

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

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Member, Detmar McCullough

WISHRAM SIGNALS

Volume 15 Issue 1

Wishram School Newsletter



January 2016

509.748.2551

News from the Principal's Office

There is a chill in the air, snow on the ground, and holiday decorations in the windows in downtown Wishram. This could only mean that the holiday season is upon us. This month, we have had many wonderful things to celebrate at Wishram School. We had a terrific Winter Program this week, winter sports have had a wonderful beginning, and the stage is set to raise the academic bar for students attending Wishram School District #94. It is my true belief, that together, we can create a very bright future for the young men and women attending our school.

The Winter Program is an annual event that everyone in the community looks forward to. This was a time for us to come together and celebrate the many talents that exist within our students and faculty. Many hours of preparation went into carrying out the program, and it went off without a hitch. It was such a pleasure to interact with community members, parents, and students and celebrate the holiday season.

Winter sports have started off with a bang, and all Middle School and High School basketball teams are under way. The combined sports program that we share with Lyle School District is truly unique and special, and we hope that all of you come out and support our Lyle/Wishram Cougars over the following weeks. It never ceases to amaze me how much talent we have in our small neck of the woods. All teams showcase a tremendous amount of skill and pride.

As we get closer to the second semester of the 2015-2016 school year, I can't help but to be excited about some of the great academic programs that we have set up. Many of you with students in the school will immediately learn of our new motto "every student completes every assignment." When students miss assignments, the entire educational process screeches to a halt. As a result, the learning environment is tarnished, and true engagement is minimized. To combat these negative aspects of the education process, we are implementing a new program designed to assist every student to complete every assignment. There are many exciting components to cover, and next month's newsletter will be dedicated to describing the ICU process.

In closing, I can say that I have learned a tremendous amount during the last 5 months that I have spent in Wishram School. Our students, staff, and community are truly unique, and I feel very fortunate to serve as Superintendent/Principal here. As much as I have enjoyed the initial months here, I am also very excited about the months to come, and the journey that lies ahead here in Wishram.

All my best,

Mike Roberts
Superintendent/Principal



School Board Meeting December 22nd @ 1:00 January 26th @ 5:00

Wishram School is currently operating under the CEP (Community Eligibility Program), which was created through the Healthy, Hunger-Free Kids Act of 2010, and allows qualifying high-poverty local educational agencies (LEAs) and schools to offer breakfast and lunch at no cost to all students without requiring families to complete an annual household application.

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.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

MERRY CHRISTMAS AND HAPPY NEW YEAR!!!

HAVE A



SAFE HOLIDAY

**SCHOOL RESUMES ON
JANUARY 4TH**

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

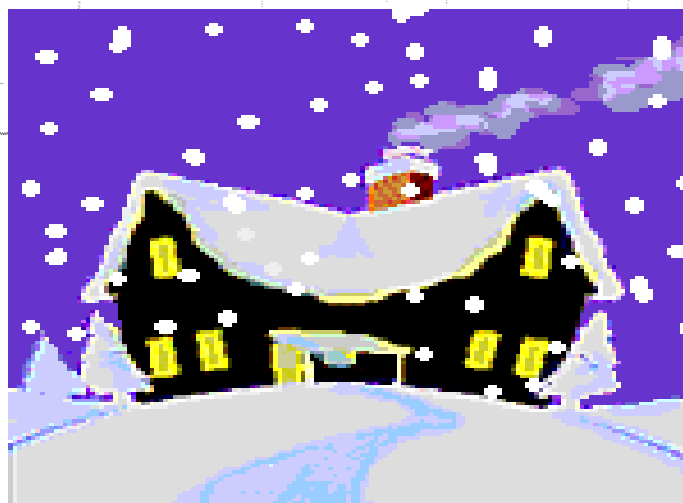
~ January 2016 ~							December	February
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1 CHRISTMAS BREAK NO SCHOOL	2		
3	4 B-Pancakes, fruit & milk. L-Salisbury steak, corn biscuit, salad, veggie, fruit & milk.	5 B-Cereal, sausage, toast, fruit & milk. L-Chicken nuggets, bread stick, salad, veggie, baked beans, fruit & milk.	6 B-Colby calzone, fruit & milk. L-Spaghetti & meatballs, garlic bread stick, salad, veggie, fruit & milk.	7 B-Bagel w/cream cheese, sausage, fruit & milk. L-Bean & ham soup, corn bread, salad, veggie, fruit & milk.	8 B-Caramel apple salad, fruit, toast, & milk. L-Nachos, refried beans, salad, veggie, fruit & milk.	9		
10	11 B-Yogurt & granola, toast, ham slices, fruit & milk. L-Baked ziti, roll, salad, veggie, fruit & milk.	12 B-Biscuits & gravy, fruit & milk. L-BBQ chicken flatbreads, salad, veggie, fruit & milk.	13 12:00 DISMISS B-Cereal, toast, fruit & milk. L-Sloppy Joe on bun, salad, veggie, fruit & milk.	14 B-Breakfast burritos, fruit & milk. L-Chicken ala king, rice, fortune cookie, salad, veggie, fruit & milk.	15 B-Bacon & egg cones, fruit & milk. L-Hamburger & fries, salad, baked beans, veggie, fruit & milk.	16		
17	18 MLK DAY NO SCHOOL	19 B-Pancakes, fruit & milk. L-Beef stroganoff, roll, salad, veggie, fruit & milk.	20 B-Bagel w/ cream cheese, sausage, fruit & milk. L-Chicken & white bean chili, corn bread, salad, veggie, fruit & milk.	21 B-Frittata, toast, fruit & milk. L-Teriyaki chicken rice bowls, salad, veggie, fruit & milk.	22 B-Blueberry muffins, cereal, fruit & milk. L-Pizza, salad, veggie, fruit & milk.	23		
24	25 B-French toast, fruit & milk. L-Macaroni & cheese, salad, veggie, fruit & milk.	26 B-Ultimate English muffin, fruit & milk. L-Chicken burger, BBQ beans, salad, veggie, fruit & milk.	27 12:00 DISMISS B-Cereal, ham slices, toast, fruit & milk. L-Chef's choice, salad, veggie, fruit & milk.	28 B-Yogurt & granola, toast, fruit & milk. L-Chicken chop suey, rice, salad, veggie, fruit & milk.	29 B-Scrambled eggs w/sausage, toast, fruit & milk. L-Fish & chips, bread stick, salad, veggie, fruit & milk.	30		
31	Notes:							

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

Wishram High and Elementary School Calendar

January 2016

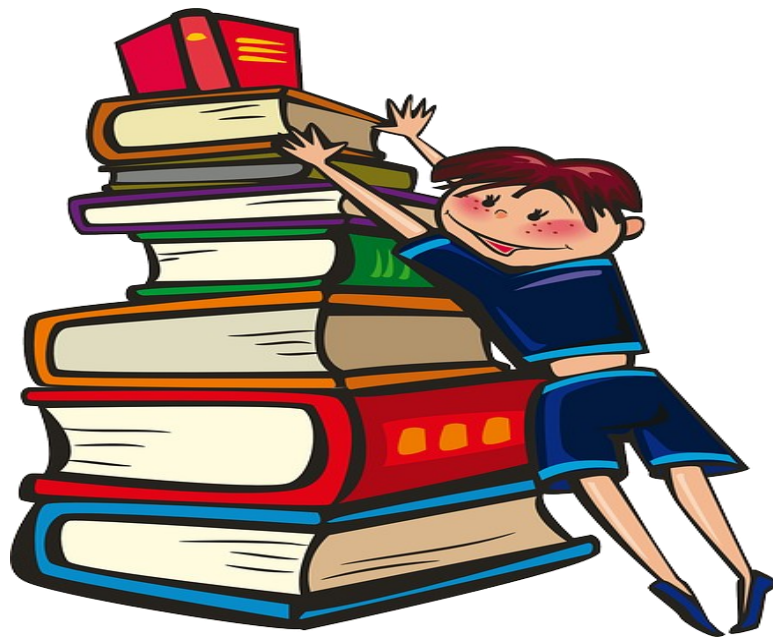
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 New Year's Day - No School	2
3	4 Winter Break Over - School Resumes Today	5	6	7 5 and 6 BB home w St. Mary's at 330 HSBB at Hood River Valley JVG 7 VG 7 JHBB at Lyle w Centerville VG 530 VB 7 NAV 101 5th Period	8 HSBB at Lyle w Tr. Lake VG 6 VB 730	9 HSBB at Sunnyside Chr. JVG 2 JVB 330 VG 5 VB 630 LV 11 ETR 1030
10	11 JHBB at Tr. Lake VG 530 VB 7 LV 4 ETR 830	12 5 and 6 BB home w Lyle JH JV at 4 HSBB at Klickitat VG 6 VB 730 LV 5 ETR 1030 10 JH JVG at Wishram 400 JHBB at Lyle w Wishram 5 and 6 JVG 4 JVB 530	13 12 Dismissal In-Service BOOKMOBILE @ 9:30	14 JHBB at Lyle w Klickitat JVG 530 JVB 7	15 HSBB at Lyle w Bickleton JVB 430 VG 6 VB 730	16 HSBB at Yakima Tribal JVG 2 JVB 330 VG 5 VB 630 LV 10 ETR 1030
17	18 Martin Luther King Day - No School	19 HSBB at Tr. Lake VG 6 VB 730 LV 4 ETR 1030 JHBB at Lyle w Dufur VG 530 VB 7	20	21 JHBB at Glenwood VG 530 VB 7 LV 330 ETR 9 NAV 101 6th Period	22 EOC Testing Math HSBB at Lyle w Open Door Academy JVB 430 VB 730	23 HSBB Alumni at Lyle VG 530 VB 7 HSBB Alumni vs Alumni at Lyle at 4
24	25 3rd Qtr Semester 2 Begins JHBB at Bickleton VG 530 VB 7 LV 3 ETR 830	26 5 and 6 BB home w Lyle JH JV at 430 JHBB Wishram 5 and 6 w JH JVB at Wishram 4 School Board Meeting at 5	27 12 Dismissal In-Service BOOKMOBILE @ 9:30	28	29 EOC Testing Science HSBB at Lyle w Sunnyside Chr. JVG 2 JVB 330 VG 5 VB 630	30 HSBB at Lyle w Klickitat VG 5 VB 630
31	1	2	3	4	5	6



English Class

By Ms. Jossi

In Junior High and High School English classes this fall the students have worked on accomplishing their reading, writing, listening, and speaking goals. The students have moved forward with writing fluency, writing confidently in pen. They wrote their stories, personal narratives which were published in the upstairs hall on the wall. In the second quarter, in addition to diagramming sentences, students have copiously written Greek and Latin prefixes, roots, and suffixes to know more vocabulary. In addition to building strong paragraphs that have a transition, a point, and evidence for the point, we have been researching turning points in history up to 1439 AD with the invention of Gutenberg's printing press. Our rough drafts of early history thesis papers will be finalized after Winter Break. They will also be published in the upstairs hall by the English classroom. It is our hope that people in the community who might want to read them come by in mid January.



School Delays/Closures

The following will give you alerts for school delays and closures emailed to you and texted.

Newsflash Alert set up info:

Login in to: [HTTP://flashnews.net](http://flashnews.net)

Click on **flashalert.net** on left hand side of screen

Click on Portland on the map

Click on Columbia Gorge Schools and pick Wishram

Add your email address and subscribe. Follow the instructions to set up an account.

You will get a code emailed to you for your email and a text with the code for your cell phone.

You will need to update your account every year.

If you have an android, you will need to download the flash alert app.

You also can subscribe through our website (www.wishramschool.org): click on more links on left side and then click on sign up for alerts:

Home & School

CONNECTION®

Working Together for School Success

January 2016

Wishram School District



SHORT NOTES

Resolution: Success!

This year, have your child make resolutions that will motivate him to do his best in school. For instance, he could pick a subject to improve in or a challenging book series to read. Encourage him to draw a picture of himself meeting his goal and share the drawing with his teacher.

Hands-on history

Let your youngster take white paper and an unwrapped crayon on a walk around town. She can place the paper over engravings on historical markers or plaques and rub lightly with the side of the crayon. At home, suggest that she write a caption for each rubbing to tell a "local history" story.

Sick time

When your child is sick, notify the school as soon as possible that he will be absent. Then, follow school policy about how long he must be symptom-free before he may return to class.

Note: He could ask a sibling or friend to bring home his work. Or when he goes back, he can talk to his teacher about making up the work.

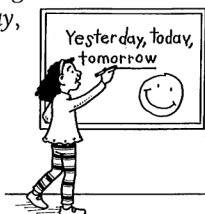
Worth quoting

"Every time you tear a leaf off a calendar, you present a new place for new ideas and progress." *Charles Kettering*

JUST FOR FUN

Q: Can you name three consecutive days without saying *Sunday, Wednesday, or Friday*?

A: Yes! Yesterday, today, and tomorrow.



The three Cs of group work

Three kindergartners work together on a mural in art class. Several fifth graders discuss a novel they read in reading group. No matter how old your child is, being able to communicate, collaborate, and compromise is important when she works with others. Consider these ways to practice at home.

Communication

Group members communicate better when one person speaks at a time. Let your youngster create a "talking stick" by covering a ruler with aluminum foil or decorating a paper towel tube. During a family discussion, pass the stick around—only the person holding it may speak. This will remind your child to wait her turn and listen to what others say.

Collaboration

Show your youngster that when people combine ideas, they often come up with new or better ones. Pretend you're a restaurant marketing team in charge of designing a pizza or burger. Start by looking at menus for interesting twists (barbecue pizza, burger with fried egg), and create something different.



ent (blue cheese pizza, Caesar burger). Then, work together to make your new menu item for dinner.

Compromise

When group members disagree on a topic for their presentation or on who will take what role, it's important to compromise. That means stating what you would prefer—and what alternatives you're willing to accept. Your child can try this at home when your family makes a decision. For example, maybe one sibling wants to go sledding while another would prefer ice skating. They could agree to sled first—but the one who wanted to ice skate gets to choose the hill they'll sled on. ♥

Keep track of progress

By staying on top of how your youngster does in school, you can support his achievements and nip any problems in the bud. Try these strategies.

- **Go over papers.** Look at each graded assignment your child brings home. This is an easy way to see what he's doing well and what he needs to work on.

- **Use electronic tools.** If the school posts grades online, check them regularly.

- **Communicate with the teacher.** Contact her if your youngster says a subject is difficult or brings home low grades. You could ask about ways to help him. ♥

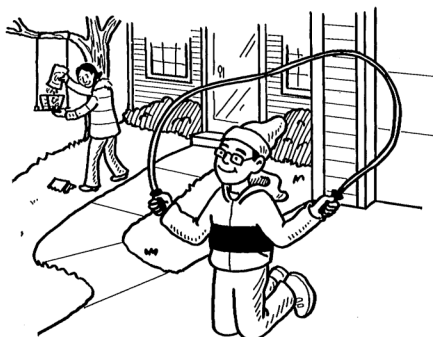


Behavior “mysteries”

Is your youngster's behavior sometimes baffling? Here are solutions to common scenarios parents face.

My child behaves in school but acts out at home. Your youngster probably feels more relaxed at home and can let his guard down more with you. Rest assured this is normal. Remind him of the consequences for misbehaving at home, and follow through when he acts out. (And be glad that your child behaves at school!)

After school, my youngster doesn't want to talk about his day or start homework. Your child may be



struggling to switch out of “school mode.” Try giving him a break first—he may appreciate a few minutes to unwind, just as some adults do after work. Suggest a snack and exercise, such as riding his bike or jumping rope.

My child only obeys me when I raise my voice. If

your youngster knows he has to do what you ask only when you shout, he'll probably wait for your raised voice before he listens. Tell him that you'll ask nicely once, and after that, there will be a consequence for not listening. ♥



ACTIVITY CORNER

Experiment with evergreens

Your child may wonder why some trees stay green throughout the year (*evergreens*) and others lose their leaves (*deciduous*). With this activity, she can find out.

Let your youngster cut out two green construction-paper “leaves” and sprinkle them lightly with water. She should wrap one in waxed paper and lay both leaves in the sun for at least two hours. What happens? (The bare leaf stays dry, but the protected one remains moist.)



The science: A deciduous tree loses water through its leaves' tiny pores, so it gets rid of the leaves to conserve water in harsh weather. But evergreen leaves have a waxy *cuticle*, or covering, kind of like the waxed paper that protected your child's paper leaf. This coating keeps the water from evaporating, so leaves can remain on the tree through the winter. ♥

OUR PURPOSE

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

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Q & A

Spell-check pitfalls

Q: My daughter says spelling is no big deal because we have spell-check and autocorrect. How can I convince her that spelling still matters?

A: Spell-check and autocorrect are handy tools. But they're not foolproof, and they're not always available.

When your child writes a school report, sit with her while she runs spell-check. Together, look for examples of mistakes caused by relying on the computer. This often happens with homophones (*it's* and *its*, *you're* and *your*), for instance. She'll need to know the difference to use the correct word.

Also, help her think of situations where she won't have spell-check or autocorrect, such as taking a test or using special software that doesn't include the feature. And if she can't spell a word, she may not recognize it when she reads, which can interfere with her comprehension.

Finally, point out that if she studies her spelling words, thinks carefully about how words are spelled, and proofreads her work, she'll find that the best spell-check is in her own head! ♥



PARENT TO PARENT

Helpful strategies for ADHD

My fourth-grader, Ryan, has ADHD, and he often loses books and papers and forgets to turn in assignments or to bring home slips for me to sign.

I talked to a fellow PTA parent whose oldest son has ADHD. She said her son puts sticky-note reminders everywhere—on his desk and binders and beside the front door. He also does better

of sleep, about two hours more than his siblings need.

I got colorful pads of sticky notes for Ryan, and he came up with a system for color-coding his reminders. Also, we are moving up his bedtime by a few minutes each night until we notice a difference. I know Ryan

will still forget things from time to time, but it's helpful to know that we have strategies to try. ♥



Math+Science Connection

Intermediate Edition

Building Understanding and Excitement for Children

Wishram School District
Sarah Hathaway, Business Manager

INFO BITS



Think logically

Mathematical thinking comes into play anytime we organize things. Help your child stretch his logical thinking by asking him to sort something, such as the spice jars in your cupboard. He might arrange them alphabetically, by color, or another way. Point out that sorting makes it easier to find items later.



Shorter days

How does a scientist say it's the first day of fall? She says it's the *autumnal equinox*. After the equinox, the days (or daylight hours) get shorter than the nights. This year the equinox is September 23. Have your youngster record what time the sun rises and sets each day for a week. How do the minutes of daylight change?

Book picks

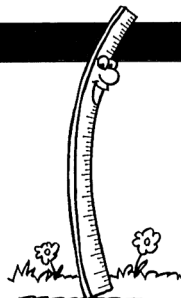
■ *The Man Who Counted: A Collection of Mathematical Adventures* (Malba Tahan) combines an adventure story with interesting math puzzles.

■ Learning about the solar system is fun when planets tell the story themselves. Dan Green's *Astronomy: Out of This World!* contains fascinating facts and details along with cartoon illustrations your child is sure to love.

Just for fun

Q: What has three feet but no legs or arms?

A: A yard.



Fractions of fun

Understanding fractions is much easier when your child can visualize them. Here are ideas to help her see—and use—fractions.

Keep a diary

Show her that fractions are a part of everyday life. For a week, have her record and illustrate each one she notices. For instance, she might write, "We had a half day of school today," or "Mom asked for $1\frac{1}{3}$ pounds of turkey at the store." How many examples can she find and draw?

Play a game

Have each player cut a sheet of construction paper into six horizontal strips. She should leave the first one whole and then cut the second one in half (fold it, and cut along the fold), and the others into thirds, fourths, sixths, and eighths. With bits of masking tape, label a die: $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{1}{6}$, $\frac{1}{8}$, and "wild." To play, roll the die,



and lay the matching piece of paper on your whole strip (for "wild," choose any piece). The goal is to be the first one to fill your strip without overlapping any pieces (example: $\frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 1$ whole strip).

Put in order

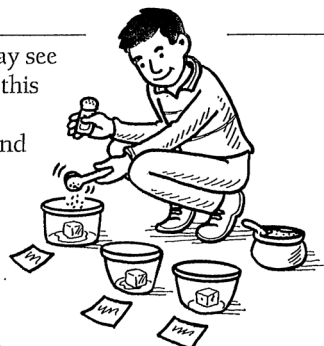
Together, make a set of fraction cards, with one fraction per index card ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, 1, $1\frac{1}{4}$, $1\frac{1}{2}$, $1\frac{3}{4}$, 2). Shuffle the cards, and see how quickly your youngster can put them in order. Then, while she closes her eyes, lay the cards in order but leave out a few. Give her the missing cards, and have her put them where they go. 🎲

Melting ice

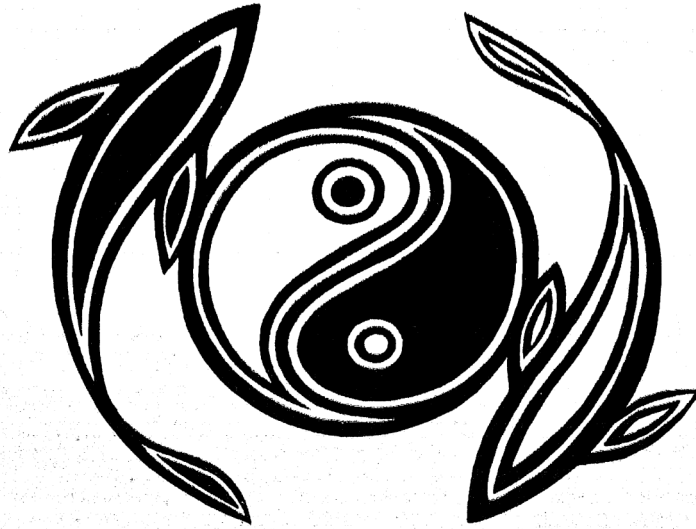
When it's icy out this winter, your youngster may see salt being sprinkled on sidewalks and roads. With this experiment, he'll find out why.

Have him gather three clear plastic containers and place an ice cube in each one. Next, he should sprinkle 1 tsp. salt on one cube and 1 tsp. sugar on the second cube. Suggest that he label each container ("salt," "sugar," "plain"). Then, he should monitor the cubes and time how long it takes each one to melt.

The result? Your child will find that the "salt" cube melts the fastest. That's because salt lowers the freezing point of water, causing the ice that it touches to melt. 🧊



Royal Family



Tai Chi

Wishram, WA

Tai Chi Chuan is a holistic mind/body fitness system that is practiced for both its health benefits and for self defense. Tai chi's use of connected flowing movements and stationary postures have been shown to promote balance, strength and relaxation. Through practice a greater awareness of the integration of mind and body are developed.

Class Information

Classes are instructed by Toms and Carrie Royal, who have over thirty years combined experience learning Chinese Kung Fu from Master John Kam Shing Koo, the founder Chinese Fistology in Portland Oregon.

Their background includes: Yang Style, Chen Style and Sun Style Tai Chi. Wang Xiang Zhai's "Yi Quan", Southern Bamboo Forest Temple Praying Mantis Kung Fu and Qi Qong.

Class meets Tuesdays evenings 5:30-7:00 at the Wishram School Gym. Rates are \$65 per month for adults and \$55 per month for students under 18.

For more information about classes please call or email Toms Royal: 503-422-3012,
tomsroyal@msn.com.

Note: This is a privately run program, which is not affiliated with Wishram School.

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