

Indian Nite Out showed the pride and joy of children sharing songs and dances

Indian Nite Out held March 24 was a performance of Indian songs and dances learned by children in the Kindergarten and summer culture camp. Teachers were from the Culture & Heritage office.



The boys sang their version of the song. Then the girls sang theirs.



Arlita and Susie lead the girls in a song they learned as part of a song divided from the boys.



The children and adults enjoyed the laughing song.



The eel dance was performed by many adults and children.



Nola enjoyed dancing with the children in every dance.



Kindergarten student, Arlene David, danced and sang.

Powwow to be held

The Nix-Yow-Way Spring Celebration will be held on May 1, 2, 3, 1998 at the Mission Longhouse, Umatilla Indian Reservation, Pendleton, OR.

Prize Dance, All categories paid Horse parade Saturday afternoon \$1,200. 1st place singing contest \$1,000. 2nd place; \$800. 3rd place \$600. 4th place; \$400. 5th place \$200. consolation (two places) Pendleton blackets for all first place winners. \$500. prize raffle. Grand Entries: Friday @ 7 p.m.;

Saturday @ 1 & 7 p.m.; Sunday 3 p.m. \$1. registration fee; Registration closes Saturday noon Vendor space is limited. Call to reserve space. Food & beverage is \$100 for the weekend. Arts & Craft is \$30 and a raffle donation.

For more information call: John Bevis at (541)278-1454 (hm) or (541)276-3570 (wk) or Randall Minthorn at (541)276-1682 (hm) or (541)276-3570 (wk) Committee not responsible for accidents, theft, injuries or short funded travelers.

Warm Springs Elementary School news



Calendar Updates

April 3rd-Early dismissal End of 3rd quarter; 1st & 2nd dismissed @ 11:25; K, 3rd & 4th dismissed at 12:15 p.m.

April 6th-10th-Statewide testing for 3rd grade

April 15th-4th grade field trip to WS Fish Hatchery

April 20th-24th-Terra Nova Testing Grades 1-4.

May 5-4th Grade field trip to Museum at Warm Springs "Seeds of Discovery"

May 15th- No school. Individual parent meetings.

May 25th No school. Memorial Day holiday

June 3rd-4th grade farewell assembly. 10 a.m. in WSE gym

June 4th-All school field day 1-3:25 p.m.

June 5th-All school assembly 9 a.m. Early dismissal. 1st & 2nd dismissed @ 11:25 a.m. K, 3rd & 4th dismissed @ 12:15 p.m.

February All-Stars

Chezzera Frank, Sirena Medina, Pauline Culpus, Julia Simustus, Bobbi Gilbert, Justine Wallulatum, Kirstie Morrison, William Caldera, Clara Scott, LaTonia Smith, Leighton Shaw, Evelyn Aguilar & Vanessa Sahme

February Students of the Month

Jacoby Frank, Vern Heath, Stephen Vaeth, Keith Jackson, Ernest Williams, Sharice Johnson, Vivian Smith, Kristy Johnson, Michael Berry, Jennifer Orozco, Chanda Howtopat, Otis Johnson, Riana Phar, Samantha Gomez, Darleen Hoptowit, Catherine Tulee, Nicole Herkshan, Erickson Lucei, Gonzalo Arthur, Deanna Williams, Dorian Miller, Verna Mitchell, Sally Selam, Weston Heath, Kelsey Kalama, Jeleah Sam, Aldwin Keo, Alicia Lopez-Pedraza, Jeremy Badoni, Justin Gilbert, Titus Kalama, Warner Williams, Eilene McGill, Rosetta Danzuka, Sheryl Lee Lopez, Traci Suppah, Shanell Kalama, Chance Heath, Bobby Turby, Dustin Suppah, Ford Fuiava, Lillitz Henry, Krystal Finley, Kirstie Morrison, Jake Scott, Ryan Smith, Jodene Boise, Alyssia Meanus, Leann

Thomas, Armando Becerra, Victoria Katchia, Ashley Davis, James Keo, Chandra Yeo, Cari'ane Johnson, Ferman Tufti, Mariah Adams, Hillary Camas, Raymond Williams, Jason Smartlowit, Emerson Culpus, Jr., Brandy Herkshan, Challis Heath, Patricia Sam & Teri-Jo Squiemphen-Yazzie

Insights for Parents is provided by your child's school in recognition of your role as a partner in education. Adapted from material prepared by the National Institute of Education, U.S. Department of Education.

Help Your Children Improve in Test Taking

It's good to be concerned about taking a test. It's not good to get "test anxiety". This is excessive worry about doing well on a test, and it can mean disaster for a student.

Students who suffer from test anxiety tend to worry about success in school, especially doing well on tests. They worry about the future and are extremely self-critical. Instead of feeling challenged by the prospect of success, they become afraid of failure. This makes them anxious about tests and their own abilities. Ulti-

mately they become so worked up that they feel incompetent about the subject matter or the test.

It doesn't help to tell a child to relax, to think about something else or stop worrying. But there are ways to reduce test anxiety.

Encourage your child to do these things:

-Space studying over days or weeks. Understand the information and relate to it to what is already known. Review it more than once.

-Don't "cram" the night before. cramming increases anxiety which interferes with clear thinking. Get a good night's sleep. Rest, exercise and eating well are important to test-taking as they are to other school-work.

-Read the directions carefully when the teacher hands out the test. If you don't understand them, ask the teacher to explain.

-Look quickly at the entire examination to see what types of questions are included and, if possible, the number of points for each. This will help you pace yourself.

-In taking an essay exam, read all the questions first and use the margin for noting phrases that relate to the answers. These phrases will help in writing the essay answer.

-If you don't know the answer to a question, skip it and go on. Don't waste time worrying about it. Mark it so you can identify it as unanswered.

If you have time at the end of the exam, return to the unanswered question(s).

You can be a great help to your children if you will observe these do's and don'ts about tests and testing.

-Don't be too anxious about a child's test scores. If you put too much emphasis on test scores, this can upset a child.

-Do encourage children. Praise them for the things they do well. If they feel good about themselves, they will do their best. Children who are afraid of failing are more likely to become anxious when taking tests and more likely to make mistakes.

-Don't judge a child on the basis

of a single test score. Test scores are not perfect measures of what a child can do. There are many other things that might influence a test score. For example, a child can be affected by the way he or she is feeling, the setting in the classroom and the attitude of the teacher. Remember also, that one test is simply one test.

-Meet with your children's teachers as often as possible to discuss their progress. Ask the teachers to suggest activities for you and your children at home to prepare for tests and improve your children's understanding of schoolwork. Parents and teachers should work together to benefit students.

-Make sure your child attends school regularly. Remember, test do reflect children's overall achievement. The more effort and energy a child put into learning, the more likely he or she will do well on tests.

-Provide a quiet, comfortable place for studying at home.

-Make sure that your child is well rested on school days and especially the day of a test. Children who are tired are less able to pay attention in class or to handle the demands of a test.

-Give your child a well rounded diet. A healthy body leads to a healthy active mind. Most schools provide free breakfast and lunch for economically disadvantaged students. If you believe your child qualifies, talk to the school principal.

-Provide books and magazines for your youngster to read at home. By reading new materials, a child will learn new words that might appear on a test. Ask your child's teacher about a suggested outside reading list or get suggestions from the public library.

Announcements:

Parents: Please reminding your child that soda pop beverages are not allowed at school

Teacher Appreciation Week is May 3-9, 1998.

School Council Meeting Dates are: April 8, 22, May 6 & 20, 1998 at 4:45 p.m. in WSE Library. Public is welcome



The annual culture fair at the Middle School offered insights to many cultures and traditions handed down to the younger generations. Their displays expressed their knowledge of their various cultures. Here, Prenincia VanPelt showed the beadwork done by her mother and other members of her family.