

WISHRAM  
SCHOOL

Drug Free  
Smoke Free  
Gun Free

School Board Members:

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

# Wishram Signals

Volume 15 Issue 4

Wishram School Newsletter

April 2015

509.748.2551



## News from the Principal's Office

*"It is spring again. The earth is like a child that knows poems by heart."*

By Rainer Maria Rilke

Spring is officially here and so are spring conferences and spring break! We will finish this week off with 12:00 dismissals followed by a weeklong spring break from April 6<sup>th</sup>-10<sup>th</sup>. Please enjoy having your students at home with the sun outside.

Superintendent/Principal Search: I would like to thank the group of community members that came to the "Meet the candidate night" on Monday. The person chosen will start July 1, 2015. We are hoping to get an announcement to the public after spring break.

There are many things that are happening this spring. We will have the fish release on April 16<sup>th</sup>. This is when some of our students get to go to the Glenwood fish hatchery and release the fish that have grown from eggs here at the school. Prom will be May 2<sup>nd</sup> and will be held in The Dalles and 4 school districts will be participating in this event. Also on May 2<sup>nd</sup>, Ms. Barnhart will be taking students to participate in the Wind Challenge. Our annual planting day and town clean up will be May 8<sup>th</sup>.

Please feel free to visit me at Wishram School if you have any questions or want to talk about your student's progress.

Sincerely,

*Heather Gimlin*

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 April 28, 2015**\*\*\*\*\*

### Kahneeta

Every year in June, grades 7 – 12 have a special trip to celebrate a successful year. Wishram school gets to go to Kahneeta to go swimming, play on the slides and enjoy a BBQ lunch. In order for students to earn their way to Kahneeta students must have **no more than**:

- 7 absences
- 4 detentions
- 1 ISS

In addition students can not have any out of school detentions and must maintain a 2.0 gpa. These criteria are for the final quarter of the year. If any **one** of these things occurs, that student will stay at Wishram School the day of the trip. We hope to have our final quarter of this year a productive one so we can all go celebrate at Kahneeta.

*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](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](mailto: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.*





# Wishram Senior Class



TACO CART FUNDRAISER

APRIL 2, 2015

All Profits go to help the Senior Class  
on their Cruise to Baja Mexico

The Taco Cart will be located outside the front Doors of the  
Wishram school from 4:30-7:00

1 for \$1.75

or

2 for \$3.00



You can sit down and eat them outside or take them home with  
you

There are conferences this evening so grab  
some on you way out

Thanks for Supporting your Wishram Senior Class of 2015

---

Did you miss out on the Wishram Gear Sale ???  
Don't worry due to high demand we will be putting an-  
other order in

Turn in orders by April 3, 2015



You Don't Want To Miss This !!!

# Wishram's 5th Annual Lip Sync

*Silent Auction and Nacho Feed*

**Sponsored by Senior/Junior Class along with the Wishram ASB  
Students and staff will be performing on stage  
located in the Wishram School gym**

**April 30th**

**Silent Auction/ Nacho feed will begin @5 P.M. and end @ 6 P.M. (\$5 dollars a plate)**

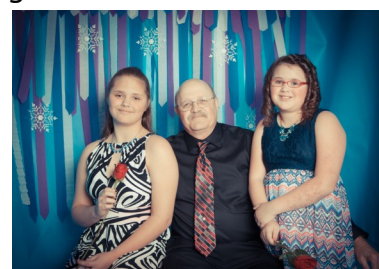
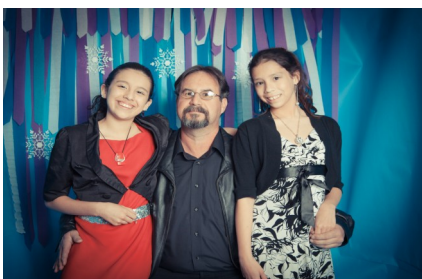
**Lip Sync will begin at 6:15 P.M. (\$ 2 Entrance fee at the door )**



2015 Wishram First Annual Father Daughter Dance



Wishram ASB held their first Annual Father/Daughter Dance on March 21, 2015. It was great to see all the girls with their dads( Father figures) all dressed up and spending time together making mem-oires. This dance and our upcoming Mother/Son Dance were made possible by a generous donation made by Tye and Kandy Churchwell and the numerous hours that were put in to setting up for the dance with the help of Shelia and Alaura McCullough, Stormy Back, and Tye Churchwell himself. The Dance was DJ'd by Mark Rodriques who played music that the girls danced away too. The Wishram ASB would like to Thank all those who helped make this event possible as well as all those fathers who came out and gave their daughters a night to remember.



## 2015 Silent Auction items

1. Painting
2. Wild Life Safari- 2 admission tickets
3. Skamania Lodge- Sunday Brunch for 2
4. 2 Hair Cuts at Bill Barber Shop by Katie
5. 2 Hair Cuts at Bill Barber Shop by Katie
6. Golden Photo Gift certificate \$125.00
7. Goldendale Sentinel 1Yr
8. Goldendale Sentinel 1 yr
9. \$50 Fredmeyer's Gift Card
10. Cherries Frozen yogurt 4- 8oz
11. Golden Coyote Coffee \$25.00
12. Zim's \$25.00
13. Zim's \$25.00
14. Spooky's \$50.00
15. Spooky's \$50.00
16. Spooky's \$50.00
17. Qwiks Oil Change
18. The Pink Poodle Grooming Salon \$30
19. Papa Murphy's 3 Large 1- topping Pizza's
20. . Papa Murphy's 3 Large 1- topping Pizza's
21. . Papa Murphy's 2 Large 1- topping Pizza's
22. Columbia River Music \$25.00
23. Columbia Gorge Hotel Sunday Brunch for 2
24. 10 speed Coffee - 1 dozen donuts
25. Pietro's Pizza \$40.00
26. Doppio Coffee \$30.00
27. Burgerville \$20.00
28. Skippers- 2 Fish and Chips and Claim Chowder
29. Hood River Hotel -1 night stay for 2
30. Monagon's Pancake House \$50.00
31. Monagon's Pancake House \$50.00
32. Famous Dave's Bar-b-que \$25.00
33. Pita Pit- 4 Complete Meals
34. Glass Onion- 1 Entrée
35. Republic Services- Magnrox 40" Color LCD/LED TV
36. Oregon Historical Society Family Membership
37. Maryhill Museum of Art- 2 Admission, \$25.00 Lunch, and Book
38. Columbia Laser Skin Center \$100.00
39. Gold Dress Shoes
40. Puzzle/Game bundle
41. Bongos
42. Tie Blanket and Pillow
43. Blanket and Pillow
44. Quilt
45. Game Boy and Game
46. Purse
47. 2 Coffee Cups
48. 2 Coffee Cups
49. Hood River Hotel Hoodie
50. Gold Rush Game
51. Scrapbooking Kits
52. Hat Knitting Kit
53. Multnomah Falls Picture
54. Foldable Speakers
55. Pepper Spray
56. Slippers/Socks
57. Lotions bundle
58. Ice Chest
59. Air & Auto Museum- 2 Passes
60. Air & Auto Museum- 2 Passes
61. Silverwood 2- 1 Day Passes
62. Deer Antler Mount certificate
63. Columbia Gorge Discovery Center Family Membership
64. 1 Hour Massage by Judy Shinn
65. 1 Hour Massage by Judy Shinn
66. Handmade Graduation Sign

## ABBY's Closet

On March 29th Wishram took 16 girls from Wishram, Lyle and Glenwood to Portland to attend ABBY's Closet. Abby's Closet is an organization that allows the girls to get free Prom Dresses at no Cost. The Staff and Parents at Wishram School donate their time to take these girls every year, even down to the bus Driver. Thanks to Abby's Closet and to the Volunteers that go that make this possible for these young girls.



## 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.

## *Life Tip!*

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

~ April 2015 ~						
◀ Mar 2015						May 2015 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 12:00 DISMISS B-Maple oatmeal, toast, fruit & milk. L-Hamburger gravy on mashed potatoes, roll, salad, veggie, fruit & milk.	<b>2</b> 12:00 DISMISS B-Pancakes, fruit & milk. L-Sloppy Joe on bun, salad, veggie, fruit, BBQ beans, & milk.	<b>3</b> 12:00 DISMISS B-Cereal, sausage, toast, fruit & milk. L-Chefs choice (Hamburger, orange chicken etc) salad, veggie, fruit & milk.	
<b>5</b>	<b>6</b> NO SCHOOL SPRING BREAK	<b>7</b> NO SCHOOL SPRING BREAK	<b>8</b> NO SCHOOL SPRING BREAK	<b>9</b> NO SCHOOL SPRING BREAK	<b>10</b> NO SCHOOL SPRING BREAK	<b>11</b>
<b>12</b>	<b>13</b> B-Cereal, sausage, toast, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	<b>14</b> B-Biscuits & gravy, fruit & milk. L-Teriyaki chicken rice bowls, salad, veggie, fruit & milk.	<b>15</b> B-Breakfast buddy sandwich, fruit & milk. L-Chicken & noodles, roll, salad, veggie, fruit & milk.	<b>16</b> B-Caramel apple salad, toast, fruit & milk. L-Beef stroganoff, roll, salad, veggie, fruit & milk.	<b>17</b> B-Breakfast pizza, fruit & milk. L-Nachos, refried beans, salad, veggie, fruit & milk.	<b>18</b>
<b>19</b>	<b>20</b> B-Pancakes, fruit & milk. L-Mexi-mac, refried beans, salad, veggie, fruit & milk.	<b>21</b> B-Walnut breakfast cookie, cereal, fruit & milk. L-BBQ chicken flatbreads, salad, veggie, fruit & milk.	<b>22</b> 12:00 DISMISS B-Bacon & egg cones, fruit & milk. L-chili, cornbread, salad, veggie, fruit & milk.	<b>23</b> B-Bagel w/cream cheese, sausage, fruit & milk. L-Baked Cajun chicken, roll, salad, veggie, fruit & milk.	<b>24</b> B-Yogurt & granola, toast, fruit & milk. L-Pizza, salad, veggie, fruit & milk.	<b>25</b>
<b>26</b>	<b>27</b> B-Cereal, ham slices, toast, fruit & milk. L-Grilled ham & cheese, soup, salad, veggie, fruit & milk.	<b>28</b> B-Waffles, fruit & milk. L-Chicken & white bean chili, cornbread, salad, veggie, fruit & milk.	<b>29</b> B-Biscuits & gravy, fruit & milk. L-Chicken chop suey, fortune cookie, rice, salad, veggie, fruit & milk.	<b>30</b> B-Breakfast buddy sandwich, fruit & milk. L-Meatloaf, mashed potatoes, roll, salad, veggie, fruit & milk.	<b>Notes:</b>	

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

# ISO

Wishram Senior Class are Currently looking for New or Gently used items that can be donated to the silent auction that is held during the Lip Sync. All profits made go towards the Senior and Junior Class for their senior trip. This year's Seniors are taking a cruise to BAJA MEXCIO

Thank you for supporting the Wishram Students

If you have any questions please call the school at 509-748-2551





*Strong Families • Familias Fuertes*

### *What is it?*

***Strong Families/Familias Fuertes*** is a parent training program presented by Comprehensive Mental Health. The class consists of 13, three-hour sessions, focusing on strengthening families and communities. Classes are offered in English and Spanish in Yakima, Kittitas and Klickitat counties.

All parents want their children to grow up with high self-esteem, adopt positive lifestyle choices, and avoid drugs, gangs and other violent activities. We support parents by enhancing their present skills and providing them with additional tools that work in the world today.

Among the topics covered in the class are: modeling positive parent behavior, improving children's self-esteem, learning anger and stress management, and emphasizing positive discipline. Parents are supported in practicing new skills between class sessions.

### *What's the cost?*

There is no cost for families. The program is funded through private and government grants.

### *How do I enroll?*

Contact **Maria Vizarro** at **Comprehensive Mental Health** to register for the classes.

**509/576.4319**

# SOFTBALL

Hi, my name is Michelle. Softball is my game. I play first base and this is my fifth year playing for the Lyle/Wishram Cougars. You know I'm just practicing for that staff vs. Student softball game at the end of the year. So staff I hope your ready cause we are going to dominate this year. Softball is a very interactive you get to hit the ball, run bases, and gain a new family. We have 19 girls on our team and hoping that you all can make it out and watch our games!! GO COUGARS!

- Michelle Doolin

## Wishram Industries

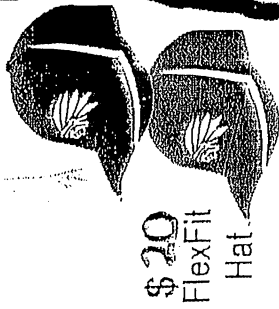
C X I F V L O D R G L M Z L S I M G C I  
S C I O S N G J O E T U H N R D S R J H  
A W W H Y O O L T E S E L L A D E Z A F  
J U Y P X G D J U R D J Y H G T B V F V  
Z Y S K A E L P R U P G N M U J I S Y D  
D G T M N R Q K C T M F I P O S L V S V  
G A N D L O E A C A D E M I C S P T E J  
V E A I G J T W F R B O L T N R U S T C  
R L L O K I X G R E C G I P L D Z R Y X  
E T P B O O C C N T B K G E E C I P E H  
O D U N Y G O L O I B S M N N N T A M Q  
I M P H Y S I C A L H V T A S D C A N E  
J D I H B A X Z V O U S N P T I R I P S  
K B F V N Q Z H Z O W M A R Y H I L L R  
G K F A F N U Y V H S N B W S R V X A Q  
K D A Q P J I D K C I T S I L E E E X B  
M Y Z F K E R E T S B E W J A D R O G Q  
V G J G L D J J H E I F U W G Q M P E S  
S V Z E C H R S O T X A L O Y N T N K F  
N U Y Q I O Q W Y B G X J E R V G Q M Z

ACADEMICS  
BIOLOGY  
COLUMBIA  
COMPUTER  
COOKING  
COUGARS  
DALLES  
EDUCATION  
GOLDENDALE  
INDIANS  
LITERATURE  
MARYHILL  
MATH  
NATIVE  
OREGON  
PENCIL  
PHYSICAL  
PLANTS  
PURPLE  
RIVER  
SCHOOL  
SKY  
SPANISH  
SPIRIT  
STICK  
STUDENTS  
THE  
WASHINGTON  
WEBSTER  
WISHRAM

# SENIOR CLASS 2015 ORDER DUE Wishram School Apparel

\*\*\*\*\*ORDER FORM\*\*\*\*\*

jma@jmaprinting.com  
www.jmaprinting.com  
(360) 921-8342  
Trout Lake WA 98650



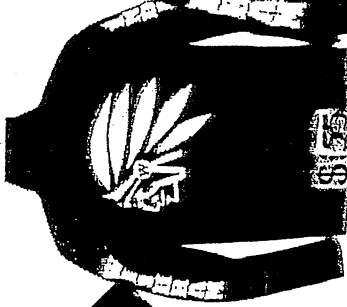
**\$ 20**  
FlexFit  
Hat



**\$ 35**  
Tech  
Sweatpants Cotton Hoodie



**\$ 20**  
T-Shirt



**\$ 55**  
Tech Jacket



**\$ 35**  
Tech Hoodie

*Design in Purple*

First & Last Name (please print clearly) \_\_\_\_\_ Phone Number (in case we need to contact you regarding your order) \_\_\_\_\_

ITEM	XS		S		M		L		XL		2XL		3XL		Name	add \$5	Total
	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH	YOUTH			
<b>Tech Hoodie \$45</b> (add \$2 for 2XL & \$3 for 3XL) 100% Polyester, moisture-wicking, colorblock hoodie. (*LOOSE FIT*)																	
<b>Tech Full Zip Jacket \$55</b> (add \$2 for 2XL & \$3 for 3XL) {back of jacket pictured above} 100% polyester tricot, Open hem w/ drawcord and toggles, Cadet collar, zippered pockets																	
<b>T-Shirt \$20</b> (add \$2 for 2XL & \$3 for 3XL) 100% Pre-Shrunk Cotton, Tag-free label (Available in sizes S-3XL, no XS)	YOUTH S	YOUTH M	YOUTH L	YOUTH XL													
<b>Cotton Hoodie \$35</b> (add \$2 for 2XL & \$3 for 3XL) Pre-shrunk Cotton/Poly Hooded sweatshirt. (Available in sizes S-3XL, no XS)	YOUTH S	YOUTH M	YOUTH L	YOUTH XL													
<b>Tech Sweatpants \$35</b> (add \$2 for 2XL & \$3 for 3XL) 100% polyester tricot, Side seam & back pockets Back pockets, Elastic waistband with drawcord	YOUTH S	YOUTH M	YOUTH L	YOUTH XL													
<b>Flexfit Hat \$20</b> (size XS fits youth.) Fabric 84/14/2 nylon/cotton/spandex	PURPLE XS	PURPLE S/M	PURPLE L/XL	BLACK XS	BLACK S/M	BLACK L/XL											

No Returns, all sales are final!

Look on School web page to see color images [www.wishramsched.com](http://www.wishramsched.com)

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

April 2015

Wishram School District



## SHORT NOTES

### Stretch your memory

Try this on-the-go game to sharpen your child's memory. Pick something you see out the car window, and describe it using one adjective. ("Red barn.") Your youngster repeats your words and adds another object with a different adjective. ("Red barn, big bulldozer.") Keep going until someone can't remember the list.

### Pretend play

Imaginary play boosts creativity and lets children practice adult roles. Offer props that inspire your child to pretend, such as old clothes and shoes for dressing up or a chalkboard and chalk to play school. You could suggest ideas that will spark her imagination, too. ("How would you teach your favorite subject?")

### DID YOU KNOW?

Asthma leads to more school absences than any other chronic condition—and spring allergies can trigger attacks. If your child has asthma, talk to his doctor about ways he can stay healthy. You might help him keep a diary of attacks, with the date, time, and weather, and what he was doing beforehand. Together, look for patterns to identify triggers.

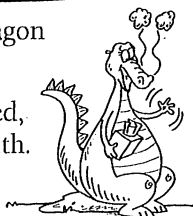
### Worth quoting

"You cannot use up creativity. The more you use, the more you have."  
Maya Angelou

## JUST FOR FUN

**Q:** How did the dragon burn his hand?

**A:** When he sneezed, he covered his mouth.



## Develop strong communication skills

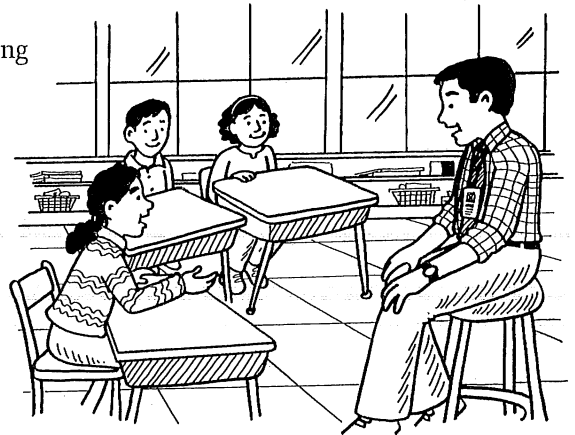
Whether your child is participating in a class discussion, chatting with a friend or relative, or answering a teacher's question, she'll need to be a good communicator. Here are strategies to try.

### Get started

Good communicators know how to start a discussion and keep it going. Let your youngster ask you a yes-or-no question. ("Do you have a pet?") Then, tell her to pose an open-ended question—one that can't be answered with yes or no. ("Why do you think most people have dogs or cats rather than other pets?") She'll see how open-ended questions can lead to more interesting discussions.

### Jump in

Your child can join a classroom discussion or everyday conversation by "piggy-backing." First, she should listen closely to what someone says. Then, she can build on it, adding her own ideas. For example, after a classmate speaks, she could say, "That's true. I was thinking..."



Or your child might restate in her own words what the person said and then share her idea or ask a follow-up question.

### Explain reasoning

When your youngster expresses her thoughts, encourage her to back them up with facts or opinions. As she answers a teacher's question, she can refer to something she learned in class or read in a textbook to support her statement. If she's responding to a classmate during a discussion, she could say whether she agrees or disagrees and tell why.♥

## Spring volunteering

It's not too late to be a parent volunteer! As the school year comes to a close, your youngster's teacher will appreciate a hand. Ask if she needs help with any of these tasks.

### ● Organizing or assisting with a class party.

You could email other parents, bring healthy snacks, plan games, or take photos.

● **Packing up the classroom.** The teacher may want someone to put books and supplies in boxes or to take down bulletin boards and other decorations.

● **Wrapping up projects.** There might be things you can do from home, such as binding student books or framing children's artwork.♥



# Siblings who get along

Consider these two ideas for building bonds between your children. They'll gain friends for a lifetime—and life will be more pleasant for everyone now.

## 1. Be a team

Show your youngsters how much fun it can be to team up. Play board games in teams—kids vs. parents. Or consider getting a cooperative board game like *Race to the Treasure* or *Castle Panic*. You could also suggest that they collaborate on a project, such as building a birdhouse or creating a website.



## 2. Find common ground

Having shared hobbies gives siblings something to talk about and to do together. Notice activities that your children both like, and encourage them to enjoy them with each other. For instance, you might sign them up for cooking lessons, get

them new packages of trading cards to share, or send them out to play catch. *Tip:* Even though you might want to join in the fun, try to give them time alone to share their passions and build their relationship. ♥

### ACTIVITY CORNER

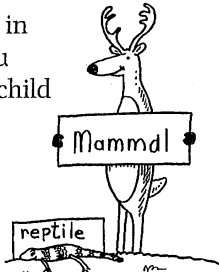


## Explore nature

Observing the busy animals and blooming plant life during spring can help your youngster learn about and appreciate nature. Try these activities.

### Classify animals.

Which creatures live in your area? When you spot one, have your child name it and say the category it belongs in. You may see frogs (amphibians), lizards (reptiles), robins (birds), deer (mammals), and butterflies (insects). Suggest that she draw and label pictures of the animals.



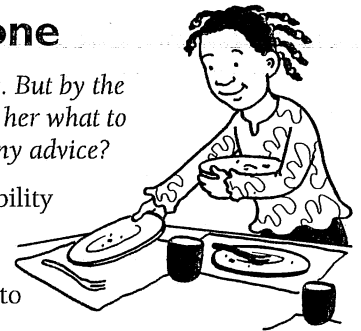
## Chores: Good for everyone

**Q:** I know it's a good idea to give children chores. But by the time I listen to my daughter complain and show her what to do, it seems easier just to do the work myself. Any advice?

**A:** Chores are important because they teach responsibility and encourage your child to be a contributing member of the household. Initially, it may take extra time to have your daughter do chores, but once she gets into the habit, her help will save you time.

Start by giving her jobs that she can feel confident about, such as clearing the table after meals or watering plants.

Once the chores become part of her daily routine, assign more challenging ones like vacuuming the car or mopping the kitchen floor. You'll have fewer tasks on your list, and she'll become more responsible. ♥



**Watch for blooms.** Encourage your youngster to look for trees or flowers with closed buds, buds that are beginning to open, and blossoms. Talk about why some bloom before others. For example, they may get more or less sunlight, or they may have different rates of growth. Let her check back in a few days to see how the plants have changed. ♥

## A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Provide context. Knowing something about the topic or setting will make a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like [kids.nationalgeographic.com](http://kids.nationalgeographic.com)).

- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about. ♥



### 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](mailto:rfeustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)  
ISSN 1540-5621

# Standardized Testing Q&As

These days, children are taking more standardized tests, and the pressure to do well is often high. Here are answers to common questions about the testing environment, along with a collection of test-taking tips.



**Q** What's the purpose of standardized tests, and how will they help my child?

**A** A standardized test is intended to measure how much your youngster has learned in a school subject, such as reading or math. It's also one tool schools use to see how well their academic programs are working—and what changes they could make to help students get the best possible education. For example, if a lot of children struggle with essay questions, the school might make some adjustments to the way writing is taught.

**Q** How can my youngster prepare for standardized tests?

**A** Attending school, learning, and working hard all year are the best preparation for any test. Before a standardized test, your child can prepare by paying close attention during in-class reviews and by trying hard on practice tests. These will give him an idea of what material the tests will cover and what the test format will be. They'll also remind him of information about topics he has studied this year (or in previous years) that he may have forgotten about.

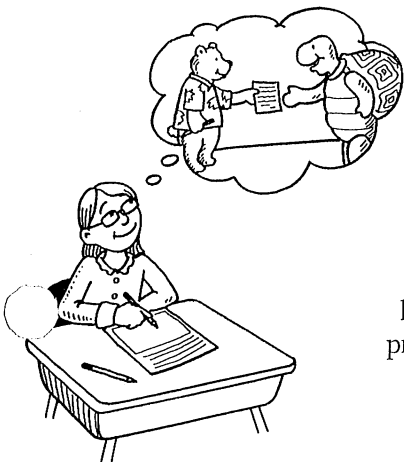
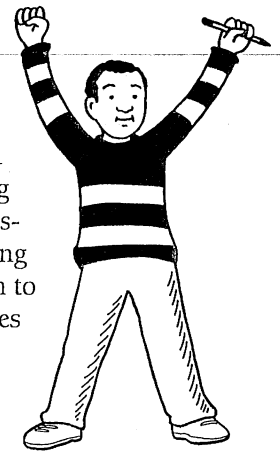
**Q** I've been hearing a lot about the Common Core State Standards. How will they affect tests this year?

**A** Your youngster may notice a few differences, such as more writing and more multi-step math problems. Common Core-aligned tests also include *performance tasks*—items that ask students to apply what they have learned and to use problem-solving and

critical-thinking skills. For example, instead of reading a passage and answering questions about it, your child might be asked to read two passages and write a letter from one main character to the other. Or rather than answering multiple-choice questions about a bar graph, she may be given data to create a graph of her own. *Note:* To find out if your state is one of those using new Common Core-aligned tests, ask your youngster's teacher.

**Q** My child gets anxious before big tests. How can I help?

**A** Reassure him that it's normal to feel nervous and that lots of kids are feeling the same way. Suggest that he use stress-relief techniques like stretching or taking a few deep breaths. It may comfort him to take a favorite book to read if he finishes a section early (and if it's allowed). Also, let him know that while you expect him to try his hardest, it's okay if he doesn't know all the answers or have time to answer every question. *Note:* Watch for complaints of stomachaches or headaches, and talk to your youngster's school counselor if you're concerned.



*continued*

**Q** What can I do to make sure my child feels her best on test day?

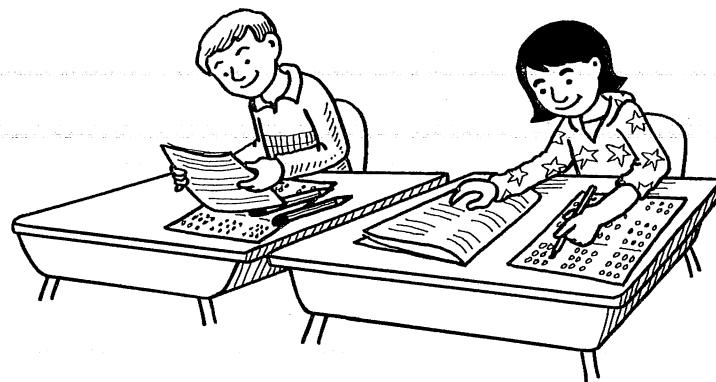
**A** A good night's sleep (10–11 hours) and a healthy breakfast are important every day—and especially on test day. To help your youngster stay focused and alert, she should eat both protein and carbohydrates, such as hard-boiled eggs, oatmeal topped with blueberries, and milk. Also, have her dress in layers so she can get comfortable in case she feels hot or cold.



procedure and any tools during practice tests so he's confident on test day.

**Q** Can you suggest some general test-taking tips to share with my youngster?

**A** The first thing is to read the directions carefully. She wouldn't want to answer all three essay questions if the instructions say to choose two. Also, encourage her to work at a steady pace and not to linger on questions she is struggling with. Instead, she can circle or flag the question, continue working, and come back to it. If she's filling in a bubble sheet that's separate from the test booklet, she should stop every few questions to make sure the number of the question matches the number on the answer sheet. Finally, suggest that she double-check her work if she has time.



**Q** My youngster will take standardized tests on a computer this year for the first time. What's different about this method?

**A** Some computer-based tests give all students the same questions in the same order. Others give different questions based on whether a student's previous answer was right or wrong. Also, the test may include on-screen tools, like a calculator, a highlighter, and a ruler. A test may even give students the option of crossing out answer choices they know aren't correct. Your child can familiarize himself with the

## Types of questions

Different kinds of questions call for different strategies. This advice can help your child.

• **Multiple-choice.** Your youngster should read the question and try to come up with an answer before looking at the possible responses. Then, if his answer is listed, there's a good chance it's right. However, it's important for him to read and consider all the choices before picking the best one, since there may be one or more that are almost right. *Tip:* If he doesn't know the answer, he can narrow down his options by crossing out choices that are obviously wrong.

• **True/false.** Encourage her to read the entire statement carefully, since just one word can make a seemingly true statement false. Discuss words that tend to appear in false statements (*absolutely,*

*always, certainly, never*) and those that often indicate a true statement (*occasionally, usually, most, probably*).

• **Short-response.** Remind your youngster to focus on what is being asked and to address all parts of the question.

It may help him to highlight or underline key words in the question. *Example:* "Pick two Native American tribes, and compare and contrast their houses."



• **Essay.** Planning is key. Writing the essay will be easier if your child gathers and organizes her thoughts first. She might use a planning strategy that she learned in school, like making an outline or a web. *Note:* She should allow time to proofread her essay, since careless mistakes can cost her points.

# Siblings who get along

Consider these two ideas for building bonds between your children. They'll gain friends for a lifetime—and life will be more pleasant for everyone now.

## 1. Be a team

Show your youngsters how much fun it can be to team up. Play board games in teams—kids vs. parents. Or consider getting a cooperative board game like *Race to the Treasure* or *Castle Panic*. You could also suggest that they collaborate on a project, such as building a birdhouse or creating a website.



## 2. Find common ground

Having shared hobbies gives siblings something to talk about and to do together. Notice activities that your children both like, and encourage them to enjoy them with each other. For instance, you might sign them up for cooking lessons, get

them new packages of trading cards to share, or send them out to play catch. *Tip:* Even though you might want to join in the fun, try to give them time alone to share their passions and build their relationship. ♥

### ACTIVITY CORNER

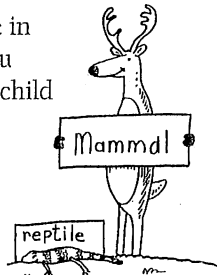


## Explore nature

Observing the busy animals and blooming plant life during spring can help your youngster learn about and appreciate nature. Try these activities.

### Classify animals.

Which creatures live in your area? When you spot one, have your child name it and say the category it belongs in. You may see frogs (amphibians), lizards (reptiles), robins (birds), deer (mammals), and butterflies (insects). Suggest that she draw and label pictures of the animals.



### Q & A

## Chores: Good for everyone

**Q:** I know it's a good idea to give children chores. But by the time I listen to my daughter complain and show her what to do, it seems easier just to do the work myself. Any advice?

**A:** Chores are important because they teach responsibility and encourage your child to be a contributing member of the household. Initially, it may take extra time to have your daughter do chores, but once she gets into the habit, her help will save you time.

Start by giving her jobs that she can feel confident about, such as clearing the table after meals or watering plants.

Once the chores become part of her daily routine, assign more challenging ones like vacuuming the car or mopping the kitchen floor. You'll have fewer tasks on your list, and she'll become more responsible. ♥



**Watch for blooms.** Encourage your youngster to look for trees or flowers with closed buds, buds that are beginning to open, and blossoms. Talk about why some bloom before others. For example, they may get more or less sunlight, or they may have different rates of growth. Let her check back in a few days to see how the plants have changed. ♥

## A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Provide context. Knowing something about the topic or setting will make a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like [kids.nationalgeographic.com](http://kids.nationalgeographic.com)).

- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about. ♥



### OUR PURPOSE

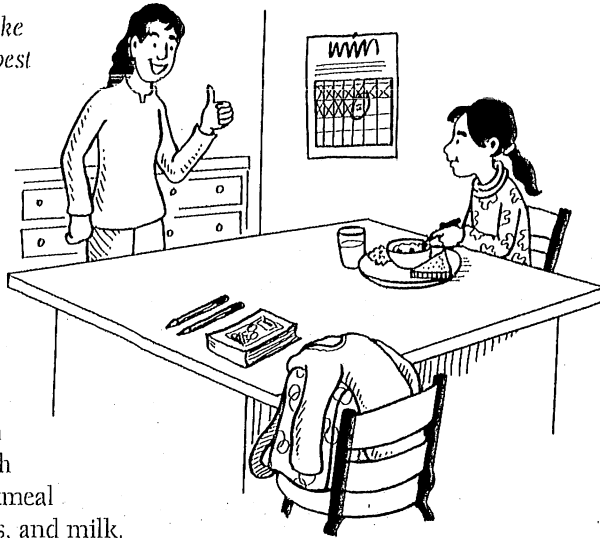
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • [rfeustomer@wolterskluwer.com](mailto:rfeustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)  
ISSN 1540-5621



**Q** What can I do to make sure my child feels her best on test day?

**A** A good night's sleep (10–11 hours) and a healthy breakfast are important every day—and especially on test day. To help your youngster stay focused and alert, she should eat both protein and carbohydrates, such as hard-boiled eggs, oatmeal topped with blueberries, and milk. Also, have her dress in layers so she can get comfortable in case she feels hot or cold.



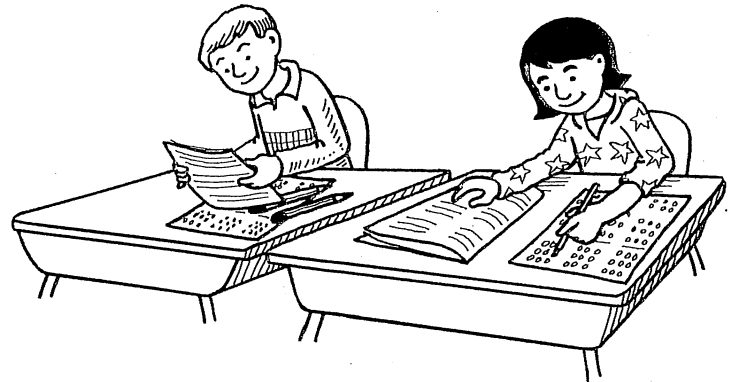
procedure and any tools during practice tests so he's confident on test day.

**Q** Can you suggest some general test-taking tips to share with my youngster?

**A** The first thing is to read the directions carefully. She wouldn't want to answer all three essay questions if the instructions say to choose two. Also, encourage her to work at a steady pace and not to linger on questions she is struggling with. Instead, she can circle or flag the question, continue working, and come back to it. If she's filling in a bubble sheet that's separate from the test booklet, she should stop every few questions to make sure the number of the question matches the number on the answer sheet. Finally, suggest that she double-check her work if she has time.

**Q** My youngster will take standardized tests on a computer this year for the first time. What's different about this method?

**A** Some computer-based tests give all students the same questions in the same order. Others give different questions based on whether a student's previous answer was right or wrong. Also, the test may include on-screen tools, like a calculator, a highlighter, and a ruler. A test may even give students the option of crossing out answer choices they know aren't correct. Your child can familiarize himself with the



## Types of questions

Different kinds of questions call for different strategies. This advice can help your child.

• **Multiple-choice.** Your youngster should read the question and try to come up with an answer before looking at the possible responses. Then, if his answer is listed, there's a good chance it's right. However, it's important for him to read and consider all the choices before picking the best one, since there may be one or more that are *almost* right. *Tip:* If he doesn't know the answer, he can narrow down his options by crossing out choices that are obviously wrong.

• **True/false.** Encourage her to read the entire statement carefully, since just one word can make a seemingly true statement false. Discuss words that tend to appear in false statements (*absolutely,*



*always, certainly, never*) and those that often indicate a true statement (*occasionally, usually, most, probably*).

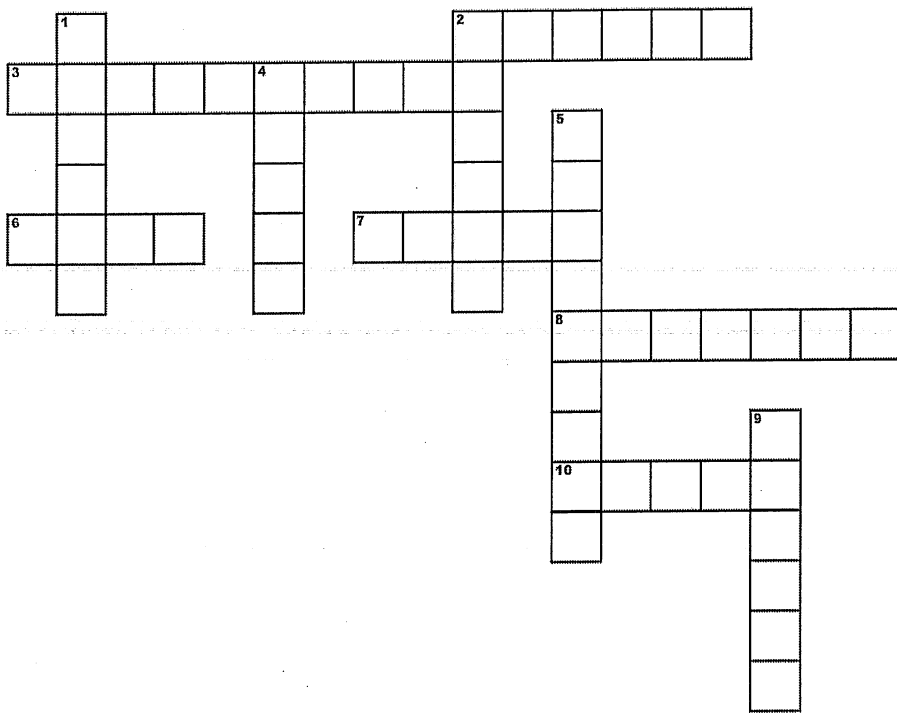
• **Short-response.** Remind your youngster to focus on what is being asked and to address all parts of the question.

It may help him to highlight or underline key words in the question. *Example:* "Pick two Native American tribes, and compare and contrast their houses."

• **Essay.** Planning is key. Writing the essay will be easier if your child gathers and organizes her thoughts first. She might use a planning strategy that she learned in school, like making an outline or a web. *Note:* She should allow time to proofread her essay, since careless mistakes can cost her points.

# CROSSWORD PUZZLES

## School Days Name: Wishram School



Submitted by a Wishram Student

### Across

- 2. One of Wishram's colors. Think of grapes.
- 3. The previous, old name of Wishram.
- 6. A shiny metal found in a pan.
- 7. The absence of color. Think of snow.
- 8. The school mascot.
- 10. It divides Washington from Oregon.

### Down

- 1. Swims up river each year.
- 2. A school tool.
- 4. The terrain around here.
- 5. A school subject in the science department.
- 9. What we hear every day.

Wishram High and Elementary School Calendar

# April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 12 Dismissal - Conferences 1-3 4th Qtr Begins BOOKMOBILE @ 9:30	2 12 Dismissal - Conferences 1-8 SB @ Lyle w/The Dalles JV @ 4	3 12 Dismissal 12 Dismissal - Conferences 1-3 BB @ Hood River C Squad @ 4:30 LV 3 ETR 7 JH Track @ Moro @ 11 LV 9:30 ETR 6:30	4 HS Track Sherman County Invite @ Moro @ 11 LV 9 ETR 6
5 Easter	6 Spring Break - No School	7 Crittter Delivery Spring Break - No School	8 Spring Break - No School	9 SB @ Hood River(Westside Elem) @ 4:30 LV 3 ETR 7 Spring Break - No School	10 BB @ Lyle w/ Hood River C Squad @ 4:30 Spring Break - No School	11
12	13 Grading Period Opens	14 BB @ Lyle w/ Granger @ 3 JH Track @ Glenwood/Tr. Lake @ 4:30 LV 4 ETR 8:30	15 BOOKMOBILE @ 9:30 HSSB @ Corbett @3:30 LV 1:15 ETR 8	16 Fish Release	17 HS Track K Valley Rally @ Kittitas @ 3:30 LV 12 ETR 11 JH Track @ Condon @ 12 LV 9:30 ETR 7 Nurse Visit SB & BB @ Sunnyside Chr. @ 3 LV 12 ETR 7:30	18
19	20 JH Track @ Wh. Salmon @ 4 LV 2:20 ETR 7:30	21 BB @ Dufur @ 3 LV 2 ETR 7:30 Crittter Delivery Crittter Delivery HS Track @ Zillah @ 3:30 LV 2 ETR 10 SB @ Lyle w/Mabton @ 3	22 12 Dismissal - In- service	23 NAV 101 5th Period SB @ The Dalles JV @ 4 LV 2:30 ETR 7	24 Career Day 7/8 LV 8:15 ETR 12:30 Smokey Bear Visit @ 8:15	25 BB @ Granger @ 11 LV 8 ETR 7:30 HS Track Condon Invitational @ Condon @ 11 LV 8 ETR 7
26	27	28 BB @ Lyle w/Sunnyside Chr. @ 3 BOARD MEETING @ 5:00 JH Track @ Glenwood @ 4 LV 1:20 ETR 8:30 SB @ Lyle w/Sunnyside Chr. @ 3	29 BOOKMOBILE @ 9:30 HS Track Trico @ Wh. Salmon @3:30 LV @ 2:15 ETR 8	30 Lip Sync/Silent Auction	1	2

# Safety Talks



## SET A HIGH STANDARD FOR HOUSEKEEPING

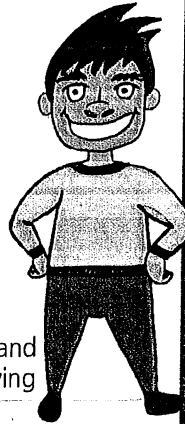
Effective housekeeping can eliminate some workplace hazards and help get a job done safely and properly. Poor housekeeping can frequently contribute to accidents by hiding hazards that cause injuries. If the sight of paper, debris, clutter and spills is accepted as normal, then other more serious health and safety hazards may be taken for granted.

By setting the bar high for housekeeping, you will likely find more benefits than just preventing slips, trips and falls. It is difficult to develop a strong culture of safety when poor housekeeping practices are present. An employee may hear their supervisor comment on the importance of safety, but it is less likely they will believe safety is valued when regularly surrounded by clutter and spills. What message do you want to send about safety?

Establishing strong housekeeping practices is the key to an effective program to prevent slips, trips, and fall injuries. Cluttered hallways can create a trip and fall injury to staff, students or visitors.

### Safety Sam Says...

Set a great example for others. Backpacks and book bags should be kept off the floors to prevent others from tripping over them or catching their feet in the straps. This is true for the halls as well as in classrooms. Bags should be stored under chairs with the straps securely tucked under.



## CLEAN IT UP

Housekeeping is not just cleanliness. It includes keeping work areas neat and orderly, maintaining halls and floors free of slip and trip hazards, and removing clutter and waste materials like paper, cardboard and other fire hazards.

Assess each area - inside and out - for possible trip hazards. This includes boxes, files, materials, and any other items that could potentially be stored on the floor. In many cases, these items can be removed from the floor by organizing them on a shelf or in a cabinet.

In other cases, the trip hazard can be greatly reduced by locating the item or items in a designated area and keeping that area well organized.

Effective housekeeping is an ongoing operation - it is not a hit-and-miss clean-up done occasionally. Periodic "panic" clean-ups are costly and ineffective in reducing incidents. Clean as you go and everyone pitch in to keep your workspace a safer place!

Stop falls  
before they  
stop you!

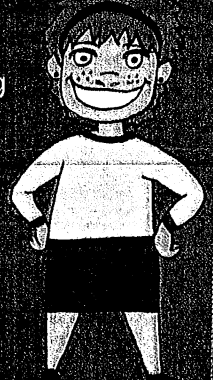
## Did You Know?

Poor housekeeping can be the cause of accidents like:

- Tripping over loose objects on floors, stairs and platforms
- Being hit by falling objects
- Slipping on greasy, wet or dirty surfaces
- Cutting, puncturing or tearing the skin of hands or other parts of the body on projecting nails, wire or steel strapping

Effective housekeeping results in:

- Reduced material handling
- Decreased fire hazards
- More effective use of space
- Less janitorial work
- Improved indoor air quality
- Improved morale



**Wishram School District #94**  
Post Office Box 8  
Wishram WA, 98673

NON PROFIT ORG  
US POSTAGE PAID  
WISHRAM, WA  
PERMIT # 2

**BOXHOLDER**  
**WISHRAM WA 98673**

