



Little Cougar Preschool News



Dear Preschool families,

This year has gone so fast!! The kiddos have learned and grown so much since the beginning of the year. The next few months we will be learning about Transportation, and Space. Also, with Valentine's Day coming up next month, if you want to bring valentines for your kiddo to pass out just bring 9 blank ones. This makes it easier and quicker to pass out. If you want to bring treats that is great, however make sure they are store bought.

Important dates coming up:



- February 1st will be a 3 yr old day: Time- 8:15-11:25
- March 8th will be a 4 yr old day: Time- 8:15-11:25

It's still cold outside please try and send your kiddo with a coat, gloves, and hat! Thanks



1st Grade News



Hello Families!

Life is good here in 1st grade! We are busy with new learning and fun times. We are learning about telling time and getting good at it. We have also been working extremely hard at identifying long and short vowels in words. 1st grade has been enjoying science and social study Friday learning activities and look forward to our field trip to planetarium in Casper with 2nd grade. In writing we have been composing narrative pieces while still working on basic writing skills that we will need in the years to come.

1st Grade Team

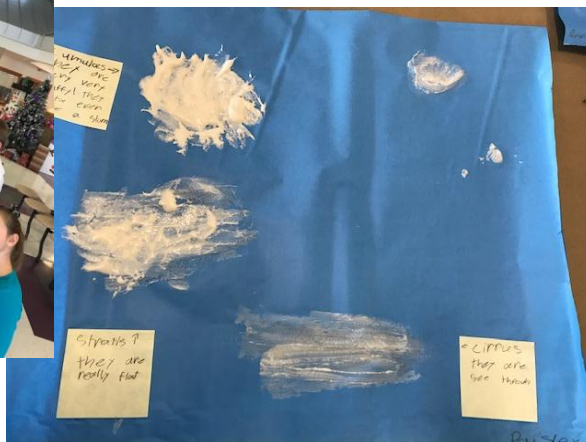
THIRD GRADE NEWS

Third Graders have been busy enjoying science experiments and learning about the weather! On our Thematic Fridays, we took a trip to the Weather Station in Riverton and were able to see how our weather is tracked and predicted. The students had a front row seat in watching the radar doppler and hearing an explanation as to how it works. We have also learned about the clouds, the water cycle, and different types of weather.

In our experiments, students were able to make the three basic types of clouds and create a rain cloud and watch it rain.

We have been tracking our temperatures daily and will compile them in about a month so that we can identify any patterns we see with our weather.

In math, we are working hard on multiplication and division. We have learned many strategies to master those facts! Please continue to practice these at home. We are making great gains!





Happy New Year
and Happy New Semester
from the 5th grade! We
have wrapped up WY-Topp
testing and have made
great gains in both reading
and math. As we begin the
2nd half of the school year,
we are mastering our
priority standards in
preparation for middle
school. In reading, we are
diving into tall tales and
current events. In math,
we are working on
multiplying and dividing
decimals, and will be
jumping into the wonderful
world of fractions by the
end of the month. For
Social Studies, we will
complete a fantastic unit on
Dr. Martin Luther King Jr.
5th graders will learn that
Dr. King was arrested 29
times for violating
discriminatory segregation
laws, and that he traveled
more than 6 million miles in
his pursuit for civil rights for
all. In writing, we are
researching facts and
having some poetic fun
with Haikus. Please enjoy
some of our "Lovely"



work inspired by Valentine's Day.

Daddy Deluxe by Breana
Kachina Lover
Helpful and Giving Person Never
Stops Trying

Love by Logan
Love is a great thing
Love well, its magnivisint
Thats all that matters

Chocolates by Adelyn
Chocolates oh chocolates,
Putting it in my mouth too,
Melting on my tongue

Love by Kylee
We love people too
Love is nothing without kids
No school no love to

Yeti by Mack
Is Yeti Bigfoot?
More like a white Sasquatch of
The Himalayas.

Cookies by Ford
Cookies are the world
Chunky chocolate chip, oatmeal
First one then thousands

Swish by Ford
It goes up it comes
Down and it is a swish two
Points on the board

Family by Keegan
Family is great
They love you and you love
them This is Valentines

Rodeo by Stetson
I love bull riding
My family lives rodeo
Rodeo passes

Valentine's Day by Josie
Candy hearts are good
Valentine's day is thoughtful
So you must have fun

Summer by Ashlynnne
Summer is awesome
Because you get sunburnt and
You can peel it off

Love by Jasper
Love everywhere on,
Valentines-day,
Harts are everywhere two.

**Beginning February 11th through
February 28th, 5th graders will be
collecting orders for Little Caesar's Pizza
Kits. This final fundraising project is
for our annual Yellowstone field trip.
Last year, this fundraiser was very
successful for the students.**

**The frozen Pizza Kits come in a variety
of flavors, sizes, and prices**

**Please support our 5th graders with a
delicious product that will arrive to
your freezer by mid March.**

Thank you,

5th Grade



The middle school went on a fun exploration to Sinks Canyon where they went caving, snow shoeing, and hiking. One of their activities was to use the sounds and visuals in the area as inspiration to write a poem. Mrs. Remacle picked a few to share. Enjoy!

"Boy of the Mountain" by **Ben Bowcutt**

I watch the pristine scene play out
while birds are flitting all about
I see the pretty but powerful river full of trout

The smell of pine trees all about
Make me miss my home
In the mountains of Wyoming.
I see the rocks like silent centuries
Their eyes looking somewhere far off
and seeing nothing
The trees like green clad soldiers
That have been holding back hate for centuries

Make me miss my home
In the mountains of war
In the mountains of Wyoming

"Trees" by **Maggie Jensen**

Strong and tall I may stand
Trying to reach the sun and sky
Soon one day I will get there
Unless someone cuts me down
So that all that's left for me to do
Is try again until I win
I help other people in many ways
Like giving shade and fruit to eat
When I am planted with love and care,
I am nurtured to my full potential
Until one day, I am tall and strong.
Everything just repeats.

"The Trees" by **Dani Johnson**

The trees are swaying
Back and forth, back and forth
The weeds are weeping
The bushes are cold.

"Nature Through the Ages" by **Colby Jenks**

It started out small and low
Through ages it started to grow
From beginning to end
As time started to bend
Humans came to stop the flow
Through the years the air started to slow
As the sun breaks into the Earth
a new age is about to rebirth.

"Mother Nature's Canyon" by **Cora Remacle**

Walking through the forest trees
Hearing birds sing songs with ease
And the river raging with ice and leaves
Is Mother Nature's Canyon.

The snow glitters in the sun
Watching leaves dancing, having fun.
And wind unwinding giving life to everyone,
Is Mother Nature's Canyon.

The rocks sit stern, though with a smile,
Knowing they will stay a while.
Pines grow weary, but their weakness is mild.
It's Mother Natures' Canyon.

Walking through the forest trees,
Hearing the birds sing song with ease.
The river raging with ice and leaves,
Is Mother Nature's Canyon.

School Announcement

****NAEP****

We would like to announce that our school has been selected to participate in the 2019 National Assessment of Educational Progress also known as NAEP. It is the largest continuing and nationally representative assessment of what students across the country know and can do in a variety of subject areas. Students in 4th and 8th grades have been selected to take assessments in either math or reading. This will take place on March 5th at the elementary and March 6th at the Middle School. Thank you in advance for your student's involvement.

FFA

National FFA Week will be going on the week of February 16-23. Wind River FFA has many activities planned for the week; including breakfast and lunch for the teachers as well as activities for the students. More recently, Jade Barrett traveled to Denver to show her pigs at the 113th annual National Western Stock Show. Jade did a great job representing herself and Wind River FFA showing her pigs.

Jessie Becker has created a video for Wyoming Advocacy Week. She did a great job showing Wind River's Ag legacy in a 60 second video. You can see the video on Facebook under #OurAgLegacy.

Keep your calendars open for March 9th. Wind River FFA is planning to hold our annual Labor Auction. Come help support the the chapter while getting some work done from a couple of FFA members.

9-12 LUNCH FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				<p>1</p> <p>PULLED PORK SANDWICH POTATO CHIPS,BAKED MACARONI SALAD PORK & BEANS CARROT STICKS ORANGES MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>Calories 751 Cholesterol 50 mg Sodium 1709 mg Dietary Fiber 15.09 g Iron 4.77 mg Calcium 519.09 mg Vitamin A 20254 IU Vitamin C 57.29 mg Sugars 35.01 g 18.6% Protein 37.16 g 19.8% Carbohydrate 125.91 g 67.1% Total Fat 11.40 g 13.7% Saturated Fat 2.57 g 3.1% Costs 1.1910</p>
<p>4</p> <p>SUPER BOWL CHICKEN NUGGETS FOOTBALL (3) THREE BEAN SALAD (fsa) BROCCOLI APPLES CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>5</p> <p>BAKED POTATO HAM 2 OZ. CHEESE SAUCE GREEN BEANS GRAPES ROLL (Dinner) MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>6</p> <p>TACO SOUP TOSTITOS SCOOPS LETTUCE CARROT STICKS PEACHES GOLDFISH (CHEEDAR wh gr)) CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>7</p> <p>CHEF'S SALAD HAM 2 OZ. CHEESE(Shredded) BREAD,STICKS,whl grain BANANA MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>8</p> <p>NO SCHOOL TODAY</p>	<p>Calories 494 Cholesterol 42 mg Sodium 1142 mg Dietary Fiber 7.09 g Iron 2.83 mg Calcium 561.68 mg Vitamin A 6431 IU Vitamin C 29.74 mg Sugars 8.55 g 6.9% Protein 29.44 g 23.8% Carbohydrate 66.19 g 53.6% Total Fat 13.49 g 24.6% Saturated Fat 5.81 g 10.6% Costs 1.1837</p>
<p>11</p> <p>CALZONES TATER KICKERS CAULIFLOWER APPLESAUCE/LIME JELLO CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>12</p> <p>SWEET AND SOUR CHICKEN RICE Pilaf (scratch) STIR FRY VEGETABLES MANDARIN ORANGES,CND,LT SYRUP, FORTUNE COOKIE MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>13</p> <p>CORN DOGS WHL GR KETCHUP MUSTARD PORK & BEANS BROCCOLI RANCH DRESSING (1 GAL) PEARS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>14</p> <p>CHICKEN NUGGETS HEART (3) POTATO SALAD CARROT STICKS FRUIT COCKTAIL RICE KRISPIES TREATS (wg) Mini MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>15</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>Calories 621 Cholesterol 54 mg Sodium 1197 mg Dietary Fiber 8.57 g Iron 4.91 mg Calcium 1423.94 mg Vitamin A 4549 IU Vitamin C 45.50 mg Sugars 9.83 g 6.3% Protein 36.80 g 23.7% Carbohydrate 94.90 g 61.1% Total Fat 15.76 g 22.8% Saturated Fat 4.69 g 6.8% Costs 0.9234</p>
<p>18</p> <p>CHEESEBURGER MACARONI SALAD PORK & BEANS PINEAPPLE(Chunks) MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>19</p> <p>LAYERED CHICKEN ENCHILADA LETTUCE CORN PEACHES OATMEAL COOKIES CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>20</p> <p>SKETTI SQUARES BREAD GARLIC (2 OZ.) BROCCOLI CAULIFLOWER FRUIT COCKTAIL CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>21</p> <p>TURKEY SPINACH WRAPS LETTUCE(SHREDDED) TOMATOE, DICED, FRESH CELERY STICKS APPLES MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>22</p> <p>NO SCHOOL TODAY</p>	<p>Calories 699 Cholesterol 76 mg Sodium 1521 mg Dietary Fiber 6.99 g Iron 4.25 mg Calcium 551.47 mg Vitamin A 3797 IU Vitamin C 27.05 mg Sugars 10.22 g 5.8% Protein 35.78 g 20.5% Carbohydrate 86.05 g 49.2% Total Fat 24.39 g 31.4% Saturated Fat 8.37 g 10.8% Costs 1.2600</p>
<p>25</p> <p>COUGAR RANCH BURGER TATER KICKERS CUCUMBER TOMATOE, SLICE BANANA RAINBOW SHERBERT MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>26</p> <p>CHICKEN AND NOODLES MASHED POTATOES GREEN BEANS ROLL (Dinner) APPLESAUCE, CUPS CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>27</p> <p>HOT DOG HOT DOG BUN BAKED BEANS BROCCOLI FRUIT COCKTAIL MILK Chocolate FAT FREE</p> <p>View Nutrients</p>	<p>28</p> <p>CHILI CHEESE(Shredded) CARROT STICKS ORANGES CINN. ROLLS,WHOLE WHEA T CONDIMENTS MILK Chocolate FAT FREE</p> <p>View Nutrients</p>		<p>Calories 753 Cholesterol 56 mg Sodium 1450 mg Dietary Fiber 10.03 g Iron 4.91 mg Calcium 573.06 mg Vitamin A 3683 IU Vitamin C 40.81 mg Sugars 17.32 g 9.2% Protein 36.01 g 19.1% Carbohydrate 111.12 g 59.1% Total Fat 18.77 g 22.5% Saturated Fat 6.59 g 7.9% Costs 0.8350</p>

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hello Cougar Fans!

As we press forward into spring I want to thank all of you for being great fans. Winter sports are well underway and the wrestling and basketball teams will soon be at regions and state! Middle school Boys basketball is off to a great start and soon we will be into track season.

I want to thank everyone that helped and donated food for the Don Runner Wrestling Tournament and our Service Week, both events were extremely well attended. Service week was a great success! I don't have the dollar amount that was raised at this time, but it was well supported by students and the local communities. Our basketball teams are getting ready for our home event stretch and we will be hosting a home event every week up to regions.

Tucker Jensen participated in Middle School State wrestling this past December. Wrestling at 189, he placed 2nd in his class which qualified him to travel to nationals with the Wyoming state team. Tucker will be traveling to Des Moines, IA the end of March for four days of wrestling matches. Tucker will be selling raffle tickets to help pay for his trip. Raffle tickets are \$20/each for a chance to win 1 \$500 cash prize or 1 of 2 \$100 cash prizes on April 13. If you're interested let Tucker know. Good luck at nationals Tucker!

Get out and support your Wind River Cougar Teams!

Sincerely,

James Cunningham

Wind River Schools AD

THE TRUTH ABOUT SPORTS SCHOLARSHIPS By Bob Gardner, Executive Director of the National Federation of State High School Associations and Ron Laird, Commissioner of the Wyoming High School Activities Assoc. Many parents are trying to live the dream through their sons and daughters – the dream of landing a college athletic scholarship by specializing in a sport year-round. Unfortunately, most of these dreams are never realized. The odds of a sports scholarship paying for even a portion of a student's college education are miniscule. The College Board, a not-for-profit organization comprised of 6,000 of the world's leading educational institutions, reports that a moderate cost for college students who attend a public university in their state of residence is \$25,290 per year. The annual cost at a private college averages \$50,900. Meanwhile, the most recent data from the NCAA reveals that the average Division I athletic scholarship is worth only \$10,400. More significantly, the same study shows that fewer than two percent of all high school athletes (1 in 54) ever wear the uniform of an NCAA Division I school. Even if the dream is realized, parents likely will spend more money for club sports than they ever regain through college athletic scholarships. Thanks to the costs of club fees, equipment, summer camps, playing in out-of-state tournaments and private coaching, youth sports has become a \$15 billion-per-year industry. There is an option, and it's a financially viable one: Encourage your sons and daughters to play sports at their high school. In education-based high school sports, student-athletes are taught, as the term implies, that grades come first. The real-life lessons that students experientially learn offer insights into leadership, overcoming adversity and mutual respect that cannot be learned anywhere else. Unlike club sports, coaches in an education-based school setting are held accountable by the guiding principles and goals of their school district. And the cost of participating in high school sports is minimal in most cases. While there is a belief that the only way to get noticed by college coaches is to play on non-school travel teams year-round, many Division I football and basketball coaches recently have stated that they are committed to recruiting students who have played multiple sports within the high school setting. In addition, by focusing on academics while playing sports within the school setting, students can earn scholarships for academics and other talents—skill sets oftentimes nurtured while participating in high school activities. These scholarships are more accessible and worth more money than athletic scholarships. While \$3 billion per year is available for athletic scholarships, more than \$11 billion is awarded for academic scholarships and other financial assistance. Without a doubt, your sons and daughters will have more fun, make more friends and be better prepared for life beyond sport by participating in multiple sports and activities offered by the high school in your community.

Counselor's Corner

Seniors: Remember to keep checking the announcements and e-mail for scholarship deadlines.

Important Dates: February

February 7th - ACT Test @ Dubious

February 8th - Wyoming Trucking Association

February 9th - ACT Test @ Central Wyoming College

February 15th - BPX Energy Scholarship

March 1st - Kaiser Foundation Scholarship

March 1st - Foundation for Rural Service Scholarship

March 1st - Chief Washakie Endowment Scholarship

March 1st - WSROA Scholarship

March 8th - High Plains Power Scholarship

April 1st - Jim Fike Memorial Scholarship

April 1st - Angi Leonardi Memorial Scholarship

April 1st - Dubois Telephone Exchange Scholarship

April 15th - County Commissioners Scholarship

School Skill of the Month: Homework

There are lots of ways to help your student with homework.

For example, you can help your student:

- ✓ Create a good study space. Make sure it is well lit, well organized, and free of distractions.
- ✓ Gather supplies that your student may need to complete the work.
- ✓ Make it a habit. Your student will find it easier to study each day if he or she sticks to the same routine. Encourage your student to do homework:
 - In the same place each day
 - Around the same time each day
 - Based on preferences (like starting with the harder tasks first).

Every job is a self-portrait of the person who did it

Jamie Lockhart

Wind River MS/HS Counselor

jamiel@fre6.k12.wy.us or

856-7970 ext. 150

Wind River and Crowheart Schools

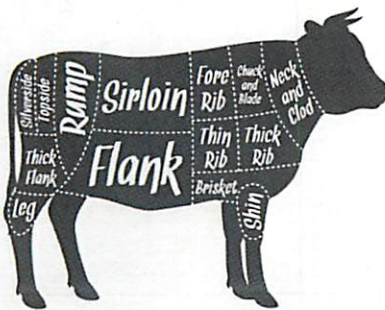
Accepting tax deductible donations for

Beef, Pig, Lamb

to serve our students in our school lunch program

Donated animals will be accepted for processing at a local Wyoming State Inspected Meat Plant.

The school district received a grant from the State of Wyoming for processing of the donated beef. Up to four animals per year will be accepted.



+



=



**Donated
Beef**

+

**Processing
Grant**

=

**Student
Lunches**

To find out how to make your tax deductible donation, contact Linda Evans at Fremont County School District #6 (307) 856-7970 or lindal@fre6.k12.wy.us

**Thank you to James & Toni Downing
for the donation of our first beef!**



Fremont County School District 6 will be using an automated system to communicate with parents from time to time in emergency situations.

If you are using a system to eliminate unsolicited calls, please add the following number to your approved contact list so that you can receive these important messages from Wind River Schools:

(307) 856-7970

Greetings Cougar Fans!

With the completion of the first semester, student attendance is being reviewed. Below is data that shows the average daily attendance for each grade and school. Our goal is to have all students attend 95% of the time. Research shows that if students attend school on a regular basis, they are more likely to succeed at school, build good work habits, and be career and college ready.

Average for 1st Semester Attendance

<u>School Year</u>	<u>Crowheart Elementary</u>	<u>K</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>WR Elementary</u>
2018-19	95.31%	92.69%	93.06%	93.48%	94.42%	93.96%	94.19%	93.63%
2017-18	95.91%	92.39%	94.08%	94.32%	94.01	95.33%	94.64%	94.36%
2016-17	96.13%	94.23%	94.41%	93.32%	95.9%	96.06%	95.18	95.72%
2015-16	95.36%	94.13%	93.04%	94.25%	95.17%	95.09%	93.78%	94.26%
2014-15	97.14%	92.94%	93.87%	94.59%	94.7%	93.28%	91.67%	94.33%

<u>School Year</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>WR MS</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>WR HS</u>
2018-19	95.37%	95.43%	95.15%	95.32%	92.56%	93.19%	94.03%	92.16%	93.00%
2017-18	96.07%	95.74%	93.61%	95.23%	93.66%	95.43%	92.70%	93.60%	93.97%
2016-17	95.01%	91.69%	92.35%	93.17%	95.52%	93.25%	94.68%	91.57%	94.17%
2015-16	93.34%	94.18%	94.56%	94.14%	94.71%	95%	92.43%	93.41%	94.15%
2014-15	94.25%	92.92%	92.1%	93.07%	95.3%	91.91%	94%	92.11%	93.63%

Thank you,

Barney Lacock

Elementary Principal

Charles Jenks

Middle/High School Principal

Brenda Hyatt

Special Education Director