

Eastern Oregon Parent

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ON THE COVER:

Kris O'Grady of Pendleton was 40 when she had her daughter, Sascha Quempts, now 7.
(But you'd never guess it.)



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Welcome Spring!



After the long winter, it's exciting to focus on the next season.



In the Classroom

- **Instruction Time** Lots of learning takes place during this time of the school year. Make sure your student is getting enough sleep and eating breakfast to make the most of his or her day.
- **Test taking** Spring brings testing, so review good strategies with your student. There are many online resources with tips to ease the stress.
- **Parent-Teacher Conferences** Make it a priority to attend, ask questions about progress and plan for the next academic year with the teacher.

Get Outside!

- **Sunshine** Get outside and get some Vitamin D after the winter. Take a walk, ride your bike, visit a new playground – anything to get moving!
- **Dig in the dirt** Start planning your garden or simply find some containers and plant some flowers. It's a great way to look ahead to the growing season.
- **Calendar** Plan the summer months with your child. Research camps, art classes, recreation programs at local art centers, Parks & Recreation departments, etc.
- **Internships & Summer Jobs** Older students can look for spring internships or start applying for summer employment.