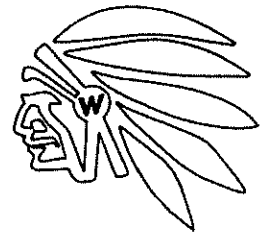


WISHRAM SIGNALS



Volume 16 Issue 11

Wishram School Newsletter

November 2016

News from the Principal's Office

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

The leaves are changing color, and the students have been preparing their costumes all month, this could only mean that October has come and gone yet again. This was a truly special four weeks for Wishram School, and it's very hard to believe that we are already saying goodbye to another month. Our collected missing assignment count hit 300 this month, as students continue to work towards our school wide goal of 100% assignment completion. Both our young Men and Women have wrapped up their respective Fall sports seasons, and everyone is very excited about Wishram Schools much anticipated annual Halloween carnival! With so many positive things going on, it's easy to see why Wishram School is absolutely one of the best schools in the state of Washington.

We are on track for our school goal of 100% assignment completion, and already 300 missing assignments have been collected. The ICU program has had a very positive effect on our entire student culture, and every student understands that completing assignments is a tremendously beneficial and valuable skill. With this program we never have surprises in regard to student grades, and every adult in our building is completely committed to helping every student succeed at Wishram School. We are very proud of our young men and women, as well as our caring and professional staff, for going so far out of their way to ensuring that every assignment is completed, and proficiently executed.

Both girls Volleyball, and boys Football wrapped up their seasons last week. Both teams were very exciting to watch this year, and both were very competitive in their conferences. The volleyball team dropped a heartbreaker at White Swan last Thursday, and winning that match would have taken them to district play. However, the improvement witnessed regarding those young women was nothing short of remarkable. The girls played their hearts out, and their competitive nature was addicting. The football team finished out their season with a tough loss last Friday night to Mabton. This was our first season playing 11 man football, and the transition difficulty can't be overstated. It is a completely different game than 8 man football, and I am massively impressed by the tenacity of our players and coaches to persevere, and finish out a strong season.

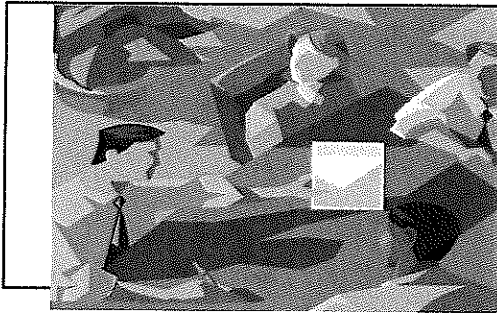
The Halloween Carnival is something that the students and community look forward to each year, and we are proud to offer our students and parents a safe, responsible, and fun venue to enjoy Halloween festivities. We have multiple games, booths, and of course, a haunted house, all put on by the students and staff of Wishram School. This event has become a Wishram School tradition, and it is one of the many reasons why our school is quite simply one of the best academic and social experiences that a young person could ask for.

In closing, I again have to commend our students, staff members, and parents for working together to create such an awesome atmosphere for Wishram School. We have lots to celebrate, and I personally enjoy the opportunity to share a little bit about our school with all of you each week. Again, it is an honor and a privilege to serve as your Superintendent, and I'm very excited about the future of Wishram School District #94. 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



*****School Board Meeting***
November 22nd, 2016 @ 5:00**



FALL BACK

Don't Forget to set your clocks back this
Sunday, November 6th

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 Agencies (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.



SENIOR CLASS PAINT NITE

November 8th, starting at 7:00 P.M. You can choose your seat and get your food around 6:45 P.M. Come ready to enjoy the night!



The Senior class will also have food items and beverages for purchase

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!

Anonymous tip line for school safety

1-866-LIVE-TIP Ext. 940

(1-866-548-3847, ext 940)

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

- School violence—weapons, bomb threats
- School damage—vandalism, theft

Wishram School

CULTURAL

16th Annual

EVENT

Tuesday, November 22, 2016
12:00-3:00

Traditional Native Salmon/Turkey Dinner

Activities will include:

Native dancing, drumming and/or storytelling

PLEASE JOIN US!!!

**All Community Members Are
Welcome!!!**

Please RSVP to 748-2551

JOHNSON O ' MALLEY PROGRAM

You're Invited



WHAT IS THE PURPOSE OF JOM?

To provide supplementary financial assistance to meet the unique and specialized educational needs of Indian children. Johnson-O'Malley funds are not to take the place of federal, state or local funds.

HOW DOES THE PROGRAM WORK?

There are two main requirements under the JOM Act to assure Parent Participation and Control. The requirements are the Indian Education Committee and the Education Plan.

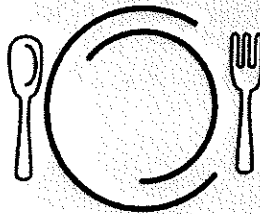
SEE: 25 CFR, PART 273.11, ELIGIBLE APPLICANTS
LOCAL INDIAN EDUCATION COMMITTEE

The Local Indian Education Committee (LIEC) is an elected governing body comprised of parents of eligible Indian students. Persons acting in "loco parentis" (assuming the "place of the parents", such as legal guardians or parents of adopted children) may also serve except school officials or school administrators.

NOVEMBER 29TH – 6:00PM-7:00PM

**NATIVE AMERICAN PARENTS GATHERING TO LEARN
ABOUT THE JOM PROGRAM**

POTLUCK DINNER AT WISHRAM SCHOOL CAFETERIA



You're Invited

All parents/guardians of Native American students and all Wishram School Native American students are welcome.

REVISED 10/25/2016

WISHRAM SCHOOL | 2016-2017 CALENDAR

REVISED 10/25/2016

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 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			

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

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	

JUNE 3RD GRADUATION

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



November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2 2 Dismissal Teacher Inservice Great American Scholarship Fundraiser Assembly at 115	3 NAV 101 4th Period	4 Children's Theatre K thru 6 at 945	5
6 Time Change Turn clocks back 1 hr	7 JH Volleyball Awards Ceremony at 6 in the Lyle Cafeteria	8 BOOKMOBILE AT 930	9 2 Dismissal Teacher Inservice Clark College visit 9 thru 12 at 9 am to 140 pm PICTURE RETAKE DAY AT 8 SHARP	10	11 Veterans Day No School	12
13	14	15	16 2 Dismissal Teacher Inservice	17 NAV 101 5th Period	18	19
20	21	22 BOARD MEETING AT 5 BOOKMOBILE AT 930 CULTURAL EVENT 12 TO 3 PM	23 Thanksgiving Break - No School	24 Thanksgiving Break - No School	25 Thanksgiving Break - No School	26
27	28	29	30 2 Dismissal Teacher Inservice	1	2	3

November 2016				
October 2016	December 2016			
Sun	Mon	Tue	Wed	Thu
		1 B-Cereal, toast, fruit & milk. L-Ham or turkey sand, soup, salad, fruit & milk.	2 2:00 DISMISS B-Waffles, fruit & milk L-Ground beef stroganoff, roll, salad, veggie, fruit & milk	3 B-Colby calzone, fruit & milk. L-Mandarin orange chicken, rice, fortune cookie, salad, veggie, fruit & milk.
6	7 B-Ultimate English muffin, fruit & milk. L-Ham & bean soup combread, salad, veggie, fruit & milk	8 B-Yogurt & granola, toast, fruit & milk. L-Chicken nuggets, bread stick, salad, veggie, fruit & milk.	9 2:00 DISMISS B-Caramel apple salad, cereal, toast, fruit & milk L-Hamburger gravy on mashed potatoes, roll, salad, veggie, fruit & milk.	10 B-Biscuits & gravy, fruit & milk. L-Chicken burger, salad, veggie, fruit & milk.
13	14 B-Scrambled eggs, fruit & milk. L-Macaroni & cheese, bread stick, salad, veggie, fruit & milk.	15 B-Bagel w/cream cheese, sausage, fruit & milk. L-Chicken penne pasta bread stick salad, veggie, fruit & milk.	16 2:00 DISMISS B-Cereal, ham slices, toast, fruit & milk. L-Hawaiian ham coconut rice, roll, salad, veggie, fruit & milk.	17 B-Maple oatmeal, toast, fruit & milk L-Bean & cheese burritos, refried beans, salad, veggie, fruit & milk.
20	21 B-Pancakes, fruit & milk. L-Mini burgers, salad, veggie, fruit & milk.	22 B-Cereal, toast, fruit & milk. L-Turkey, salmon, stuffing, potatoes, corn, salad, fruit & milk.	23 NO SCHOOL	24 NO SCHOOL
27	28 B-Maple cream of wheat, fruit & milk. L-Mexi-mac, refried beans, salad, veggie, fruit & milk.	29 B-Bacon & egg cones, fruit & milk. L-Chicken & white bean chili, combread, salad, veggie, fruit & milk.	30 B-Bagel w/ cream cheese, sausage, fruit & milk. L-Chef's choice, salad, veggie, fruit & milk.	Notes:
				11 NO SCHOOL 18 B-Blueberry muffin, cereal, fruit & milk. L-Fish & chips, salad, veggie, fruit & milk.
				25 NO SCHOOL

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

Halloween Carnival

D. Ewing

The Wishram School annual Halloween Carnival was a great time had by all! A big 'thank you' goes out to all of the parents and community members that came and/or dressed in costume. There were a lot of great costumes. The kids were all very excited! Having so many people involved helps to make the event fun!

Our Halloween Carnival can't happen without the generous contributions of the community:

Steve & Sharon Dillard
Gene & Carolyn Wilson
Carl & Donna Churchwell
Stacy Land & Jeri Turner
Ken Ratliff
Brian & Janet Sullivan
Gene & Delores Ewing
Charlie & Jeri Hore
Wayne & Marilyn Bryson
Patty Newson
The Kindrick family
Gene & Delores Ewing
Loyetta Ewing and Mom
Lance Nelson
The Cooke family
Shirley Wilde
Ron & Terry Black
Betty Jorgenson
Tye & Kandy Churchwell

Alan & Mary Rosa
Leon & Linda Chilson
The Stewarts
LaVonne Holbrook
Art & Carmen Metal
Clyde & Jennifer Rosa
Clarence & Carolyn Renno
Mark & Sandy Carter
Mike & Linda Summers
Claire Sholdebrand
The Childer's family
Shelley Tracy
Jerry & Betsy Straton
Jeff & Lana McEwen
Charlie & Rhonda Hargrove
Jim Fickas
Duane Grams
Jai & Kristen Ringer
Robert & Christina Rowan
Rudy & Gloria Flock
McConville family
McCullough family

Thank You All!

Reading Connection

Tips for Reading Success

Beginning Edition

November 2016

Wishram School

Book Picks

Read-aloud favorites

■ **Nubs: The True Story of a Mutt, a Marine & a Miracle** (Brian Dennis, Kirby Larson, and Mary Nethery)

In Iraq, Marine Brian Dennis formed a bond with a wild dog,

sharing rations and standing watch. This touching read-aloud tells of the pair's determination to be together against all odds.



■ **The Box of Holes** (Carmen Gil)

A child's imagination turns a cardboard box into an adventure. Andrea's mother scolds her for buying an empty box, but the little girl discovers that it's full of "holes" that lead to magical characters. (Also available in Spanish.)

■ **Alphabet Rescue**

(Audrey and Bruce Wood)

Your youngster can learn uppercase and lowercase letters with this colorful ABC book. The lowercase letters want

to help the capital letters on their fire truck, but the big ones say no. After the little

ones fix a broken-down fire truck (little *p* gets paint, little *t* finds new tires), they prove they're big enough to perform rescues.

■ **The Tooth Book: A Guide to Healthy Teeth and Gums** (Edward Miller)

This colorful how-to book encourages youngsters to take good care of their teeth. Your child will see the parts of a tooth, find out why she loses baby teeth, and learn about what happens at the dentist's office.



I can use big words!

Many youngsters are familiar with big words like *stegosaurus* and *abracadabra*. If they're able to say those words, they can also learn long words like *investigate* and *summarize*. Try these ideas to help your child find and use big words.

Read new words

Reading is an ideal way to build vocabulary. Your youngster will hear bigger words when you read aloud to him from more challenging books. Encourage him to listen for unfamiliar words, and help him figure out their meanings. Because children need to hear the same word many times to really learn it, weave the words into conversations throughout the day.

What's in the category?

Each week, ask your child to post a category ("Animals," "Foods," "Things that are shiny") on the refrigerator. Everyone looks for words to add that match the category. For instance, watch a science program about animals to hear words like *orangutan* or *gazelle*. Or your youngster



could scan grocery ads for food words, such as *nutritious* or *gorgonzola*.

Make trading cards

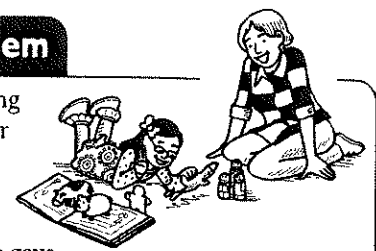
Have your child make trading cards for new words he encounters. During a walk, you might say, "How many kinds of *transportation* can we spot?" At home, help him write *transportation* on an index card, and let him illustrate it (perhaps with a car and a bus that he saw). Suggest that he keep his cards in a zipper bag and practice using them. Friends or relatives can start their own decks and trade with him—your youngster will discover even more new words.♥

Read a book, write a math problem

Combine reading, writing, and math by having your child make up word problems based on her favorite books. Here's how.

If she reads *The Rainbow Fish* (Marcus Pfister), she could write (or dictate to you) a story problem like, "Rainbow Fish had 10 colorful scales. He gave 9 away. How many are left?" Or after reading *The Gingerbread Man* (Jim Aylesworth), your youngster might make up a word problem such as, "The gingerbread man ran from 3 people and 3 animals. How many chased him in all?"

Idea: Have your child read and act out the story problems. She could use household items like foil scraps for fish scales or toy people and animals.♥



Enjoy nonfiction

As your youngster gets older, she'll spend more time reading nonfiction in school. Consider these ideas for letting her discover the joy of learning new facts and exploring the interesting features in children's nonfiction books.

Know what's real. Some information books for kids blend fiction and nonfiction. For example, a talking animal might state real facts, or a mythical creature may narrate a true story. Help your child distinguish fact from fiction by asking how she knows a picture or an event is real or not real.



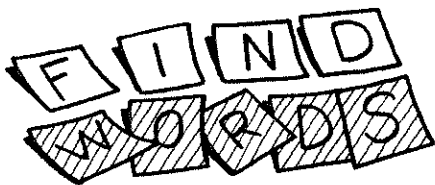
Take your time. Give your youngster a chance to explore all the features on a page. She may want to look at a time line or a diagram before you read the main text to her. Then, she could study the photos while you read the captions aloud. She'll become familiar with the features in nonfiction, which will prepare her to read textbooks in school. ♥

Fun with Words

Hide, seek, and spell

Combine hide-and-seek with spelling practice, and watch your child have fun learning his spelling words.

First, ask him to write each word on a strip of construction paper, using a different color paper for every word. Then, he should cut each strip into individual letters.



Choose one or two words, and hide the slips around the house. Tell your youngster how many to look for (say, five blue and four red), and send him hunting! His job is to find the letters and spell the words. He might wait until he has every letter, or he could spell as he goes.

Check to make sure he spelled his words correctly. Now he can hide letters for you. ♥

OUR PURPOSE

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

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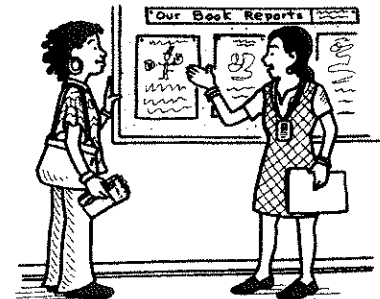
Q&A

Understanding reading levels

Q When I get my son's progress reports, they include his reading level in addition to his grade. What does the level indicate?

A Usually, a letter, number, or word (such as *emergent* or *novice*) on a progress report tells what level book a child can read independently. A parent-teacher conference is a great opportunity to find out more about your son's reading abilities and to see examples of books that are at his reading level.

In general, though, the important thing is that your child's reading level improves steadily over time. At home, focus on how much fun it is to read with him rather than on the level of the book he's reading. His excitement about books will motivate him to try hard—and he'll be likely to make progress. ♥



Parent to Parent

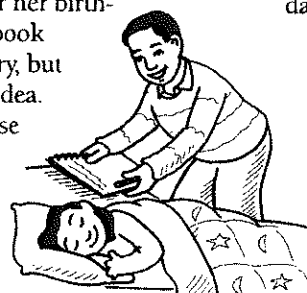
A parent-child notebook

My daughter Rebecca received a cute notebook and a pack of colored pens for her birthday. I thought the notebook would make a great diary, but she had an even better idea. She asked if we could use it to write notes to each other.

Sometimes I work late, and I love coming home to drawings

and notes from Rebecca. If she's asleep when I get in, I write a note for her to find in the morning. We write about our days and leave questions for each other to answer. And sometimes we'll put in a funny joke or an interesting tidbit we heard that day.

It has turned out to be a great way for Rebecca to practice writing—and for us to stay connected on our busy days. ♥



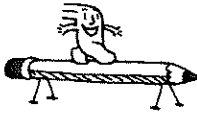
Reading Connection

INTERMEDIATE EDITION

Working Together for Learning Success

November 2016

Wishram School



Book Picks

■ *The Misadventures of Max Crumbly: Locker Hero* (Rachel Renée Russell)

If middle schooler Max Crumbly had superpowers, the school bully wouldn't stuff him into lockers, he wouldn't miss the bus, and he'd never feel anxious. But when Max uncovers a plot to steal the school's computers, he gets a chance to really be a hero!

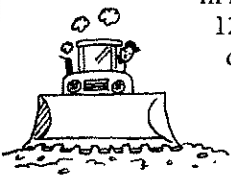
■ *This is Washington, D.C.* (Miroslav Sasek)

Introduce your child to landmarks and the history of the nation's capital with this travel guide for kids. Explore monuments, museums, and parks, including the Lincoln Memorial, the White House, and the National Air and Space Museum. Part of the "This is" series.



■ *The Key to Extraordinary* (Natalie Lloyd)

In Blackbird Hollow, 12-year-old Emma discovers through a dream that she was meant to find a mysterious treasure and stop a developer from destroying her home. Will she get to the treasure in time?



■ *Mad About Monkeys* (Owen Davcy)
This illustration-packed book is filled with information about monkeys—their habitats, what they eat, and how they play. Learn about funny facts, such as which monkey wins for "best facial hair," and about serious topics like the threats posed by deforestation. (Also available in Spanish.)

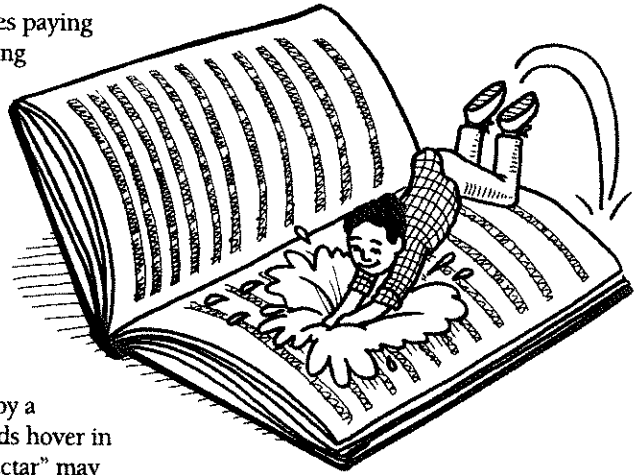


Dive in to read deeply!

"Deep reading" includes paying attention to details, noticing characters' motivations, and making connections with what you read. Your child can dig beneath the surface with these suggestions.

Find the "big idea"

Small details often add up to a bigger theme. On the surface, sentences like "It's no fun to get sprayed by a skunk" and "Hummingbirds hover in midair while they drink nectar" may seem unrelated. But encourage your youngster to look for a link. He might realize, "Skunks spray to protect themselves, and hummingbirds hover to reach their food"—this article is about animal survival."



Uncover the motive

One way to dig deeper is to consider a character's or an author's purpose. For example, why does Willy Wonka hold a contest in *Charlie and the Chocolate Factory* (Roald Dahl)? (He needs to find out who he can trust to take over his

factory.) Or maybe a movie critic wants to convince people to see a film. What clues can your child find in the review that point to the writer's motivation? ("Don't miss this gem!")

Dare to compare

Making comparisons to his own life helps your youngster analyze reading material. If he reads a textbook chapter about the Dust Bowl, he could compare it to a natural disaster that happened in his lifetime. How did each disaster affect people and the environment? ■

Question of the week

What's the best sport to play on the moon? Use questions like that to encourage your child to write about her opinions and defend her answers.

Family members could take turns posting an open-ended question each week. Then, everyone writes a response and an explanation. For example, your youngster might write, "Gymnastics is a great sport for the moon because you could do lots of flips and go really high. It would be better than a game with a ball, because a ball would float away."

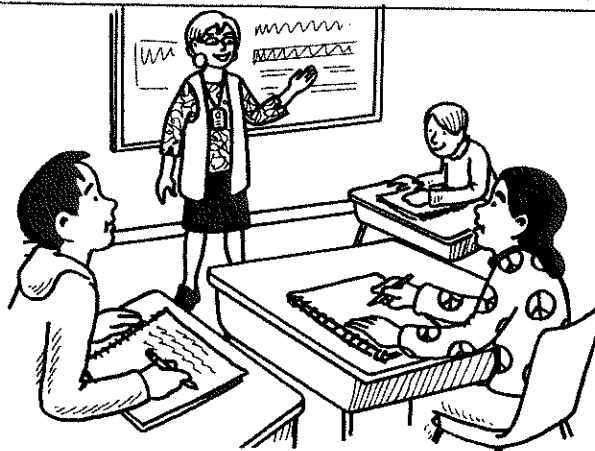
Put the responses in a box. At the end of the week, let your child read them aloud. You'll have fun discussing them over dinner! ■



Note-taking tips

Your youngster's notes are one of the best study tools she can use. Show her these strategies for writing down and keeping track of what she needs to know for tests and quizzes.

Be organized. Encourage your child to use a separate notebook or folder for each subject. She should write the date and the topic at the top of each page of notes so that later, she can easily find what she's looking for.



Zoom in. When her teacher talks, suggest that your youngster focus on clues that indicate she should write something down—such as when the teacher spells a person's name or repeats a date.

Abbreviate. Have your child think of

ways to shorten words she writes frequently. She might use "frex" instead of "for example" or "b/c" for "because."

Add symbols. Your youngster could put a question mark beside anything that confuses her as a reminder to ask the teacher about it. Or she may add a star to indicate something that's really important. 🌟

Fun with Words Word puzzles @ play

Get your child thinking about language in a fun and playful way by solving word puzzles together. Here's one to get you started:

What's ^{MAN}BOARD? (It's "man overboard!")

See how many of these 10 puzzles you and your youngster can figure out. (The answers are below.) Then, try your hands at creating new ones for each other to guess.

1. KCAP
2. ThePIEface
3. Read the ^{print}
4. Little little late late
5. +verb
6. Hijklmno
7. Somewhere the Rainbow
8. | Read |
9. NOONgood
10. e
k
a
w



Answers:

1. Somewhere Over the Rainbow
2. Pie in the face
3. Read the fine print
4. Too little, too late
5. Adverb
6. Water (H₂O)
7. Somewhere Over the Rainbow
8. Read between the lines
9. Good afternoon
10. Wake up

Parent 2 Parent Prepare for conferences

Last year at my parent-teacher conference, the teacher asked if I had questions about my son's reading progress. I couldn't think of any off the top of my head, but at home later, I came up with several I wished I had asked.



This year, I'm going to the conference more prepared. So far, I've listed questions about which reading group Anthony is in and whether he participates in discussions about books. I'm also going to ask if the teacher has recommendations for books that he can read at home.

Having a list makes me feel more confident about the conference, and I'm sure I'll walk away with information about how Anthony is doing with reading and how I can help him succeed. 📖

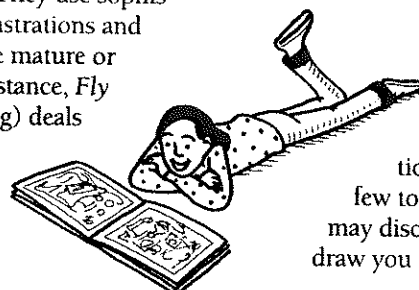
Q&A Get the picture (book)

Q My daughter recently brought home a picture book from the school library. Aren't these too easy for children her age?

A It might surprise you to learn that some picture books are written especially for older readers. They use sophisticated language and illustrations and sometimes address more mature or complex themes. For instance, *Fly Away Home* (Eve Bunting) deals with homelessness, and *Most Loved in All the World* (Tonya Cherie Hegamin) tells a story about slavery.

Ask your daughter what she likes about picture books. Maybe they remind her of when she was younger, or she likes being able to read an entire book in a single sitting. Or perhaps she uses them to understand science or history concepts—they're great for explaining complicated ideas.

Then, the next time you're at the library together, explore the picture book section and take home a few to read together. You may discover stories that draw you in, too! 📖



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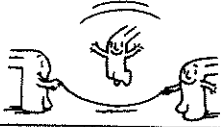
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Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2016

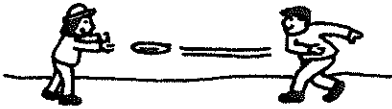
Wishram School District



BEST BITES

Road trip activity

Planning a road trip over winter break? Take along a soccer ball or a Frisbee. Your child



could use these to let off steam—and get in some physical activity—during rest stops. Or teach her a few stretches to do on the way. For example, to loosen tight shoulders, slowly roll them forward 10 times and then backward 10 times.

DID YOU KNOW?

You can increase the whole grains your family eats by using white whole-wheat flour in recipes. This unbleached flour is milled from a type of wheat that is as nutritious as traditional whole wheat but milder in flavor. Replace up to half of the flour in your recipes with the white whole-wheat variety—without noticing a difference.

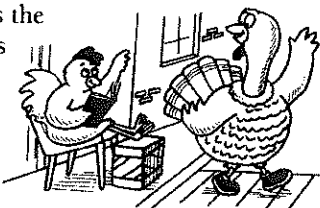
Healthy apps

Try using free apps to help reach your family's health and fitness goals. Look for kid-friendly ones that let your youngster run and jump while he solves puzzles and plays games. Or find ones that let you track calories, create an exercise routine, or assemble an upbeat playlist to dance to.

Just for fun

Q: Why did the turkey cross the road?

A: It was the chicken's day off!



Nutrition label reading 1-2-3

Help your youngster take charge of her health from the start by making healthy choices at the grocery store. Learning how to read the nutrition labels on food packages is as easy as 1-2-3!



1. Compare serving sizes

Have your child read the single-serving size on various cartons and bags. Does she think it's realistic? For example, a small package of chips may contain three servings. If she eats all of it, she has eaten three times the calories and salt shown. Help your youngster remember to check out serving sizes—and do the math!

2. Know your nutrients

Talk about where to look for higher or lower numbers on nutrition labels. For instance, healthier foods will be high in *fiber*, *vitamins*, or *minerals* and low in *sugar*, *sodium*, or *saturated fat*. Encourage your child to locate foods with 20%

or more Daily Values from the first group and 5% or less from the second group.

3. Read the ingredients

Ask your youngster to find the ingredient list, and then read it together. Point out that the items are listed in order from biggest to smallest amount by weight. Then, can she find foods with five or fewer ingredients? (Those tend to be healthier.) How about foods with sugar in the first few ingredients? (Those are less healthy.)

Pinpointing the right sport

How do you find a sport or activity your child will love? Consider these suggestions.

Ask for input. Talk to your youngster about what activity interests him. He may already have one in mind from what he has enjoyed on the playground, watched older siblings play, or seen on TV.

Match your child's personality. An outgoing youngster might like a team sport, such as soccer, basketball, or hockey. A quieter one may prefer something that relies more on individual effort, like ice-skating, gymnastics, or swimming.

Find a supportive coach. Check out the instructors or coaches. The best ones are focused on developing skills, encouraging teamwork, and having fun. Coaches who emphasize competition and winning are probably not a good fit at this age.



Ordering meals for kids, not kids' meals

Eating out is fun, fast, and convenient for many parents. The challenge is finding child-sized menu options that are both nutritious and appealing to your youngster. Use these strategies.

● **Request smaller portions.** Ask to order a half-size portion off the main menu—some restaurants will be willing to oblige. Or let your child make a healthy



appetizer into a meal by choosing soup, salad, shrimp cocktail, or turkey sliders.

● **Share an entree.** Think about splitting an entree with your youngster. Today's large portions mean that a single entree may be enough for both of you. *Tip:* Have your server bring an empty plate so you each have your own.

● **Look for updated kids' menus.** More fast-food restau-

rants are swapping out fried foods for grilled items, French fries for fruit, and soda for water or nonfat milk. Check around for the ones doing this, and make those your go-to places. You'll be able to take advantage of smaller portions at lower prices—without sacrificing nutrition. ●

ACTIVITY CORNER

Jump rope games

Jumping rope is great exercise and improves coordination. Here are two fun games to play.

Snake in the grass

Stretch a jump rope along the floor, and have a player hold each end. They shake the rope so it wiggles like a snake. The other players take turns running toward the rope and jumping over it. Anyone whose feet touch the rope is out. Play until two kids are left—they become the next "snake holders."



O&A Get through the holidays

Q: As much as I love the holiday season, I worry about my family gaining too much weight. How can we prevent that?

A: Enjoying the holidays without going overboard on its goodies is a challenge—but not impossible. One strategy is to avoid grazing. Encourage your children to eat only when they're sitting down. Also, keep healthy snacks on hand, such as fruit and nuts, to help everyone resist the temptation to nibble on holiday treats.

Then, avoid skipping meals to "save up" calories and splurge at holiday meals or parties. This can set a model that you don't want your children following. Going a long time without eating puts your metabolism in starvation mode. At that point, they might lose the ability to sense when they're full until after they've eaten more calories than they had saved! ●



In and out

Two people begin turning a jump rope in full circles. One by one, players run in, jump once, and run out. Next round, everyone jumps twice. Continue adding another jump for each round. If you don't jump enough times or you touch the rope, you're out. The last player remaining is the winner. ●

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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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IN THE KITCHEN

Celebrate National Sandwich Day

The Englishman John Montagu, the fourth Earl of Sandwich, is believed to have invented the sandwich. In honor of his birthday November 3, give these recipes a try.

Caprese grilled cheese. Brush a little olive oil on two slices of bread. Place one slice oil-side down, and layer with mozzarella cheese, a tomato slice, and fresh basil leaves. Top with the other slice of bread, oil-side up. Grill in a preheated pan for 10 minutes, turning once to brown each side.



Turkey and cranberry sauce. Spread cranberry sauce on one slice of whole-wheat bread. Add leftover Thanksgiving turkey, shredded romaine lettuce, and another slice of bread.

Roast beef and cheddar wraps. Cover a spinach tortilla with 2 tbsp. cream cheese, leaving a 2-inch border. Add deli roast beef slices, shredded cheddar cheese, grated carrot, and fresh spinach leaves. Roll tightly, tucking in the sides as you go. ●