



After-school activity

Madras High School junior Starla Green works on computers before boarding bus after school. Students who wish, may play chess or increase computer skills while waiting.

Registration begins for reservation pre-schoolers

REMEMBER—preparations are set for registering your child in the Head Start/Tribal Preschool Programs for the 1989-90 school year. Your child is eligible for the programs if he/she turns three (3) years of age on or before September 1, 1989. There are dates scheduled for enrolling your child. Please mark these dates on your calendars so that you will plan on attending. Many of you have received in your mail, letters regarding these dates:

May 3—Lab work: Hemotocrits and urinalysis for all new three-(3)

year-olds, pre-kindergarten four-(4) year-olds and striders, 8:30 a.m.-2:00 p.m. at the Community Center.

May 4—Physical examinations and immunizations for pre-kindergarten children and striders (this involves the Head Start, Head Start/Day Care, Tribal Preschool four-year-olds, and Day Care), 8:30 a.m. to 2:00 p.m. at the Community Center.

June 1—Physical examinations and immunizations for all new

three-year-olds, 8:30 a.m.-2:00 p.m. at the Community Center.

You may pre-register your child for Head Start/Tribal Preschool programs on June 1, 1989. Required information that you will need to bring with you on that day to complete your child's registration are: Proof of income- Check stub from your paycheck on the tenth of the month (no draw check), verification from your employer of your correct salary, W-2 form, social security (copy of check), or a copy of what you receive from Welfare

Students compete in contest

Students from Madras High School competed in a vocational skills contest April 5 at Central Oregon Community College.

The competition, sponsored by the Central Oregon Technical Education Association, hosted students not only from MHS but also from Bend, LaPine, Mountain View, Crook County, Redmond and Culver schools.

The event gives students an opportunity to apply knowledge to practical applications. Written tests are also administered.

Students competing from MHS include: **Beginning drafting**-Heath Jackson, third place; **Leslie Cochran**; **Advanced drafting**-Darrin Jones, third; **Jesus Segovia**; **Architectural drafting**-J.B. Palmer, third; **Anthony Hackman**; **Small gas engines**-Willy Aguilar, second;

Dean Rask; **Oxy-acetylene welding**-Jason Smith, second; **Andrew Smith**, third; **Oxy cutting**-Merle Kirk; **Arc welding**-Curt Williams; **Oliver Cates**, second; **MIG welding**-Curt Williams, second; **Beginning foundry**-Scott Brown, second; **Machining**-Sig Skavlan.

Smith selected as state alternate

Fourteen Buff Elementary students competed in the 509-J School District spelling contest April 13 at the Support Services Building in Madras. Four Warm Springs students were among those selected for the competition.

Sixth grade student Lizzy Smith won the position of alternate in the contest. She would attend the state competition scheduled for May 12 if first place winner Jonah Kraft is unable to attend. Also competing in the District contest were students Eli Smith, Duncan (Gilbert) Brunoe and Virgil Orange of Warm Springs and Kristina Grandy, Tim Neilson, Minta Woll, Brandon DuRette, Crystal Guiney, Rebecca Grote, Angela McConnell, Adriana Ward and Becky Harrison.

Check your children for head lice

THE LOUSY WORK

1.	Examine each family member's head.	
2.	Go to drug store for medicated product.	
3.	Treat all members of family that are or could be infested.	
4.	Soak combs and brushes in hot water (150° F) for 10 minutes or soak in louse shampoo for 1 hour.	
5.	Comb hair of each person carefully with a fine tooth comb or use tweezers or fingernails to get rid of all nits.	
6.	Take sheets, pillow cases, blankets, and bedspreads off beds of all infested persons.	
7.	Wash and dry all bedding at hot settings.	
8.	Put pillows and non-washable bedding in dryer for 30 minutes or hang in direct sun for 6-8 hours or seal in plastic bag for 14 days.	
9.	Vacuum all mattresses or run a hot iron over them—especially around any buttons.	
10.	Make all beds with clean bedding.	
11.	Carefully vacuum all upholstered furniture, throw pillows, and seats in car.	
12.	Carefully vacuum all carpets.	
13.	Wash all jackets, sweaters, hats, and other clothes that have come in contact with infested persons in last three or four days.	
14.	Take non-washable clothes to the cleaners or use alternative treatment: Hot dryer—30 minutes; seal in plastic bag—14 days; freezer—48 hours; direct sun 6-8 hours.	
15.	Fold clean clothes and put them away.	
16.	Notify all people that have recently been in contact with infested person(s).	

DON'T FORGET THE DAILY NIT CHECK. GOOD LUCK!!!

Warm Springs Elementary News

Dear Parents and Community Members,

The staffs of Warm Springs Elementary and Warm Springs Community Counseling, Prevention Department have been planning a series of activities to promote the development of healthy living among students of Warm Springs elementary. The theme of these activities is "Be Smart, Don't Start." The first activity, the Kite Flight, will bring together students and community members on April 21 for an afternoon of flying hand-made kites. During the first two weeks of May, students will be designing T-shirts to wear during the May 12 national "Just Say No" walk/run. The designs on the kites and T-shirts will illustrate the theme of these alcohol and drug prevention activities.

The supplies for these activities will cost approximately \$25.00 per classroom, for a total cost of \$450. We need your help to raise the funds for these supplies. The first fundraising activity was the spaghetti feed. Announcement of other activities will follow.

Thank you for your support, Jane Westergaard-Nimocks

March outstanding class of the month



Two students were awarded a T-shirt by Warm Springs Elementary Student Council for portraying the best examples of peace and harmony for the school. Aldo Antunes (left), fifth grader, was recognized in March and Kevin Williams was recognized for the month of February.

Outstanding class of the month for March is awarded to Ms. Perkins' fourth grade class for outstanding performance. Congratulations Ms. Perkins and students for a GREAT job.

Warm Springs Athletes

Warm Springs athletes did a super job in the Special Olympics! Congratulations to the following individuals: **Brad Courtney**-500-5th place ribbon, 1K-1st place gold. **Steven Courtney**-500-3rd place bronze, 1K-3rd place bronze. **Buzzy Berry**-Giant Slalom-3rd place, Downhill- 1st place.

Math fair

Denver Sensibaugh, former WSE math specialist, held a Math Fair on Friday, March 17. During this time each student had a chance to visit the fair with his/her classroom. While at the fair, each student went through a series of math activities, challenged to use their critical thinking ability to solve math problems.

Mr. Sensibaugh's Ashwood Elementary students assisted him with the Math Fair. These students worked at each station demonstrating for the participants what was to be done. All who attended were impressed with the skill these students had at smoothly and effectively carrying out their duties.

Annual achievement testing soon

During the week of May 1-5, students in all of this district's schools will be taking their annual achievement tests, called the California Achievement Tests or "CAT" tests. Students will be doing some practice tests on Monday, May 1, then begin the series of three days of tests on May 2. Testing begins the first thing in the morning so it is very important that students arrive on time to school. You can help your child to perform at their best by making sure they get a good breakfast each day and extra sleep at night.

The teachers will be working to prepare the students for this test by reviewing with the students what they have learned throughout this year. This review will be a little different from their regular daily assignments, as they will be giving them problems where they have to be able to choose the correct answer from a short list of possible answers. These types of multiple choice questions will give the students a chance to think. They will also be giving the students several opportunities to practice marking answer sheets-another activity the students rarely do in their regular classroom-work.

We are proud of the achievements of your children this year. Please help us to fairly and accurately check the students ability by encouraging your children to do their best on these tests. Your vote of confidence in the children will go a long way towards building their confidence in themselves.

Culture Fair

At Buff Elementary the sixth grade kids had a Cultural Fair on February 23, 1989. They had to do a project on their culture. Most of the kids did their project on what their family collected, like dolls.

The Cultural Fair was held in the gym, but in the morning the fifth graders came into their classrooms to listen to the sixth graders talk about their projects.

By Aerie Rae Gibson

News from TAG Students

Michael Hellon saved his four little brothers from a burning trailer on February 22, 1989. Charlie, 9; Lewis and Lee, 5; and Young Leo, 4, were packed and pushed out the front door by Michael when he saw smoke coming through the hallway, while watching a movie. Everyone was okay even though Young Leo did not have his shoes on.

After fleeing from the burning trailer, Michael and his brothers

went to the neighbors house; even though they were scared, they called the fire department. Warm Springs Fire Department quickly responded to the blazing fire. His parents weren't home when the fire started.

The fire completely damaged the inside of the trailer but the outside was fine. Michael Hellon and his family are not living in a house in West Hills temporarily. He feels good about being a hero!

By Lynn Chavez, Aerie Gibson, Cameron Jack and Shadrack Martinez

April is National Child Abuse Prevention Month

Words can hurt and make a child feel alone, helpless, and not loved. When a parent uses mean words those words can last forever. Parents hurt their children without lifting a hand.

Pay attention to how your child talks with his friends. Is he mean, using unkind words learned at home? Give kids hugs, smiles, say "I love you" often. Praise your kids with "Good job" and tell them how proud you are of them and why. Let your child know they are important to you. Help make them proud of themselves. This isn't as easy as hitting. It takes time and practice, but you and your children are worth it!

March outstanding citizens

Outstanding citizens of the month for March include: **Kindergarten**—Toni Boise, Ray Picard, Toni Tail, Francis Sorrelhorse; **First grade**—Amy Suppah, Tanya Tewe, Elizabeth Earl, Mary Ann Stahi; **Second grade**—Desirae Smith, Clayvin Herrera, Trevor Hurtado; **Third grade**—Edna David, Kelly Sam, Julia Rowland, Barbie Jackson; **Fourth grade**—Jessica Taylor, Jordan Patt, Vickie Currie; **Fifth grade**—Nathan Williams and Taw Foltz.

The gift of struggle

Are we stealing from our children? Despite our best intentions, we may be robbing them of the opportunity to struggle, leaving them vulnerable to underachievement and suicide.

Schools today face an epidemic of underachievers, yet these children believe with all their hearts that they are incapable of doing the work asked of them. They say school is boring, irrelevant or too hard. They may seem confused, under constant stress or incapable of doing more.

Well-meaning friends may suggest that parents be more under-

standing, more supportive, more helpful with the studies. Sometimes this is right, but often it is the worst possible suggestion.

Mom and Dad "to-the-rescue": This same child may have similar problems when it comes to doing other tasks at home. The youngster has learned at an early age that adults will rescue him when the going gets tough. Children quickly become addicted to adult help and begin to believe the adults' unstated message that they succeed only with assistance.

Underachievers often have parents who had to struggle when they were children. They grew up to say, "I don't want my kids to have to struggle like I did. They deserve better." Their children live in a home where struggle is an enemy rather than an opportunity.

The problem was less severe years ago. Parents preoccupied with the Depression, World War II and scratching out a living gave their kids tasks which forced them to help the family. Struggling at home prepared children to struggle at school.

Today's underachievers believe failure is too painful. Yet recent studies tell us that children denied the opportunity to struggle during their early years are at high risk for

suicide. They are unable to see themselves solving problems.

Solutions: The answer is to give children responsibilities. Children need jobs to do around the house and they need parents who consider this a top priority. The most effective way to do this is to say to the kids, "There's no hurry on the chores. I just want them done before your next meal." Missing a meal is momentarily unpleasant but avoiding a struggle hurts self-concept in the long-term.

I was asked recently if chores should be assigned to a teenager who has lots of studying, as well as many school responsibilities and a part-time job. Teenagers become experts at believing they have more important things to do than chores. They even decide that studying is more important. My answer was, "Absolutely! Chores come first." Say to your youngster, "I hope you get fast enough at your chores so the rest of your activities won't suffer."

Sylvia B. Rimm, Ph.D., author of **Under-achievement Syndrome**, says many children are given chores at home. One of her twelve tips for helping underachievers is, "Children feel more tension when they are worrying about their work than when they are doing their work."

Kindergarten round-up May 24

The Warm Springs Kindergarten Round-up is set for May 24, 1989 at the Warm Springs Elementary gym. Parents and incoming kindergartners are invited to visit the school between 11:00 a.m. and 1:00 p.m.

Students may be registered at this time. Please bring a birth record and immunization record for the child being registered.

WSE Calendar of activities April

- 21 Kite flight
- 25 First grade students to Bear Springs
- 26 Spring music program, WSE gym, 1:30 p.m.
- 28 Self-manager activities
- 28 April awards assembly, citizen's awards, 1:30 p.m.

May

- 2-5 CAT Tests
- 12 Self-manager activities
- 16 Second grade classes to Bear Springs
- 17 Third grade classes to Stevenson's Pond
- 18 Fourth grade classes to He He Butte
- 19 Warm Springs Art Fair
- 26 Self-manager activities
- 29 Memorial Day holiday—No school
- 31 May awards assembly, 9:00 a.m.