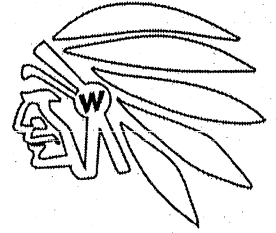


WISHRAM SIGNALS



Volume 15 Issue 8

Wishram School Newsletter

August 2015

509.748.2551

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

News from the Principal's Office

Greetings, my name is Mike Roberts, and I am proud to say that I have taken on the role of Superintendent/Principal for the Wishram School District #94. I truly believe that by combining my experience in education with this very supportive community that we will be able to provide the highest quality educational experience for the students in Wishram School! It has been a sincere pleasure to have met with a number of community members during my short time here, and I hope for those interactions to become more frequent as the school year draws nearer.

Although the students have been out of the building, this month has been very busy and beneficial to the school district. The maintenance division has done a tremendous job keeping up the grounds and preparing the building for the upcoming school year. Please assist me in thanking them for their hard work and efforts as they strive to provide an optimal setting for students learning.

The Summer Swimming and Library program has been in full swing, and even though the swimming portion concluded at the end of July, we are still offering library time on Tuesdays and Thursdays from 4:30-6:00 P.M. So, if you or our students are interested in checking out any books, please drop by and see us. Our very talented AmeriCorps folks, Mr. Jeremiah Paulsen, and Ms. Kelli Barnes would be happy to assist you.

Many teachers, Paraprofessionals, and administrative staff have participated in professional development programs over the summer. These trainings help us prepare for the ever changing world of education, and are paramount in our efforts to help each and every student find success here at Wishram. These opportunities for development are just one testament to our dedication to the students and community that we serve.

Again, I am very excited to be here in Wishram, and I couldn't be more thrilled about the future for Wishram School District #94. If you have any questions, please don't hesitate to call and schedule an appointment with me. All my best

-Mike Roberts

School Board Members:

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

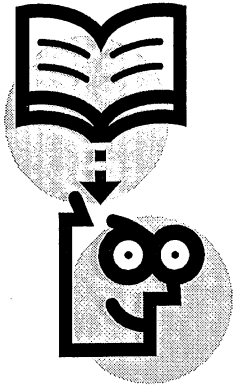
Wishram School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides 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.

School Board Meeting

*******Tuesday, August 25 2015*******

5:00 P.M.

Work session to follow



Library Open

On Tuesday and Thursday

4:30 P.M.— 6:00 P.M.

**Come check out a book or just explore the Library
with our AmeriCorps folks**

Mr. Jeremiah Paulsen and Ms. Kelli Barnes

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, 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.



School Starts August 26th

High School Football Daily Doubles Start August 19th

High School Volleyball Practice Starts August 24th

All Jr. High Sports start August 26th

Don't forget to have all you forms filled out and ready and to get your Physicals done if needed.

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
- Physical/sexual abuse or harassment
- Drug/alcohol issues

WISHRAM SCHOOL | 2015-2016 CALENDAR

AUGUST 2015						
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					

24 Teacher optional
25 First Teacher day
26 First day of school

10 12 Dismissal In-Service
12 Break Day/No School
15 Presidents' Day/ No School
24 12 Dismissal In-Service

FEBRUARY 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					

SEPTEMBER 2015						
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			

7 Labor Day
9 Open House
16 12 Dismissal In-service

2 12 Dismissal In-Service
11 Snow Makeup/Break/ No School
16 12 Dismissal In-Service
29-31 12 Dismissal conf. Parent/Teacher Conferences
31 4th QTR Begins

MARCH 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		

OCTOBER 2015						
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

1,2 Parent/Teacher Conf. 12 Dismissal
16 Break Day/ No School
21 12 Dismissal In-Service

1 12 Dismissal Conf.
4-8 Spring Break/ No School
20 12 Dismissal In-Service

APRIL 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

NOVEMBER 2015						
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					

2 2nd QTR Begins
11 Veterans Day/ No School
24 Cultural Exchange
25 Break/ No School
26 Thanksgiving Day/ No School
27 Break/ No School

4 12 Dismissal In-Service
18 12 Dismissal In-Service & Book Fair
27 Snow Makeup/Break/No School
30 Memorial Day/ No School

MAY 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				

DECEMBER 2015						
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		

2 12 Dismissal In-Service
25 Christmas Day/ No School
21-31 Winter break/ No School

9 Last School Day
12:00 Dismiss In-Service
TBD Graduation

JUNE 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		

JANUARY 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						

1 New Years Day/ No School
13 12 Dismissal In-Service
18 M.L. King Day/ No School
25 3rd QTR Begins
27 12 Dismissal In-Service

180 school days

Supt. Teachers School Board Approved 5/26/2015

~ August 2015 ~					
◀ July 2015	Mon	Tue	Wed	Thu	Fri
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	31	Notes:			

31 B-Maple oatmeal, toast, fruit & milk.
L-Macaroni & cheese, salad, veggie, fruit & milk.

28 B-Cereal, sausage, toast, fruit & milk.
L-Nachos, salad, veggie, fruit & milk.

27 B-Breakfast buddy sandwich, fruit & milk.
L-Grilled cheese, soup, salad, veggie, fruit & milk.

26 B-Pancakes, fruit & milk.
L-Hot dogs, BBQ 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

~ September 2015 ~					
Sun	Mon	Tue	Wed	Thu	Fri
		1 B-Cereal, toast, fruit & milk. L-Chef salad, roll, baked beans, fruit & milk.	2 B-Bagel w/cream cheese, sausage, fruit & milk. L-Teriyaki chicken rice bowls, salad, veggie, fruit & milk.	3 B-Pancakes, fruit & milk. L-Grilled cheese, soup, salad, veggie, fruit & milk.	4 B-Frittata, toast, fruit & milk. L-Fish & chips, salad, veggie, fruit & milk.
6	7 NO SCHOOL	8 B-Yogurt & granola, toast, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	9 B-Biscuits & gravy, fruit & milk. L-Bean & ham soup, cornbread, salad, veggie, fruit & milk.	10 B-Maple oatmeal, toast, fruit & milk. L-Chicken penne Alfredo, roll, salad, veggie, fruit & milk.	11 B-Caramel apple salad, toast, fruit & milk. L-Spaghetti, garlic bread, salad, veggie, fruit & milk.
13	14 B-French toast, fruit & milk. L-Baked Ziti, roll, salad, veggie, fruit & milk.	15 B-Bacon & egg cones, fruit & milk. L-Sloppy Joe on bun, salad, veggie, fruit & milk.	16 12:00 DISMISS B-Blueberry breakfast cornbread, fruit & milk. L-Chicken & noodles, salad, veggie, fruit & milk.	17 B-Walnut breakfast cookie, cereal, fruit & milk. L-Sub sandwich, soup, baked beans, veggie, fruit & milk.	18 B-Ultimate English muffin, fruit & milk. L-Nachos, refried beans, salad, veggie, fruit & milk.
20	21 B-Bagel w/cream cheese, sausage, fruit & milk. L-Meat loaf, roll, salad, veggie, fruit & milk.	22 B-Pancakes, fruit & milk. L-Beef taco pie, refried beans, salad, veggie, fruit & milk.	23 B-Cereal, toast, fruit & milk. L-BBQ chicken flat breads, salad, veggie, fruit & milk.	24 B-Breakfast burrito, fruit & milk. L-Tuna sand, baked beans, salad, veggie, fruit & milk.	25 B-Blueberry muffin, cereal, fruit & milk. L-Hot dogs, salad, veggie, fruit & milk.
27	28 B-Cream of wheat, toast, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	29 B-Sausage egg scramble, toast, fruit & milk. L-Ham sand, salad, veggie, fruit & milk.	30 B-Yogurt & granola, toast, fruit & milk. L-Ranch chicken, roll, salad, veggie, fruit & milk.	Notes:	

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SEE COMPLETE NON-DISCRIMINATION STATEMENT ON OUR WEBSITE www.wishramschool.org

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 HSFB - First Full Day of Practice	20	21	22
23	24	25 Teacher 1st Day VB First Day of Practice	26 Student 1st Day	27	28	29
30	31	1	2	3	4	5

Wishram High and Elementary School Calendar

September 2015

Delores Ewing : All Categories

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3 JHFB First Day of Practice	4	5 HSVB @ Dufur (Jamboree) @ 9am Lv 7:30 ETR ?
6 HSFB @ Dufur Classic Siletz Charter School @ 10 LV 7:30 am ETR	7 Labor Day - No School	8 HSVB @ S. Wasco @ 5 LV 3:30 ETR 9	9 OPEN HOUSE from 4-6	10 HSVB @ Lyle w/ White Swan @ 5	11 HSFB @ Lyle w/Nasalle @ 6	12
13	14	15	16 12 Dismissal In-Service LW Cross Country @ Hood River @ 5 LV 3:30 ETR 7:30	17 HSVB @ Lyle w/Sherman Co. @ 5 JHVB @ Glenwood @ 5:30 LV 3:30 ETR 7:30	18	19 HSFB @ Wishkah/Lake Quinault @ 2 LV 7 ETR 9:30 HSVB @ Stevenson @ 5 LV 3 ETR 9 LW Cross Country @ Cowiche @ 11 LV 8 ETR 4
20	21 JHVB - BYE	22 JDFB @ Lyle @ 4	23 HSVB @ Lyle w/Dufur @ 5	24 Dream Team Dental Visit JHVB @ Klickitat @ 5:30 LV 4 ETR 7	25 HSFB @ Neah Bay @ 7 LV 7 am ETR Sat. LW Cross Country @ The Dalles @ 3:30 LV 2 ETR 6:30	26 HSVB @ Wh. Swan (Tourn.) @ 10am LV 7:30am ETR ?
27	28 JHVB @ Lyle w/Centerville @ 5:30	29	30	1	2	3

Family Income Survey 2015–16

Dear Parent/Guardian:

Schools receive certain federal and state funding (all-day kindergarten, learning assistance programs, teacher incentives, etc.) based on the number of children from households that are at or below the federal poverty level. This Family Income Survey provides your child's school a way to collect household income information. This information makes sure your child's school receives the full amount of federal and state funding and makes sure your child receives services they are entitled to when free/reduced price applications are not collected.

It is important that you complete this survey. Please complete and return this form to the school office by September 14th.

Part 1. ELIGIBILITY: Figure out your total household income. Then look at the income chart below. Find your household size. If your total household income is equal to or less than the amount listed for your household size, check the box.

Income Chart
Effective from July 1, 2015 through June 30, 2016

Check box That Applies	Household Size	How Often Payment is Received				
		Annual Income	Monthly Income	Twice Per Month	Every Two Weeks	Weekly
<input type="checkbox"/>	1	\$21,775	\$1,815	\$ 908	\$ 838	\$ 419
<input type="checkbox"/>	2	29,471	2,456	1,228	1,134	567
<input type="checkbox"/>	3	37,167	3,098	1,549	1,430	715
<input type="checkbox"/>	4	44,863	3,739	1,870	1,726	863
<input type="checkbox"/>	5	52,559	4,380	2,190	2,022	1,011
<input type="checkbox"/>	6	60,255	5,022	2,511	2,318	1,159
<input type="checkbox"/>	7	67,951	5,663	2,832	2,614	1,307
<input type="checkbox"/>	8	75,647	6,304	3,152	2,910	1,455
<input type="checkbox"/>	9	83,343	6,946	3,473	3,206	1,603
<input type="checkbox"/>	10	91,039	7,588	3,794	3,502	1,751
<input type="checkbox"/>	11	98,735	8,230	4,115	3,798	1,899
<input type="checkbox"/>	12	106,431	8,872	4,436	4,094	2,047
<input type="checkbox"/>	For Each Additional Household Member Add	+ 7,696	+ 642	+ 321	+ 296	+148
<input type="checkbox"/>	Household does not qualify					

HOUSEHOLD is defined as all persons, including parents, children, grandparents, and all people related or unrelated who live in your home and share living expenses. If you're applying for a household with a foster child, you may include the foster child in the total household size.

Turn over for Page 2

HOUSEHOLD INCOME is considered to be any taxable income each household member received before taxes. This includes wages, social security, pension, unemployment, welfare, child support, alimony, and any other cash income. If including a foster child as part of the household, you must also include the foster child's personal income. Do not count foster payments as income.

Part 2. STUDENTS: Please fill in the following information for all children living with you that are attending school.

Student's Last Name	Student's First Name	MI	Date of Birth	School	Grade

Part 3. SIGNATURE: I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get state and federal funds based on the information I give. I understand that school officials may verify (check) this information. I understand if I purposely give false information that I may be prosecuted. I understand my child's poverty status may be shared with other programs/agencies as allowed by law.

Sign Here: _____ Print Name: _____

Date: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

OSPI provides equal access to all programs and services without discrimination based on sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability. Questions and complaints of alleged discrimination should be directed to the Equity and Civil Rights Director at (360) 725-6162/TTY: (360) 664-3631 or P.O. Box 47200, Olympia, WA 98504-7200.



Revised 7-22-15 2015-16 SCHOOL SUPPLIES

Pre-K and Kindergarten

- 48 #2 Pencils
- 1 Pkg Felt Markers (any kind)
- 1 Pkg Colored Pencils
- 2 box Kleenex
- PE shoes-kindergarteners
- Earphones
- 2 Disinfectant wipes
- Backpack

First/Second Grades

- 48 #2 Pencils
- Plain eraser
- Crayons(24 pack)
- Glue sticks & glue
- Scissors
- 2 box kleenex
- Ruler
- 2 spiral ntbks (1st grade)
- 4 spiral ntbks (2nd grade)
- Earphones
- Backpack
- Clean PE shoes

Third/Fourth Grades

- Crayons (24 pack)
- 48 #2 pencils
- 1 Pkg glue sticks & glue
- 1 pair of scissor
- 1 Pkg colored pencils
- 6 spiral notebooks (wide ruled)
- 1 Pkg of erasers
- 2 boxes kleenex
- Clean PE shoes
- Backpack

No trappers please, they do not fit in desks.

Fifth/Sixth Grades

- 48 #2 pencils
- 1 Pkg of Black Pens
- 1 pencil sharpener
- 300 sheets college-rule paper
- 1 Eraser
- 3-5 Folders (pee-chee)
- 2 box of tissue
- 6 spiral notebooks (college lined)
- 1 ruler
- 1 Lg. 3-ring binder
- PE shoes
- USB Drive
- 100 white 3x5 cards
- 200 assorted colored 3x5 cards
- Backpack
- ***see below

7th-12th Grades

- 48 #2 pencils
- 600 sheets college-rule paper
- 1 Pkg of colored pencils
- 1 Pkg of Black Pens
- 1 Eraser
- 3-5 folders (pee-chee)
- 2 kleenex
- 6 spiral notebooks (college lined)
- 1Lg. 3-ring binder
- PE shoes
- PE Clothes—Shorts, T-Shirts, Sweats etc
- USB Drive
- 100 white 3x5 cards
- 200 assorted colored 3x5 cards
- Backpack
- ***see below

*** Available at the school for \$10 or any office supply. This is mandatory. Computers will no longer save any work.

*** LABEL ALL ITEMS**

The Southwest Washington Workers' Compensation Trust Presents

Safety Talks



LADDERS – STEP UP TO SAFETY

Ladder accidents are common even though they are entirely preventable. Practice these safe working habits to prevent falls:

DO:

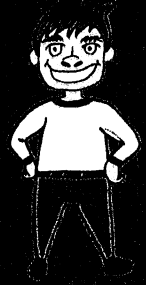
- Train employees in appropriate and safe use of ladders.
- Read and follow all labels on the ladder.
- Inspect the ladder before each use. Look for missing, damaged or loose components.
- Clean wet or slippery rungs before using the ladder.
- Ask for help when moving or setting up heavy or awkward ladders.
- Use fiberglass ladders when working near electricity or overhead power lines.
- Fully open the stepladder and firmly lock both spreaders.
- Position the ladder so you can face your work and do not have to lean sideways.
- Be sure that all ladder feet are on firm, level ground.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) on the ladder when climbing.
- Ascend and descend facing the ladder.
- Keep your body centered within the ladder's side rails.
- Always move one step at a time, firmly setting one foot before moving the other.
- Select a ladder with the necessary height for the job.
- Be careful stepping onto and off of the ladder.
- Wear proper footwear with good tread when climbing.

DON'T:

- Use a damaged ladder.
- Stand above the second step from the top of a stepladder.
- Climb a closed stepladder. It may slip out from under you.
- Place ladders on boxes, barrels, tables, or any other surface to obtain additional height.
- Place ladders in traffic areas, passageways, or in front of doorways that are not guarded.
- Carry heavy, bulky or awkward objects that make travel on a ladder difficult.
- Permit more than one person on a single-sided stepladder.
- Exceed the rated load capacity of the ladder. The load includes the weight of the person and any equipment, tools and materials.
- Over-reach, lean to one side, or try to move a ladder while on it. Climb down and then reposition the ladder closer to your work!
- Use a chair or a desk as a substitute for a stepladder regardless of the height of the task!

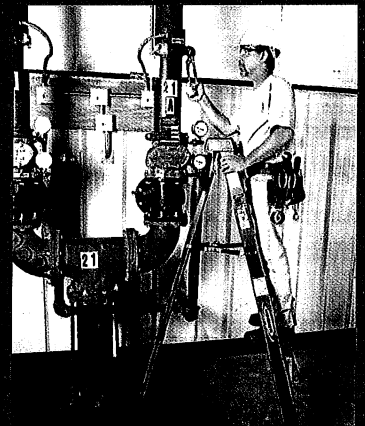


Safety Sam explains:



There are four primary causes of the majority of ladder accidents:

1. Selecting the wrong type of ladder
2. Using a worn or damaged ladder
3. Incorrect use of the ladder
4. Incorrect placement or setup of a ladder



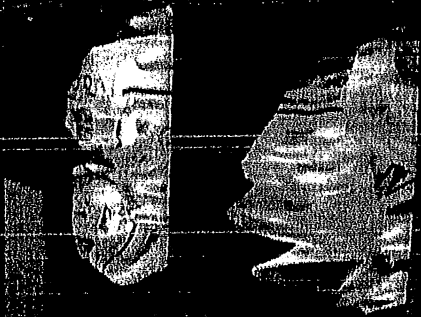
Near-Miss Nancy reminds us to:

"Use a ladder when it is needed. Chairs, tables, boxes, or buckets are not substitutes for a ladder. If you can't reach it without standing on something, get a ladder."



Back Packs For Kids

The feedback from schools, parents, teachers, and the kids has been overwhelmingly positive. This is why we need your help. Each child's bag costs approximately \$3 per week, or about \$120 per year. The food is purchased in bulk quantities so it is easier to accept dollar donations than food items. The bags can then be consistent in the items packed.



Contact Information:

If you need further information about the Backpack Program please call or email one of the following people:

Brian & Lynn Wanless
bwanless@mac.com

Mike & Linda Hay
hay_77@hotmail.com

Bill and Ava Van Velsor
avav@co.klickitat.wa.us

Sue Ward
napa@gorge.net

Crystal Dodge
crystal_better@yahoo.com

Mike Canon
MikeC@co.klickitat.wa.us

Garry & Mary Shane
garryandmary@embarqmail.com

Corinna Anthony
corinnaanthony@gmail.com

Kimmy Melnecke
kimeinecke@yahoo.com



BACK PACKS FOR KIDS

WSU Extension/4-H
228 W. Main
Goldendale, WA 98620
773-5817

vanvelsora@wsu.edu

Back Packs For Kids



A Community Effort!

Back Packs For Kids Program

The mission of the Back Pack Program is to meet the needs of hungry children by providing them with nutritious and easy-to-prepare food to take home on weekends and school vacations when other resources are not available.

Objectives:

Provide nutritious, healthy food to children at-risk of hunger for preparation and consumption at their place of residence.

Distribute the food discreetly in an easily accessible and safe environment.

Standards for Implementation:

Providers for the program are reputable and will provide weekly packs.

Healthy, nutritious food will be distributed to children once a week free of charge.

Backpacks will be provided free of charge if needed.

Partners:

Goldendale Food Bank
Goldendale Kiwanis
Goldendale United Methodist Church
MCPAL

WSU Extension/4-H Program
Holcomb's Sentry Market
Goldendale Horizons
Printing by The General Store

How You Can Contribute:

Donate:

_____ \$120/year/child
_____ \$60
_____ As you are able

Volunteer to:

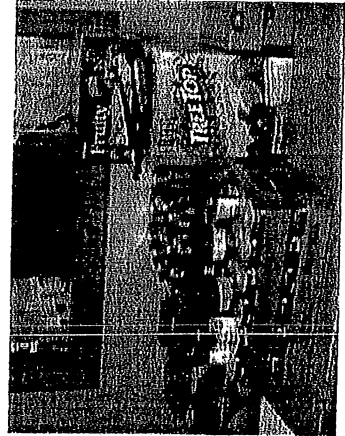
_____ Fundraise
_____ Do weekly chores as needed

Name: _____
Phone: _____
Email: _____

Mail your contributions

with this form to:

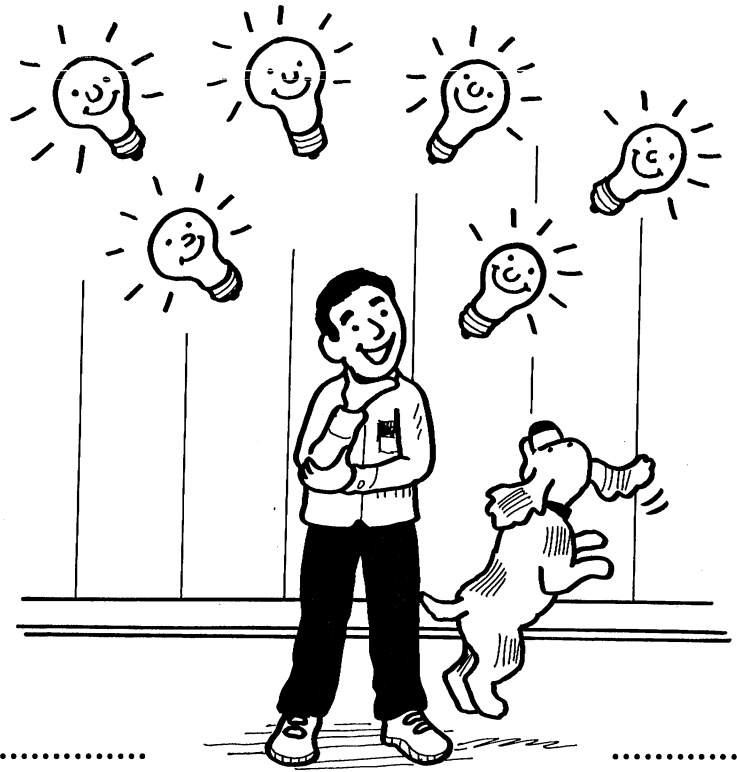
BACK PACKS FOR KIDS
WSU Extension/4-H
228 W. Main
Goldendale, WA 98620
773-5817
vanvelsora@wsu.edu



Think About It

When students wear their “thinking caps,” they come up with ideas and solve problems by asking questions, considering different approaches, and using their imaginations. Being a critical and creative thinker can help your youngster in every school subject—as well as in everyday situations at home and at play.

Encourage your child to sharpen his thinking skills with these 10 fun activities.

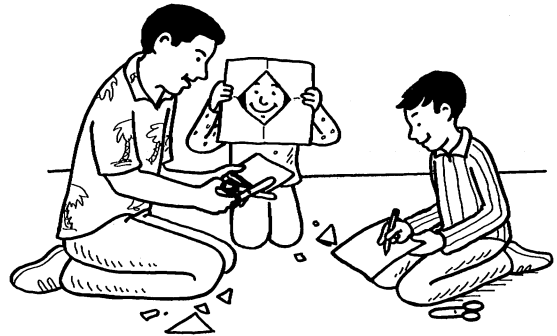


1. What is it? Your youngster can practice seeing things in different ways. Take turns describing everyday objects as if the other person had never seen them before. For example, he might say, “A pencil is skinny like a finger, yellow like a bus, and round like a tube.” How would he describe a book, a television, or a horse? *Idea:* Turn this into a guessing game by giving the descriptions without naming the object.

2. My own restaurant. Let your child use problem-solving skills to create an imaginary cafe. Encourage her to write and illustrate a menu. Then, go shopping together so she can price ingredients and decide what to charge to make a profit. You might pretend to be a food supplier and pose problems. *Example:* “There’s an avocado shortage! I need to charge \$1.50 per avocado instead of \$1.” Will she raise the price of guacamole or remove the avocado slice from her chicken sandwich?



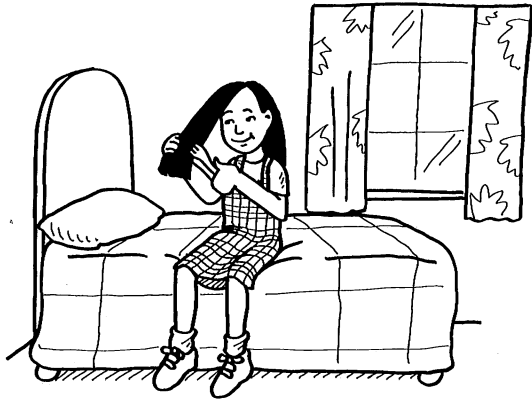
3. Cutout mystery. Your youngster will have to use spatial reasoning for this project. Have each family member fold a sheet of construction paper in half and in half again. Cut out shapes along the edges. Then, trade the folded papers, and let each person draw what the paper will look like when it’s unfolded—where the cutouts will fall and what shapes they will be. Finally, open the paper. Does your child’s picture match his prediction?



4. Squiggle art. What can you do with a squiggle? Practice brainstorming and creativity, of course! Draw a squiggle on a piece of paper. Suggest that your youngster turn the paper to look at it from several angles. Now, using the squiggle, what will she draw? Or draw a few squiggles, and have her create pictures centered around a theme. For instance, she might turn each squiggle into a different robot.

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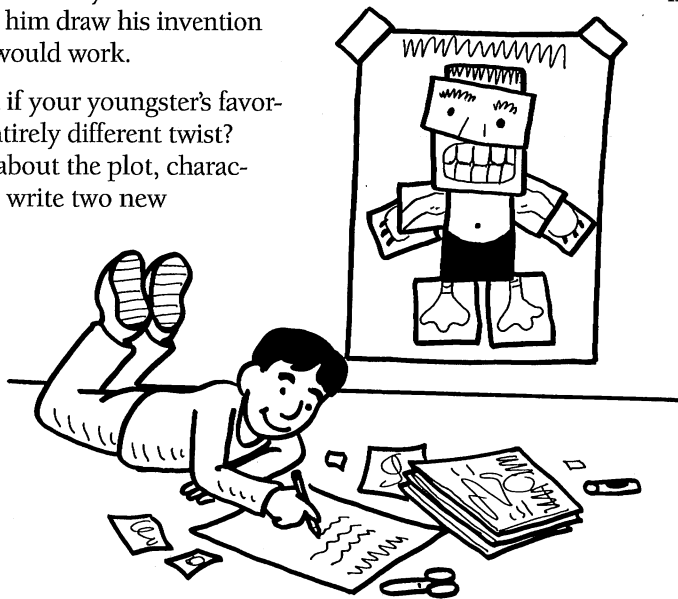
5. Map mission. Breaking down directions will help your child identify key steps, which is great practice for problem-solving. Ask him to pick a secret spot (say, a chair in the living room or a tree in the backyard). Then, he should write directions to get to it (“Go down the stairs, turn left at the hallway...”). Follow his directions together, and see if you end up in the right place. If not, how could he make them clearer?



6. Super substitutes. Considering how to replace one thing with another fosters creative thinking. For instance, what might your youngster use to brush her hair other than a hairbrush? If she likes lollipops with gum in the middle, ask what could go in the center instead. Or sing a fun song, pick out rhyming words, and think of words to replace them.

7. Improve it! Encourage your child to find new approaches by playing inventor. Have him think of items he uses in daily life and how he could design a new-and-improved version. Maybe he often misplaces his sneakers. He might dream up shoes with alarms that go off when you use a shoe-finding remote control. Let him draw his invention and explain to you how it would work.

8. A brand-new tale. What if your youngster’s favorite story or book had an entirely different twist? Based on what she knows about the plot, characters, and setting, she could write two new beginnings—one that would keep the rest of the story the same and one that would change it. Or she might come up with an alternate ending, or even a sequel, that fits with the plot.

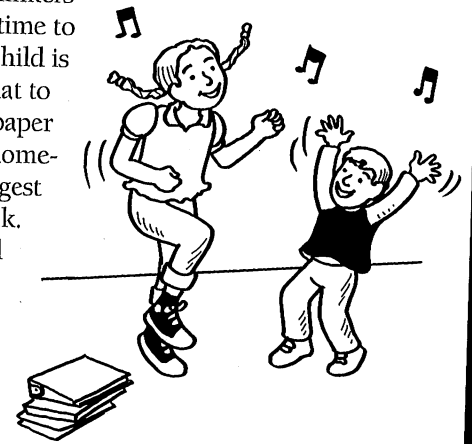


I’m stuck—now what?

Even the best thinkers get stumped from time to time. When your child is struggling with what to write for a school paper or how to solve a homework problem, suggest that she take a break.

Giving her mind a rest can refresh her and give her renewed energy to tackle her work. Plus, she may think of the answer while she’s doing something completely different! Here are ways to recharge:

- Dance to favorite music.
- Talk to a parent, sibling, or friend about something completely different.
- Get active by doing jumping jacks, marching around the room, or going up and down the stairs a few times.
- Go outside for a breath of fresh air. Walk the dog (or yourself) around the block.
- Take a bath or shower. In fact, some people say they do their best thinking in the shower!

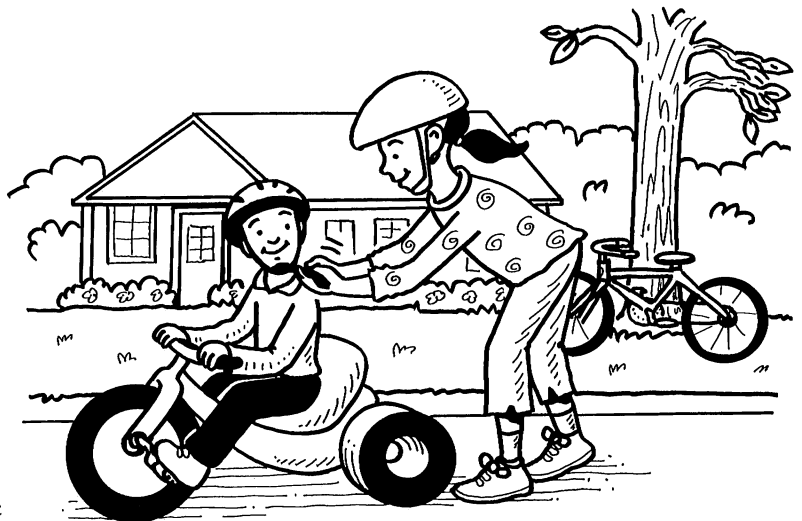


9. Creature feature. Develop your child’s imagination and writing skills by having him make his own monster. Using old magazines and newspapers, have him cut out pieces to put together into a never-before-seen creature. Encourage him to write an encyclopedia entry about his monster—describing its appearance, habitat, and diet.

10. Crazy questions. Spur your youngster to think creatively and make predictions by asking her thought-provoking questions. For example, how would the world be different if cars had never been invented? What would her life be like if she were an insect? Together, write questions on separate index cards. Use the deck to start interesting dinnertime or car-time conversations.

Kindness and Compassion

Performing simple acts of kindness and compassion encourages your child to think of others and makes her feel good about herself—a one-two punch that also helps to prevent bullying. Try these ideas to inspire your youngster to be a kind and compassionate person.



AT HOME

What do kindness and compassion look like? Use these activities to help your child spot kindhearted actions in her daily life.

Make a reminder

Look up *compassion* and *kindness* in the dictionary together. Then, have your youngster collect quotations about these qualities from books or websites. *Example:* “Always try to be a little kinder than necessary.” —J. M. Barrie. Ask your child to invent



her own sayings, too, such as “Be a ray of sunshine and brighten someone’s day.” Next, let her use her favorites to create a placemat. She can write the quotes graffiti-style on construction paper. Slip the paper into a plastic sheet protector so her placemat lasts longer. *Tip:* Suggest that your youngster spread the compassion message by making a placemat for each family member.

Catch kindness

Show your child how much kindness happens around him every day—he’ll see ways he can be kind, too. Have him make a label to stick on a clean, empty jar. It might say “Be kind” or “We’re a kind family.” Place the jar in an easy-to-reach location

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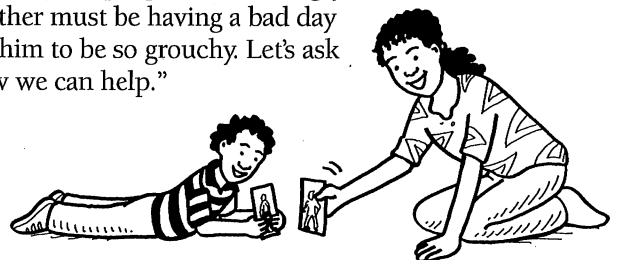
The anti-bullying connection

Empathy is a powerful tool against bullying. When children can imagine themselves in another person’s shoes, they’re less likely to be bullies and more prone to step in if someone else is bullied. These strategies will help your youngster consider how other people feel:

- Using pictures in magazines, take turns inventing scenarios that encourage you to put yourselves in another person’s place. *Example:* “Someone tripped this boy on the playground. How would you feel if that happened to you?”
- While watching videos or reading, point out when one character shows empathy for another. “George could see

how sad Lucy was when those kids were teasing her. I’m glad he stood up for her.”

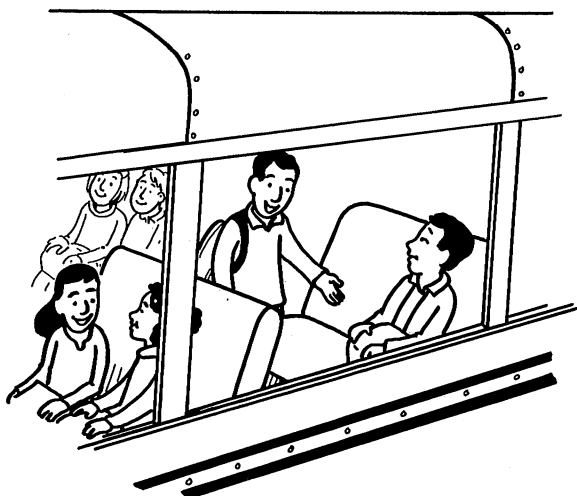
- Think aloud to help your child understand how to show empathy for people who act angry, rude, or mean. “Your brother must be having a bad day for him to be so grouchy. Let’s ask how we can help.”



along with slips of colored paper and a pen. Now tell everyone in the family to add a note to the jar when they “catch” someone being kind. For instance, “Dad made soup for me because I didn’t feel well” or “Jeremy cleaned up the dog’s muddy paw prints so Mom didn’t have to do it.” Once a week, read the slips aloud. Then, start a new batch.

AT SCHOOL

When students are kind and compassionate, there is more learning and less bullying. These ideas can help your youngster be a caring classmate.



Welcome someone new

Have your child think about what it feels like to be the new kid. You might remind him how he felt on his first day somewhere. Maybe he was afraid the kids at basketball camp wouldn’t like him or that he’d have no one to play with at an after-school program. Then, help him think of ways to make things better for a new student. For example, he could sit with the classmate on the bus or invite him to join a kickball game at recess.

Share a compliment

While your youngster doesn’t have to be best friends with everyone in her class, she does need to be nice to them. Encourage her to focus on each person’s strengths instead of reasons she might not like them. Try prompting her with questions like “Who is a good athlete?” or “Who draws cool pictures?” Suggest that she use those answers to give compliments. For instance, in art class, she can tell a classmate she likes his painting. After a spelling bee, she could congratulate the winner. She may be surprised to see that a few nice words will encourage others to be kind, too.

AROUND TOWN

When your youngster regularly puts others first, kindness and compassion become second nature. Take advantage of big and small opportunities for her to make a difference in the community.

Pay it forward

Make it a family policy to do two kind things for each one done for you. Be sure to let your child know that even small things count. Someone might hold the door open for her to enter a restaurant, for example. To pay the kindness forward (twice), your youngster could hold the door for another person—and offer to get an elderly couple’s order when it’s called.



For times when she can’t pay it forward right away, your child can watch for chances to catch up during the day.

Encourage a can-do attitude

In tough situations, your youngster may want to show compassion but feel that his actions won’t make a difference. For instance, he might want to help a neighborhood family who lost everything in a house fire. Remind him that while some things are too big for him to fix completely, there’s still plenty he can do. Then, brainstorm ideas together. His list could include everything from donating clothes from his own closet to bigger things like having a yard sale to raise money for the family.



Nutrition Nuggets™

Food and Fitness for a Healthy Child

Wishram School District
Sarah Hathaway, Business Manager

BEST BITES

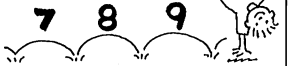
Math + fitness

Give your child a chance to

combine math practice and exercise

with daily

“math breaks.” Give directions that include a math problem and a fitness activity. For example, say, “Do $2 + 2$ jumping jacks” or “Do $11 - 2$ cartwheels.”



Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don’t do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he’s having trouble waking up early enough, move his bedtime back.

Just for fun

Q: What’s the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

“I’m starving!” When your child bursts through the door after school or day care, she’s probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She’ll have a say in what she eats, but she’ll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and



vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.

Build your own

Let your child get creative in the kitchen, and she’ll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. ♥

Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he’s been working on.
- Avoid comments about your youngster’s size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth (“I love how you tried to get the rebound”). ♥

