

WISHRAM
SCHOOL

Drug Free
Smoke Free
Gun Free

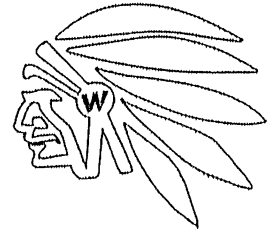
Wishram Signals

Volume 14 Issue 12

Wishram School Newsletter

DECEMBER-2014

509.748.2551



News from the Principal's Office

I hope this finds all of you staying warm in the cold weather.

We are happy to report that our 14th annual Cultural Exchange was sensational! I would like to thank everyone that made it such a great success! It was a lot of hard work but is always very rewarding!

The school has a lot going on over the next 15 school days. Although, December is a short month we seem to fill it full of fun activities. The basketball season will be in full swing. Please check out the calendar and try to catch a game. There are 39 games from now until the 20th of this month.

Our annual Christmas Program will be on the 17th at 6:00 PM. The students have started practicing and are excited to show off their talents.

This year, winter break will run from December 20-January 4, and school will return to session on the 5th of January.

May you have a safe and family filled Christmas, and a very happy New Year.

Heather Gimlin
Superintendent/Principal






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.

December 2014

Monthly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
	1	2	3 12 Dismissal - In-service BOOKMOBILE 9:30-10:20 HSBB Jamboree @ Klickitat VG 5 VB 5 LV 3:45 ETR 9:30	4 	5 HSBB @ Lyle w/Stevenson JVG 3 JVB 4:30 VG 6 VB 7:30 NURSE VISIT	6 HSBB @ Arlington JVB 2 VG 3:30 VB 5 LV 12:30 ETR 8:30 SAT Testing for Seniors																																																																																																		
7	8 JHBB @ Glonwood @ 4 JVG 5:30 JVB 6:30 LV 3:30 ETR 9	9 5/6 BB Scrimmage @ 3:30 HSBB @ S. Wasco JVG 3 JVB 4:30 VG 6 VB 7:30 LV 1:30 ETR 10:30	10 HSBB @ Lyle w/Columbia Adventist JVG 3 JVB 4:30 VG 6 VB 7:30 	11 5/6 BB @ Lyle w/JVG @ 4:30 LV 3:30 ETR 6 JHBB w/Lyle w/Tr. Lako JVB 4 VG 5:30 VB 6:30 JHBB w/Wishram 5/6 @ Wishram @ 4:30 NAV 101 6th Period Science Kit Delivery - Elementary	12	13																																																																																																		
14	15 JHBB @ Klickitat VG 5:30 VB 6:30 LV 4:30 ETR 8:30 	16 HSBB @ Sherman CO JVG 3 JVB 4:30 VG 6 VB 7:30 LV 1:30 ETR 10 JHBB @ Lyle w/Dufur JVG 3 JVB 4 VG 5 VB 6	17 BOOKMOBILE 9:30-10:20 WINTER PROGRAM @ 6pm	18 5/6 BB Home w/Lyle JVB @ 4:30 JHBB w/Wishram 5/6 @ Wishram VB @ 4:30	19 5/6 BB Home w/Lyle JVG @ 4:30 HSBB @ Stevenson JVG 3 JVB 4:30 VG 6 VB 7:30 LV 1:30 ETR 10:30 JHBB @ Lyle w/Wishram 5/6 JVG @ 4:30	20 HSBB Alumni @ Lyle VG 5 VB 6:30 																																																																																																		
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28	29 Winter Break - No School	30 Winter Break - No School	31 School Resumes on January 5th Winter Break - No School	<div>Nov 2014</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <div>Jan 2015</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>			S	M	T	W	T	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							S	M	T	W	T	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					
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~ December 2014 ~							Jan 2015 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1. B- Pancakes, fruit & milk. L-Macaroni & cheese, salad, veggie, fruit & milk.	2 B-Cereal, sausage, fruit & milk. L-Chicken ala king, rice, salad, fortune cookie, fruit & milk.	3 12:00 DISMISS B-Biscuits & gravy, fruit & milk. L-Chili, cornbread, salad, veggie, fruit & milk	4 B-Scrambled eggs, toast, fruit, & milk. L-Sloppy Joe on bun, salad, veggie, fruit & milk.	5 B-Maple oatmeal, sausage, toast, fruit & milk. L-Fish & chips, salad, veggie, fruit & milk.	6	
7	8 Bagel, w/cream cheese, fruit & milk. L-Grilled ham & cheese, soup, salad, veggie, fruit & milk.	9 B-Breakfast buddy sandwich, fruit & milk. L-Beef taco pie, cheesy refried beans, salad, veggie, fruit & milk.	10 B-Blueberry breakfast cornbread, cereal, fruit & milk. L-Chicken alfredo with a twist, roll, salad, veggie, fruit & milk.	11 B-Cereal, ham slices, toast, fruit & milk. L-Spaghetti, garlic bread, salad, veggie, fruit & milk.	12 B-French toast, fruit & milk. L-Nachos, Spanish rice, salad, veggie, fruit & milk.	13	
14	15 B-Blueberry pancakes, fruit & milk. L-Mostaccioli, roll, salad, veggie, fruit & milk.	16 B-Yogurt & granola, toast, fruit & milk. L-Hamburger, fries, salad, veggie, fruit & milk.	17 B-Caramel apple salad, toast, fruit & milk. L-Chicken chop suey, rice, salad, veggie, fruit & milk.	18 B-Bacon & egg cones, fruit & milk. L-Burrito, cheesy refried beans, salad, veggie, fruit & milk.	19 B-Ultimate egg wrap, fruit & milk. L-Chefs choice (ham & cheese pocket, lemon chicken etc. roll, salad, veggie, fruit	20	
21	22 CHRISTMAS BREAK	23 CHRISTMAS BREAK	24 CHRISTMAS BREAK	25 CHRISTMAS BREAK	26 CHRISTMAS BREAK	27	
28	29 CHRISTMAS BREAK	30 CHRISTMAS BREAK	31 CHRISTMAS BREAK	Notes:			

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

Halloween Carnival

D. Ewing

The Wishram School annual Halloween Carnival was a great time had by all! A big 'thank you' goes out to all of the parents and community members that came and/or dressed in costume. There were a lot of great costumes. The kids were all very excited! Having so many people involved helps to make the event fun!

Our Halloween Carnival can't happen without the generous contributions of the community:

Shirley Wilde

James Fickas

Steve & Sharon Dillard

Gene & Carolyn Wilson

Carl & Donna Churchwell

John & Bonnie Troster

Stacy Land & Jeri Turner

Betty Jorgenson

Mark & Sandy Carter

Tye & Kandy Churchwell

Jerry & Bessie Straton

Ken Ratliff

Alan & Mary Rosa

Polly Johnson

Janice & Anita Dougherty

Leon & Linda Chilson

Ron & Terry Black

Yvonne Holbrook

Brian & Janet Sullivan

Gene & Delores Ewing

Claire Sholdebrand

The Stewarts

Clyde & Jennifer Rosa

Dorothy Cox

Cheryl Crampton

Phyllis Carter

Cassie Lund

Clarence & Carol Renno

Charlie & Jeri Hore

Wayne & Marilyn Bryson

Shelly Tracy

Bob & Arlene Zornes

Art & Carmen Davis

Duane Grams

Bill St. Clair

Nathan & Katie Kennedy

The McConville's

Patty Newson

Shawn McConville

Thank You All!

WISHRAM

ASB



Fresh • Local • Sustainable

Fundraiser

December 8th 2014

From 5-8P.M.

118 W 3rd St, The Dalles, OR

Enjoy some great Burgerville while supporting the Wishram ASB raise funds to go on Trips and put on events throughout the school year.

Burgerville will donate 10% of their profit brought in during these hours, as well as all 100% money that is collected in our donation cans that will be placed at the registers

Holiday Meal Raffle \$1 a ticket. The winner will be drawn at 8 P.M. that night.

Wishram P.R.I.D.E
Holiday Meal Raffle
\$1 a ticket or 6 for \$5

Meal includes

4lb Ham
18 oz Pumpkin Pie
Can of veggies
Turkey Gravy
Biscuits
Whip Cream
Margarine
Potatoes
Stuffing

(Winner will be drawn at the Winter Program)

Wishram ASB
Winter Mystery Gift Raffle

There will be 3 Gifts Wrapped
and Displayed in the School office

Tickets will be on sell
from now till the Winter Program

Tickets are \$1 each or 6 for \$5

Place your ticket in the Bucket in front of the gift you would like to try and win

Winners will be drawn at the Winter Program

School Board Meeting

*****WEDNESDAY, DECEMBER 17TH AT 5:00PM*****
(In the school cafeteria)

WINTER PROGRAM

DECEMBER 17TH, 2014 @ 6pm

WEDNESDAY—DECEMBER 3RD

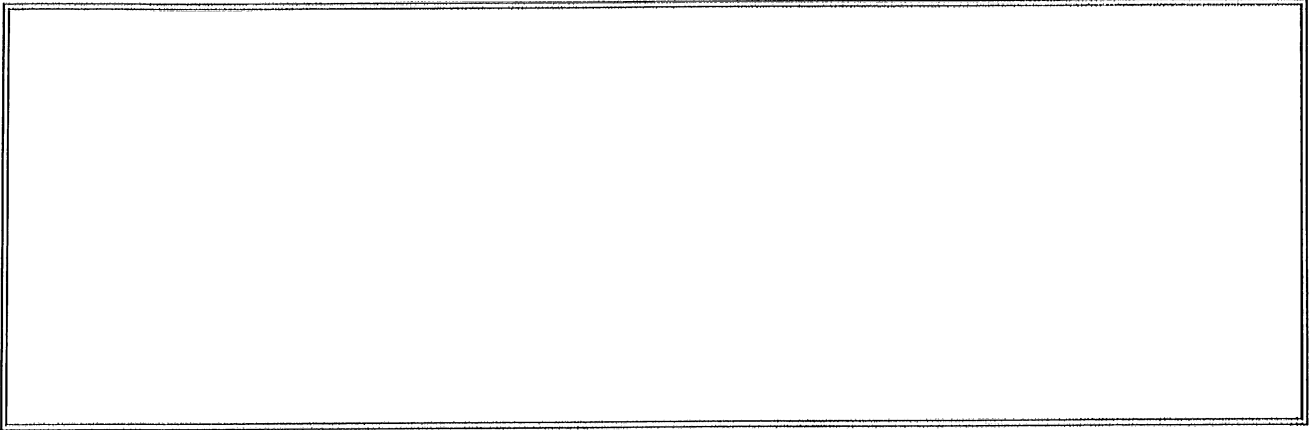
12:00P.M. DISMISSAL

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.



*** * * CHRISTMAS BREAK * * ***

12/22/14 - 01/02/2015

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.

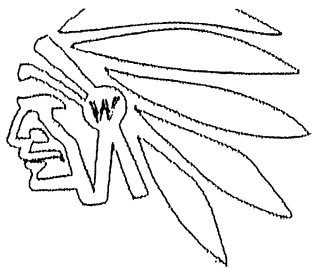
LifeTip!

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:



Wishram School

Help Wanted

Our school has many fun programs and events that benefit our students. They all have one thing in common, they are run by volunteers!

We need your help to keep our activities going. Please take a look at the list below and check the areas in which you would like to help.

HALLOWEEN CARNIVAL – OCTOBER

Volunteers are needed for set-up, take-down, staffing booths, chairing the event, and more!

____ Yes! I want to help

BOOKFAIRS – MAY

Set-up, take-down, and/or work on the sale days helping students select books.

____ Yes! I want to help

CULTURAL DAY

Help needed to set up, take-down, and work on the day of the event.

____ Yes! I want to help

FIELD TRIPS

Chaperone during field trips (don't forget all the fun you can have singing on the bus!)

____ Yes! I want to help

CLASSROOM HELP

Your child's teacher can use help in the classroom with small groups or with "office" tasks such as making copies and preparing materials.

____ Yes! I want to help

PLANTING DAY

Work on the grounds or in the kitchen and help to make sure the day goes smoothly

____ Yes! I want to help

ATHLETICS

Our students are very involved in Lyle sports and we need representation on the Lyle/Wishram booster club.

____ Yes! I want to help

CHRISTMAS PROGRAM - DECEMBER

A favorite of students! Volunteers can decorate or help with practice.

____ Yes! I want to help

CLASSROOM PARENT

Organize classroom parties, act as a liaison between the classroom and families and more!

____ Yes! I want to help

P.R.I.D.E.

(Partnering of Resources in Directing Education)

Parents are needed for the 2012-2013 school year! Without P.R.I.D.E., many school events will not happen!

____ Yes! I want to help

KITCHEN

Our kids LOVE Janet's cooking! If you are interested in helping Janet in the kitchen, just let us know.

____ Yes! I want to help

SPECIAL SKILLS

Please check any skills below that you would be willing to offer. Or, if you work for a company that can help out our school, please let us know!

____ Yes! I have a special skill _____

Name: _____

Student: _____

Student's Teacher: _____

Phone: _____

Cell phone: _____

e-mail: _____

Return completed form to the office. Thank you!

Home & School

Working Together for School Success

CONNECTION®

December 2014

Wishram School District

SHORT NOTES



Where is it?

If you give your child a U.S. map, how quickly can he find all the cities with NFL teams? Kids tend to be more interested in maps when the locations relate to their interests or lives. Another idea is to show him a state map, and tell him to point out all the cities he has visited or ridden through.

Donate recyclables

Many families will have leftover cardboard boxes, wrapping paper, or greeting cards this winter. Ask your youngster's classroom teacher and art teacher if they could use the items for projects. Sending in recyclables is an easy way to support your child's education and to show her that you're thinking about her school.

Meet the babysitter

When you need a sitter for your youngster, consider letting him meet her ahead of time. Invite her over so your child can show her around your home and tell her what he likes to play with. Afterward, go over rules for homework, TV use, and snacks, and point out safety items (emergency phone numbers, first aid kit, flashlight).

Worth quoting

"No act of kindness, no matter how small, is ever wasted." *Aesop*

JUST FOR FUN

Lisa: "Do you want to hear a construction joke?"

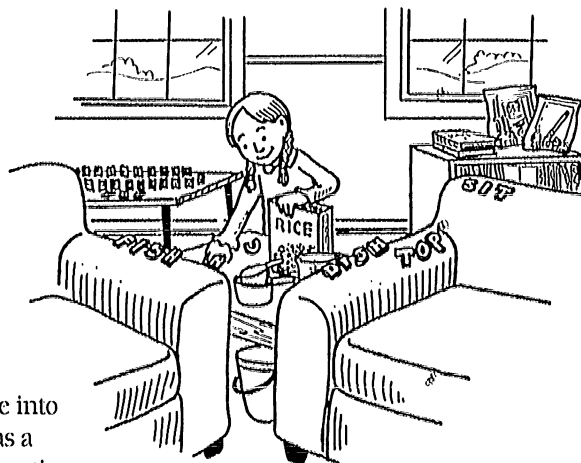
Jack: "Sure."

Lisa: "I'm still working on it."



Learning around the house

Children often like to play school at home. With winter break coming up, encourage your youngster to set up "learning centers" just like her teacher has at school. She'll enjoy being both teacher and student—and she's sure to learn a lot. Here are ideas.



Dig and find

Help your youngster pour rice into a wide, shallow container, such as a baking dish. She could bury magnetic letters in it and dig them up one at a time until she can make a word. Or she might estimate how much rice a bucket will hold and use measuring cups to check. Finally, have her hide small items (paper clip, coin, plastic toys) in the rice and move a magnet through it—she'll discover which items are attracted to it.

Read and perform

Suggest that your youngster pick a few of her books and collect items to act out the stories. She can put each book and its props in a zipper bag. *Example:*

For a story set in a forest, she may get plastic animals. Add paper and pencil so she could write a new opening or an alternate ending. She'll practice reading for meaning as she visualizes the action or thinks of different plot twists.

Order and arrange

Let your child gather things to put in order. For instance, have playing cards that she can stack from 1 (ace) to 10 or Scrabble tiles for her to line up from A to Z. Or write decimals (0.05, 0.7, 1.5) on separate slips of paper for her to arrange from smallest to largest. ♥

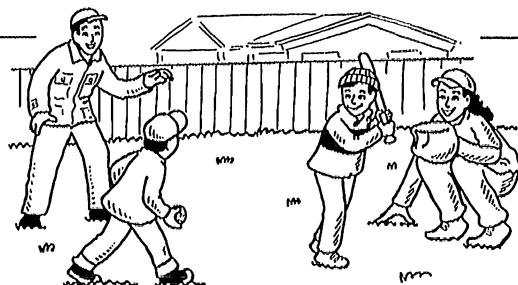
Smooth sailing

Keep the holidays simple—and everyone happy—with these stress-free suggestions:

- Some families just try to do too much! Settle on the one or two holiday traditions that everyone really enjoys, and drop the others.

Tip: Exercise is a known stress-reducer, so include an active tradition like a family softball game or hike.

- Try to stick to your youngster's routine as much as possible. For example, if you have a long drive to Grandma's house, let him ride in his pajamas. He can listen to an audio book and fall asleep in the car at his usual bedtime. ♥



Responsible for myself

Who can John count on to make sure his schoolwork gets turned in? John! That's because his parents taught him that he's responsible for his own learning and for the choices he makes. Consider this advice for raising a responsible youngster.

Learning. It's up to your child to listen to his teacher and complete assignments she gives him. Ask him to think of other ways he could take responsibility as a student. He might say he should bring home school library books for a project or let you know if he is struggling with math.



Decisions. If your youngster makes a mistake, encourage him to own up to it. Kids sometimes get into the habit of blaming others. ("Indoor Frisbee was her idea!") You'll help him see the connection between his decision and the consequence by saying something like, "You decided to take your sister's advice, and you broke a vase." *Tip:* When

he does admit responsibility for a mistake, try not to get angry. Instead, ask, "How could you fix it?" or "What did you learn from this?"♥

"Thank you, teacher"

Your child will bring a smile to his teacher's face with homemade gifts like these.

Cookbook

Here's a gift that lets the teacher try some of your family's favorite dishes! Help your youngster collect family recipes from your kitchen or from relatives. He can write and illustrate each one on a piece of paper. Then, have him decorate a cover, punch two holes on the left side of each page, and tie yarn through the holes.



Picture frame

For this colorful idea, your child needs a box of crayons and a picture frame with a wide, flat border. Let him use craft or wood glue to stick crayons or crayon pieces all over the frame. Inside the frame, he could put a class picture or a photo of himself with his teacher.♥

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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540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
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Q & A Play with vocabulary

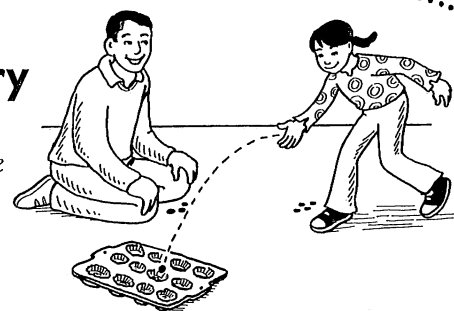
Q: Studying vocabulary words is not my daughter's favorite thing. Are there ways to make it more fun for her?

A: Sure! You could turn study time into game time with ideas like these.

Let your daughter write each word on a muffin tin liner and put the liners in a muffin pan. Take turns tossing a coin into the pan. When it lands on a word, the player can either give its definition or use it in a sentence. If you define or use the word correctly, keep the liner. If not, leave it in the pan. Then, it's the next person's turn.

For the second game, have her write vocabulary words on a beach ball using a washable or dry-erase marker. Toss the ball back and forth. When you catch it, define a word your right hand is touching. The other player has to guess your word based on the definition.

Note: For both games, keep her textbook or a dictionary nearby to check definitions.♥



ACTIVITY CORNER

Glitter "germs"

Handwashing is one of the best ways to prevent the spread of germs and help keep everyone healthy. This activity will show your child how germs spread—and motivate her to wash up.

1. Ask her to wet her hands, and then sprinkle them with glitter (to represent germs).
2. Let her touch a counter top or door-knob. Next, you touch the same spot. She just shared her

"germs" with you! Point out that the same thing happens with real germs.

3. Have her try to wash the glitter off with water only, and then with soap and water. She'll see that she needs soap to get rid of the "germs." Be sure to have her wipe them off the counter, too.

Note: Suggest that she think about her glitter germs to remind herself to wash her hands before meals, after using the bathroom, and when she coughs or sneezes.♥



Nutrition Nuggets

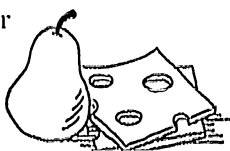
Food and Fitness for a Healthy Child

Wishram School
Making Good Choices

BEST BITES

Combine food groups

Snacks are healthiest if they include at least two food groups. Have your youngster draw a picture of the groups: protein, fruits, vegetables, grains, and dairy. Then, ask him to choose from two of them. For instance, he might have a pear (fruit) with cheese slices (dairy) or yogurt (dairy) with almonds (protein).



Me, too!

You can encourage your child to exercise more by what you do than by what you say. That's because children of active parents tend to be active, too. When you take a walk or try a Zumba class, mention it. Let your youngster know how good exercise makes you feel, and ask what activity she did that day.

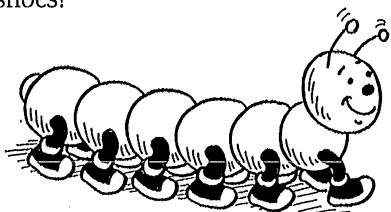
DID YOU KNOW?

When children are rewarded with ice cream or candy for getting good grades or doing chores, they learn to associate sweets with achievement. Consider other ways of showing your youngsters you're proud of them. For example, offer kind words, spend extra time with them, or give them hugs.

Just for fun

Q: Why was the centipede always late for soccer practice?

A: It took him too long to put on his shoes!



Eat your veggies (and more)

Can't get your child to eat her vegetables—or any other food that's good for her? Consider these strategies.

End the power struggles

Trying to force your youngster to eat new foods or clean her plate will most likely make her dig her heels in deeper. Instead, give her some control over her eating. Have her help choose the menu and prepare the food. At the table, offer choices: "Would you like broccoli or carrots?"



Do the unexpected

Throw your child off balance with a jolt of fun—she may surprise you and happily eat the healthy food. For example, serve cottage cheese in an ice cream cone. Decorate oatmeal with a "face" of raisins, banana slices, and blueberries. Let her eat with her fingers, or serve breakfast for dinner and dinner for breakfast. Mixing things up can be a powerful incentive for getting your youngster to try new foods!

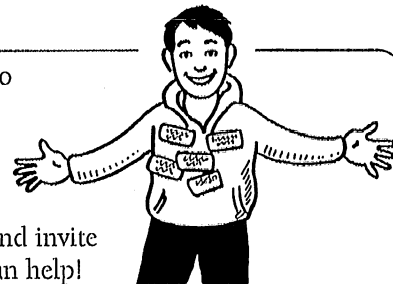
Don't offer substitutions

You don't have time to be a short-order cook, and you won't do your child any favors in the long run by making mac 'n' cheese for her every night. Tell her you expect her to try at least a bite of what you've made, and then don't focus on how much she eats or doesn't eat. Just try to relax and continue with your pleasant dinner conversation. She'll realize that what she eats is her responsibility. Remember, the goal is to get your youngster to eat a variety of foods long term—not just at one meal. ♥

Tips for picky eaters

Try these ideas for encouraging fussy eaters to be...well, less fussy.

1. Offer new foods at the beginning of a meal when your youngster is hungriest.
2. Notice which of his friends are good eaters, and invite them to stay for meals. Positive peer pressure can help!
3. Many kids prefer raw vegetables over cooked. Try these: snap or snow peas, cherry tomatoes, green or yellow beans, asparagus tips, cauliflower florets, celery sticks, bell pepper strips, and spinach or lettuce leaves.
4. Get blank address labels, and write, "I tried it!" on each one. When your youngster samples a new food, give him a sticker to wear: ♥



Protein: Make it lean

Most Americans get enough protein in their diets, but often it's not healthy, lean protein. Make sure your child eats mostly lean protein with these suggestions:

- Buy poultry, lean cuts of meat (flank steak, pork tenderloin, leg of lamb), and ground beef that is at least 90% lean. Also, meats marked "choice" or "select" tend to be leaner than "prime" cuts. *Idea:* Try veggie burgers instead of hamburgers.
- Serve fish or seafood at least twice a week. Grill, broil, or bake it rather than frying it.
- Build lean protein into breakfast with fat-free milk, hard-boiled eggs, or protein-enriched cereal.



Rice and beans

Put lean protein in your child's diet with these easy-to-make bean burritos. Heat a 15.5-oz. can of black beans (drained, rinsed). Add 2 cups cooked brown rice and 1 cup diced tomato. Stir until warm. Divide the mixture onto 4 tortillas. Top with shredded low-fat cheddar cheese, and fold into burritos.

- At snack time, offer a small handful of unsalted nuts or sunflower seeds.
- Add tofu to stews, soups, and stir-fry.

Note: Children should have $5\frac{1}{2}$ ounces of protein a day. One egg, 1 tbsp. peanut butter, $\frac{1}{2}$ ounce nuts or seeds, and $\frac{1}{4}$ cup beans each count as 1 ounce. ♥

ACTIVITY CORNER

Catch it if you can!

A game of catch is a fun way for your family to stay active. Here are a few creative twists.

Sticky to it. Cover a Wiffle ball with squares of Velcro (available at craft stores). Let each player wear a knit glove or mitten, and play a game of "sticky catch and throw."

Sink a bucket. Have one person hold a bucket while the other players toss tennis balls toward it. The bucket holder runs around trying to catch as many balls as possible.



Score points. Throw a ball up in the air, and call out a number between 1 and 10. Whoever catches it gets that many points. Play to 100. ♥

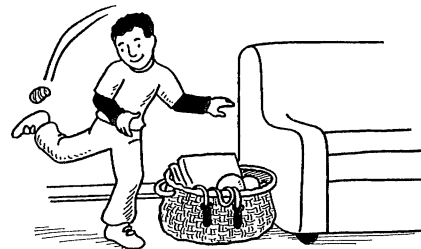
PARENT TO PARENT

A fit house

Recently I looked around our apartment and realized it's no wonder our son wants to watch TV or play electronic games all the time—we're surrounded by screens! I decided that I needed to make some changes if I wanted him to get more exercise.

My neighbor Laurie gave me a good idea. She said her family uses the "basket system." Cell phones, tablets, laptops, and video games are put into a basket in the closet for most of the day. Active gear goes in a basket displayed in the family room.

I explained the new system to my son and got him involved in stocking the workout basket. So far we've put in a jump rope, an indoor hopscotch mat, balls for juggling, and a Hacky Sack to kick around. Now we're working on powering down our screens and turning up the exercise. ♥



IN THE KITCHEN

Simply squash

Embrace the season for winter squash with these kid-pleasing recipes.

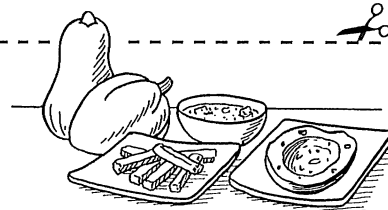
"Fries." Cut a (peeled) butternut squash into fry-shaped slices. Lay them on a baking sheet that's coated with nonstick spray. Bake at 425° for 20 minutes, turn them over, and bake 15 minutes more, until crispy.

Soup. In a stockpot, sauté 1 chopped onion in 2 tsp. olive oil. When soft, stir in $\frac{1}{4}$ tsp. each of ground allspice and ginger. Add 4 cups butternut or acorn squash cubes and 4 cups low-sodium broth (chicken or vegetable). Simmer

until the squash is tender, about 15 minutes. Cool slightly, and puree in a blender until smooth.

Baked. Slice an acorn squash in half, and discard the seeds. Place the squash in a baking pan. Add 1 tsp. butter and 1 tsp. maple syrup to each half. Roast at 400° for 1 hour, until browned.

Note: Using frozen cubed squash saves time—and provides the same nutrients as fresh. ♥



OUR PURPOSE

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

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