. ●

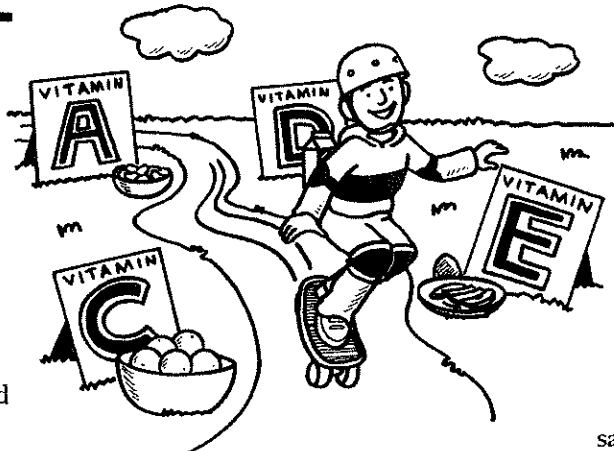


Q&A Healthy after-school snacks

Q: I'm concerned that my son snacks too much after school. How should I handle this?

A: Most children are hungry when they get home from school—it's a long time since lunch and a few hours until dinner. So think of your son's snack as a bridge between meals.

The important thing is to make sure the snacks he eats are healthy ones. This is a good time to get in nutrients he may be short on,



like vitamins A (dried apricots), C (oranges), D (fortified milk), and E (avocado), plus minerals like calcium (bok choy) and magnesium (garbanzo beans).

The best options are often smaller portions of foods you would normally eat at mealtime, such as turkey sausage tucked into a mini

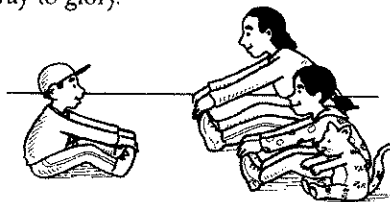
pita or a cup of tomato soup. In fact, try to avoid foods typically sold as snacks, like cookies, cakes, crackers, chips, and fruit drinks. They're loaded with sugar and empty calories that will give him only a short burst of energy—and won't satisfy his hunger for the long term. 🍓

ACTIVITY CORNER

Stage a performance

Encourage your youngster to put on a live show that highlights fitness. No props required! Suggest these three themes.

- 1. Imagine the action.** Your little actor may decide to be an action hero who saves the planet from aliens. What leaps and bounds will he use to rescue small children and animals?
- 2. Set up for sports.** Maybe your child will reenact a scene from his favorite sports movie. He might act out a character hitting the ball and running around the bases or be a track star hurdling his way to glory.



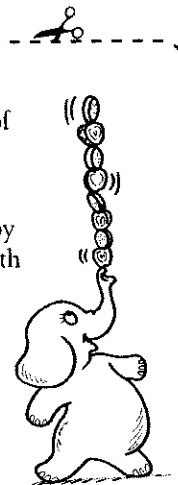
- 3. "If I were a teacher..."** Ask your youngster to pretend he's the PE teacher at school. He could demonstrate games or exercises he will teach the kids—and then lead you in a "class." 🍓

IN THE KITCHEN

Inspired by Dr. Seuss...

March 2 is Dr. Seuss's birthday. Celebrate his gift of rhyme with some cooking time!

- Cat-in-the-Hat fruit snacks.** Your child can make the cat's hat by alternating strawberry halves and banana slices on a plate. To enjoy her snack, she could dip the fruit into Greek yogurt sweetened with a little honey.
- Green Eggs and Ham.** Heat 1 tsp. olive oil in a skillet. Add 5 oz. (about 3 cups) fresh spinach leaves, and cook until wilted, about 1 minute. Pour in 2 whisked eggs, and stir until they're set. The spinach turns them green! Serve with lean ham slices.
- Who hash.** In honor of the tiny Whoville-ians in *Horton Hears a Who*, dice potatoes, carrots, and radishes. In a skillet, heat 2 tbsp. olive oil, and saute 4 cups of the vegetables until tender. Add 2 cups shredded leftover pot roast or chicken. Heat through. 🍓



Savvy food shopping

Serving healthier food to your family and saving money can go hand in hand. Here's how:

- To cut down on impulse purchases, make a shopping list, and stick to it. Also, don't shop when you or your children are hungry. *Tip:* Enjoy a healthy meal or snack together before heading to the store.
- Consider less-expensive sources of protein. Eggs, beans, and tofu usually cost less than meat or fish.

- Buy in bulk for family staples. For instance, get family packs of chicken, and freeze meal-size portions. Or purchase rice, cereal, and other grains in bulk, and store in airtight containers.
- Avoid packaged cookies, bakery items, processed foods, and frozen treats. They're not only high in fat and low in nutrients, they're also pricey. 🍓



OUR PURPOSE

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

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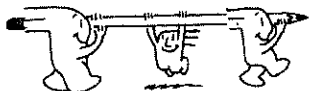
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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Reading Connection

Working Together for Learning Success

March 2017

Wishram School



Book Picks

■ *Sebastian Darke: Prince of Fools* (Philip Caveney)

In this humorous fantasy story, half-elf Sebastian Darke might not be funny, but his adventures are. When he begins his quest to become a court jester, he meets a tiny warrior, rescues a princess, and winds up as an enemy of the king.

■ *Appleblossom the Possum* (Holly Goldberg Sloan)

Appleblossom's mama warned her about dangers like cars, dogs, and humans. But when the little possum falls down a chimney, she discovers that not all humans are monsters. As her brothers try to rescue her, Appleblossom must decide whether she'll go with her family or stay with her new friend.



■ *Amazon Rainforest* (William B. Rice)

Take an expedition through the world's largest jungle—the Amazon. Full-color



photographs help readers explore the region from the forest floor to the canopy

of trees overhead and learn about the plants, animals, and people living there. (Also available in Spanish.)

■ *Big Top Burning: The True Story of an Arsonist, a Missing Girl, and The Greatest Show On Earth*

(Laura A. Woollett)

In 1944, a Ringling Bros. and Barnum & Bailey Circus tent burned to the ground in 10 minutes. One girl vanished, and 167 people died. What happened to the missing girl? Young sleuths are invited to examine witness reports, photos, and other evidence about this real-life mystery.



Using context clues

Your child might not understand a challenging word when he sees it all by itself. But when it's in a book, surrounded by other words, sentences, and paragraphs, he can use the *context* to figure it out. Suggest these strategies.



Look for definitions

A new word might be defined right in the sentence your youngster is reading. Maybe he stumbles on *peasants* ("The king taxed the *peasants*..."). Encourage him to finish the sentence and perhaps it'll lead him to the word's meaning ("but the *poor farmers* couldn't pay the king").

deadly kind, he might figure out that *venomous* means *poisonous*.

Come back to it

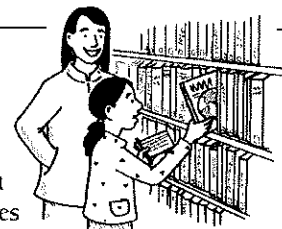
Information in the rest of a chapter or book can explain an unknown word. Say your youngster reads "The company sells *generic* products." He could jot down *generic*, then be on the lookout for more information as he keeps reading. The next section may provide the explanation, for example saying that "generics are similar to brand-name products but less expensive." ■

Fill in the blank

Have your child read a sentence without the unfamiliar word (say, *venomous*). He could read, "The bites of _____ snakes can be deadly" and think, "What would make sense in that spot?" If he knows that poisonous snakebites are the

Organized essays

Your youngster's essays will be better if she begins with a strong statement and supports that statement with evidence. This method could help her plan.



1. Suggest that your child write a draft opening sentence for her essay and use it to make up questions that her research should answer. *Example:* "Recycling reduces pollution, preserves natural resources, and saves energy."

2. Have her turn each part of the statement into a question and write it at the top of a separate note card: "How does recycling reduce pollution?"

3. As your youngster researches, she can add each answer to the correct card. ("Recycling helps reduce manufacturing waste and trash going into landfills.") Then, when she writes her essay, the information on each card might go into a separate paragraph. ■

Write the unexpected

"I thought the ring was lost, but that's not what happened!"

Surprises woven into your child's creative writing pieces will keep her readers guessing and wanting more. Share these ideas for her to try.

✓ Create a **plot twist** to take the story in an unpredictable direction. For instance, if your young author's story includes a missing ring, she could brainstorm reasons why the ring is gone. Perhaps it's lost, hidden, or stolen by time travelers. Her goal is to lead readers in one direction and then yank them off course before eventually giving them the real answer. Being surprised keeps the reading—and the writing—fun.



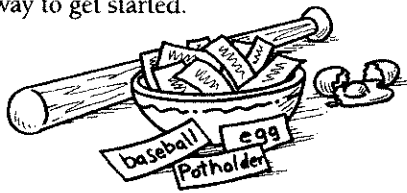
✓ Equally entertaining is to end a chapter or scene with a **cliffhanger**—a break in the story that makes people eager to know what happens next. Your child can write "teasers" to leave her audience hanging at the end of a section or

chapter. Maybe her main character is in a tight spot or makes an important discovery. Your youngster might end the chapter with her character gasping as she opens the door and enters the spooky mansion! 📖



Fun with Words Tell a tale

Family storytelling encourages your youngster to practice speaking and listening—plus it's fun to be creative together. Here's one way to get started.



Each person writes the names of five objects on separate slips of paper (examples: *baseball*, *portholder*, *egg*). Mix up the slips in a bowl.

Your child picks one slip, reads it, and starts telling a story that includes the object named. ("It was a beautiful day for a *baseball* game.") Now keep the story going. You take a slip and add your object: "Sam forgot his glove and had to use a *portholder* instead." The next storyteller draws a slip and continues, "Things were going well until the pitcher exchanged the ball for an *egg*."

Take turns telling the tale until all the slips are gone. The person who picks the last slip wraps up the story. 📖

Parent & Parent We're a reading family!

My son Raul loved reading when he was younger, but lately, he didn't seem as interested. Then one day, he saw me adding the title of a book to a list. He asked what I was doing, and I explained that I like keeping a record of all the books I've read.

A few days later I was surprised when Raul showed me a list he had started. His goal, he said, was to write the title of every book he could remember reading. He even had a star system for ranking them. I told him that was a great idea and said I'd start doing the same.

Raul's list is reminding him of some of the good books he's read. And we like how looking at each other's lists gives us a glimpse into what kinds of readers we are. For example, I read mostly realistic fiction while Raul prefers nonfiction and graphic novels. Now he's excited to start a new book so he can add it to his list. 📖



Q&A Standardized test success

Q My daughter will take a standardized test soon that includes a reading portion. What strategies will help her do well?

A Here's a clever approach: Suggest that your child remember the "three Ls."

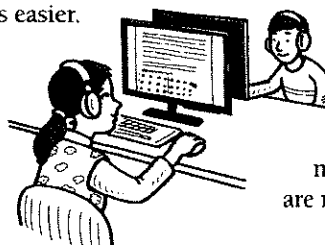
Leap ahead. Reading with a purpose makes finding answers easier.

When your youngster has to read passages and answer questions about them, she could skip to the questions and read them first. With the

questions in mind, she'll be able to find the answers more easily as she reads.

Linger longer. Reading too fast may lead to missed information. Remind your child to read at a pace that allows her to understand the material. If she gets confused, taking a deep breath and slowing down will help her refocus.

Look back. Before marking her answers, your youngster might reread selections rather than answering from memory. That way, her answers are more likely to be accurate. 📖



OUR PURPOSE

To provide busy parents with practical ways to promote their children's reading, writing, and language skills.

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