

## Students Begin Study at Lucky Duck Pond.

With the rebuilding of the pond in downtown Springdale comes the opportunity to study the effect of a pond on the stream's water quality. Students in fifth grade, seventh grade and High School have had opportunities to obtain baseline measurements such as water temperature, conductivity, flow rate, pH and survey the invertebrates that are present in the stream.

When the pond is filled in November, students will take additional measurements and conduct further experiments. The pond not only provides Springdale with beauty but provides excellent learning opportunities as
 well.

## FUN STUFF in SCIENCE

You would probably think that some projects are pretty easy, but these ones are fun and complicated! Can you drop an egg from the ceiling and not break it? Can you make something made out of toothpicks that when you put a two pound book on it, it won't break? Can you make an egg float in water? Can you build something out of garbage that's useful? Well, our class did, and it was fun!

If you would like to do more of these experiments come and see the experiments we do in Mr. Gilmore's science class.

By Karri $5^{\text {th }}$ Grade

## News from the Nurse

On October 20th, the Springdale Community Clinic came to Mary Walker Elementary-Mid School to give Flu Shots. Twenty eight vaccinations were given to staff and families. We at Mary Walker want to thank Derrek PA, Louise, and Betty for their much appreciated support.

## Pandemic Flu <br> Emergency Preparations, Response, Recovery

Faced with warnings of an impending influenza pandemic, school districts across the nation are formulating emergency response plans for a potential health crisis. With a plan in place, a district gains the crucial ability to sustain itself through a pandemic situation if one occurs.

The Mary Walker School District No. 207 does have a preparation, response and recovery plan to be used in case of a pandemic flu. The preliminary plan is posted at www.marywalker.org and will be reviewed by the board of directors at the November meeting.

## What is the flu?

Flu also called influenza is a contagious disease of the lungs and airways. Usually influenza viruses are spread in droplets of cough and sneezes.

## Flu Symptoms:

Fever
Body Aches
Sore Throat

| Headache | Runny Nose |
| :--- | :--- |
| Cough | Extreme Tiredness |
| Stomach \& Intestinal Discomfort |  |

## How does seasonal flu differ from Pandemic Flu?

## Seasonal Flu:

Pandemic Flu:

- Occurs every year usually in the winter.
- For most people, it is an unpleasant but not life-threatening infection.
- Affects up to about $10 \%$ of the population.
- Annual vaccination is available for those at risk of serious illness.
- Occurs rarely (three times in the $20^{\text {th }}$ century).
- It could be a more serious infection for everyone.
- May affect around $25 \%$ of the population.
- Vaccine probably would not be available in the early stages of the pandemic.

According to the Washington State Department of Health, an epidemic is an outbreak of a disease that occurs in one of several limited areas, like a city, state, or country. Once the disease spreads beyond the borders of several countries and affects many countries across the globe, it is called a pandemic. In the 20th century, several pandemics of influenza occurred - the biggest one in 1918. During that pandemic, at least 500,000 Americans died and it has been estimated that there were as many as 10 million deaths worldwide.

In the case of a pandemic flu event, the Mary Walker School District No. 207 will follow the District's Infectious Disease Policy, Board Policy No. 3414.

## Lost and Found

Our "Lost and Found" bucket is overflowing with various articles of clothing. During conference time, please stop by and check out the goodies that have been collected. As the weather starts to turn, your son or daughter may be looking for that warm jacket they lost awhile back.

## Visitor Badges

HELLO* As you enter the ElementaryMiddle School, please make sure you sign-in at the office and get a "Visitor" badge. Safety is our number one concern for all children and wearing a "Visitor" badge will help us identify who you are. Thank you!

## Mid-School Sports Update

$7^{\text {th }} / 8^{\text {th }}$ Grade Girls' Basketball started Monday, October 23 (see schedule on page 7)
$7^{\text {th }} / 8^{\text {th }}$ Grade Boys and Girls Wrestling starts October 30


## K-8 News from Mrs. Henjum

Fall has definitely embarked upon our Springdale Elementary/Middle School! As you walk into the school you are greeted by scarecrows, ghosts and glowing pumpkins. The walls are lined with amazing artwork, student stories, sketches that outline the basic components of an insect, various science experiments, math graphs and so much more!

As I walk through the hallways I hear students sharing their work, reading aloud to each other, and engaging themselves in meaningful conversations about the day's objectives. Students are getting in the swing of their daily routine and teachers are excited to have the students back at school.

Throughout the month of October our K-2 students visited the pumpkin patch and walked through a smoked filled trailer, practicing evacuation procedures. Our middle school students experienced a theater production first hand put on by the Whitworth drama department. In fifth grade and in our middle school science and math classes, students are observing the Springdale pond as it takes full shape with the mysteries of nature. Their observations and data collection are taken back to the classroom and integrated into their studies.

Mark your calendars for November 7 - 9. Parent teacher conferences will be held during these three days. A schedule will be out by the first week of November.

Hopefully everyone is enjoying the fall weather, various fall sporting events and some quality family time. If you have any spare time, stop by and volunteer at the school. We love having community and parent involvement in our school.


## Parent - Teacher Conferences

Yes, it is that time already! Mark your calendar for November 7, 8, and 9. Teachers are busy putting together their schedules and as soon as they have all their times coordinated, confirmation letters will be mailed out. If you need to reschedule a conference, please call ahead of time so we can adjust our schedules as needed.

## Hard Work Pays Off



Recently Ms. Welch's 4th grade class wrote about how they would spend two thousand dollars on our school. They pretended they had received it as a reward for all their hard work.

Isreal, my classmate, wrote a story about using two thousand dollars on new sidewalks. About one week later the Bacon Concrete Company came and added to the sidewalks and he thought they needed to be even so kids didn't trip. And now they are!

In their stories students had to tell about two things. Three kids wrote about new playground equipment for their second idea. My classmate, Cali, wrote about buying bigger swing sets so more kids could swing.

Some of the kids wrote about buying classroom equipment like rolling, soft chairs, bigger desks, and Newberry award books. Many of them wrote about getting new desks because screws are popping out and some desks are not quite big enough. Others wrote about getting Newberry books because some of our books are dull and some are from years and years ago.

Ms. Welch's class had fun writing about things they could do with two thousand dollars.
by Haley, Grade 4

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## Keeping Kids Safe on MySpace

"It's 10 p.m. Do you know where your children are?"
Remember that phrase from your own childhood? It's still a valid question, but now, it comes with a twist: "Do you know where your kids are and who they're talking to online?"

Social networking sites are the hippest "meet market" around, especially among tweens, teens, and 20-somethings. These sites encourage and allow people to exchange information about themselves, and use blogs, chat rooms, email, or instant messaging to communicate with the world-at-large. But while they can increase a person's circle of friends, they also can increase exposure to people who have less-than-friendly intentions, including sexual predators.

OnGuard Online urges parents to talk to their tweens and teens about social networking sites, and offers these tips for using these sites safely:

- In some circumstances, the Children's Online Privacy Protection Act and Rule require social networking sites to get parental consent before they collect, maintain, or use personal information from children under age 13.
- Keep the computer in an open area, like the kitchen or family room, so you can keep an eye on where your kids are online and what they're doing.
- Use the Internet with your kids. Be open to learning about the technology so you can keep up with them.
- Talk to your kids about their online habits. If they use social networking sites, tell them why it's important to keep information like their name, Social Security number, address, phone number, and family financial information - like bank or credit card account numbers - to themselves. Remind them that they should not share that information about other people in the family or about their friends, either.Your children should be cautious about sharing other information too, like the name of their school, sports teams, clubs, where they work or hang out, or any other information that could be used to identify them or locate them offline.
- Make sure your kids' screen names don't say too much about them. Explain why it's inappropriate - even dangerous - to use their full name, age, or hometown. Even if your kids think their screen name makes them anonymous, it doesn't take a genius to combine clues to figure out who your kids are and where they can be found.
- Use privacy settings to restrict who can access and post on your child's website. You may approve of their friends from school, clubs, teams, community groups, or your family being able to view your kids' website, but not strangers from a neighboring town or school.


# Keeping Kids Safe, Continued 

(Continued from page 4)


#### Abstract

- Your kids should post only information that you - and they - are comfortable with others seeing - and knowing. Many people can see their page, including their teachers, the police, a college admissions officer, or a potential employer.


- Remind your kids that once they post information online, they can't take it back. Even if they delete the information from a site, older versions exist on other people's computers.
- Warn your kids about the dangers of flirting with strangers online. Because some people lie online about who they really are, no one ever really knows who they're dealing with.
- Tell your children to trust their gut if they have suspicions. If they feel threatened by someone or uncomfortable because of something online, they need to tell you and then report it to the police and the social networking site. You could end up preventing someone else from becoming a victim.
- If you're concerned that your child is engaging in risky online behavior, you can search the blog sites they visit to see what information they're
posting. Try searching by their name, nickname, school, hobbies, grade, or area where you live.
- Check site privacy policies. Some sites may share information like your child's email address with other companies, which could generate spam and even spyware on the family computer. Sites' privacy policies or other posted links for parents also may contain contact information for you to ask about your child's personal information.

To learn more about staying safe online, visit the following organizations:

GetNetWise - www.getnetwise.org Internet Keep Safe Coalition - www.iKeepSafe.org i-SAFE - www.i-safe.org
National Center for Missing and Exploited Children www.missingkids.com; www.netsmartz.org National Cyber Security Alliance www.staysafeonline.org

About the Author:
http://www.onguardonline.gov OnGuardOnline.gov provides practical tips from the federal government and the technology industry to help you be on guard against Internet fraud, secure your computer, and protect your personal information. Used with permission. Copyright © OnGuardOnline.gov.

## Zoo-Phonics is a Hit in Kindergarten

Kindergartners at Springdale are quickly learning the sounds that each of the letters of the alphabet make. Recent testing shows that even when our students can't name the letter by its name, they can already make the sound it creates when they read it. This is developing their ability to automatically read phonetic words before the end of October! Pretty cool, huh?

The consortium of nine area school kindergarten teachers agreed with Ms. Allen - 'pretty cool" - when they met for the grade-level teacher collaboration last Monday. The techniques were demonstrated
by Ms. Allen and Mrs. Walters. Veteran teachers were astounded at the fact that almost every kindergartner was able to demonstrate their knowledge of letter sounds this early in the school year.

According to Ms. Allen, "We are learning the sounds of all 26 letters of the alphabet through Zoophonics, a program that associates small animal movements with all the sounds of the alphabet. Kids sing, dance, and learn their sounds all at once. Someone was using their 'thinking cap' when they came up with this! I'd encourage parents of preschool age students, other kindergarten
teachers, and parents of struggling readers or spellers to check out their web-site at www.zoophonics.com or call them at 1-800-622-8104. You won't be sorry!"


## 2006-2007 Charger's Basketball Schedule

| Day | Date | Opponent | Start | Depart |
| :---: | :---: | :---: | :---: | :---: |
| Tuesday | December 5th | Columbia | 3:00 pm | NA |
| Friday | December $8^{\text {th }}$ | Republic | 4:15 pm | 1:00 |
| Saturday | December 9th | Wellpinit | 3:00 pm | NA |
| Tuesday | December 12 ${ }^{\text {th }}$ | Selkirk | 4:15 | 1:15 |
| Friday | December 15th | St. Geoerge | 4:15 | NA |
| Saturday | December 16th | Soap Lake | 1:00 | NA |
| Tuesday | December 19th | Rosalia | 4:15 | NA |
| Friday | December 22 ${ }^{\text {nd }}$ | Kettle Falls | 3:30 | 1:15 |
| Friday | January $5^{\text {th }}$ | Northport | 4:15 | 1:15 |
| Saturday | January 6th | Inchelium | 3:00 | NA |
| Friday | January 12 ${ }^{\text {th }}$ | St. Micahaels | 4:15 | 2:15 |
| Saturday | January 13th | Curlew | 3:00 | NA |
| Tuesday | January 16th | Cusick | 4:15 | NA |
| Friday | January 19th | Columbia | 4:15 | 2:30 |
| Saturday | January 20th | Republic | 3:00 | NA |
| Tuesday | January $23{ }^{\text {rd }}$ | Rosalia | 4:30 | 1:30 |
| Friday | January 26th | Wellpinit | 4:15 | 3:00 |
| Saturday | January 27th | Selkirk | 3:00 | NA |
| Thursday | February ${ }^{1 \text { st }}$ | St. George's | 4:15 | 2:30 |

The varsity games will follow the completion of the junior varsity games

## 2006-2007 Charger's Wrestling Schedule

First practice is Monday, November 13th

| Day | Date |
| :--- | :--- |
| Thursday | November 13th |
| Saturday | December 2nd |
| Saturday | December 9th |
| **Fri-Sat | December 15th \& 16th |
| ***Wednesday | December 20th |
| *Wednesday | December 20th |
| Thursday | December 21st |
| Friday | December 22nd |
| Saturday | January 6th |
| *Saturday | January 13th |
| ***Saturday | January 13th |
| **Saturday | January 20th |
| Saturday | February 3rd |
| Fri-Sat | February 9th \& 10th |
| Fri-Sat | February 16th \& 17th |

[^1]** Boys only tournaments
***Girls only tournaments

## 2006 Mid School Girls Basketball Schedule

| Day | Date |
| :--- | :--- |
| Tuesday | November 7 |
| Monday | November 13 |
| Thursday | November 16 |
| Monday | November 20 |
| Monday | November 27 |
| Thursday | November 30 |
| Monday | December 4 |
| Thursday | December 7 |
| Monday | December 11 |
| Thursday | December 14 |

Opponent
Selkirk
Cusick
Hunters
Wellpinit
Valley
Selkirk
Cusick
Hunters
Wellpinit
Valley

| Start | Depart |
| :---: | :---: |
| 3:45 | 12:40 |
| 3:30 | 2:00 |
| 3:30 | NA |
| 3:30 | 2:15 |
| 3:30 | NA |
| 3:30 | NA |
| 3:30 | NA |
| 3:30 | 2:00 |
| 3:30 | NA |
| 3:30 | 2:30 |

Schedules can change ~ please visit the website at www.marywalker.org for all the latest information!

# Congratulations 4th Grade WASL Students! 

## 10 schools win Apple Awards worth \$25,000 <br> Students to choose how capital construction prize money is spent

OLYMPIA - Students in 10 Washington elementary schools will soon have a lucrative dilemma on their hands how to spend an unexpected $\$ 25,000$ windfall for achieving the greatest gains on the Washington Assessment of Student Learning (WASL) this past year.

The Apple Awards, which are funded by the Legislature, provide a cash prize to 10 elementary schools with significant increases in the percent of fourth-graders meeting the combined reading, writing and math standards on the WASL from one school year to the next.

The schools earning the Apple Awards based on 2004-05 and 2005-06 results: Morgen Owings Elementary (Lake Chelan School District); Springdale Elementary (Mary Walker School District); Nespelem Elementary (Nespelem School District); Thorndyke Elementary (Tukwila School District); Wildwood Elementary (Federal Way

School District); John Muir Elementary and Van Asselt Elementary (Seattle School District); Daffodil Valley Elementary (Sumner School District); Everson Elementary (Nooksack Valley School District); and Grapeview School (Grapeview School District).

Staff from the Office of Superintendent of Public Instruction dropped by Thorndyke, Van Asselt and John Muir elementary schools this morning and surprised the students and employees with the good news. OSPI will make similar visits to the other seven schools soon.

The $\$ 25,000$ grants may be used for capital construction projects on school grounds or on other public property in the community, city or county in which the district is located. The students themselves will determine how to spend the money.
their own design and see it come to life," said Terry Bergeson, state superintendent of public instruction. "This is a nice reward for the students, teachers and community as a celebration of stronger schools and increased student achievement."

The winning schools were identified by the Office of Superintendent of Public Instruction by comparing the recently released 2006 WASL results with those achieved in the 2004-05 school year.

The Apple Award Construction Achievement Grants were originally developed by the Office of Superintendent of Public Instruction and state Rep. Hans Dunshee, chair of the House Capital Budget Committee. Projects selected by the students must meet particular guidelines and be approved the school district.
"The Apple Awards give students a fun opportunity to pick a capital project of
P.O. Box 159

500 North 4th

# Postal Patron 

High School
Principal-Matt Cobb
509-258-4533
Box Holders
Rural Routes
General Delivery

Elementary-Mid School
Principal-Cheryl Henjum
509-258-7357

## Message from our Superintendent

It doesn't hurt to take a hard look at yourself from time to time and this helped me get started.
During a visit to the mental asylum, a visitor asked the medical director what criteria defined whether a patient should be institutionalized. "Well", said the director, "We fill up a bathtub and then offer a teaspoon, a teacup, and a bucket to the patient and ask him/her to empty the bathtub." "Oh, I understand" said the visitor. "A normal person would use the bucket because its bigger than the spoon or the teacup." "No" said the director. "A normal person would pull the plug. Do you want a room with or without a view?"

As a school district, we are constantly trying to improve how we work with the students, community, parents, state and federal governments. As a school district, we are focused on raising achievement, providing a framework for district improvement, improving instructional methods, and creating a quality learning culture so that all children can achieve at higher levels. At times we feel like we are trying to empty the bathtub with a teaspoon or a teacup.

Sometimes we need a reminder or a suggestion from you to help us take a better look at improvement. I think you would be really surprised how much change comes from conversations with parents and/or community members. Now, I am not advocating that you call 10-15 times a day with advice, but if you have a concern, questions, or answers, do not be afraid to communicate with us and we won't be afraid to communicate with you.

If you have any questions, concerns, or answers, please call: Cheryl Henjum, the K8 Principal, at 258-7357, Matthew Cobb, the HS Principal at 258-4533 or Kevin Jacka at 258-4534.



[^0]:    We're on the Web
    Remember that you can find the Mary Walker School District on the Internet.
    www.marywalker.org

[^1]:    * League Matches

