

WISHRAM SIGNALS



Volume 16 Issue 9

Wishram School Newsletter

2016

News from the Principal's Office

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

This month marks the beginning of the 2016-2017 school year, and we are very excited to have a robust enrollment of 81 students at Wishram School. Fall sports have taken off, and our Lyle/Wishram (Klickitat) Cougars are looking as strong as ever. An unprecedented 78% of our secondary students at Wishram School grades 9-12 are participating in athletics, and we can't wait to see them take the field/court. Academically, after leaving the 2015-2016 school year with 100% assignment completion, we are looking forward to continuing our efforts to ensure that every student completes every assignment at Wishram School. In the classroom, our teachers have been hard at work all Summer preparing lessons and participating in professional development to continue to provide a top quality education in a small rural setting. Overall, there are many things to look forward to in the 2016-2017 school year, and we look forward to having the opportunity to experience it together.

Our athletics at Wishram school are really second to none. With such a tremendous participation rate, it's really no wonder why we have such amazing young adults in our community. We are firm believers that students who stay connected to school activities outside of class time gain important life skills that go far beyond the classroom, and we are dedicated to affording as many of these opportunities as possible to our students. If you see one of our many young men and women who participate in athletics out in the community, please let them know that you support their efforts.

As I have stated in many previous newsletters, we are simply ecstatic about our students meeting the 100% completion mark on all of their assignments last year. Commitment in the classroom is the largest task set before schools today, and I am so proud of our students for taking that circumstance seriously. Wishram School will do whatever it takes to produce young adults who are ready to take that next step after high school, and we believe that holding each student accountable to every assignment will help our students achieve that goal. We are all very excited to participate in another year of academic success at Wishram School.

We are monumentally fortunate to have so many caring, dedicated, professionals in our building. The teachers have been working hard throughout the Summer participating in various professional development opportunities, altering their classrooms, and reading up to date research on various ways to reach the students we see each day. It is an honor and a privilege to work amongst so many who hold my belief that public education is the most important profession in this great country, and we take that calling very seriously. Please take a moment to let your student's teachers know that you appreciate all of their hard work and efforts to provide a top quality education in a small rural setting.

In closing, I think it's obvious that we have a lot to be proud of here at Wishram School. We start each day with a smile on our faces, joy in our heart, and ready to help our young men and women succeed and prosper. I am thrilled about the prospects for our new school year, and it has been tremendous having the students and families back in the building after Summer break. All my best.

-Mike Roberts
Superintendent/Principal

School Board Members:

Chairman, Clyde Rosa
Member, Kandy Churchwell
Member, Jeri Ruefer-Hore
Member, Eugene Wilson
Member, Detmar McCullough

Wishram REACH Spring and Summer Activities



REACH Leadership and ASB Leadership Team Building Trip

Early May brought about a road trip to Bullwinkle's in Wilsonville, Oregon. With an emphasis on team building between the two groups we also discussed many important aspects of emotional and academic mentorship with younger students. In addition, we had a whole bunch of fun!



Submitted by:
Kristen Kornegay Ringer
REACH Site Coordinator



Story Teller Chris Leebrick

In late May, Kindergarten through 12th grades enjoyed listening and participating in the wonderful stories and storytelling capabilities of Chris Leebrick.

Home Depot, Riverview Community Bank, and the Wishram Fire Department

The first week of REACH Summer Activities kept the Kindergartners through Third graders on a very busy schedule. First we went on a field trip to Riverview Community Bank in White Salmon, Washington. Students learned about their security system, safe, coin counter, and automated teller machine. Each student had the opportunity to send the cylinder through the "pneumatic tube transporter." It was cool! We had 2 visits from Home Depot. On their first visit we built a fire engine and the next we built a helicopter. The Day we built the fire engine we also went to the Wishram Fire Department where we toured and learned about all of their specialized clothing and equipment.

Sleeping with the Sharks

On June 21st and 22nd 4th through 11th grades went to Oregon Coast Aquarium in Newport, OR to "Sleep with the Sharks" and play on the beach. What an awesome trip we learned so much. The trip back was spent being stuck in traffic, YAY, fun!



Thank you to all of our partners!"

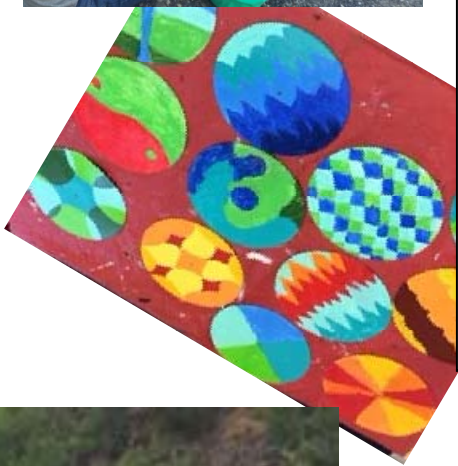


Cascadia Adventure Camping and Rafting Trip

July 6th and 7th came and the REACH high School Students and ASB Leadership went on a camping and rafting trip down the Klickitat River. The two groups worked together on teamwork and leadership skills while experiencing the wonderful outdoors. The Cascadia Adventure Education School and their wonderful guides made this trip, fun, exciting, and very wet. We must do this trip again!

Visiting Artists

During week three of our REACH Summer Activities we had the pleasure of hosting two artists from the Columbia River Gorge. First we made ceramic bird houses with artist Pam Springer and then created recycled art with Cynthia Cordell.



Our rafting guides: (L to R) Micha, Knox, Liam, Diego.



*****School Board Meeting***
September 27, 2016 @ 5:00**

This Year's ASB Cards **\$25.00**

**All students playing sports are required to have one.
ASB CARDS need to be Purchased by School Photo Day.
If you are not planning on playing a sport this card will get you into all
the home sports events.**

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, \(AD-3027\)](http://www.ascr.usda.gov/complaint_filing_cust.html) 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.



WELCOME BACK

Wishram School Open House



**September 7th
4P.M. - 6P.M.**

**Check Out our School
Meet Our Teachers and Staff**

Free Spaghetti Diner

(Donations always accepted and appreciated)

**Free Bounce House
and more Fun Activities**





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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				

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 Break Day/Snow
 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						

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 Break Day/Snow
 29 Memorial Day

3 10 17 24 31 In-Service 2:00 Dismissal

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



Wishram High and Elementary School Calendar

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 New Edline event (Ewing,08/30/2016)	2 HSFB AT STEVENSON AT 7 LV 5 ETR 11	3 HSVB HSVB DUFUR JAMBOREE AT 9 LV 730
4	5 Labor Day No School	6	7 2 Dismissal Teacher Inservice OPEN HOUSE 4-6	8	9 HSFB AT TRI CITIES PREP AT 7 LV 330 ETR 1130	10
11	12 HSVB AT SHERMAN CO. AT 5 LV 330	13 HSVB AT WH SWAN AT 5 LV 2	14 2 Dismissal Teacher Inservice	15 HSVB AT LYLE W MABTON AT 5 JHVB @ Glenwood 530 LV 330 ETR 8	16 HSFB AT LYLE W GOLDENDALE AT 7	17 REACH FALL EXTRAVAGANZA 1030 TO 1230 AT HORSETHIEF
18	19	20 HSVB AT GLENWOOD W KLICKITAT AND GLENWOOD AT 6 LV 345	21 2 Dismissal Teacher Inservice	22 JHFB AT DUFUR AT 4 LV 230 ETR 730 JHVB AT KLICKITAT AT 530 LV 430 ETR 7	23	24 HSFB AT LYL W KITITAS AT 2 HSVB AT WH SWAN TOURN. AT 9AM LV 730
25	26 DREAM TEAM DENTAL VISIT JHVB AT LYLE AT 530 W CENTERVILLE	27 HSVB AT LYLE W KLICKITAT AND GLENWOOD AT 6	28 2 Dismissal Teacher Inservice	29 HSVB AT LYLE W YAKIMA TR. AT 6 JHFB AT LYLE W IONE AT 5	30 HSFB AT LYLE W DAYTON AT 7 JHVB AT TR. LAKE AT 530 LV 345 ETR 730	1

September 2016					
Sun	Mon	Tue	Wed	Thu	Fri
				1 B-Cereal, toast, fruit & milk. Chicken chop suey, rice, fortune cookie, salad, veggie, fruit & milk.	2 B-Blueberry muffin, cereal, fruit & milk. L- Nachos, refried beans, salad, veggie, fruit & milk.
4	5 LABOR DAY NO SCHOOL	6 B-Cereal, ham slices, toast, fruit & milk. L-Bean & ham soup, cornbread, salad, veggie, fruit & milk.	7 2:00 DISMISS B-Bacon & egg cones, fruit, & milk. L-(NEW) Chicken burrito, refried beans, salad, veggie, fruit & milk.	8 B-Maple cream of wheat, toast, fruit & milk. L-Corn dogs, salad, veggie, fruit & milk.	9 B-Pancakes, fruit & milk. L-Tuna sand, soup, salad, veggie, fruit & milk.
11	12 B-Cereal, sausage, toast, fruit & milk. L-(NEW) Volcanic Meatloaf, roll, salad, veggie, fruit & milk.	13 B-Colby calzone, fruit, milk. L-Chicken penne Alfredo, garlic bread stick, salad, veggie, fruit & milk.	14 2:00 DISMISS B-Maple oatmeal, ham slices, toast, fruit & milk L-Beef taco pie, refried beans, salad, veggie, fruit & milk.	15 B-Bagel w/cream cheese, sausage, fruit & milk. L-BBQ chicken, roll, salad, veggie, fruit & milk.	16 B-Waffles, fruit & milk. L-Spaghetti, garlic bread, salad, veggie, fruit & milk.
18	19 B-Frittata, toast, fruit & milk. L-Chicken & white bean chili, corn bread, salad, veggie, fruit & milk.	20 B-Cream of wheat, ham slices, toast, fruit & milk. L-(NEW) Hawaiian ham coconut rice, bread stick, salad, veggie, fruit & milk.	21 2:00 DISMISS B-Cereal, toast, fruit & milk. L-Sloppy Joe, salad, veggie, fruit & milk.	22 B-Bacon & egg cones, fruit & milk. L-Mexi-mac, garlic bread, refried beans, salad, veggie, fruit & milk.	23 B-Scrambled eggs, toast, fruit & milk. L-Hamburgers, fries, salad, veggie, fruit & milk.
25	26 B-Pancakes, fruit & milk. L-Mostacioli, roll, salad, veggie, fruit & milk.	27 B-Bagel w/cream cheese, sausage, fruit & milk. L-Chili, corn bread, salad, veggie, fruit & milk.	28 2:00 DISMISS B-Colby calzone, fruit & milk. L-Tuna sand, soup, salad, baked beans, veggie, fruit & milk.	29 B-Cereal, ham slices, fruit & milk. L-BBQ chicken flat breads, salad, veggie, fruit & milk.	30 B-Blueberry muffin, cereal, fruit & milk. L-Fish & chips, bread stick, salad, veggie, fruit & milk.

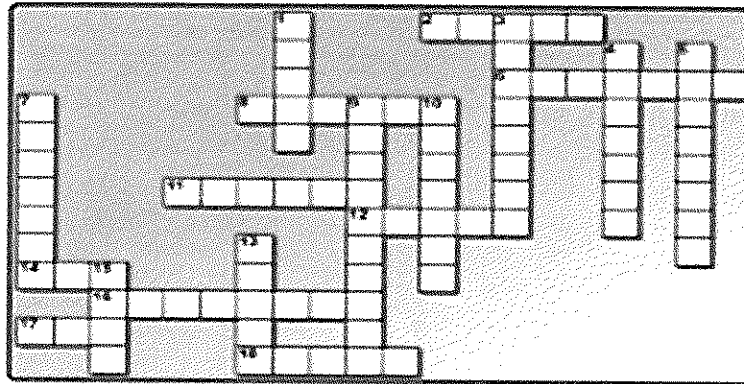
WISHRAM SCHOOL IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER
 SEE COMPLETE NON-DISCRIMINATION STATEMENT ON OUR WEBSITE www.wishramschool.org

Name _____

Date _____

Class _____

Back to School Crossword Puzzle!



Across:

- 2 midday meal
- 6 person you learn from
- 8 tool for writing; has an eraser
- 11 time when you just have fun!
- 12 a little meal
- 14 get some exercise in this class
- 16 a, b, c, ...
- 17 class where you make pretty things
- 18 helps you if you are sick or hurt

Down:

- 1 measure with this
- 3 blank book to write in
- 4 class that involves experimenting
- 5 book you learn from
- 7 tell stories on paper
- 9 fellow students
- 10 place with lots of books
- 13 you are in school to
- 15 class that involves equations

Parent Support = Student Success

Experts agree: Showing support at home for your youngster's education leads to success in school and a good attitude toward learning. Here are important ways you can motivate your child to do well.



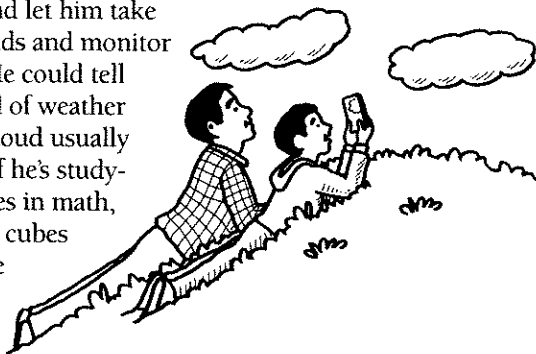
Talk about learning

Check backpacks

Taking an interest in what your youngster is learning at school shows him that you believe education is important. His backpack is full of clues. Go through it together, and look over papers and books he brings home. Focus on learning, while also keeping an eye on grades he's receiving. For example, ask him to read a poem he wrote or to explain how he solved a math problem. *Note:* Be sure to sign any required paperwork, and have him return it to his bag so he can hand it in on time.

Find real-world connections

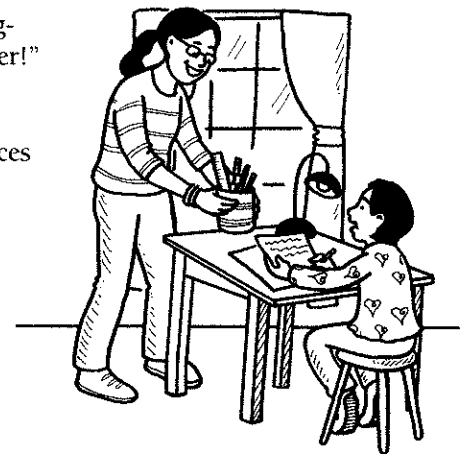
Whether you're at home or out and about, look for activities that let your child make real-life connections to what he's studying in school. Say he's doing a weather unit in science. Go outside, and let him take photos of clouds and monitor the weather. He could tell you what kind of weather each type of cloud usually indicates. Or if he's studying solid shapes in math, see how many cubes and spheres he can spot on a walk.



do—plus, homework is a great springboard for discussions about school. If she gets stuck while she's working, ask questions to get her unstuck, rather than telling her the answers. Try: "Is there an example in your textbook that might give you a clue?" Also, check to make sure her homework is done each day, but don't correct it. Her teacher needs to see mistakes to find out what your child doesn't understand or where she needs extra help. Finally, when she studies for a test, offer to quiz her.

Set the stage

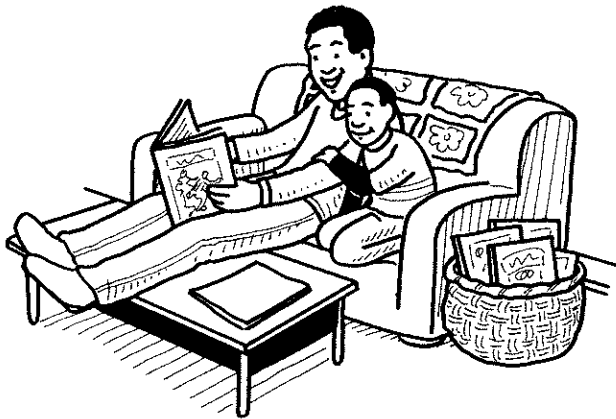
Show the entire family that homework is a priority. Together, find a spot away from distractions like the TV or siblings. It should have good lighting and be stocked with supplies (paper, pencils, calculator, dictionary). Then, let your youngster decorate a sign that says "Homework in progress. Talk to you later!" to post when she's working. *Tip:* Make sure electronic devices are silenced or in another room. If your child uses a device for homework, she should close unrelated windows and apps.



Support homework

Be a resource

Ask your youngster to explain homework assignments to you. This will help her remember and focus on what to



Create routines

Read aloud daily

Reading aloud to your youngster for at least 20 minutes every day is one of the most important keys to his success. Many parents read bedtime stories, but you could also read a wake-up story in the morning, hold a family read-aloud after dinner, and carry books in the car to read on the go. Choose a variety of reading materials, including fiction, nonfiction, children’s magazines, and poetry.

Plan a healthy lifestyle

Routines that keep your child healthy also support academic achievement. If he is well rested, he’ll be more likely to arrive at school ready to learn, so make sure he gets 9–11 hours of sleep. And good nutrition will give him the energy he needs to focus in class. Have him start each day with a healthy breakfast at home or in school. Regular physical activity—at least an hour a day—promotes good health, too. Take family bike rides, shoot baskets together at a playground, and set an example by regularly exercising yourself.

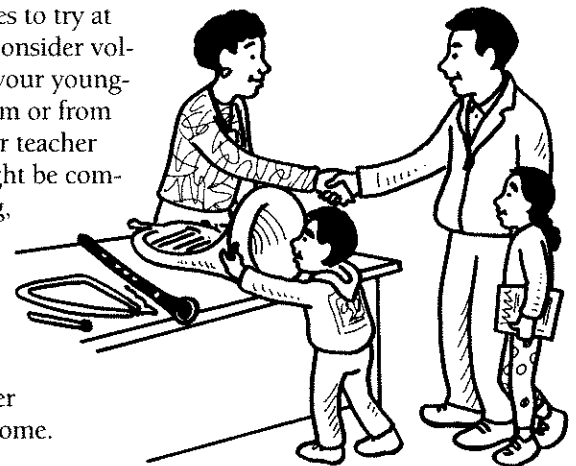
Communicate with the school

Stay in contact

Parent-teacher conferences allow you to sit down one-on-one with the teacher and talk about how to support your child’s education. You can stay in touch between conferences, too, by sending notes or emails. If you have a concern about your youngster, ask for a time to meet or talk on the phone. *Tip:* It’s nice to contact the teacher when things are going well, too. Sending a note about a classroom activity your child enjoyed or a positive comment she made about school is a good way to maintain a strong relationship.

Participate in events

Attend literacy nights, PTA or PTO meetings, math fairs, and special events to get to know school staff and learn information that can help you help your youngster. Introduce yourself to the media specialist, the school counselor, and the music teacher. Take notes about activities to try at home. Also, consider volunteering in your youngster’s classroom or from home. Tell her teacher what you might be comfortable doing, such as reading one-on-one with students or making learning center materials at home.



The power of expectations

Children pick up on what parents expect from them—and they’re likely to rise to the occasion. Try these suggestions for setting and communicating high, but reasonable, expectations for your youngster.

- **State your expectations.** You can be direct (“I expect you to finish homework before you get screen time”) or indirect (“When you graduate from high school and go to college...”). Communicate your expectations regularly so your child knows them.
- **Be realistic.** Your youngster will be more apt to meet expectations if they’re within her reach. Say several of her report



card grades dropped. It may be more reasonable to expect her to bring them up by one letter grade rather than two.

- **Make attendance a priority.** Let your child know that you expect her to attend school all day, every day, unless she’s sick or there’s a family emergency. Show her that you value attendance by scheduling vacations and, when possible, medical appointments outside of school hours.

Note: If you have more than one child, try to communicate high expectations suited to each of them.

Home & School CONNECTION®

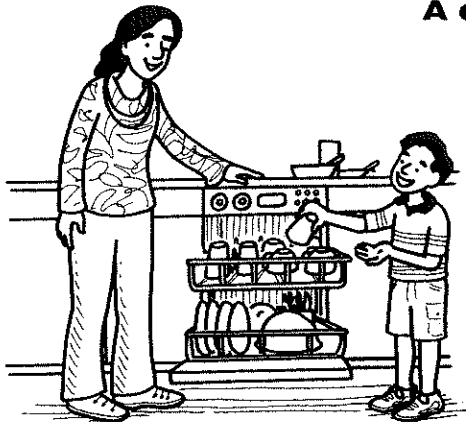
Responsibility Rocks!

Children learn letters, numbers, shapes, and more in hands-on ways. Why not learn responsibility that way, too? From doing chores to keeping promises and owning up to mistakes, here are ways your youngster can become more responsible at home and in school.



Portrait of responsibility

Suggest that your child draw a self-portrait and label parts with her responsibilities. She could write “Listening to my teacher” beside an ear and “Walking my little brother to school safely” near her feet. Draw one of your own, and let her compare the two—she’ll see that you each have different responsibilities.



A chore expert

Give your youngster regular household chores—and allow him to take the lead. Feeling like an expert can motivate him to get the job done and take pride in his work. For instance, he could come

up with a better way to load the dishwasher and then teach everyone his method. Or he might think of a new system for sorting laundry. *Idea:* When you ask about his day at school, have him tell you about classroom jobs he does, like passing out papers or being the line leader.

Responsible for learning

Being a student is your child’s job—and she’s the one in charge of that job! Encourage her to come up with a good system for remembering her responsibilities, such as using a planner or keeping a checklist on her desk. Tasks could include writing down homework assignments, completing assigned reading, studying for tests, being prepared for class discussions, and turning in finished work.

Taking care of property

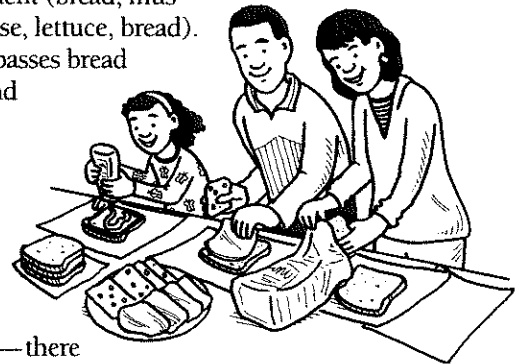
Let your youngster post signs around the house encouraging family members to be responsible for shared property. He could write and illustrate each one. A sign near art supplies might read “Put caps back on markers and glue sticks so they don’t dry out.” And a sign in the bathroom may say “Wipe up spilled water so no one slips.”

Tip: If you take on an extra responsibility (feeding a vacationing neighbor’s cats, babysitting your cousin’s toddler), invite your youngster to help you so he gets a taste of new responsibilities.

Assembly-line fun

In factories, each assembly-line worker depends on everyone before her to do her own part of the job. Show your youngster how this works by trying out an assembly line at home. You might make sandwiches for a picnic. Assign each person an ingredient (bread, mustard, turkey, cheese, lettuce, bread).

The first person passes bread down the line, and everyone adds their ingredients in order. Ask your child what would happen if the person in charge of bread didn’t do her job—there would be no sandwiches!



continued

“I promise” coupons

Explain to your child that when he makes a promise, he’s responsible for keeping it. Encourage him to be a promise keeper with this idea. Let him design coupons promising to do special things for family members. A coupon for his little sister might say “I promise to read you a bedtime story this weekend,” and one for you could read “I promise to clean out the back of the van before our trip.”



Tip: When possible, use words like *capable* and *dependable* while talking to or about your child. You could say, “I can always depend on you to...” or “Julie is very capable of...”

Financially savvy

Learning to spend and save responsibly begins early. Your youngster will need to weigh needs and wants, set priorities, and be patient. If you give her an allowance, or if she receives money for gifts or odd jobs, suggest that she set aside a portion to save. *Idea:* Take a field trip to the bank to open her own savings account.

A dose of accountability

Everyone makes mistakes, but it’s important to take responsibility for them. If your child does something he’s not supposed to, ask how he will be accountable for his actions. Say he misses the bus and you have to drive him to school. Perhaps he can do a chore that you normally do to make up for the time you spent driving. Or if he doesn’t finish his work in class, he may need to complete it at home instead of playing with friends.

Earning privileges

With privileges come responsibilities. This game shows your youngster how they’re related. Get a dozen index cards, and give half to her. Ask her to write a privilege she enjoys on



each card, such as deciding which learning centers to use in class or having a friend sleep over. On each of your cards, write a responsibility to match a privilege she chose (following classroom rules, going to bed on time). Put the cards facedown in rows, and take turns flipping over two cards and reading them. If the privilege matches the responsibility, keep the pair. If not, return them to their spots. Collect the most matches to win.

Our earth is for everyone

Your child isn’t too young to start taking responsibility for the planet! Encourage him to make an events calendar of earth-friendly activities. He might pencil in an Earth Day celebration that he read about on a flyer. Or he could plan a household “energy checkup” where family members brainstorm ways to use less power. He’ll feel proud to check off each item that he accomplishes.



Responsible on the Internet

Kids in today’s world must learn to behave responsibly online. Consider creating a contract with your child that outlines responsible online behavior. Include guidelines like telling you about any inappropriate messages or posts she receives, keeping personal information private (name, age, school), and visiting only websites you have approved. You should both sign the contract, and hang it by the computer.

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