

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

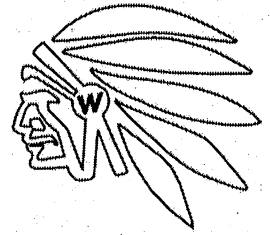
Wishram Signals

Volume 14 Issue 9

Wishram School Newsletter

SEPTEMBER-2014

509.748.2551



News from the Principal's Office

It is nice to have students back in the school again after a long quiet summer. We had a great start to the school year. We have 19 new students attending. We also have 18 students choosing to come to Wishram School instead of their resident districts. Wishram currently has 46 students in elementary P-6th grade and 41 middle and high school students. Out of those 41 middle and high school students 25 of them are involved with playing volleyball and football. Be sure to check the calendar for the upcoming games/matches.

As we start the new year please remember it is so very important that your child is here every day. We cannot do our job if your child is not here. The Wishram School District policy states that if a student is absent 7 or more times in a quarter or 28 absences in a year, they will not receive credit.

The Wishram School Open House will be September 17th from 4-6. This is a great time to meet and talk with your child's teacher/teacher's.

I hope to see you there.

Heather Gimlin
Superintendent/Principal

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.

Wishram School District 2014-2015 Calendar

AUGUST 2014						
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					3	

- 25 Teacher Op day
- 26 Teachers Start
- 27 Students Start

FEBRUARY 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
						18

- 4 Half Day/In-service
- 13 Break Day
- 14 Valentine's Day
- 16 Presidents' Day
- 18 Half Day/In-service

SEPTEMBER 2014						
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				
				21		

- 1 Labor Day
- 17 Half Day/In-service

MARCH 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				21

- 4 Half Day/In-service
- 13 Break Day
- 25 Half Day/In-service
- 31 Half Day/ Conf.

OCTOBER 2014						
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
						22

- 8 Half Day/In-service
- 17 Break Day
- 22 Half Day/In-service
- 31 Halloween
- 31 2nd Quarter Starts

APRIL 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	17

- 1 4th Quarter starts
- 1 Half Day/Conf
- 2 Half Day/Conf
- 3 Half Day/Conf
- 5 Easter Sunday
- 4-12 Spring Break
- 22 Half Day/In-service

NOVEMBER 2014						
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						16

- 5 Half Day/Conf.
- 6 Half Day/Conf.
- 7 Half Day
- 10 Veterans Day
- 12 Half Day/In-service
- 26,27,28 Thanksgiving Vacation

MAY 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						19

- 6 Half Day/In-service
- 10 Mother's Day
- 20 Half Day/In-service
- 22 Snow make-up day
- 25 Memorial Day

DECEMBER 2014						
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			15

- 3 Half Day/In-service
- 22-Jan 4 Christmas Vacation

JUNE 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				
					10	

- 11 Last day of School – Half Day
- 12 Teacher opt day
- 21 Father's Day

JANUARY 2015						
S	M	T	W	Th	F	S
19				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 Year's Day
- 1-4 Christmas Vacation
- 14 Half Day/In-service
- 19 M.L. King Day
- 23 3rd Quarter starts

JULY 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	

- 4 Independence Day

*Senior Class 2015
Relay for Life Fundraiser
T-Shirts \$15.00*

School Board Meeting

*****TUESDAY September 23rd, 2014, 5pm*****
(In the school cafeteria)

Wildcats Pee-Wee Football T-Shirts

On Sale Now

\$15.00

See Coach Montoya or Ms. Cassie Lund

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.asec.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.

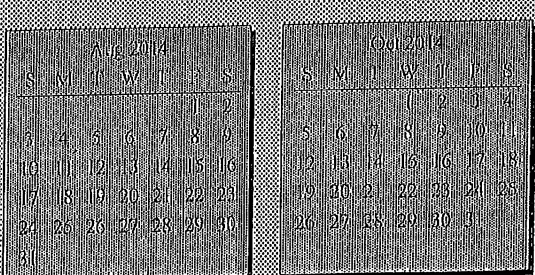
Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

September 2014

Wishram is an equal opportunity employer and provider.

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 NO SCHOOL LABOR DAY	2 B-Cereal, ham slices, toast, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	3 B-Blueberry breakfast cornbread, cereal, fruit & milk. L-Crunchy Hawaiian chicken wrap (NEW), salad, veggie, fruit & milk.	4 B-Scrambled eggs, toast, fruit & milk. L-Ground beef stroganoff, roll, salad, veggie, fruit & milk.	5 B-Waffles, fruit & milk. L-Hotdogs, fries, bbq baked beans, salad, veggie, fruit & milk.	6	
7	8 B-Frittata, toast, fruit & milk. L-Chicken pasta alfredo, roll, salad, veggie, fruit & milk.	9 B-Cereal, sausage, toast, fruit & milk. L-Chicken curry sasserole (NEW) roll, salad, veggie, fruit & milk.	10 B-Bacon & egg cones, fruit & milk. L-Beef taco pie, refried beans, salad, veggie, fruit & milk.	11 B-Pancakes, fruit & milk. L-Ham or turkey sandwich, soup, salad, veggie, fruit & milk.	12 B-Yogurt & granola, ham slices, toast, fruit & milk. L-Chef salad, roll, veggies, fruit & milk.	13	
14	15 B-Bagel w/cream cheese, sausage, fruit & milk. L-Mostaccioli, roll, salad, veggie, fruit & milk.	16 B-French toast, fruit & milk. L-Bok Choy wrappers (NEW), Aztec grain salad (NEW), veggie, fruit & milk.	17 12:00 DISMISS B-Cereal, toast, fruit & milk. L-Hamburgers, fries, salad, veggie, baked beans, fruit & milk.	18 B-Breakfast buddy sandwich, fruit & milk. L-Teriyaki chicken rice bowls, fortune cookie, salad, veggie, fruit & milk.	19 B-Yogurt parfaits, toast, fruit & milk. L-Pizza, salad, veggie, fruit & milk.	20	
21	22 B-Pancakes, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	23 B-Ultimate English muffin, fruit & milk. L-Crunch Hawaiian chicken wrap, salad, veggie, fruit & milk.	24 B-Yogurt & granola, toast, fruit & milk. L-Baked Cajun chicken, roll, salad, veggie, fruit & milk.	25 B-Bagel w/cream cheese, ham slices, fruit & milk. L-Chicken & white bean chili, cornbread, salad, veggie, fruit & milk.	26 B-Biscuits & gravy, fruit & milk. L-Nachos, refried beans, salad, veggie, fruit & milk.	27	
28	29 B-Cereal, sausage, toast, fruit & milk. L-Grilled ham & cheese, soup, salad, veggie, fruit & milk.	30 B-Frittata, toast, fruit & milk. L-Chicken Alfredo with a twist(NEW), roll, salad, veggie, fruit & milk.					

Wishram High and Elementary School Calendar

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6 HSFB @ Dufur - Classic Hosanna Chr. @ 10 LV 8 ETR ? HSVB @ Dufur @ 9 Lv 7:30 ETR?
7	8	9 HSVB @ S. Wasco @ 5 LV 3:30 ETR 9	10	11 HSVB @ Wh. Swan @ 5 LV 3 ETR 10	12 HSFB @ Sherman JV @ 7 LV 4 ETR 10:30	13 HSVB @ Moro- Sherman Inv. @ 9 LV 7 ETR?
14	15	16 HSVB @ Lyle w/Hood River JV @ 5	17 12 Dismissal - Teacher In-service	18 Grading Period Opens	19 HSFB @ Lyle w/Wishkah/Lake Quinault @ 6	20 HSVB @ Lyle w/Stevenson @ 5
21	22	23	24 Critter Delivery	25	26 HSFB @ Lyle w/ Neah Bay @ 7	27
28	29	30 HSVB @ Lyle w/Bickleton @ 6	1	2	3	4

ANNUAL LEGAL NOTIFICATIONS

Wishram School is required by federal/state laws to make the following notifications to parents on a yearly basis. If you have any question about the following, feel free to contact the school at 748-2551.

SUBSTANCE ABUSE POLICY

The Wishram School District recognizes that substance abuse and the problems associated with it are becoming increasingly commonplace in our society. We also recognize that in many instances a student's involvement with alcohol or other drugs can lead to the illness of alcoholism and other substance abuse dependencies. It is our belief that prevention, early intervention and appropriate referral are goals we would like to support. Substance Abuse Policies are included in the student handbook.

RELEASE OF DIRECTORY INFORMATION

The federal law permits a school district to identify certain information as "directory information", which may be publicly released without permission of the parents. Wishram School, in district policy 3250, identifies this information as the following: 1) name, address, telephone number; 2) date and place of birth; 3) major field of study; 3) participation in officially recognized activities and sports; 5) weight and height of athletic teams; 6) dates of attendance; 7) diplomas and awards received; 8) most recent previous school attended; 9) photographs and other similar information. If you do not want this information released, please contact the superintendent within ten (10) school days of receipt of this notice. If we do not hear from you by that date, we will assume that you have no objection to release of such information. It is our policy not to release information to businesses for commercial purposes or to individuals without good reason. Therefore, most parents do not restrict the release of directory information.

ASBESTOS MANAGEMENT PLAN

Wishram School District has on file all necessary AHERA management plans for asbestos inspections, re-inspections and removal for asbestos management, asbestos containment and removal. These records may be viewed in the school office.

NON-DISCRIMINATION

The Wishram School District complies with all federal rules and regulations and 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, the presence of any sensory, mental or physical disability, or the use of trained dog guide or service animal by a person with a disability and provides equal access to Boy Scouts and other designated youth groups. This holds true for all students who are interested in participating in educational programs and /or extra curricular school activities. Inquiries regarding compliance procedures may be directed to the school district's Title IX officer at (509) 748-2551.

DRUG FREE SCHOOL, COMMUNITY AND WORKPLACE

The school board has an obligation to staff, students and citizens to take responsible steps to assure safety in the workplace and to provide safety for the students that the staff serves. Therefore, Wishram School is designated as a Drug-Free School and Workplace.

NOTIFICATION REGARDING PARENTS' RIGHT OF ACCESS TO STUDENT RECORDS

Each year parents and students need to be reminded of the student records policy of the WSD. Parents of students or 18-year-old students who wish to review any or all of the school records pertaining to the student should contact the superintendent for an appointment. The records will be reviewed with school personnel and parents may have copies of the records for the cost of copying. Record information will not be released to most persons or agencies without the written consent of parents. Nonetheless, it is the policy of the District to forward school records, without parent consent, to schools in another district to which a student transfers. This is to facilitate the prompt placement of the student in the new school. However, parents may request a copy of the record. Without parent consent, the District forwards transcripts or other information requested by high school students, to colleges and other educational institutions to which the students are applying. Parents have the right to request the amendment of the student's education records that the parent or eligible student believes are inaccurate or misleading. The right to file a complaint with the US Dept. of Ed concerning alleged failure by the District to comply with the requirements of FERPA can be done to:

TITLE IX, SECTION 504

The school board has appointed coordinator:
Paul Pickette, P.O. Box 8, Wishram, WA 98673

US Department of Education
600 Independence Avenue SW
Washington, DC 20202

MAKING A COMPLAINT

Families and students can make a formal complaint to a school district if a school or district official is not following a law or policy. Most districts have a formal complaint policy and a system to receive complaints. These policies often require parents to put complaints in writing.

Parents, guardians and students can file a confidential complaint against a school or district with the Office of the Education Ombudsman, (866) 297-2597.

Parents or students who believe they were harassed or treated differently than others based on race, religion, gender, disability, sexual orientation or another reason have a right to file a complaint with the Washington State Human Rights Commission or the U.S. Department of Education Office for Civil Rights.

TEACHER/PARAPROFESSIONAL QUALIFICATIONS

Currently all of our Wishram School teachers and paraprofessionals are considered to be 'highly qualified' by the State of Washington. Parents may request the professional qualifications of their child's classroom teachers by calling Duane Grams, Supt/principal at (509) 748-2551 or drop by the school. Sec 1111(h)(6)(A); 34 CFR 200.61 (a).

NUTRITION PROGRAM

For the past several years, Wishram School District has provided all breakfasts, lunches and after school snacks to all students free of charge under USDA Provision 2 guidance.

WELLNESS

Wishram School Board Policy 6700 and 6700P outlines food and beverage guidelines for food served and/or available to our students. We encourage all students to participate in our free breakfast/lunch/after-school snack programs. To view the policy, visit our website at www.wishramschool.org.

VIDEOTAPING

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.

Also, we periodically videorecord events, field trips, performances, etc. These may be posted on our website. If you do not want your child/ren to be a part of either of these processes, please call Ms. Chantler at the school 509.748.2551.

SURVEYS, ANALYSIS AND EVALUATIONS

Wishram School District Policy 3232 states that no student will be required to reveal information concerning political affiliations, potentially embarrassing problems, sexual behavior or attitudes, illegal, anti-social, self-incriminating or demeaning behavior, critical appraisals of family members, privileged relationships, religious practices of the student or parents or income other than necessary to establish eligibility for a program. For further information, refer to Policy 3232 and 3232P located at www.wishramschool.org.

HOMELESS STUDENTS

Board Policy 3115 and Procedure 3115P establishes education rights for homeless students in our school. There is an informational poster available outside the school front entrance, pamphlets available right inside the front door and the entire policy can be viewed at www.wishramschool.org.

SEXUAL HARASSMENT

Sexual harassment is defined and complaint procedures can be located in Policy 6590 and 6590P on our website under Annual Legal Notifications at www.wishramschool.org.

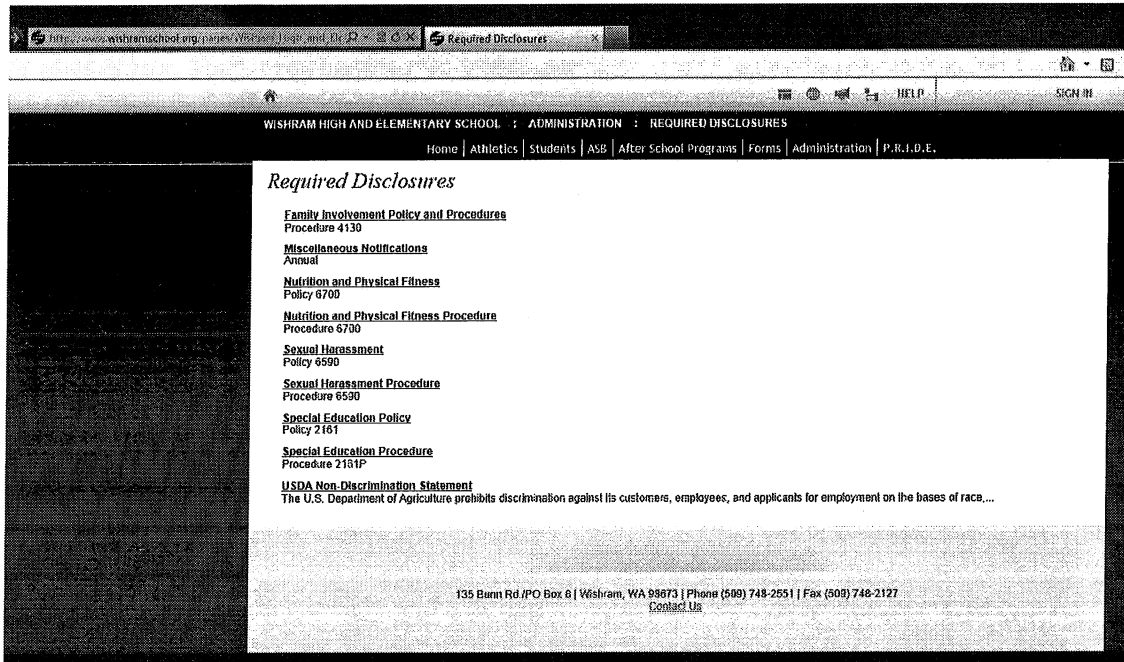
Wishram School

Annual Review of Selected Policies & Procedures

The following policies can be viewed in entirety on the Wishram School website (www.wishramschool.org) or a printed copy can be viewed upon request made at the Wishram School office.

Type the following web address into your browser to go straight to the page where these policies and procedures are listed.

[http://www.wishramschool.org/pages/Wishram High and Elementary Sc/Administration/Required Disclosures](http://www.wishramschool.org/pages/Wishram%20High%20and%20Elementary%20Sc/Administration/Required%20Disclosures)



Policy No. 4130

Community Relations

TITLE 1 PARENTAL INVOLVEMENT

The Board recognizes that parent involvement contributes to the achievement of academic standards by students participating in district programs. The Board views the education of students as a cooperative effort among school, parents and community.... (View complete policy online or request a printed copy)

Policy No. 6700 & Procedure 6700P

Management Support

NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country... (View complete policy online or request a printed copy)

Policy 6590 and Procedure 6590P

Management Support

SEXUAL HARASSMENT

This district is committed to a positive and productive education and working environment free from discrimination, including sexual harassment. The district prohibits sexual harassment of students, employees and others involved in school district activities.... *(View complete policy online or request a printed copy)*

Policy No. 2161 and Procedure 2061P

Instruction

Special Education and Related Services for Eligible Students

Free Appropriate Public Education and Specially Designed Instruction

Educational Service District 112 provides a free appropriate public education with specially designed instruction (special education) for all eligible individuals with disabilities, ages 3 to 21, who reside in the district.... *(View complete policy online or request a printed copy)*

Please visit our website to view the above policies online.

www.wishramschool.org

Home & School CONNECTION[®]

Working Together for School Success

CONNECTION[®]

September 2014

Wishram School District



SHORT NOTES

Car kit

Make the most of the time your youngster spends in the car by helping her put together a learning kit. Use a plastic storage bin or reusable grocery bag, and include books, paper, pencils, a ruler, and crayons. That way, your child can read, write, and draw when you're on the go.

Let's laugh

Laughter relieves stress, so try to fit in humor on even the busiest days. Show your youngster a funny photo you saw, tell him something hilarious that happened at work, post a comic strip on the refrigerator, or read a joke you enjoyed. Encourage him to share humor with you, too.

Handbook review

Your child's school handbook contains a lot of important information. Look through it together—you'll both be familiar with policies about attendance, grades, clothing, and more. Then, keep it in a handy spot, and refer to it if you have a question.

Worth quoting

"Having fun isn't hard when you've got a library card!"

Arthur the Aardvark

JUST FOR FUN

Q: What goes through towns, up and down hills, and around corners, but doesn't move?

A: A road.



Back-to-school routines

A good day at school begins and ends with a pleasant routine at home. Try these ideas for establishing good habits with your child.

A fresh start

A calm morning can help your youngster go to school with a positive attitude. Build an extra 10 minutes into his wake-up time so he won't be rushed if he spills food on his shirt or misplaces his glasses. Also, let him think of tasks he could do the night before, such as showering or putting his musical instrument by the front door.



Backpack check

Use your child's backpack to spark conversations about school. Sit together while he goes through it, and talk about what's inside. If he shows you his report on elephants, you might say, "I didn't know they could eat 300 pounds of food in a day!" or "What was the most interesting thing you learned about elephants?"

Screen-time limits

Large doses of TV, video games, and apps can distract your youngster from his "job": being a student. Encourage him to spend free time playing outside with friends or reading for pleasure. *Note:* Experts recommend no more than two hours of screen time per day (and many parents limit it further).♥

Communication counts

Your youngster's teacher wants to hear from you! Here's how to open the lines of communication.

• **Attend events.** Back-to-school night is a great starting place for getting to know the teacher. Introduce yourself, and tell him something your child especially likes about school.

• **Be a team player.** You and the teacher have the same goal: for your youngster to succeed. If he shares a concern about her progress or behavior, ask how you can help. At home, make nice comments about the teacher.

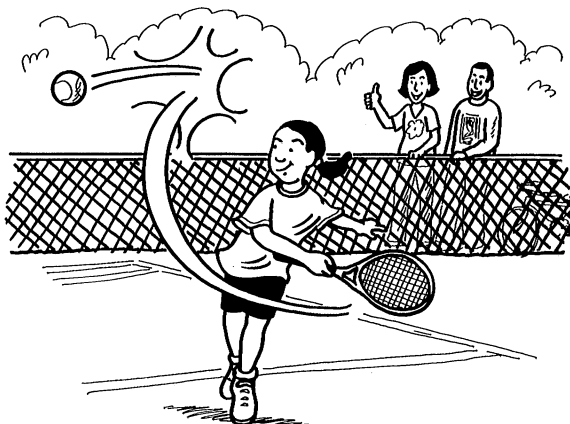
• **Stay in touch.** Tell the teacher about any changes in your child's life, such as the birth of a sibling or a separation or divorce.♥



The power of grit

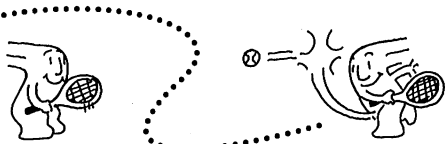
What is *grit*? The dictionary defines it as “mental toughness and courage.” Grit comes in handy when your youngster needs to do something that’s difficult for her. Consider the following advice for helping her develop this important trait.

Learn from struggles. Is your child having a hard time learning the times tables or serving a tennis ball? Remind her of a past struggle that she overcame. Maybe she fell while learning to ride a bike or needed speech therapy to pronounce her Rs. Explain that she



was successful because she kept trying, and the same can happen here.

Reach for courage. Tell your youngster that everyone has courage—it’s just a matter of finding it! When she is anxious about something (class presentation, science test), ask her to name a person she considers brave. For example, perhaps she thinks her aunt has courage because she’s a police officer. Then, point out that even she probably feels nervous at work sometimes.♥



Q & A Talking about money

Q: How can we teach our son to be responsible with money?

A: One way is just to start talking to your son about money. Try making financial decisions out loud so he can learn from you how to spend wisely. You could say, “I want new curtains, but our car tires need to be replaced soon, so we have to save money for those instead.”



Also, have him practice making his own choices about money. If he gets gift money or an allowance, encourage him to think through spending decisions like you did. “These trading cards look cool, but I’m going to keep saving for that Lego kit.” Let him know he’s doing a good job when he avoids an impulse buy and plans responsibly.♥

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 • rfecustomer@wolterskluwer.com
www.rfeonline.com

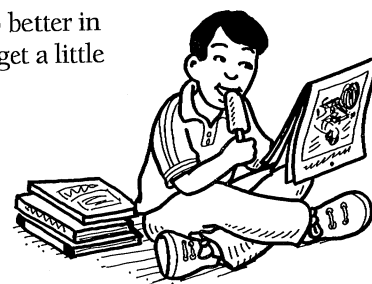
ISSN 1540-5621

ACTIVITY CORNER

Calendar-inspired reading

Strong readers tend to do better in all subjects. With these activities, your child will get a little extra reading practice on a regular basis:

- September is National Blueberry Popsicle Month! Encourage your youngster to find unusual day, week, or month celebrations in library books or online—he’ll be reading nonfiction and doing research. He might also look up birthdays of famous people, like his favorite authors and athletes, and add those special days to your calendar, too.
- Take turns writing a question or challenge of the week on Sunday’s calendar square. *Example:* “A baby llama is a *cria*. Find other names for different baby animals.” Throughout the week, family members can read books, magazines, or websites to find answers and share what they discover.♥



PARENT TO PARENT

Fun ways to strengthen bonds

Once school starts, our family doesn’t get to hang out together as much as we do over the summer. This year, we decided to make a list of activities we could do in 15 minutes or less, and our goal is to do one every day.

Our kids had fun thinking of ideas. For example, our daughter wrote, “Take silly family photos,” and our son said, “Have a limbo contest.”



Other suggestions included looking for constellations, playing hopscotch, and making s’mores.

We posted the list on our bulletin board, and now we take turns picking one activity every day. It’s motivating us to make time for each other. And we are constantly adding to the list, so I don’t think we’ll run out of new things to do anytime soon!♥

Wishram 2015

Senior Class

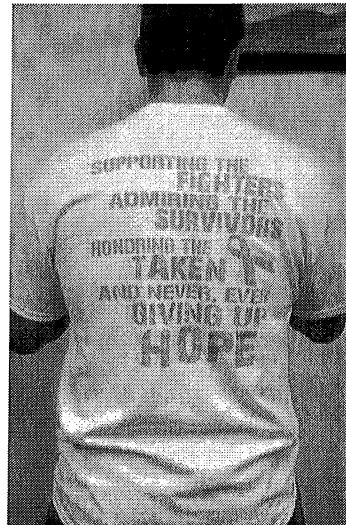
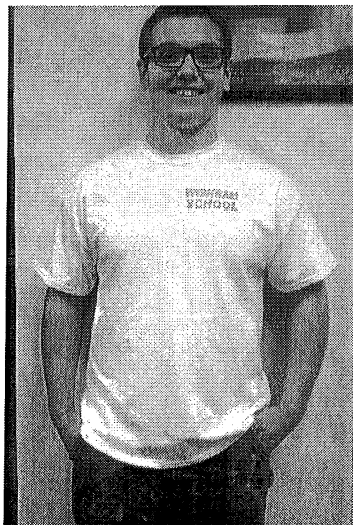
Relay for Life Fundraiser

The senior class chooses a charity event that they want to donate to each year. This year's Senior Class has chosen to be involved with having a Relay for Life team. They will be selling T-shirts to raise money for Relay for Life. All profits from the sales will go for this cause. If you would like to purchase a shirt please get in contact with any of our seniors or contact Cassie Lund at the school.

(509) 748-2551

We only have 100 shirts in various adult sizes & kids sizes, so get yours before it's too late!!!

\$15



Nutrition Nuggets™

Food and Fitness for a Healthy Child

Wishram School District 94



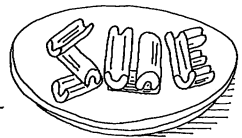
BEST BITES

No obstacle

For some fun exercise, help your youngster build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.

Make it personal

Encourage your youngster to eat nutritious foods by making them say her name! You might cut cheese slices in the shape of her initials, place on whole-wheat bread, and toast until the cheese melts slightly. Or spell out her name with bell pepper and celery sticks, and serve with hummus for dipping.



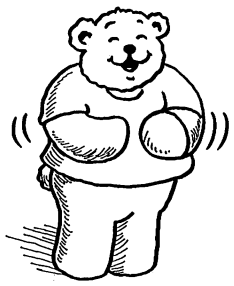
DID YOU KNOW?

Ingredients are listed in descending order on nutrition labels. So if sugar is first, the food has more sugar than anything else. When you're grocery shopping, make it a game for your child to find the top ingredient for one type of food or drink (granola, orange juice). You both might be surprised at how the order varies from brand to brand.

Just for fun

Q: What did the teddy bear say when he was offered dessert?

A: No, thanks. I'm stuffed!



Dinner strategies

Putting a healthy dinner on the table—and making it one that your children will like—can be a challenge. Try these ideas.

Assembly line

Have “do it yourself” nights where everyone builds their own meals. Set out ingredients for family favorites such as burgers, tacos, chili, rice bowls, or subs. Then, let each person “go through the line” to make her dinner. For instance, grill or broil burgers (beef, turkey, veggie), and place them on a plate. In separate bowls, put toppings like sliced tomatoes, lettuce, low-fat cheese, guacamole, and sautéed mushrooms or onions.



vegetables, and stir in a protein (tofu cubes, leftover cooked chicken or beef). Sprinkle with chopped peanuts, and serve over brown rice.

Simple prep

Do you pass up recipes with long cooking times? Reconsider! Look for dishes that require little prep time and then cook on their own. Crock pots are perfect for working parents: add ingredients before leaving in the morning, set to low heat, and come home to a cooked dinner. Or let a whole chicken roast in the oven while you do other things around the house. 🍷

Outside the box

Think beyond the “main course + two sides” formula. You might toss fresh spinach with cooked shrimp, thawed frozen peas, and canned (drained) corn and garbanzo beans for an entrée salad. Or make a one-pot stir-fry. Heat canola oil in a wok or skillet. Add fresh or frozen

“Anytime” or “sometimes” foods

Some foods are so healthy that your youngster can eat them anytime. Others might taste good but should only be eaten sometimes because they have more sugar or fat. Help your child understand the difference.

- Explain that foods like fruits, vegetables, low-fat or fat-free yogurt and milk, whole grains, and lean meats are nutritious and can be eaten every day. Foods like cookies and chips are high in sugar, fat, or salt, so your youngster should have them just once in a while.

- Have your child help you put away groceries. As he places each item in the pantry or refrigerator, he can say whether it's an “anytime” food or a “sometimes” food.

Idea: Let him mark small, blank stickers with “A” for “anytime” or “S” for “sometimes.” He can label the foods for an easy reminder. 🍷





(360) 601-0396

Dreamteamdental.jm@hotmail.com

www.dreamteamdental.com

Dear Parents,

Dream Team Dental is teaming up to offer access to free preventive dental services. We work to bring a compassionate and positive dental experience to children who are DSHS Medicaid clients or who are low income and do not have dental insurance. Due to limited funding we are unable to see students who already have coverage or who financially can afford dental care.

If your child has seen a dentist within the last 6 months or has a future appointment scheduled they do NOT need to participate in this clinic.

Children with preventable and untreated health problems may have trouble concentrating and learning. Dental health can affect overall health and can lead to problems in eating, speaking, and paying attention in the class room. Preventive dental care can go a long way in helping children succeed in school.

We provide the following services:

The visual dental screening is a non-invasive look into the student's mouth to check for signs of decay and disease.

Fluoride varnish is a sticky coating that is applied to the student's teeth. It is too sticky to swallow and the student is able to eat and drink within 30 minutes afterwards. Fluoride makes the teeth more resistant to decay, it repairs tiny areas of decay before they become big cavities and it makes germs in the mouth less able to cause decay.

Sealants are thin, plastic like coatings painted on the chewing surfaces of the teeth and can last up to 10 years. They keep cavity-causing germs and food from entering into the small "pits" and "fissures" in back teeth. As long as they are intact they are 100% effective in reducing tooth decay. If your child has had sealants placed by us in a previous visit, please sign them up again so we can see if they need replaced or touched up. We guarantee our sealants for 3 years.

Oral hygiene instruction with proper brushing and flossing techniques and information on the importance of good dental care.

A free toothbrush and goodie bag are given to each child.

At the end of the visit a note goes home to the parents or guardian outlining what was done for the child and what further care might be advisable.

Our school program does NOT take the place of a regular visit to a dentist. We are happy to offer referrals to local dentists that take Medicaid clients.

Questions?? Please give Dream Team Dental a call at 360-601-0396 or email dreamteamdental.jm@hotmail.com or visit dreamteamdental.com.



Wishram School

Date of visit:9/16/2014-Return by:9/10/2014

Dental Program for students on Medicaid or have no dental coverage.



Teacher & Grade: _____

**** PLEASE MARK EITHER YES OR NO ****.

NO, I do not want my child to participate in the program. Please return this form even if you do not want your child to participate. There is a prize for the class that returns the most forms. Child's First Name and last initial: _____

YES, I want my child to participate in the preventive dental clinic

IF CHILD IS PARTICIPATING IN PROGRAM PLEASE COMPLETE ENTIRE FORM.

Child's First Name: _____ M.I.: ____ Legal Last Name: _____

Birth Date: Month _____ Day _____ Year _____

Home Phone: (____) _____ - _____ Cell: (____) _____ - _____ Email _____

Parent/Guardian's Full Name- Please Print: _____



Yes or No: Does Your Child Have Any Medical Conditions?

- Heart Murmur that requires pre-medication
- Diabetes
- Asthma
- Hepatitis
- Rheumatic Fever
- Blood Disorder/Disease
- Epilepsy
- Allergies: Latex Other explain _____

Is your child taking any medications? If so, please list _____

Does your child have any special needs? _____

This screening is NOT intended to take the place of a complete dental examination, which your child should have on a regular basis from his or her dentist.

PLEASE CHECK APPROPRIATE BOX:

My child is a DSHS Medicaid client. Please provide the Provider One card number or a copy of the card. (It has 9 numbers and ends in WA) _____
 Medicaid clients are eligible for a visual screening, fluoride varnish, sealants if needed and oral hygiene instruction. Please let us know if there are services you do NOT want your child to receive _____
 _____ I would like a list of local Medicaid Providers in Clark County.

My child is low income without ANY dental insurance

Those students in who do not qualify for the above method of payment, but would still like to participate in our clinic, can pay with a debit or credit card. Please provide us with your signature giving authorization and a phone number where we can reach you during the day. DO NOT send your Credit or Debit Card number to school with your child. We will call you for payment at the time of service and give you an estimate of cost BEFORE any work is done.

Signature of Debit/Credit Card Holder _____ Date _____

Type of Debit/Credit Card (VISA, Master Card, etc.) _____

Name as it appears on the card _____ Day time Phone# _____

Fees: Visual Screening \$16, Fluoride \$16, Each Sealant \$26

I have read the information on the back of this form. I agree to allow my child to be seen by Dream Team Dental

Parent/Guardian's Signature _____ Date: _____

P.R.I.D.E - FUNDRAISER
Partnership of Resources in Directing Education

HIGHT SCHOOL FOOTBALL T-SHIRTS ON SALE

\$10.00

Support your local high school football team!

See Coach Antoine Montoya

OPEN HOUSE
SEPTEMBER 17TH
4-6PM

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: