Homework Tips for Parents  (Source: US Department of Education)

Make sure your child has a quiet, well-lit place to do homework. Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.

Make sure the materials your child needs, such as paper, pencils and a dictionary, are available. Ask your child if special materials will be needed for some projects and get them in advance.

Help your child with time management. Establish a set time each day for doing homework. Don’t let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates.

Be positive about homework. Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.

When your child does homework, you do homework. Show your child that the skills they are learning are related to things you do as an adult. If your child is reading, you read too. If your child is doing math, balance your checkbook.

When your child asks for help, provide guidance, not answers. Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her.

When the teacher asks that you play a role in homework, do it. Cooperate with the teacher. It shows your child that the school and home are a team. Follow the directions given by the teacher.

If homework is meant to be done by your child alone, stay away. Too much parent involvement can prevent homework from having some positive effects. Homework is a great way for kids to develop independent, lifelong learning skills.

Stay informed. Talk with your child’s teacher. Make sure you know the purpose of homework and what your child’s class rules are.

Help your child figure out what is hard homework and what is easy homework. Have your child do the hard work first. This will mean he will be most alert when facing the biggest challenges. Easy material will seem to go fast when fatigue begins to set in.

Watch your child for signs of failure and frustration. Let your child take a short break if she is having trouble keeping her mind on an assignment.

Reward progress in homework. If your child has been successful in homework completion and is working hard, celebrate that success with a special event (e.g., pizza, a walk, a trip to the park) to reinforce the positive effort.

Toppenish School District is here to help ensure your child and/or children succeed. If you have any questions or concerns regarding your child's progress then please contact their school principal or teacher. We are here to help.
Wildfire Weather Advisory
Due to area wildfires, air quality has varied everyday. Toppenish School District is following the Washington State Department of Health recommendations by limiting outdoor activities and closely monitoring air conditions. Our students and staff are our highest priority. Below are some tips provided by the WSDOH.

Smoke From Fires
Outdoor smoke contains very small particles and gases, including carbon monoxide. These particles can get into your eyes and lungs where they can cause health problems. Main sources of outdoor smoke in Washington:

- Wildfires
- Wood stoves, pellet stoves, and fireplaces
- Agricultural burning
- Prescribed fires (used to manage forests)

What health problems can smoke cause?
Eye, nose, and throat irritation (burning eyes and runny nose).
Wheezing, coughing, shortness of breath, and headaches.
Aggravation of existing lung, heart and circulatory conditions, including asthma and angina.

Who is especially sensitive to smoke?
Inhaling smoke is not good for anyone, even healthy people. People most likely to have health problems from breathing smoke include:

- People with lung diseases such as asthma or chronic obstructive pulmonary disease (COPD), including bronchitis and emphysema. People with respiratory infections, such as pneumonia, acute bronchitis, bronchiolitis, colds, or flu.
- People with existing heart or circulatory problems, such as dysrhythmias, congestive heart failure, coronary artery disease, and angina.
- People with a prior history of heart attack or stroke.
- Infants and children under 18 because their lungs and airways are still developing and they breathe more air per pound of body weight than adults.
- Older adults (over age 65) because they are more likely to have unrecognized heart or lung diseases.
- Pregnant women because both the mother and fetus are at increased risk of health effects.
- People who smoke because they are more likely to already have lower lung function and lung diseases.
- People with diabetes because they are more likely to have an undiagnosed cardiovascular disease.

How can I tell if smoke is affecting my family?
- Smoke can cause coughing, scratchy throat, irritated sinuses, shortness of breath, chest pain, headaches, stinging eyes, and runny nose.
- If you have heart or lung disease, smoke might make your symptoms worse.
- People who have heart disease might experience chest pain, a rapid or irregular heartbeat, shortness of breath, and fatigue.
- If you have a pre-existing respiratory condition such as asthma, COPD (including chronic bronchitis and emphysema), or allergies, smoke may worsen symptoms (inability to breathe normally, cough with or without mucus, chest discomfort, wheezing, and shortness of breath).
- When smoke levels are high, even healthy people can have symptoms or health problems.
- Contact your health care provider if you have heart or lung problems when around smoke. Dial 911 for emergency assistance if symptoms are serious.

What can I do to protect myself and my family from outdoor smoke?
- Check local air quality reports and listen to news or health warnings for your community.
- Avoid physical exertion outdoors if smoke is in the air.
- If you have asthma or other lung diseases, make sure you follow your doctor’s directions about taking your medicines and follow your asthma management plan. Call your health care provider if your symptoms worsen.
- Stay indoors and keep indoor air as clean as possible. For more tips please visit: www.doh.wa.gov/CommunityandEnvironment/AirQuality/SmokeFromFires/WildfireSmoke

Students and Employees of the Month

Emily Munson
Educator of the Month
Kirkwood Elementary School

Alek Zapien
Elementary Student of the Month
Lincoln Elementary School

Alejandra Gonzalez
Secondary Student of the Month
Toppenish High School

Leonel Lustre
Classified Employee of the Month
Kirkwood Elementary School
Toppenish School Intramurals (TSI)

WHAT IS TSI?
TSI is an after school program available to all elementary students in grades 2 – 5 and all middle school students that want to participate in Performance Training.

ELEMENTARY GRADES 2 – 5
Students come to the TSI program right after school and have a time where they work on homework or read. They are given a snack and then they participate in a sport or activity that meets the guidelines of the season we are in. We participate in flag football, basketball, soccer, dodge ball, wiffle ball, track, etc.

MIDDLE SCHOOL GRADES 6 – 8
Students register to participate in the Performance Training that is taught at the High School. Performance Training is geared to help participants become quicker, stronger and faster. The class is taught by High School students that are recommended by Mr. Piper, the High School Performance Training instructor. Students report to the gym right after school. They are given a snack and then they begin training.

TSI meets Monday – Thursday and is supervised by an adult Site Supervisor and 4 high school students. The high school students work with the participants on their homework and participating in the activities that follow snack time.

Every student must register to be involved with TSI. Registration forms are available at any school office.

Some transportation is provided, the bus goes first to Kirkwood, then to Garfield, Lincoln and Valley View. The only stops that are made are:

- Lincoln
- Toppenish Middle School
- Yakama Nation Housing
- Safe Haven
- West 2nd Avenue and Bolin Drive
- 1st Ave and G Street
- Lane Park
- D Street
- Chehalis
- N Beech Street
- 2 Stops in Buena

TSI is an excellent way for youth to learn how to properly play the sports that are played in High School. They learn the basics in TSI, get some advanced skills in middle school and then they are ready to perform in high school. If you have any questions or concerns please contact our TSI Director, James Cole at 945-4465.

Toppenish School Intramurals (TSI)

Board of Directors
Maryrose Gonzalez, President
Rev. Enedeo Garza, Vice President
Richard Lommers, Board Director
Gonzalo Macias, Board Director
Clara R. Jimenez, Board Director
John Cerna, Superintendent

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 19th</td>
<td>School Board Meeting, 7PM</td>
</tr>
<tr>
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<td>Migrant PAC Meeting, 6-7:30PM</td>
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</tr>
<tr>
<td>October 4th</td>
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</tr>
<tr>
<td>October 5th</td>
<td>Kirkwood PTO Meeting, 6-7PM</td>
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<tr>
<td>October 6th</td>
<td>Garfield McTeacher Night, 4:30-7:30PM</td>
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<tr>
<td>October 9th</td>
<td>Garfield PTO Meeting, 5:30-6:30PM</td>
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<tr>
<td>October 10th</td>
<td>Preschool Renaissance Rally</td>
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<tr>
<td>Lincoln PAC/PTO</td>
<td>5PM</td>
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<tr>
<td>Valley View PAC/PTO</td>
<td>5:30-6:30PM</td>
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October 11th - Early Release
Preschool Renaissance Rally
JOM Parent Meeting, 6PM

School Board Meeting
October 24th, 7PM

District Office
306 Bolin Drive
Toppenish, WA
(509) 865-4455

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ANNOUNCEMENTS

**Medication at School**

If it is necessary for your child to receive medication (this includes over the counter as well as prescription medications) during school hours, it is essential that specific information be on file at the school. In accordance with RCW 28A.210.260 the following information is necessary prior to any school personnel administering the medication.

1) “...written, current and unexpired request from a parent, legal guardian or other person having legal control over the student...”

2) “...written, current or unexpired request from a licensed physician or dentist for administration of medication indicating that there is a valid health reason which makes administration of the medication advisable during school hours....”

3) The medication must be contained in the original container.

The forms for obtaining the required information are available in each of the school offices. Please obtain a form and provide all the required information prior to asking the school to administer medication to your child. These procedures are being enforced to provide for the safety of your child and all the students and staff of Toppenish School District. Thank you for your assistance.

**Child Find Notice**

Toppenish School District is seeking individuals from birth to age 21 who are not currently enrolled in school who may be eligible for and need special education services. If you have any concerns about your child’s hearing, vision, speech, language, serious health problems, developmental delay, serious behavior difficulty, intellectual ability, motor development, or other possible disabilities you are encouraged to contact the Special Education Department, Toppenish School District, 306 Bolin Drive, Toppenish, WA 98948. Telephone (509) 865-8284. If your child has been identified as having a specific disability and is not enrolled in school and receiving services, please contact the Special Education Department.