

## Warm Springs Elementary News

### Trimming the tree: Songs to decorate your Christmas

Please plan to join the children and teaching staff on Thursday, December 10th, at 7:30 p.m. at the Community Center. Under the direction of George Klos, WSE music teacher, the children will be presenting their annual Christmas program. In addition to their wonderful voices, children will be performing upon bells, recorders, autoharps, triangles, drums and other instruments.

### Student Goals

Throughout this school year, the staff at Warm Springs Elementary will be working together to plan lessons, activities, and strategies which will encourage your children to achieve the following goals. There is much you can do to assist your child in this effort. The following suggestions are ideas you can use at home towards this effort.

#### 1. Read more for fun

1.1 Visit the WSE library any time on any day to check out a book to read to your child.

1.2 Develop your habit of reading to your child four or five times each week. (This is important for children of all ages—fifth graders, as well as kindergartners benefit from this activity. It helps children to see that you think reading is fun.)

1.3 Ask your child to show you their library book. Ask them questions about the book. Encourage them to read the book. Ask them to read to you.

1.4 Restrict the amount of TV your child watches. Suggest they read when the TV is off.

#### 2. Work in harmony with others

2.1 Encourage your child to think of positive, loving ways to solve their problems with their brothers and sisters.

2.2 Be available and willing to help your child sit down and work out a problem they are having with another child.

2.3 Do not accept fighting or aggression as an acceptable way to react to any problem.

2.4 Help your child to plan ways to help out somebody else. Teach them that they can feel good about helping, without receiving any pay or reward.

2.5 Take every opportunity to point out to your child how much you appreciate the positive things they do. Make sure your child knows you are proud of their efforts to work in harmony.

### Warm Springs Elementary Fitness Week

During the week of November 16-20 Warm Springs Elementary celebrated "fitness." Our Wellness team leaders planned a week of activities for students and staff which gave everybody many opportunities to exercise and talk about

how to achieve wellness in our lives. The week began with a school-wide assembly and balloon launch to advertise the "Great American Smoke-Out." The next day, students created and performed cheers during lunch time to promote fitness. On Wednesday a one-mile fun run was held at noon for students, staff, and community members. Thursday gave students in the fifth grade an opportunity to test the staff's fitness. They challenged the staff to a soccer game on the front field.

Throughout the week, classrooms created posters and murals about fitness concepts to hang in the hall. Classrooms kept track of their fitness minutes in hopes of winning the "Classroom Fitness Contest." Winners of this contest will receive wellness snacks, donated by Macy's Market. Also, teachers had an opportunity to participate in some aerobics classes, taught by Eva Montee and Jane Fonda. A big thank you goes to Dawn Smith and Vicki Moore for planning a week of activities for everyone.

### From the School Nurse—Lynn Gassner

Reyes Syndrome Alert: Excerpts from a National Reyes Syndrome Foundation Bulletin.

Influenza (flu) is a viral infection which has a deadly children's disease associated with it. The disease, Reyes Syndrome, affects children from infancy to late teens. It can develop 3-5 days after the onset of Chicken Pox, a cold or other fever-causing illnesses. It affects the liver and brain, is non-contagious and is often misdiagnosed as encephalitis, meningitis, diabetes, poisoning, drug overdose, or sudden infant death. Recent studies have shown a link between the use of aspirin and the development of Reyes Syndrome.

Watch for these symptoms after a viral infection has seemingly run its course:

Continuous vomiting.  
Drowsiness (excessive sleeping).  
Delirium, convulsions or loss of consciousness.

Combative (striking out at those trying to help)  
Listlessness (loss of pep and energy).

Personality change (irritability, slurred speech, sensitivity to touch).  
Disorientation (unable to identify whereabouts, family members, or answer questions).

Early diagnosis is imperative. Phone physician immediately if these symptoms develop and tell him/her you suspect Reyes Syndrome. If the doctor is not available, take your child to the emergency room.

There is a 90 percent chance of recovery when the syndrome is treated in its earliest stages. The National Reyes Syndrome Foundation recommends that aspirin (salicylate is another word for aspirin) and combination products containing aspirin should not be given to children under 18 years of age, during fever-causing illness.

For a free brochure, write: National Reyes Syndrome Foundation, PO Box 829, Bryan, Ohio, 43506. Tollfree number: 1-800-233-7393.

### Your comments welcome:

I have always appreciated the feedback we have received from the families of our students and other community members. If you have any comments or questions

about our school program, please take a moment to write them below. Then just mail them to me or drop them by the school office. I will read each and every comment and

do my best to respond to your suggestions, concerns, questions or compliments.

Jane Westergaard-Nimocks  
Principal



### Work in harmony

Working with others in harmony is one of the Warm Springs Elementary school goals. Teams of four students work together daily in Ms. Vickie Moore's fourth grade class. Students (left to right) T.J. Foltz, Gerald Tufti, Michael Parker and Aldo Antunez work on math drill.



### Think smart

Warm Springs Elementary first grade students (left) Evaristo Antunez and (right) Amanda Tom survey books in reading corner of Ms. Donna Rodgers' class.



### Be creative

Ramona Wewa, first grader, adds artwork to her assignment.

## Teen Parent Program offers help

The Jefferson County Teen Parent Program is designed for pregnant or parent teenagers who are enrolled in school and want to complete work towards a high school diploma.

A new program funded through a grant from the statewide Student Retention Initiative is aimed at reducing the drop-out rate of students in Jefferson County.

The program offers a support group for students, pre-and post-natal classes, parenting classes and job skills training. The pro-

gram also provided childcare for students with children.

Classes are conducted during normal school hours and have elective class status. Credit towards graduation is obtained by attending classes.

The Teen Parent Program's services, according to program developer Maureen McGory and program coordinator Lisbet Hornung, "we're designed to address the barriers of inadequate parenting and life skills, as well as the social isolation that leads to feelings of despair

and depression."

The goal of the project is to have the enrolled students graduate from high school. A supportive environment and increased parenting skills, and awareness of community resources will be provided in the process.

An Interagency network has developed with organization of the Teen Parent Program. Communication between school district and county agencies has increased. The commitment and support of these agencies will help the program towards success. Contributions have come from Jefferson County Health Department, Oregon State University Extension Service, United Methodist Church, Central Oregon Intergovernmental Council and local childcare agencies.

"Students need to become aware of the program and get in contact," says Hornung. It is a voluntary program. Interested students may contact school counselors, the school nurse or a teacher. Direct contact with the Teen Parent Program's coordinator Lisbet Hornung may be made by calling 475-2266.

The program will be in full operation by January. Currently Hornung and McGory are meeting with students to find out how the program should best be operated to fit the student's needs.

Boys who are to become parents are also invited to attend classes. Job skills training will help them in getting a job and the other classes will increase parenting skills. "If they are interested in the program," says Hornung, "they're interested in being a good parent." She adds, "We need to target both parents." Providing services to assist students in school and increasing student's parenting abilities will help them get their high school diploma. Coordinator Hornung says, "I want to show them how important it is to stay in school."

## MJH students recognized at assembly

Madras Jr. High students who have distinguished themselves during the month of October were recognized during a student recognition assembly. The following students received certificates of recognition by the staff and student body: Melinda Casady-first prize essay, "What the Constitution Means to me"; Jennifer Samsel-outstanding academic achievement in earth sciences; Orlando Stevens-outstanding academic achievement in general science; Becky Frazier-positive attitude; Misty Summerhalter-all assignment turned in and all "As" on all tests; Juanita Wickham-outstanding work, effort, behavior; Mando Rios-excellent effort in science; Jennifer

Mollman-highest number of points in speech/drama; Ron Palmer, top student in Mrs. Tunison's class; Nicholas Medrano-politeness and work in art; Troy Phifer-leadership and service to student body; Chris Chee-most outstanding academic gain; Jennifer Samsel-outstanding work in Spanish; Refugio Jaimes-positive attitude/consistent hard work; Kevin Hopps-excellent playing in October 20 game; Jose Calica-outstanding grades, effort and behavior in science; Charley Strom-most improved in Ms. Sparks math class; Kristina Johnson-excellence in poetry and creative writing; Juanita Wickham-outstanding journalism; Ike Johnson-hard work and coop-

eration in math; Sherry Netherly, Casey Jakobsen, Matt McDougall, Floyd Calica-school beautification efforts.

## Students attend conference

Eight Warm Springs and Madras students attended the fourth annual Alcohol and Drug Awareness Program in September at Sunriver near Bend.

Students who attended the conference include Sheldon Minnick, Mark Telfer, Gabriele Sohappy, Rachel Macy, Todd Shaver, Angela Kruger and Jan Osborn.

## Seniors look forward to graduation

by Saphronia Coochise

Featured in this issue of Spilyay Tymoo are Madras High School seniors Melissa (Missy) J. David and Donovan R. Burns.

Missy is the daughter of Joni and Ellison David, Sr. She has one brother, 19-year-old Ellison (Butch) David, Jr. who graduated from MHS in 1987. She also has an eight-year-old sister, Edna. Her grandmother is Rose Mary Kalama of Battleground, Washington. Missy is of Warm Springs/Nisqually descent.

Missy enjoys reading and playing volleyball in her spare time. She is a member of the MHS softball team.

Agriculture is her favorite class because it has something to do with livestock. Pete Carlson is her favorite teacher. "He's not boring, he's interesting and he doesn't exaggerate."

Missy describes her years in school as fun yet challenging. She's glad that this is her last year in school and that "it will be great to get out of here."

Missy will miss her friends and roaming the halls. She has yet to

make a career or college choice. She would like to say to those remaining at MHS, "Good Luck in everything you do!"

Donovan Burns is also 17-years-old and is the son of Victor Smith. His grandparents are Sammy Danzuka and Lena Santos, both of Warm Springs. He has one brother, Victor Smith, Jr and a sister, Donnetta Danzuka. He is of Warm

Springs descent. Donovan enjoys hunting.

Donovan's favorite sport is wrestling and he is a member of the MHS wrestling team. Agriculture and metal fab are his favorite classes and Bob Nelson is his favorite teacher.

Donovan will not miss anything about school. He has no college or future career in mind at this time.



Missy David



Donovan Burns

