

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

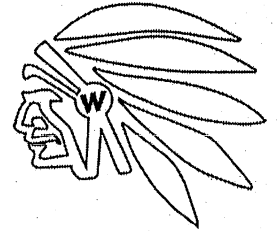
Wishram Signals

Volume 14 Issue 6

Wishram School Newsletter

JUNE

509.748.2551



News from the Principal's Office

To all my Wishram school family, community, and students. I want to say Thank-you for all the wonderful memories and experiences. It was quite a ride!

I will be there in spirit every morning to bid you welcome.

Thanks for making a difference in my life.

*Duane Grams
Superintendent/Principal
Wishram School District*

School Board Members:

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

Wishram School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Wishram School Superintendent, PO Box 8, Wishram, WA 98673, (509) 748-2551.

GRADUATION JUNE 7TH
CLASS OF 2014

11:00 AM

* **LAST DAY OF SCHOOL** *
* JUNE 13TH, 2014 *

School Board Meeting

Tuesday JUNE 24TH, 2014, 5pm
(In the school cafeteria)

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.)


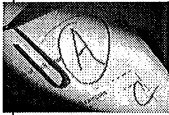








If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing 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.

June 2014

Monthly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																			
1 Senior trip 	2 Senior trip	3 EOC - Math Senior trip	4 EOC - Math Senior trip 	5 EOC - Math Graduation Practice @ 10:00 Water Jam 3/4 Grade Lv 8:30 ETR 3	6 	7 GRADUATION @ 11:00 																																																																																																			
8	9	10 	11 Elementary Swim Trip LV 9:30 Secondary Awards @1:30 	12 Kah-nee-ta 7-12th 	13 Elementary Awards @ 10:30 SNOW DAY (make up) Students Last Day 12 Dismissal	14 																																																																																																			
15	16	17	18 	19	20 	21 Staff Picnic @ Sorosis Park																																																																																																			
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29	30 Summer School Begins July 7th thru the 31st Swimming July 7 thru 17th	<table border="1"> <thead> <tr> <th colspan="7">May 2014</th> <th colspan="7">Jul 2014</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </tbody> </table>					May 2014							Jul 2014							S	M	T	W	T	F	S	S	M	T	W	T	F	S					1	2	3				1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
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June 2014

Wishram school is an equal opportunity employer and provider

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																				
1	2 B-Bagel w/cream cheese, sausage, fruit & milk. L-Macaroni & cheese, veggie, salad, fruit & milk.	3 B-Waffle, fruit & milk. L-Grilled ham & cheese, soup, salad, veggie, fruit & milk.	4 B-Yogurt & granola, ham slices, toast, fruit & milk. L-Tuna noodle casserole, salad, veggie, fruit & milk.	5 B-Cereal, toast, fruit & milk. L-Chicken ala king, rice, salad, veggie, fruit & milk.	6 B-Biscuits & gravy, fruit & milk. L-Pizza, salad, veggie, fruit & milk.	7																																																																																																				
8	9 B-Cereal, ham slices, fruit, toast & milk. L-Macaroni & cheese, salad, veggie, fruit & milk.	10 B-Bacon & egg frittata, toast, fruit & milk. L-Sloppy joe on roll, salad, veggie, fruit & milk.	11 B-Breakfast buddy sandwich, fruit & milk. L-Ham or turkey sandwich, veggie, fruit & milk.	12 B-Caramel apple salad, toast, fruit & milk. L-Hamburger, fries, salad, veggie, fruit & milk.	13 B-Pancakes, fruit & milk. L-Beef taco pie, refried beans, salad, veggie, fruit & milk.	14																																																																																																				
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P.R.I.D.E/ 2014 and 2015 Senior's Classes

Would like to Thank all the business that donated items for the Silent
Auction

As well as all the Community who came out and helped support this
fund event

We raised a grand total

\$1967.00

Thank You

2015 Senior Class Car Wash

June 13th

Right after school

in the Wishram School Parking Lot

By Donation

Wishram School Summer Feeding Program

The Wishram School is pleased to announce the sponsorship of the Seamless Summer Feeding Program for children. Meals will be available at no charge to all children 18 years of age and younger.

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).

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Meals will be served at the following:

Site Name: **Wishram School**
Site Address: **135 Bunn Street**
Site Contact: **Sarah Hathaway or Delores Ewing**
Phone Number: **(509) 748-2551**
Inclusive Dates of Operation: **July 7 thru July 31st**
Days of service: **Monday – Thursday**
Meal Type(s): **Breakfast/Snack**
Meal Time(s): **9:45 am and 11:30 am**



Fort Vancouver Regional Library District

12-19
Years

Teens,
Summer Reading
is coming and
you're invited!

Contact your local library for
information about library
tours, classroom visits,
library cards and the
Summer Reading program.

Experiment with reading this summer!

2014 Summer Reading
June 1–August 31

Program participants can

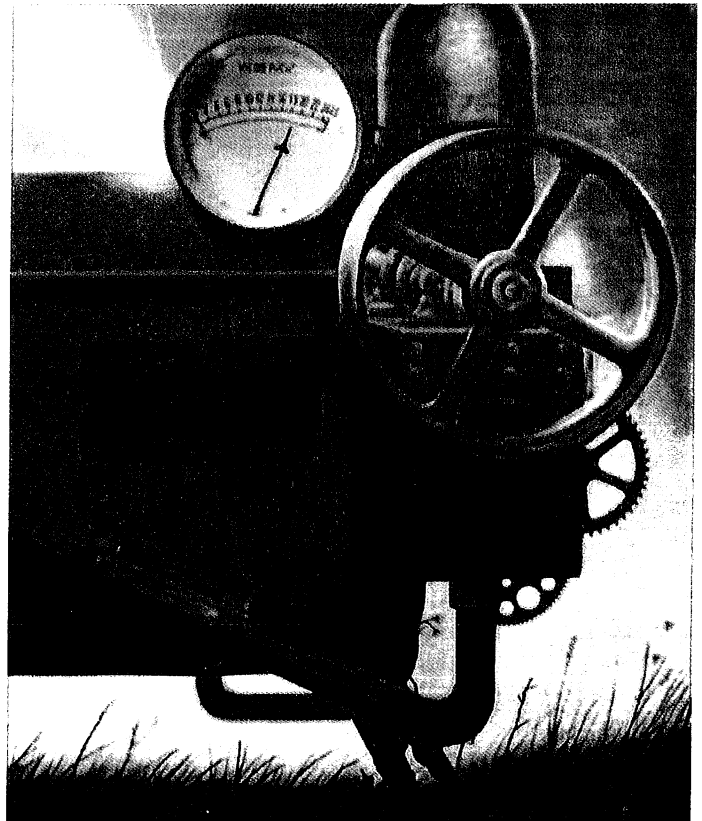
- sign up June 1 - August 15
online or at any FVRL library
or bookmobile
- read and attend great programs
- log progress and level-up
- earn rewards
- write reviews (optional)
- print a list of the books
they've read
- visit www.fvrl.org for
complete details and
program schedule

SPARK
a Reaction

NEW:
Sign up
and track
reading time
online!

www.fvrl.org

This event/activity is not sponsored or endorsed by any school district.



Summer Reading Skills

ONLINE PROGRAMS



Individualized programs include support from a professional reading teacher, effective materials, independent reading in great books, and engaging online instruction.

WASHINGTON STATE UNIVERSITY
GLOBAL CAMPUS

Offered by Washington State University, Global Campus

Designed and taught by instructors from the Institute of Reading Development



Phonics

Comprehension

Fluency

Study Skills

Speed Reading

Love of Reading

Program for 4-Year-Olds:

Students in this program build strong reading readiness skills. Your child will learn letter recognition and beginning phonics, and develop the motivation and love of reading that make learning to read easy, enjoyable, and successful.

Program for Entering Kindergartners:

Students in this program learn beginning reading skills and develop a love of books. Your child will learn letter recognition, phonics, and sight words, and will learn to sound out short words.

Program for Entering 1st Graders:

Students in this program learn to read independently. Your child will learn phonics and sight words, build comprehension, and gain the skills and confidence needed for success in first grade.

Program for Entering 2nd Graders:

Students in this program become fluent, independent readers. Your child will make significant gains in phonics and word-attack skills, fluency, and comprehension, and will develop confidence and a love of reading.

Program for Entering 3rd Graders:

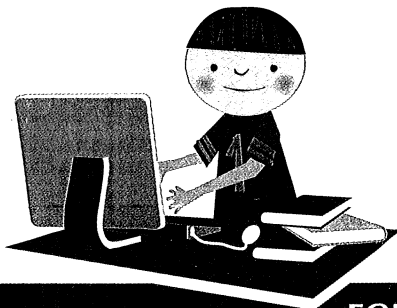
Students in this program become strong, independent readers. Your child will develop the comprehension, fluency, and long-word decoding skills needed to read longer books with ease, and will build confidence and a love of reading.

Program for Entering 4th and 5th Graders:

Students in this program make substantial gains in comprehension, long-word decoding skills, fluency, and reading speed. Your child will complete homework more quickly and easily, be more successful in school, and become a strong, enthusiastic reader.

Programs for Entering 6th-8th Graders and Entering 9th and 10th Graders:

Students in these programs make substantial gains in comprehension while doubling reading speed. They also learn the best way to read textbooks, take notes, and study for tests. As a result, students complete homework more quickly and easily, get better grades, and enjoy reading more.



Source Code: 60-S4-5EAC

FOR MORE INFORMATION OR TO REGISTER

Call **1-800-903-0942**

Institute Staff Hours: Mon.-Fri. 5am-7pm, Sat. and Sun. 6am-1pm

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2014

Wishram School
Making Good Choices

BEST BITES

Recipe exchange

Swapping recipes isn't

just for grown-ups. Encourage your youngster to exchange healthy recipes with her friends. Maybe she'll give her best friend a recipe for vegetarian chili and get one back for spaghetti with turkey meatballs. Make the dish together, and then suggest another swap.



How many times?

Here's a fun way to get your child used to doing "reps"—or repetitions—of exercises: tell him to match his age. So a six-year-old could do six jumping jacks, and an eight-year-old might do eight jumping jacks. Have your youngster try two sets for each exercise (do 10 toe-touches, rest for 30 seconds, and do 10 more).

DID YOU KNOW?

Eating fruits and vegetables that contain a lot of water can help your child stay hydrated. And some of these are likely to be ones your youngster already enjoys, such as watermelon, oranges, carrots, and cucumbers. Other produce with high water content includes grapefruit, zucchini, cantaloupe, peaches, pineapples, tomatoes, bell peppers, and cabbage.

Just for fun

Q: What do you take before a meal?

A: A seat!



Power foods

Remember how Popeye ate spinach to get strong? There was truth in that. Spinach is filled with iron—an important nutrient for strengthening the body. Here's how you can use spinach and other "power foods" to help your child grow up strong.

Dark, leafy greens

Spinach and its cousins—kale and chard—contain iron that can boost thinking. Other good plant sources of iron include black beans, kidney beans, lima beans, chickpeas, lentils, soybeans, pumpkin, and winter squash. *Tip:* Vitamin C helps the body absorb iron from plants. Toss papaya chunks or strawberry slices with fresh spinach or kale for a tasty salad.

Bananas

Though the old saying is "an apple a day keeps the doctor away," a banana a day isn't a bad idea either. Its potassium supports heart and muscle function—and can even prevent muscle cramps after exercising. *Tip:* Let your child make a "butterfly banana" by sticking on raisins for eyes, apple slices for antennas, and pretzel twists for wings.

Hop to it!

Your youngster can combine learning and physical activity with these hopscotch games.

Math. In each block, write an equation ($4 + 11$, $64 \div 8$). Have your child toss a pebble into the first box, hop to it, and solve the problem. If she gets it right, she throws the pebble into the next box and tries that one. When she solves them all, she could write math problems for you.

Vocabulary. Ask your youngster to write her vocabulary words, one per block. As she hops to each one, she gives the definition. On the way back, she uses each word in a sentence.

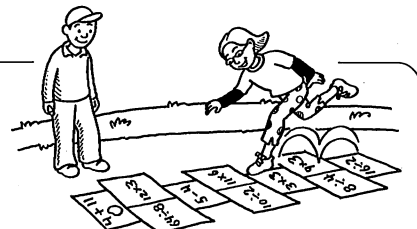


Oatmeal

Starting the day with oatmeal can increase your child's concentration in school. That's because oatmeal is a "slower-burning" carbohydrate, the opposite of sugary, "faster-burning" carb cereals. *Tip:* Stir blueberries into cooked oatmeal for a bonus power food—blueberries contain antioxidants that fight disease.

Salmon

Give your youngster's brain a boost with salmon and other foods high in omega-3 fatty acids. Avocados, chunk light tuna, sardines, flax seeds, walnuts, soybeans, and halibut also fall into this category. *Tip:* For an after-school snack, combine $\frac{1}{2}$ cup canned salmon with 1 tbsp. each olive oil and lemon juice. Serve with whole-grain crackers.



Ice cube magic

A simple ice cube tray is a handy tool for keeping healthy ingredients on hand. Try these ideas with your youngster:

- Encourage your child to drink more water by making pretty ice cubes. She could place a blackberry or raspberry into each section of a tray and cover with water. Freeze. Then, she can use the cubes to add flavor—and fun—to water or seltzer.
- Prepare smoothie ingredients. Puree ripe fruit in a blender. Put the puree into some sections of a tray, and spoon Greek yogurt into other sections. Your youngster can combine



the frozen cubes in a blender for smoothies. *Idea:* For “green smoothies,” puree and freeze cooked collard greens.

- Pour low-sodium chicken, beef, or vegetable broth into a tray. When the cubes freeze, your child gets to pop them out and store in a freezer bag. Use when only a small amount of broth is needed, such as for stir-frying vegetables. ♡

Q & A School snacks

Q: My child is supposed to bring a healthy snack to school every day, but she’s bored with what I’m packing. Any suggestions?

A: Why not let her pack her own snack? That will help her take responsibility, plus she’s more likely to eat something she put together herself.



Have her choose whole-grain cereal, dried fruits, and seeds from the bulk aisle. Then, she could make trail mix by measuring 1 tbsp. of each item into a container. Or help her air-pop popcorn and add seasonings like cinnamon, chili powder, or Old Bay.

Your youngster also might enjoy snacks she can assemble at school. For instance, suggest that she pack turkey slices to roll around breadsticks or graham crackers with low-fat cream cheese for spreading.

Note: Be sure to send perishable snacks (meat, dairy) in an insulated bag. ♡



ACTIVITY CORNER Young runners

For an exercise that is free, always available, and a natural for young children, you can’t do better than running! Consider these tips for becoming runners together.



Build up stamina. Begin with short runs, maybe just a block. Then, run two blocks, and then three. Or start by combining walking and running. For example, run for 30 seconds, and walk for two minutes. Gradually, run more and walk less.

Vary paths. You might run in your neighborhood, on a nearby jogging path, or around a school track. Or try trails through a park—your child will enjoy a feeling of freedom from running through the woods.

Set goals. Working toward a goal can keep your youngster motivated. Look online or in the newspaper for a 1-mile fun run or a 5K race. Suggest that he keep a log to track his progress so that he’s ready and confident on race day. ♡

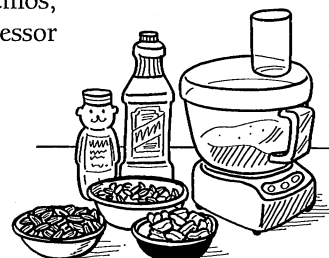
IN THE KITCHEN DIY nut butter

Whether you like to be creative in the kitchen or need an alternative to peanut butter for an allergic child, do-it-yourself nut butters might be your answer. Follow these easy steps.

1. Place 16 oz. of nuts (peanuts, almonds, pecans, pistachios, cashews) in a food processor or blender.
2. Process several minutes, until finely ground. Add up to 1 tbsp. canola or coconut oil, a little at a

time, until creamy. For a chunky version, drop in up to 1 cup chopped nuts, and pulse to blend.

3. The beauty of making homemade nut butter is that you can flavor it however you like. For 2 tbsp. nut butter, choose mix-ins like 1 tsp. marshmallow creme and ¼ tsp. vanilla, or 1 tsp. cocoa and 1 tsp. honey.



Note: Store in the refrigerator for 6–8 weeks. If the oil separates, just stir. ♡

OUR PURPOSE
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

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: