

# New and Improved

## WISHRAM SIGNALS



Volume 17 Issue 2

Wishram School Newsletter

February 2017

ED BY :  
GRADE  
JOURNALISM  
CLASS

## News from the Principal's Office

Hello again everyone, was such a busy month that it's difficult to put all of Wishram Schools events down in one letter, but we will do our best. This January brought some extremely challenging weather our way, which created some serious hurdles for us to conduct all of our school business as planned. The month of January also signaled the end of our first semester, and we have some highlights we would like to share with you. Also, we have Winter sports wrapping up, and we have been able to witness some incredible athletic performances over the last month from all of our basketball teams. January might be the coldest month of the year, but Wishram School was hopping with activity for the duration.

With Winter comes nasty weather, and we have received more than our fair share so far this year. Although it is generally our mission to never close school for the day, the conditions mandated that we shut our doors for 5 school days in January. While we hated to miss crucial instruction time, it was imperative that we put the safety of our students and staff first, and therefore we had no other choice but to close. The state declared Klickitat County in a state of emergency for the duration of the worst of our Winter storms, so we are hoping to gain some clemency in making up lost time, but we will comply with whatever the state requests of our district. News on the status of any make up days will come in next month's newsletter.

As the first semester of the 2016-2017 school year came to a close, we couldn't help but to notice the dramatic improvement in our students grades when compared to the previous year. We believe that our mission to have every student complete every assignment has translated into increased academic performances across the entirety of our secondary students. In total, we have 21 students in high school on the honor roll, with GPA's at 3.25 or above! This kind of academic excellence is just one reason why Wishram School is one of the best schools in the state. We are very proud of our young men and women, and we hope that you will help us congratulate those who have achieved this high level of success at our school.

Both our middle and high school basketball programs have played tough this month. We would like to thank all of you who came out to support our teams, without the fans, the experience just isn't as meaningful for our kids. With another season down, it's time to set our sights on Spring sports, and all of the tremendous athletic talents of our Wishram students. You would be hard pressed to find a school with a higher activity participation rate, and those experiences translate directly into the classroom and school culture.

Overall, although January brought some considerable hardship our way through the weather, it was another banner month for Wishram School. I continue to be amazed by the hard work and efforts of our staff, students, and local community. Wishram is a very special place to be, and I am very grateful to serve as your Superintendent/Principal. All my best.

-Mike Roberts  
Superintendent/Principal  
Wishram School District #94

### Journalism Class Members:

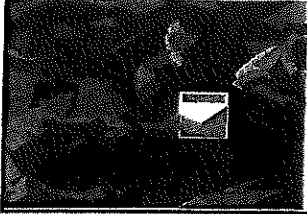
- Cloud
- McCullough
- Dorr
- Pearce
- Turner
- Tolentino
- Li
- Gatti

WISHRAM  
SCHOOL

Drug Free  
Smoke Free  
Gun Free

### School Board Members:

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



**\*\*\*School Board Meeting\*\*\*  
February 21st 2017 @ 5:00**

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

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-*

**SURVEILLANCE EQUIPMENT**

Our surveillance equipment will be taking pictures of all the school grounds all of the time, north, south, east and west, as well as 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 High and Elementary School Calendar

# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 2 Dismissal Teacher Inservice JHBB at Tr Lake at 530 7 LV 4 ETR 930	2 JHBB AT LYLE W BICKLETON AT 530 Secondary Awards at 115	3 Elementary Awards at 1030 HSBB at Kickitat/Glenwood at 3 430 6 LV 2 ETR 8	4 HSBB Alumni Game at Lyle at 2 330 5
5	6	7 Bookmobile at 930 JHBB at Centerville at 530 LV 4	8 2 Dismissal Teacher Inservice Sports Pictures in Lyle	9 NAV 101 2nd Period	10 HSBB 2B District Playoffs TBD	11 HSBB 2B District Playoffs TBD Valentine's Dinner at 6
12	13	14	15 2 Dismissal Teacher Inservice	16	17 Break Day or Snow Day HSBB 2B District Playoffs TBD	18 HSBB 2B District Playoffs TBD
19	20 Presidents' Day No School	21 BOARD MEETING AT 5 Bookmobile at 930	22 2 Dismissal Teacher Inservice	23 NAV 101 3rd Period	24 HSBB 2B Regionals Playoffs TBD	25 HSBB 2B Regionals Playoffs TBD
26	27	28	1	2	3	4

WISHRAM SCHOOL DISTRICT #94  
 BREAKFAST AND LUNCH MENU  
 February 2017

February 2017				
Jan 2017	Feb 2017	March 2017		
Sun	Mon	Tue	Wed	Thu
			<b>1</b> 2:00 DISMISS B-Waffles, sausage, fruit & milk. L-Chili, cornbread, salad, veggie, fruit & milk.	<b>2</b> B-Colby calzone, fruit & milk. L-Chef salad, roll, veggies, fruit & milk.
<b>5</b>	<b>6</b> B-Bacon & egg cones, fruit & milk. L-Mostaccioli, roll, salad, veggie, fruit & milk.	<b>7</b> B-Pancakes, fruit & milk. L-Chefs choice, salad, veggie, fruit & milk.	<b>8</b> 2:00 DISMISS B-Cereal, sausage, toast, fruit & milk. L-Grilled cheese, soup, salad, veggie, fruit & milk.	<b>9</b> B-Biscuits & gravy, fruit & milk. L-Spaghetti & meatballs, garlic bread, salad, veggie, fruit & milk.
<b>12</b>	<b>13</b> B-Bacon & egg cones, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	<b>14</b> B-Breakfast buddy sandwich, fruit & milk. L-Chicken & white bean chili, cornbread, salad, veggie, fruit & milk.	<b>15</b> 2:00 DISMISS B-Omelet, hash browns, toast, fruit & milk. L-Ham or turkey sand, soup, salad, veggie, fruit & milk.	<b>16</b> B-Pancakes, fruit & milk. L-Chicken nuggets, roll, salad, veggie, fruit & milk.
<b>19</b>	<b>20</b> NO SCHOOL	<b>21</b> B-Cereal, sausage, toast, fruit & milk. L-Salisbury steak, garlic bread stick, salad, veggie, fruit & milk.	<b>22</b> 2:00 DISMISS B-Ultimate English muffin fruit & milk. L-BBQ Pork hero, baked beans, salad, veggie, fruit & milk.	<b>17</b> NO SCHOOL
<b>26</b>	<b>27</b> B-French toast, fruit & milk. L-Spaghetti & meatballs, garlic bread, salad, veggie, fruit & milk.	<b>28</b> B-Biscuits & gravy, fruit & milk. L-Chef salad, roll, veggie, fruit & milk.	<b>Notes:</b>	
			<b>23</b> B-Colby calzone, fruit & milk. L-Chicken ala King, rice, fortune cookie, salad, veggie, fruit & milk.	<b>24</b> B-Blueberry muffin, cereal, toast, fruit & milk. L-Turkey taco, refried beans, salad, veggie, fruit & milk.
			<b>3</b> B-Caramel apple salad, toast, fruit & milk. L-Hamburger, fries, salad, veggie, fruit & milk.	<b>10</b> B-Banana muffin, cereal, fruit & milk. L-Chicken patty on bun, baked beans, salad, veggie, fruit & milk.

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

**Wishram 7th Annual  
Lip Sync/Silent Auction**

**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.**



WISHRAM SENIORS ARE STILL  
ACCEPTING DONATIONS FOR OUR  
SILENT AUCTION ON MARCH 3RD.

All proceeds go towards their Senior trip at the end of the school year. You can drop off items at the school office or call and we can pick items up. (509) 748-2551

Thank you for your help in making our trip successful!!!



# Candle Light Valentine's Dinner

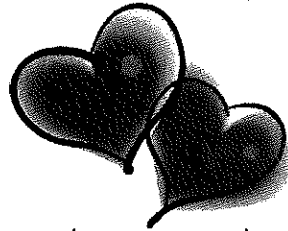
## February 11th

### At the Wishram School Gym

### Starting at 6:00

#### Tickets

Single \$15  
Couple \$25



Please Pre-purchase Tickets  
at the school office so we  
can have enough seats  
available

All Proceeds go towards  
the 2017 Senior Class Trip

#### Menu

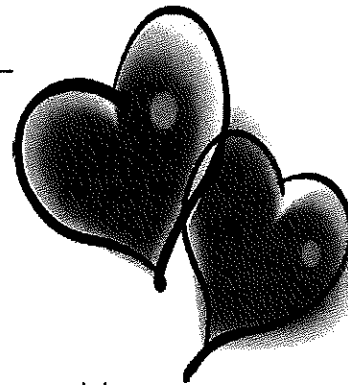
Soup or Salad  
Breadsticks  
Chicken Alfredo  
Steamed Veggies  
Dessert

#### Photo Booth

PKG1  
2-5x7  
4wallets  
\$15

PKG2  
1-5x7  
4wallets  
\$10

PKG3  
1-8x10  
2-5x7  
8wallets  
\$25.00

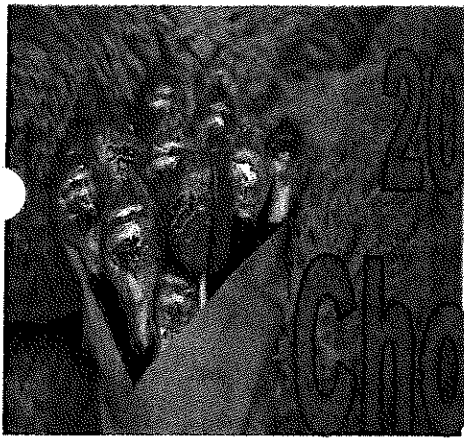


#### Entertainment

Our own Rebecca Li playing  
the Piano

Game Show

Put on by the Wishram Senior  
Class



# 2017 Valentine Candy Grams

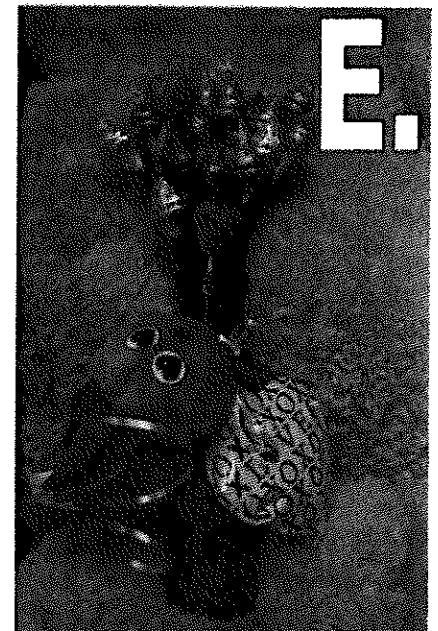
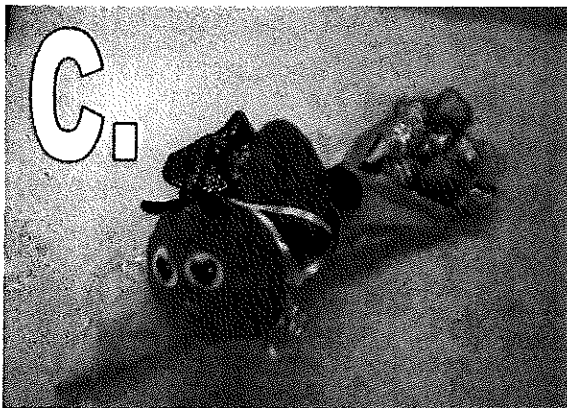
## Chocolate Kiss Roses

Order in the Wishram School Office  
All Orders must be in by February 10th  
They will be delivered on February 14th

### Prices

- A. \$1- 1 Rose
- B. \$3.50- 1 Rose and Stuffed Animal
- C. \$6.50- 1/2 Dozen Roses and Stuffed Animal
- D. \$12.00- Dozen Rose and Stuffed Animal
- E. \$22.00- 2 Dozen Roses (in a vase filled with candy hearts ) Stuffed Animal, and Balloon

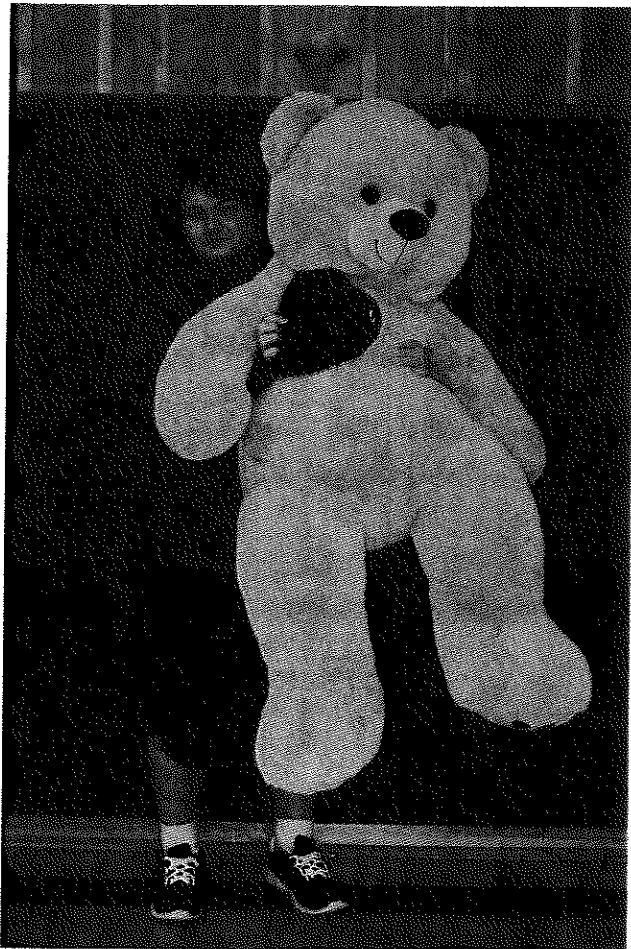
\*Stuffed animals are chosen at random and will be either a Lady bug, Shark, Unicorn, Hippo, or Frog





# **WISHRAM ASB**

## **Valentine Giant Bear and Chocolate Raffle**



**Tickets**

**\$1 each**

**OR**

**6 for \$5**

**Winner drawn on February 14th  
Purchase Tickets at the Wishram School Office**

# Home & School

Working Together for School Success

CONNECTION®

February 2017



Wishram School District

## SHORT NOTES

### On time every day

Arriving at school on time allows your child to settle in and take full advantage of every learning activity. Let him take the lead on this important responsibility by teaching him to set an alarm. *Tip:* Suggest that he place the clock across the room so he has to get out of bed to switch it off.

### A “mind rehearsal”

Have your youngster “practice” challenging situations in her mind to boost her confidence. Before a cheer-leading competition, for example, she could picture herself nailing her routines. Or if a big test is coming up, she might imagine staying calm and answering questions to the best of her ability.

### Field trip learning

When you sign a field trip permission slip, show interest—you’ll inspire your child to learn more from his outing. Ask him to predict what he will see and learn. Together, look up the destination online or in books, and say something like, “I can’t wait to hear which instrument is your favorite at the symphony.” Then, follow up with him afterward.

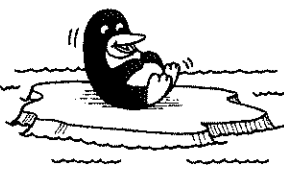
### Worth quoting

“Life’s most persistent and urgent question is, ‘What are you doing for others?’” *Martin Luther King, Jr.*

## JUST FOR FUN

**Q:** Why can’t you tell a joke while standing on ice?

**A:** Because it might crack up.



## Great graphic organizers

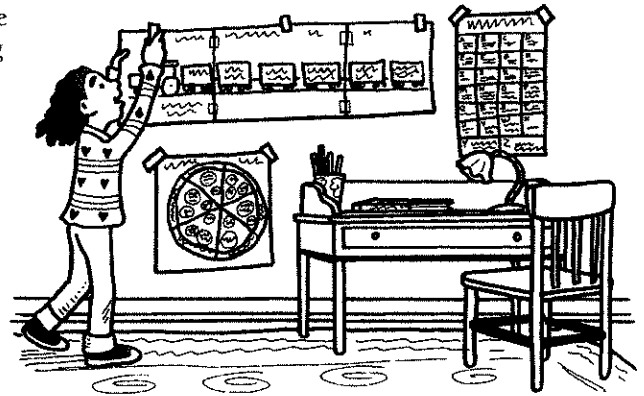
Organizing information in creative ways can make studying more interesting and productive for your youngster. Encourage her to try these graphic organizers—and to invent some of her own!

### Cars in a train

Drawing a train is one way to understand and study steps in a process or events in a sequence, such as the parts of the scientific method or the plot of a novel. Suggest that your child label each train car with a step (“Ask a question,” “Make a hypothesis”) and add a picture to illustrate it.

### Toppings on a pizza

Have your youngster draw a pizza to visualize facts. On each slice, she should write a category of information (*example:* “Lewis and Clark,” “Cartier,” and so on for a quiz on explorers). She can draw toppings (pepperoni, mushrooms) and put a fact on each one. On the Lewis and



Clark “pepperoni,” she might write, “Started in St. Louis” and “Ended at the Pacific Ocean.”

### Letters of the alphabet

Let your child divide a sheet of paper into 26 squares and label them A–Z. Then, she could write a fact that begins with each letter. If her topic is habitats, she can define *desert* in the D square and *rain forest* for R. Being creative with less-common letters will get her thinking more deeply about the material (“Quick temperature drops happen at night in the desert” for Q).♥

## Respect all around

Every day, there are plenty of opportunities for your child to show respect for others. Here are examples.

- **At home...** The dinner table is a great place to start. Teach your youngster to thank the cook. He’ll show respect for the person’s time and care in preparing the food.
- **In school...** Encourage him to be respectful of other children’s backgrounds by learning greetings in the languages they speak at home.
- **In your community...** Explain that shoppers respect store employees by not creating extra work for them. If you decide you don’t need an item in your cart, help your child return it to where it belongs. After you load groceries into your car, have him walk with you to return the cart.♥



## Keep screen time in check

Do you worry that your child spends too much time in front of a screen? Do you wonder how he could best use technology? Consider this advice for helping him to balance screen time with other activities and to make the most of the time he does spend on electronics.

**Aim for a mix.** Together, look for ways to balance screen time with schoolwork, active play, and



family time. Make rules about where and when your youngster uses a computer, tablet, smartphone, or video game (say, in the living room after homework is finished). Have him set a timer while he uses a device—when it goes off, it's time to go out and play or help you prepare dinner, for example.

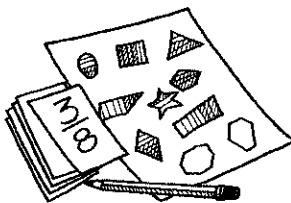
**Use technology as a tool.** Encourage your child to regard a device as a tool to use for specific purposes. He might download an astronomy app to help spot constellations in the night sky or a birding app to identify bird calls during a hike. He'll learn to rely on technology for real-life purposes.♥

### ACTIVITY CORNER

### Fraction art

Your youngster can practice identifying and representing fractions by creating this colorful mosaic with you—fraction by fraction.

**Materials:**  
pencil, paper,  
index cards,  
crayons



1. Let your child draw 10 geometric shapes on a sheet of paper, such as circles, squares, rectangles, triangles, trapezoids, and pentagons.
2. On separate index cards, have her write any 12 fractions (examples:  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ ,  $\frac{2}{6}$ ,  $\frac{3}{8}$ ). Shuffle the cards, and stack them facedown.
3. Take turns flipping over a card (say,  $\frac{3}{8}$ ). Pick a shape, and color in that fraction on the shape (draw lines to divide it into 8 equal parts, and color 3 parts).
4. When you've used all the cards, shuffle and keep going. Continue until you've filled as many shapes as possible.

**Note:** If you get a fraction that isn't available to color, turn over cards until you select one you can use.♥

#### OUR PURPOSE

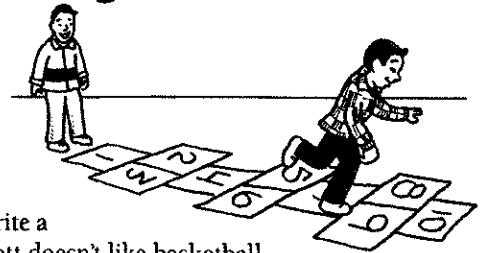
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5621



## A plan for problem solving

When your child faces a problem, having a solid plan can help him figure out how to solve it. So whether he's had a disagreement with a friend or has fallen behind on his schoolwork, suggest this approach.



● **Identify the problem.** Let him write a quick summary of what's wrong. ("Elliott doesn't like basketball, but that's what I usually play at recess.")

● **Imagine the ideal solution.** For instance, he probably wants to remain friends and still play basketball.

● **Figure out alternatives.** Encourage him to brainstorm solutions. *Examples:* "Offer to play with Elliott at recess every other day." "See if he wants to find something to play that we both like."

● **Choose a solution.** He could pick the solution he likes best or that he thinks is most likely to work.

● **Evaluate.** Have him try out that solution and ask how it went. If it didn't work, then he can consider another alternative from his list.♥

### PARENT TO PARENT

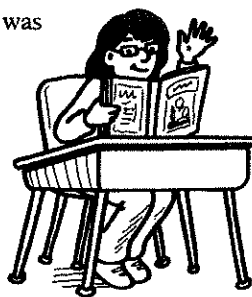
## Overcoming shyness

My daughter Gabrielle has always been shy and quiet around people she doesn't know well. This year, her teacher told me she was worried because Gabrielle rarely speaks in class.

We met with the school counselor, who had some good advice. For example, I'm trying to let Gabrielle speak for herself rather than jumping in to "rescue" her. When someone asks her

name, I smile at her and wait instead of saying it for her. I'm also encouraging her to order her food in restaurants and to speak up at places like the hair salon and the dentist's office.

The counselor helped Gabrielle set a goal of raising her hand to answer a question at least once a day. We're having fun practicing by playing school at home—and her teacher just sent home a note saying she's seeing a little progress!♥



# Reading Connection

INTERMEDIATE EDITION

Working Together for Learning Success

February 2017

Wishram School



## Book Picks

### Leaping Beauty and Other Animal Fairy Tales (Gregory Maguire)

Your youngster will enjoy reading fairy tale favorites with a twist! Sleeping Beauty is anything but a princess—she’s a frog. Humans are replaced with animals in eight tales, including “Cinder-Elephant,” “Rumplesnakeskin,” and “Goldiefox and the Three Chickens.”



### Esperanza Rising (Pam Muñoz Ryan)

During the Great Depression, Esperanza and her mother must leave El Rancho de las Rosas, their Mexican homestead. Once settled at a California camp, they realize how different their lives will become. Can they overcome their challenges? (Also available in Spanish.)



Rancho de las Rosas, their Mexican homestead. Once settled at a California camp, they realize how different

their lives will become. Can they overcome their challenges? (Also available in Spanish.)

### Anyways: \*A Story About Me with 138 Footnotes, 27 Exaggerations, and 1 Plate of Spaghetti (Arthur Salm)

Twelve-year-old Max wants to be cool, so he turns himself into the daring Mad Max. Funny misadventures help Max understand that his risk-taking behavior isn’t all it’s cracked up to be. Now he must decide who he really is.

### How to Make a Movie in 10 Easy Lessons (Robert Blofield)

Lights, camera, action! This book leads hopeful filmmakers through plotting, writing, editing, and recording their masterpieces. Each section focuses on a different part of the movie-making process. Your child may be delighted to know that a big Hollywood budget isn’t required!



## Write with 100 letters

To celebrate the 100th day of school, try these fun family writing challenges using just 100 letters. Your youngster will have to choose her words carefully as she practices persuasive, descriptive, and explanatory writing.

### Persuade buyers

Ask your child to name any household item (slippers, TV, mop). On sheets of paper, each person writes a 100-letter classified ad to persuade others to buy the item. “For sale: My mom’s used slippers that still feel cuddly and warm in the winter! Pink with yellow trim. They just got washed, too.” Vote for the best ad. Then, the winner chooses the next item to “sell.”

### Describe the scene

Let your youngster clip photos from the newspaper, leaving off the captions. Place one picture where everyone can see it. Then, write 100-letter captions describing the image. If a picture shows a group of people walking, your child might write, “The Carver family from Idaho trekked hundreds of miles this week to make their way here for the



VFW post bingo tournament.” Share your captions with each other.

### Give instructions

Have your youngster start by writing a “how to” title on a sheet of paper. Example: “How to wash a car.” Pass the paper clockwise. Everyone writes a step for the total 100-letter set of directions, counting as they go before passing it on.

1. Fill a bucket with soapy water. Take it outside. (38)
2. Spray car with hose. (16)
3. Soak sponge in soapy water. (22)
4. Scrub. Rinse. (10)
5. Repeat if needed. (14)

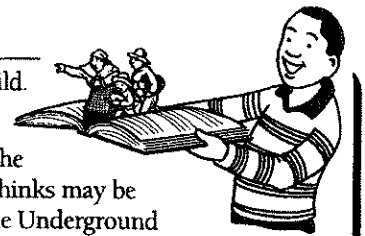
Decide together if the instructions work. Were any steps forgotten? ■

## Hooray for history!

Historical fiction brings history to life for your child. Here are suggestions to take his reading further.

**Find facts.** As your youngster reads a story set in the past, have him jot down interesting details that he thinks may be true. For instance, if he’s reading a tale set during the Underground Railroad, he might list “Ended in Canada” and “It was not really a railroad.”

**Investigate.** When your child finishes the book, he could put on his detective cap and read encyclopedia entries, nonfiction books, or articles to uncover the truth behind those details. He’ll learn that the Underground Railroad had many routes that led north to free states and Canada, and it even had some routes to Mexico. ■



# Keep on reading aloud

Did you know that hearing you read aloud can increase your child's vocabulary, fluency, and reading comprehension? Use these tips.

**Aim high.** Most kids understand books written two or more levels above what they can read on their own. So try choosing read-aloud books that are harder than what your youngster normally picks. He'll be able to follow the plot or the nonfiction information more easily if you read than if he reads it himself. *Idea:* Ask your child's teacher or a librarian for recommendations that will suit your youngster.

**Think out loud.** If an author's word choices are interesting to you, say so. If you have an "aha!" moment while reading a



mystery, share it with your youngster. You'll show him that it's fun to talk about what you're reading—and it builds understanding.

**Read more than fiction.** Look for everyday opportunities to read aloud. You might read a quote on a tea bag, a funny blog post, or the recipe you're making together. Or

read your child a short story or magazine article. He will pick up new words and phrases from a variety of materials.

*Note:* Remember that you don't have to be an expert reader to read to your youngster. He will enjoy the together time and learn from your reading no matter what! ■

## Fun with Words

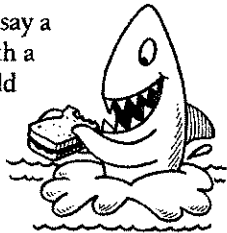
### Verbs at play

*Devoured, slurped, chomped*—each of these verbs is a potential replacement for the more common verb *ate*. Do this activity together, and your youngster will gobble up a fun lesson on choosing vivid verbs when she writes.

**1.** Have your child say a simple sentence with a plain verb. She could say, "The shark *ate* the sandwich."

**2.** You repeat the sentence and replace the verb with a more descriptive one. "The shark *devoured* the sandwich."

**3.** Then, it's your youngster's turn again. "The shark *chomped* the sandwich."



Keep taking turns until you run out of verbs. Let your child look up the original word in a thesaurus and see if there are any synonyms (words with similar meanings) she missed.

The player who made the last successful change thinks of a new sentence to start the next round. ■



## Parent 2 Parent

### Read, draw, and learn

My daughter Simone loves to draw—and that gave me an idea that would help her with studying. I suggested that she pretend to be an illustrator for the sections she was reading in her Chinese textbook. To do that, she would have to carefully consider what the text said and then represent it with a picture.

Simone liked the idea, so as she studied vocabulary, she copied the Chinese characters from her textbook, drew a picture to match the word, and labeled it in English as well.

Knowing she was going to be drawing the material helped Simone think about—and remember—the new words she was learning. Now she plans to use this "artistic" technique when she studies other subjects, too. ■



## Q&A

### "My child mumbles"

**Q** People are always saying they can't understand my son because he mumbles. How can I help him work on this?

**A** First, does he understand what mumbling is? Play a game where you take turns speaking clearly (the other person can understand you) or mumble (the sounds are jumbled together). Call out "Clear!" or "Mumble!"

Then, try keeping an audio journal with your child to let him practice speaking clearly. Use a smartphone, a computer, or another recording device, and have

him start by recording himself talking about his day. Perhaps he'll tell a funny story about something that happened in the cafeteria.

Next, you record your response. If your son mumbled, you could say, "I'm so interested in your story, but I couldn't understand the part about the lunch line. Can you record it again so I can laugh, too?" Continue your audio

conversations on a daily basis—and listen for improvement in his speaking! *Note:* If you're still concerned about your child's speech, talk to his teacher. ■



## OUR PURPOSE

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

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# Nutrition Nuggets™

Food and Fitness for a Healthy Child

February 2017

Wishram School District



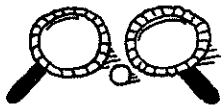
## BEST BITES

### Easy access

Make healthy snacks the first thing your child sees when she's hungry. Pick a cabinet or pantry shelf that is at her eye level, and stock it with raisins, baked crackers, and whole-wheat pretzels. The same for the fridge: Put string cheese, broccoli pieces, and fruit within easy reach.

### Paper plate Ping-Pong

Here's a fun idea for indoor physical activity. Let your youngster make paddles by gluing jumbo craft sticks to the backs of two sturdy paper plates. Use the paddles to lob a Ping-Pong ball back and forth in the air. Or he could just hit a ball against a garage or basement wall for solo practice.



paddles by gluing jumbo craft sticks to the backs of two sturdy

**DID YOU KNOW?** More restaurants are adding calorie counts to their menus. The numbers can help you make smart choices for your family when you go out. You may opt to skip extras when you see how many more calories they have. And remember that calories are hard to burn off—a 65-pound child has to ride a bike for about 30 minutes to burn 90 calories.

### Just for fun

**Q:** Why did the giant eat a volcano?

**A:** He wanted a hot lunch!



## On tonight's menu...

Streamline weeknight dinner planning, and give your family interesting meals to look forward to, by coming up with daily themes. Let your child help you brainstorm ideas and menus. These thoughts will get you started.

### Meatless Monday

**What:** Go vegetarian once a week.

**How:** Make whole-grain bowls. Top cooked brown rice, farro, or quinoa with vegetables and a protein like beans, a fried egg, or grilled tofu.

### Tortilla Tuesday

**What:** Tortillas are a versatile base for a healthy meal.

**How:** Use any combination of meat, cheese, and veggies, and roll up into a burrito. *Example:* Grilled chicken, arugula, feta cheese. Or layer the ingredients instead to make tostadas.

### Waffle Wednesday

**What:** Don't limit your waffle maker to breakfast!

**How:** Get your youngster grilling panini-like sandwiches using soft whole-grain bread, roasted vegetables, and provolone



cheese. *Tip:* Brush a little olive oil on the outside of each slice so it browns.

### Throwback Thursday

**What:** Spotlight oldies but goodies.

**How:** Let your child list old family favorites, perhaps meatloaf or baked ziti. Then, look for ways to make them healthier (use lean ground beef or whole-wheat pasta, for example).

### Stir-fry Friday

**What:** This is the night for anything stir-fried.

**How:** Get out the wok or a deep skillet, and stir-fry vegetables with shrimp, chicken, or pork. To create a noodle dish, add rice noodles to the mixture. ●

## Chores reinvented

Chores are an easy way to add physical activity—and responsibility—into your youngster's routine. Try these twists.

**Sock dusting.** Have your child wear a pair of old white socks on her hands. Then, she can clean surfaces all over the house with her "sock hands."

**Undercover chores.** Refer to chores using code names. Picking up a messy room could be "Mission Impossible." Signal it's time to change the bed with "Inside Out." And "Dust Bunny Detail" might be code for sweeping the floor or vacuuming.

**Dance party.** Turn chore time into party time by putting on some tunes. Dance and sing your way to a clean house together. ●



# New spins on salad

Want your youngster to eat more vegetables? Go beyond the traditional salad bowl with these clever suggestions.

**Chopped salads.** Cut salad ingredients into small pieces. Begin with a sturdy lettuce like romaine. Have your child select three or four other ingredients, perhaps cucumbers, bell peppers, and avocado. She could rinse the items and help you chop them. Then, let her toss everything in a large bowl with a bit of her favorite dressing.



**Stick salads.** No utensils needed when you put salad on a stick! Help your youngster spike her preferred veggies on a toothpick. Encourage her to try new tastes by skewering cherry tomatoes, cucumber chunks, and spinach leaves. Or try chunks of mango, papaya, and pineapple with turkey cubes.

**Finger salads.** Kids love finger foods, so why not make salad something your child can eat with her fingers? Fill Belgian endive leaves with shredded carrots and roasted beets. Or cook and chill jumbo pasta shells and stuff with chickpeas, marinated artichokes, and diced tomatoes. ●

## ACTIVITY CORNER



## Be active— 10 minutes at a time

Inspire your youngster to get fit with 10-minute bursts of activity. Here are ways to put him on the road to getting 60 minutes, or more, of exercise a day:

✓ Do a routine with jumping jacks, toe touches, knee lifts, squats, and lunges. One person can be the leader, and the other follows his moves.



✓ Take “power walks” around the block or up and down the stairs in your apartment building. Pump your arms as you go.

✓ Start a skipping contest. You could skip across the backyard, through a nearby field, or down the sidewalk.

✓ Grab a ball, Frisbee, or beanbag, and play catch outside. Mix things up by catching with both hands, with one hand, or over your head. *Bonus:* Your child will also practice hand-eye coordination. ●

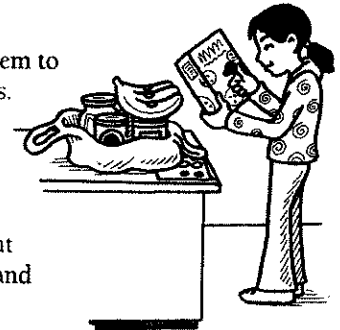
## PARENT TO PARENT

### Green means go!

I was frustrated because I couldn't seem to get my children to choose healthy foods. While sitting at a red light one day, an idea suddenly dawned on me. Why not try a traffic-light approach to the foods in our house?

So I bought red, yellow, and green stickers and went home to discuss the plan. First, we talked about what makes a food healthy—it is high in nutrients and low in sugar, fat, and salt. Then I suggested we put a green sticker on foods to “go on” (fruits, vegetables), yellow on “sometimes” items (apple juice, cold cuts), and red on foods to “stop and think about” (cookies, ice cream).

Now when we get home from shopping, my kids have a job: label each item red, green, or yellow. And I'm happy to say they're going for the green most often! ●



## IN THE KITCHEN

### Fishing for tacos

Eating fish will give your youngster essential nutrients to keep his heart and brain healthy. Follow these steps for delicious fish tacos your family is sure to enjoy.

**1. Make the fish.** In a skillet coated with 1 tbsp. olive oil, saute four 4-oz. tilapia fillets for 3 minutes on each side. Or rub four skinless 4-oz. salmon fillets with olive oil, place on a foil-lined sheet pan, and roast at 400° for 12 minutes.



**2. Prepare the vegetables.** Heat 1 tbsp. olive oil in a skillet, and saute 1 sliced onion, 1 sliced green bell pepper, and ½ lb. sliced mushrooms until soft.

**3. Mix the salsa.** Stir together 1 cup chopped pineapple, 2 chopped plum tomatoes, ½ cup chopped red onion, ¼ cup chopped red bell pepper, 1 minced jalapeño pepper, and juice of 1–2 fresh limes.

**4. Assemble the tacos.** Break the fish into chunks, mix with the vegetables, and divide among eight taco shells. Top with salsa. Yum! ●

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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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