

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

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

Wishram Signals

Volume 14 Issue 10

Wishram School Newsletter

OCTOBER-2014

509.748.2551



News from the Principal's Office

With a chill in the air October is definitely here. Our sports teams have been doing amazing. October is a busy month for the school district. On October 8th we have school pictures and sports pictures. Envelopes have already been sent home for the picture packages. We have two half days on October 8th, 22nd for teacher in-service. We also have a break day on October 17th. On the 15th of this month our 10th and 11th graders will be taking the PSAT. This is a pretest to the SAT assessment the students will take to apply to college. This is the first step into college application process. We have a couple of very exciting events in October. October 20th - the 24th will be Spirt Week. There will be many fun activities put on by the A.S.B. Spirit week will come to a close with the high school volleyball game at 4:00 on Friday the 24th and with the football game at 6:00pm and the dance to follow. Last but not least, our annual school Halloween Carnival. This will be on the 31st from 4-6. In case all of this is not enough excitement for you here are some other holidays that are celebrated in October. I am going to do my very best to celebrate World Chocolate awareness month and cookie month!

Adopt a Shelter Dog Month
National Apple Month
National Pajama Month
National Roller Skating Month
National Stamp Collecting Month
National Pizza Month
National Chili Month
Computer Learning Month
Do-It Yourself Month
Polish American Awareness Month

National Dental Hygiene Month
National Pasta Month
World Chocolate Awareness Month
Vegetarian Awareness Month
National Seafood Month
National Clock Month
Family History Month
National Popcorn Month
National Dessert Month
American Pharmacist Month
Awareness Month
Cookie Month

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.

School Board Meeting

*****Wednesday October 22nd 2014, 5pm*****
(In the school cafeteria)

October 8th
PICTURE DAY

CULTURAL EXCHANGE PLANNING MEETING

(Call the school if you would like to attend and help with planning)

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.



October 2014

Monthly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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5	6 JHVB @ Klickitat @ 5:30 LV 4 ETR 7	7 HSVB @ Klickitat @ 6 LV 4:30 ETR 10 	8 12 Dismissal - Teacher In-service BOOKMOBILE 9:30-10:20 PICTURE DAY SPORTS PICTURES IN LYLE	9 GRADING PERIOD OPENS HSVB @ Lyle w/Tr. Lake @ 6 JHVB - BYE	10 	11 HSFB @ Lyle w/Seattle Lutheran @ 2:30																																																																																											
12	13 JHVB @ Lyle w/Glenwood @ 5:30 	14	15 PSAT Testing 10th & 11th 	16 HSVB @ Yakima Tribal @ 6 LV 3:30 ETR 10:30 JHFB @ Lyle w/Condon @ 4 JHVB @ Centerville @ 5:30 LV 4 ETR 7	17 BREAK DAY - NO SCHOOL 	18 HSFB @ Taholah @ 2 LV 7 ETR 10 HSVB Tournament @ Dufur @ 9 LV 8 ETR ? JHFB @ Sherman Tourn. @ 10 LV 8:30																																																																																											
19	20 JHVB @ Lyle w/Tr. Lake @ 5:30 SPIRIT WEEK	21	22 12 Dismissal - Teacher In-service BOOKMOBILE 9:30-10:20 	23 JHFB @ Lyle w/S. Wasco @ 4 JHVB League Tourn. @ Klickitat @ 4 LV 3 ETR 8:30	24 HOMECOMING DANCE HSFB @ Lyle w/Oakville @ 6 HSVB @ Lyle w/Klickitat @ 4 																																																																																												
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~ OCTOBER 2014 ~							Feb 2014 ▶
◀ Dec 2013	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 B-Cereal, ham slices, toast, fruit & milk. L-Macaroni & cheese, roll, salad, veggie, fruit & milk.	2 B-Blueberry breakfast cornbread, cereal, fruit & milk. L-Ground beef stroganoff, roll, salad, veggie, fruit & milk.	3 B-Scrambled eggs, toast, fruit & milk. L-Fish & chips, salad, veggie, fruit & milk.	4
5		6 B-Frittata, toast, fruit & milk. L-Chicken pasta alfredo, roll, salad, veggie, fruit & milk.	7 B Cereal, sausage, toast, fruit & milk. L-Ham or turkey sandwich, soup salad, veggie, fruit & milk.	8 12:00 DISMISS Bacon & egg cones, fruit & milk. L-Beef taco pie, refried beans, salad, veggie, fruit & milk.	9 B-Pancakes, fruit & milk. L-Chicken curry casserole, salad, veggie, fruit & milk.	10 B-Yogurt & granola, ham slices, toast, fruit & milk. L-Pizza, salad, veggie, fruit & milk.	11
12		13 B-Bagel w/cream cheese, sausage, fruit & milk. L-Mostaccioli, roll, salad, veggie fruit & milk.	14 B-French toast, fruit & milk. L-Chicken gravy on mashed potatoes, roll salad, veggie, fruit & milk.	15 B-Caramel apple salad, toast, fruit & milk. L-Baked Cajun chicken, roll, salad, veggie fruit & milk.	16 B-Biscuits & gravy, fruit & milk. L-Grilled cheese, baked beans soup, salad, veggie, fruit & milk.	17 NO SCHOOL	18
19		20 B-Frittata, toast, fruit & milk. L-Chicken pasta alfredo, roll, salad, veggie, fruit & milk.	21 B-Cereal, ham slices, toast, fruit & milk. L-Hamburger, fries, salad, veggie, fruit & milk.	22 12:00 DISMISS B-Waffles, fruit & milk. L-Ham or turkey sandwich, soup, salad, veggie, fruit & milk.	23 B-Yogurt & granola, toast, fruit & milk. L-BBQ chicken flatbread, salad, veggie, fruit & milk.	24 B-Walnut breakfast cookie, fruit & milk. L-Nachos, refried beans, salad, veggie, fruit & milk.	25
26		27 B-Breakfast buddy sandwich, fruit & milk. B-Macaroni & cheese, roll, salad, veggie, fruit & milk.	28 B-Pancakes, fruit & milk. L-Chicken & white bean chili, corn bread, salad, veggie, fruit & milk.	29 B-Cereal, toast, fruit & milk. L-Ground beef stroganoff, roll, salad, veggie, fruit & milk.	30 fruit & milk. L-Teriyaki chicken rice bowls, fortune cookie, salad, veggie, fruit & milk.	31 B-Bagel w/cream cheese, sausage, fruit & milk. L-Tuna & noodles, salad, veggie, fruit & milk.	Notes:

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

It's Halloween!!

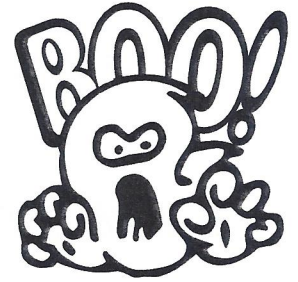


It's Fun

It's Games

It's Scary

It's FREE



IT'S WISHRAM SCHOOL'S ANNUAL HALLOWEEN CARNIVAL AND SPOOK HOUSE!

Kids trick-or-treat in a safe, warm, dry place. Parents get to join the fun!!

Make a candy, cash or prize donation at the school and get a placard for your door. Kids know that you've donated and won't knock on Halloween.

When: Friday, October 31st

Where: Wishram School Gymnasium

Time: 4:00-6:00 pm



*OCTOBER 20TH-24TH
WISHRAM SPIRIT WEEK
"Show your school spirit"*

**OCTOBER 24TH
HOMECOMING
(DANCE WILL BE IN LYLE)**

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:

Home & School

CONNECTION®

Working Together for School Success

October 2014

Wishram School District



SHORT NOTES

Ask for help early

If your child is having trouble with a subject, you don't have to wait until parent-teacher conferences to bring up your concerns. Call or email the teacher for ideas. He may recommend an after-school reading group or new study strategies to try at home, for example.

Snail mail

Your mailbox is full of learning opportunities! Let your youngster check the mail and sort it into piles (bills, catalogs, invitations). For a math challenge, have her gather coupons and add up how much you'd save if you used them all. Or she could read a power company brochure to learn how your family can use less electricity.

DID YOU KNOW?

One of the most common places for kids to find drugs is in a household medicine cabinet. Keep prescription and over-the-counter medications locked up, and talk to your child about what to do if a friend offers him medicine. Explain that it's dangerous to take a drug that his doctor didn't prescribe and that he doesn't need.

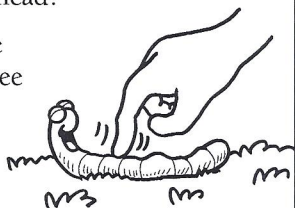
Worth quoting

"If you have good thoughts, they will shine out of your face like sunbeams." *Roald Dahl*

JUST FOR FUN

Q: How do you tell which end of the worm is the head?

A: Tickle the middle and see which end laughs.



A plan for homework

Experts agree: Children tend to rise to their parents' expectations. And the expectations you set for your youngster about homework can motivate her to work hard. Consider this advice.

Create a "home office"

Setting aside a special workspace in your house shows your child that homework is a priority. Help her pick a place that's away from distractions, such as her bedroom or a corner of the family room, and stock it with school supplies. Then when she's working, let her hear you tell younger siblings, "Your sister is doing homework, so play quietly."

Make time

Will your youngster do homework right after school or later in the evening? Some kids work better if they have a snack and take a break after being in school all day. Others do best if they start right away—while they're still in "school mode." You might have your child try both to see



which works best. Once she decides, she should pencil in "homework" on a calendar or planner so she expects to do it at a certain time each day.

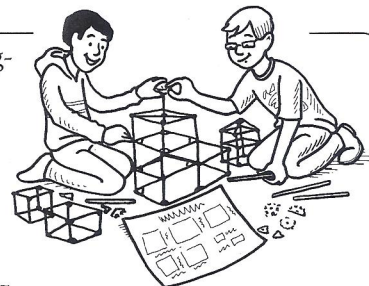
Encourage independence

When your child does homework, stay nearby and do your own thing (read a book, prepare dinner). That way, you're available if she needs you, but you're showing that you expect her to do her homework herself. *Tip:* If she asks for help, find out what she has already tried, and offer suggestions for figuring it out on her own. ("Maybe you could look at yesterday's assignment.")♥

Let's collaborate

Working well with others is a skill your youngster needs for school and his future career. Try these ideas at home:

- Team up to make family decisions like where to go on a day trip. Share your ideas, and try to agree on the answer. Ask, "Does everyone agree?" and if not, explain your reasoning. ("I know you like the national park, but it's far. Going to the state park means more time there and less time in the car.")
- Encourage your youngster to collaborate with friends when they visit. Would they like to build a city with toy buildings and cars? They might work together to draw a blueprint. To organize a neighborhood kickball tournament, they could divvy up teams and make a bracket.♥



Empathy: The bullying antidote

What causes children to bully others? There's no one answer, but empathy—the ability to understand and share another person's feelings—can help prevent bullying. Guide your child to develop empathy with these suggestions.

Use your imagination. Kids love to pretend. Encourage your youngster to imagine he is a new student in school, for instance. Ask him to



say what that person may be feeling (“I don’t know anyone, so I’m a little nervous”) and how he’d like to be treated (“I hope someone will talk to me”).

Connect with others.

It's easier to feel empathetic toward someone you're familiar with. Suggest that your youngster get to know his classmates. He could

invite a student he doesn't know well to play with him at recess or to read a book together in the library. This can make your child less likely to bully others—and more apt to step in if someone else bullies his classmates. ♥

ACTIVITY CORNER



Making connections

There are no wrong answers in these games—as long as you can defend your choices! Play together, and your child will practice thinking deeply and strategically.



1. Creative categories. Choose a category (foods, places), and take turns naming something that fits. The catch? Each answer has to relate to the one before it. For instance, *carrot* is related to *cream cheese* (carrot cake has cream cheese frosting), and *cream cheese* is related to *bagel* (bagels taste good with cream cheese). Keep going until someone is stumped.

2. Degrees of separation. Name two famous people who don't seem connected (Benjamin Franklin, Dr. Seuss). The next player has to link them—in six moves or less. *Example:* Franklin links to George Washington (both were founding fathers). Washington links to Abraham Lincoln (both were presidents). Lincoln links to Dr. Seuss (he and the Cat in the Hat both wore tall hats). ♥

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

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www.rfeonline.com

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Be a parent volunteer

Q: I've always wanted to volunteer in my daughter's school, but I work during the day. Is there a way I can still help out?

A: Absolutely. Any kind of help you provide will make a difference. Contact the teacher—she may be able to send home projects for you to work on in the evenings. For instance, she might give you materials to make geography games or ask you to create a list of kid-friendly poetry websites.

Also, consider volunteering with an after-school activity like chess club or Odyssey of the Mind, or at an evening event, such as a science fair or school carnival. Call the school office or visit the website to find out about activities and opportunities.

Finally, if you're able to take a few hours off, look at the school calendar, and plan ahead. Maybe you could take a shift at a book fair or chaperone a field trip. ♥



Find teachable moments

At back-to-school night, my son's teacher talked about how she uses “teachable moments” so kids learn something from unexpected events.

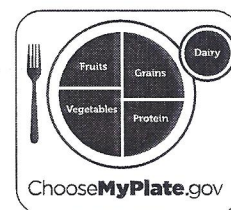
For example, during a recent thunderstorm, the class counted the seconds between the lightning and thunder. Then they divided the number of seconds by 5 to figure out how many miles away the storm was.



I decided to be on the lookout for teachable moments, too. Last week, I called home while I was on a business trip. That led to a conversation about time zones around the world and when the sun would set where I was and at home. And yesterday, my son spotted a hot air balloon in the sky. We wondered whether it would drift in the same direction as the wind—and it did.

We are both learning new things, and now we look for teachable moments when we're out together! ♥

add more vegetables to your day



10 tips to help you eat more vegetables

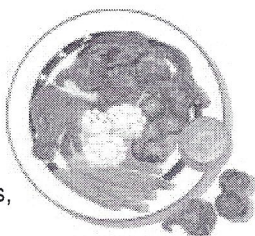
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

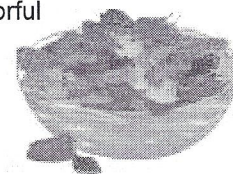
5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

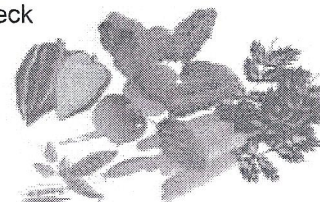
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

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