

## Early Childhood Education news

**September Activity Calendar**  
 \*September 28, 1996, Johnny Appleseed Day.  
**10 Ways To Help Children Feel Comfortable At School**  
 1. Call each child by name.  
 2. Talk with the children about their families.  
 3. Give lots of hugs and other affection when appropriate.  
 4. Allow children to make choices as often as possible.  
 5. Watch each child as she/he comes into school. How does each look - feel - act? Interact in an accepting manner.  
 6. Delight with children in their daily successes.  
 7. Help children learn from their mistakes.  
 8. Encourage children to:  
 \*Help each other  
 \*Play together  
 \*Try new activities  
 \*Care for themselves  
 \*Clean up  
 9. Play with the children.  
 10. Find opportunities to talk one-on-one with each child, each day.  
**Physical Fun**  
**Small Motor Activities**  
**Buried Treasure**  
**Develop Hand/Finger Coordination**  
**Make a treasure chest:** Draw a simple treasure chest shape on a piece of construction paper. Get a small round shape, such as a poker chip. Use the round shape to make lots of circles to put the "buried treasure" on.  
**Bury the treasure:** Fill a dish tub with sand. Get lots of small blocks or other types of counters and bury them in the sand. Tape the TREASURE

CHEST to the right of the dish tub.  
**Hunt for the Buried Treasure:** Have the children "feel" around the sand for pieces of "buried treasure." When a player finds one, have her pull it out and put it on the TREASURE CHEST. Keep playing until the TREASURE CHEST is full.  
**FALL IS HERE**  
 The program would like to respectfully request that the children arrive to school dressed appropriately for the weather change. Coats, gloves and ear muffs, because fall is here, extra change of clothing daily because the children enjoy water play while in the classroom and sometimes they have accidents when trying to reach the bathroom.  
**Does Bullying Cause Common Health Symptoms?**  
 As young children grow and develop, virtually all will have some experience with bullying. Parents and child care professionals know that bullying causes children a great deal of psychological and behavioral distress, but researchers haven't given much attention to whether bullying might also be related to various health symptoms in children.  
 To see whether this might be the case, scientists from London, England, asked school nurses to interview almost 3,000 children between the ages of 8 and 9 years in a large number of schools. The nurses inquired about common health problems (e.g., headaches, stomachaches) and also asked the children whether they had been bullied. Overall, 22% of the children reported having been bullied in school; the most common complaints were "being hurt" (36%) "bad words" (30%), or both (18%).

It was not surprising to find that almost one-quarter of the school-children reported being bullied; what was of particular interest, however, was that children who were bullied were more likely to report that they didn't sleep well, felt sad, had bed-wetting, and had relatively frequent headaches and stomachaches. The more bullying the children experienced, the more likely they were to report having these health symptoms.  
 The researchers are careful to point out that even though they found a relationship between bullying and health symptoms, it doesn't mean that bullying caused those symptoms; for example, it is possible that some children, when they are interviewed, are simply more likely to answer "yes", whether correct or not, in response to most questions they are asked.  
 Still, these authors encourage child health professionals to keep in mind that possibility that bullying may be related to certain health symptoms in children; when children have these kinds of symptoms, they should be asked whether they are being bullied, and if they are, it is important to consider whether they bullying may indeed be related to that child's symptoms.  
**(Williams K et al: British Medical Journal, pp.17-19, July 6, 1996) by Dr. Barry Zuckerman**  
**Comments:** Child care professionals can easily recognize the powerful effect that bullying can have on children. Though we tend to think of these effects being psychological and behavioral, this study suggests that bullying might also lead to a variety

of physical symptoms in children. The authors are right to caution that the association between bullying and reporting of symptoms could be due to something other than a cause-and-effect relationship—for example, children who have psychosomatic symptoms (such as frequent stomachaches) might also have behaviors that make them more likely to be targets of bullying.  
 Whatever the study's limitations, I agree with the author's conclusion that when bullying is reported or identified in a child with symptoms such as headache, stomachache, feeling sad, bed wetting, or not sleeping well, it should be taken seriously and addressed by child health professionals and parent alike. Those who want more information about how to deal with such situations might want to read the following reference (cited by the authors): Olweus D: *Bullying at School. What We Know and What We Can Do*. Oxford: Blackwell Publisher, 1993.  
**Welfare Reform Legislation**  
 On August 22, 1996 President Clinton signed the Welfare Reform Legislation. The legislation stated that fourth meals in child care centers will not be reimbursed as of the date of enactment. Prior to enactment, child care centers could claim reimbursement at a maximum of three meals and one snack or two meals and two snacks per day to each child that was documented to be in the center's care for eight or more hours.  
 The change states that centers may now claim reimbursement for a maximum of two meals and one snack or two snacks and one meal, regardless of the length of time a child is in

attendance. Therefore, child care centers may not claim reimbursement for a third meal under any circumstances. The reimbursements we receive offset the total cost of providing meals and snacks in the ECE Center.  
 Given the cost of providing nutritious meals and snacks while staying within our means, the ECE Center will continue to serve breakfast and lunch to part-day Head Start children and breakfast, lunch and one afternoon snack to full-day children starting on September 30, 1996. School age children will receive one after school snack. The 5:00pm snack will be eliminated.  
 Given the concern that full-day children will go home hungry, the afternoon snack will be heavier than the two lighter snacks served previously. Infants and toddlers will be provided an appropriate snack if they get hungry near closing time.  
 The ECE Center added serving one additional afternoon snack in 1993 when it was possible to claim all meals served for reimbursement through the federal Child Nutrition Program. Prior to 1993, two meals and one snack was served in the old Day Care, Head Start full-day and Latch Key programs.  
 We are working together to make the best of this change. All the credit for excellent home cooked food we are able to serve goes to the cooks and assistants. Thank you to Marilyn, Trudy, Hazel, Hector, Kennedy and Rosie.  
 Sincerely,  
**Julie Quaid, Director**  
**Early Childhood Education Center**

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## Good News club starts

Children are invited to attend the free Good News club that meets for an hour each week during school. At club time, members are escorted to and from church nearby the school. Bible songs, stories and games are taught by a trained teacher that encourages good character traits such as honesty, kindness and self control.  
 Released Time Good News Clubs have been in Central Oregon for decades, and over 90% of its public elementary schools now have one. About 25,000 are enrolled in such programs across the state. Oregon law ORS 339-420 acknowledges your right to have your child released for this Christian education option.  
 Church particulars are not em-

phasized. The clubs are sponsored by the local chapter of Child Evangelism Fellowship, a Bible centered mission helping children worldwide for nearly sixty years. The program is supported by families and congregations in your community.  
 If you would like your child to join the club, please pick up permission sign-ups at the WSE school office. Parents are welcome to visit. For more information call 923-5044 or write: Child Evangelism Fellowship of Oregon, Ponderosa Chapter, PO Box 955; Redmond, OR 97756.  
 The first day for Good News was September 23. This will be held on Mondays, 1:15 to 2:15 for grades 1 & 2, 2:15 to 3:15 for grades 3 & 4.  
 For more information call 475-3190.

## Warm Springs Elementary School news

**Calendar Updates**  
 9/26-Open House 6:30-8:00 p.m.  
 10/2-School pictures  
 10/3-Awards assembly K-2 @ 8:50 am, 3rd & 4th @ 9:30 am.  
 10/10-No Kindergarten. Early Dismissal Gr. 1 & 2 @ 11:20. Gr. 3 & 4 @ 12:20.  
 10/11-No school. Statewide inservice  
 10/14-509-J Board meeting.  
 10/24-Daylight Savings time. Turn clocks back one hour.  
 10/28-509-J Board meeting.

**School Pictures**  
 Make sure to keep October 2nd marked down as the date for school pictures. Life Touch will be here again this year to take WSE students pictures.  
**Retakes for students who miss the first picture date will be announced in the newsletter. Be sure to watch for the notice.**  
**Meal Prices Change for 96-97**  
 Student breakfast .75; Student full price lunch \$1.25; Student milk .30; Student Reduced price breakfast .30; Student Reduced price lunch .40; Adult breakfast \$1.00; Adult lunch \$2.10; Adult milk .40.  
**SMART volunteers needed**  
 If you are interested in becoming a SMART Reading Program Volunteer, please contact the school office to sign up. If you would like more information about the SMART program, please call 553-1128 and ask for Wanda Bushlach, SMART Program Coordinator. All it takes is 1/2 hour donation of your time each week to read to a student.  
**WSE Open House**  
 Open House is on September 26th from 6:30 to 8:00 p.m. This will be a good time to see where your child spends a good portion of their day and meet their teacher.

Open House is also a good time to meet with other staff that your child may have contact with while at school, such as, school counselors; speech, music, reading, P.E., special education teachers and the librarian.  
**Where does your child go after school**  
 If your child needs to go to a location other than his/her own home, the school office requires a note or phone call to notify the teacher and bus driver. If you are picking your child up after school, please be on time. Release times for WSE this year are: 11:20 a.m. Kindergarten; 2:30 p.m. ECE 1st & 2nd Graders; 2:30 all other 1st & 2nd graders; 3:15 p.m. ECE 3rd, 4th & Kindergarten; 3:20 afternoon Kindergarten, all day Kindergarten, 3rd & 4th graders.  
 First and second grade students may not wait to ride a later bus with an older sibling or friend. The only exception to this is if the student rides a bus to Simnasho, Sidwalter, Kahneeta, Wolfe Point, etc.  
**Child Find Notice**  
 Jefferson County School District 509-J attempts to locate, identify and evaluate all children residing within its district boundaries who are suspected of being disabled and in need of special education services. For

information or to make a referral, please contact: Director of Special Programs, School Dist. 509-J; 445 SE Buff Street, Madras, OR 97741 (541) 475-6192.  
**Reading Tip**  
 WSE is continuing to concentrate on improving the reading skills of all students. In each issue of the newsletter we will up a reading tip for parents to help with their child's efforts.  
 Reading is a skill, and it gets better with practice. Research shows that kids do spend as little as 30 minutes a day reading books, magazines, and newspapers are more likely to become good readers. Encourage your children to spend some time reading every day.  
**FAX machine purchased**  
 In response to many requests from community members and other agencies, the school as purchased a FAX machine. The FAX number is 553-9874. We would like to thank all the parents who have helped buy this new FAX machine with pepperoni and jerky sales.  
**School Meal Applications**  
 If you have not already submitted a school meal application to the District office. Please do so as soon as possible! time is running out. All students who do not have an approved application on file will automatically be placed on full pay status on October 1st!  
**Get your "I support WSE" bumper sticker**  
 If you signed and sent in your statement of support that was included in the parent/student handbook this year, you will be receiving an "I Support WSE" bumper sticker in the mail. They have been ordered and are on the way.



Students learn proper way to enter the bus and be seated.



Warm Springs Elementary School held their first assembly to learn bus safety rules.

## Tips for safe school bus riding

1. Leave home early enough to arrive at your bus stop on time.
2. Wait for your bus in a safe place—well off the roadway.
3. Enter your bus in an orderly manner, and take your seat.
4. Follow the instructions of your school bus driver or bus patrol.
5. Remain in your seat while your bus is in motion.
6. Keep your head and arms inside the bus at all times.
7. Keep aisles clear at all times.
8. Remain quiet and orderly.
9. Be courteous to your school bus driver and fellow passengers.
10. Be alert to traffic when leaving the bus.
11. Walk to your bus stop—avoid asking your parents to drive you there.

## Quilt class offered

The Museum At Warm Springs is offering a Beginning Quilt Class on October 10 or 28, 1996 from 6 to 9:30 p.m. Eraina Palmer will instruct how to make a Quillow (pillow in a quilt). Cost is \$10 per person and space is limited to 12 participants per class.  
 Call or drop by the Museum now to register 553-3331. Registration deadline is October 10 & 25, 1996. A supply list will be issued upon registration.

Happy Birthday  
 Candra Lawrence  
 from, your Mom, Stacey and  
 the rest of the family  
 October 1st

Happy 1st Birthday Jon  
 September 25  
 from Jackson

## Rose Garden tickets available

There are seven events available to attend at the Portland Rose Garden during October and November. Other events are also planned during the weekends. Those events occurring on Fridays, Saturdays and Sundays are reserved for tribal students in Kindergarten through grade 12 and higher education. Senior citizens also have first choice of one weekend event per month.  
 If you are a tribal member or tribal employee, and you would like to be considered for a chance to win free tickets, call Teeny Tappo at 553-3229 and indicate which ONE event you would like to attend. If you have previously attended an event as a tribal guest at the Rose Garden, you ARE NOT eligible for these drawings.  
 Deadline to enter the drawing is Monday, Sep-

**Available dates and events are:**  
 October 15: Blazers vs Golden State  
 October 21: Blazers vs Washington  
 October 30: Winter Hawks Hockey vs Brandon  
 October 31: Christian Rock Concert  
 November 4: Blazers vs Atlanta  
 November 6: Johnny Cash  
 November 7: Blazers vs Minnesota  
 November 19: Blazers vs Sacramento  
 November 25: Hootie and the Blowfish

September 30. If your name is drawn, you will be notified after September 30 by phone and letter.  
 The Tribe is currently seeking candidate(s) to sub-lease the Rose Garden Suite beginning after the end of November.

## Middle School holds Parent Night September 17

Jefferson County Middle School Parent Night was held September 17 from 7:00 p.m. to 9:00 p.m.  
 Teachers met with parents in the classrooms for an overview of the upcoming year. This was also the time for teachers to put names to faces and parents to find their students classrooms and see the school.  
 At 7:30 all parents gathered in the gym for welcoming from Principal Scott Marquardt.  
 The parents of 7th and 8th grade students followed their child's class schedule with four minutes passing for each class.  
 Parents were also addressed by the Parent Club for membership. The Parent Club is parents of Jefferson County Middle School students (grades 5 through 8) whose goal is to enhance the education of the JCMS students by helping to provide a learning environment that is safe, well-disciplined and challenging. They hope to do this by supporting students, parents, teachers and administrators and by providing unified direction on the education of the students.  
 Parent Club meets the 4th Tuesday of each month from 7:00 p.m. to 8:30 p.m. in room 220.  
 Parents and guardians are also welcome to attend the Site-Base Council. They meet the third Thursday of each month, at 7:00 p.m. in room 233.



Jefferson County Middle School held Parent Night September 17. Parents followed their children's class schedule with four minute intervals.

Jefferson County Middle School Site-Base Council meeting scheduled for September 26, at 7:00 p.m. in room 233. Parents and guardians are welcome to attend.