

Greeting Cougar Parents and Fans!

We want to thank you for support and participation throughout the 2018-19 school year. We experienced a number of successes in athletics, academics, and other extracurricular activities. Congratulations to our students for their hard work and success. We want to thank all our parents who supported Mrs. Yoder and the Elementary Book Fair. It was very successful and allowed us to purchase additional books for the library.

As we come to the end of the school year, numerous events and activities will be occurring across the district. Please make sure to check the school calendar, web page, and student planners/homework folders, regarding information about school events.

It is important to note there will be no Summer School or Lights On activities this summer. At high school, credit recovery will still be offered. If a student is in need of credit recovery the school will be contacting his/her parents with additional details.

For those who will be returning next school year, school will begin on Monday, August 19th. There will be a preschool and daycare open house that will coincide with the K-12 Back to School Night.

Thank you for taking an active interest in your child's education. Have a great summer!

Sincerely,

Barney Lacock
WR Elementary Principal

Charles Jenks
WRMS/HS Principal

Brenda Hyatt
SpEd Director

COUNSELOR'S CORNER

May 2019

Scholarship Deadlines and Important Dates:

Popo Agie Anglers - Due May 3rd

Wyoming Elks Angels Scholarship - May 10th

Morton - Kinnear Fire Department - Due May 13th

LDS Scholarship - Due May 17th

WYTA Academic Scholarship Application - May 3rd

WYTA Financial Need Scholarship Application - May 3rd

WYTA Continuing Needs Scholarship - June 14th

May 19: Graduation

Please plan on joining us for the following:

- Academic Awards- May 21st
- Baccalaureate - May 22nd
- Spring Sports Awards May 23rd

Every job is a self-portrait of the person who did it
Wind River MS/HS Counselor
jamiel@fre6.k12.wy.us

You're invited!

Wind River Cougars 2019 Baccalaureate

The Wind River FCA & Christian community invite you and your family to attend a Baccalaureate service honoring our 2019 Wind River High School Graduates



Wednesday, May 15th 7pm • Pavillion Community United
Methodist Church
A reception will follow in the fellowship hall

Isaiah 40:31

But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

Hello Cougar Fans!

My how time flies! The end of the school year is a month away and we are starting to wrap up our activities for the year. The WRCAA conference track meet will be held here at home this year for our youth and middle school. The MS track team has seen some great successes this season and are excited to participate in the conference meet. If you would be willing to help with a field event or time, please let me know and we will put you to work! The high school track team will be competing in the 2A West Regional Meet on the 10th and 11th of May and then the state meet the next week. Good luck to our tracksters.

Our State Art Symposium kids are off to Casper this week. I know we will have some placers so be sure to check.

Wind River FFA recently attended the Wyoming FFA State Convention in Cheyenne and competed in Ag Sales, Ag Mechanics, Horse Evaluation, Parliamentary and Greenhand Quiz Bowl. The teams did well for the first time competing for some of them. Our Greenhand Quiz Bowl competitors place 6th out of 24 that is up three places from last year's 9th place finish! Ag Sales were 9th out of 22, and Abby was 8th in overall sales. Not to be out done Jessie Becker was 5th in High Sales. Are top placer was Jade Barrett in the Horse Halter Individual completion with an overall 3rd place out of 126 pertactpents! Everyone worked hard at their respective CDE's and have the drive and desire to continue to work hard towards next year's CDE's.

The month of May always brings about end of the year celebrations and banquets, so please look at the school calendar for those dates. We will also be offering sports physicals, camp registrations, and camp information on the website so please be active in looking at www.fre6.k12.wy.us.

Have a wonderful Spring and of course, Go Cougars!!

James Cunningham, AD

WIND RIVER LITTLE COUGARS

CHILDCARE

Job Opportunities

2 Part Time Childcare Workers

5-6 Hours a Day

\$10.00 per Hour

Follows School Schedule

Starting August 2019

Wind River School Campus

Pavillion, Wyoming

Apply @ www.fremont6.org or call 307-856-7970





Little Cougar Preschool News



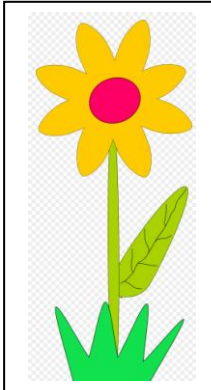
Important dates coming up:

- May 3rd will be a 3 yr old day: Time- 8:15-11:25.
- May 20th will be the last day of school for the 3 yr. old class.
 - May 23rd will be the last day for the 4 yr. old class.
- BRIGANCE Screenings will be the next week May 28th-30th.
 - The BRIGANCE Screenings are just for the 4 yr olds going into Kindergarten.



Kindergarten News

Wow! It's hard to believe that this school year is winding to a close. It has been enjoyable to watch the children grow throughout the year, not only academically but also physically. Each child has grown in his/her own way in their writing, reading, and math skills. Watching them grow and change throughout the year is what makes teaching Kindergarten so enjoyable!!



Reading – We have completed eight units in our Reading program. Only two units left!! The children are reading books every day. We have practiced sequencing story events, comparing and contrasting, and retelling stories.



First, get ice cream, ice cream cone, and a scoop.



Next, put some ice cream on the scoop and put it on the cone.



Last, eat your ice cream cone!!

Writing – The Class has been working on writing “How To”. They had a lot of fun writing about How to Make an Ice Cream Cone. The funniest part was getting to eat the ice cream cone!!! They wrote about How to Eat a Banana, How to Wash Your Hands, and How to Get Ready for Bed. Their last writing was How to Brush Your Teeth!

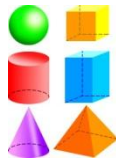


Math – We have completed the units on adding and subtracting facts up to 5. We continue to practice these every day. We started comparing objects using the terms: longer than, shorter than, taller than, shorter than, heavier, lighter.

Science – We will end the school year by going on two field trips for Science. We will be learning about plants and visiting the Sprout's Greenhouse in Lander. Then in May, we will be learning about animals and will visit the Fish Hatchery and Big Horn Sheep Museum in Dubois.

2nd Grade News!

Students have been working hard in 2nd  grade. We have had fun learning how to tell “time” in math and we are getting ready to move into Geometry.



In reading we have been finding key details to help us understand the main idea of the passages.

For social studies in March, we went to the Lander Pioneer Museum to learn about how Native Americans and pioneers lived in the past.



Middle School Presentations – English Language Arts

This is an exciting time of year, and the MS ELA classes are working on their final research projects and will be presenting them starting May 13.

Why do they need to do formal presentations? They learn 5 key leadership skills by doing this project.

1. Managing Time –
Students have to take the project step by step, create time to get the work done, and then prepare the actual presentation. Doing all of the work the night before does not work, but being prepared does!
2. Speaking Authoritatively –
Students are speaking about a subject that they have been researching since January. They should be able to explain their processes and findings with confidence.
3. Decisiveness –
Students will practice their presentations, and they will find those moments when they have space filling noise with the use of *um, so, annnnd, y'know, like*. We don't even realize we do it until we practice for presentations and get this feedback.
4. Connecting with an Audience –
Students need to learn how to make people care about their topic. Why is what they have to say important? IT IS! This project gives students the opportunity to learn how to present in a way that connects them and their topic to their audience.
5. Building confidence – Students will learn the difference between confident and “know-it-all”. Good leaders are able to present their viewpoints in a way that demonstrates respect and earns them respect. We will work on volume, posture, and preparedness.

Presentation Dates: May 13, 14, 15, 16, 17, 21, 22, 23

8th Grade Identity Research Project – Mon/Wed 1:30 – 2:00, T/Th 12:30 – 2:00

7th Grade Research Presentation – 8:20 – 8:50

6th Grade Research Presentation – 10:00 – 10:40

Parents, please let your child know what date works well for you, and we will get them signed up. Spaces are filling up, so please send that information promptly. Please invite other family to come watch. Check in at the office and get a visitor's pass and we will bring you down to the classroom.

Students need to dress nicely and come prepared the day they are scheduled. You can help by encouraging them to practice with you at home, as well. Thank you for your support!

Mrs. Remacle

sarahremacle@fre6.k12.wy.us

Sports Physicals

For Wind River Students

Tuesday, May 14, 2019 from 4:00 PM-6:00PM. All Wind River students can obtain a sports physical for next year's athletic events

Provided by Sandee Lewis DNP and

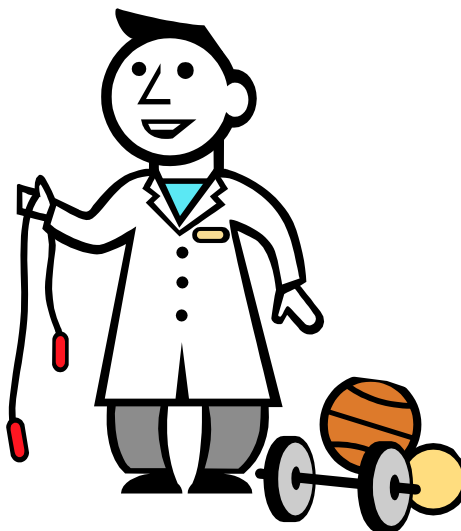
Lora Koenig FNP-C

To be held at the Cougar Community Health Center



NO charge to you

Appointments are not necessary. Parent signature is required and forms must be filled out prior to exam. Forms can be obtained through the school nurse. Call the school nurse for more information. Bring insurance cards at the time of the physical



Around the world

Looking for a healthy way to teach your child about different cultures? Try a mix of traditional games and foods to explore how people play and eat. Here are two countries to choose from.

Armenia

Play egg jousting. Each player holds a hard-boiled egg like a sword. Tap your eggs together until one cracks. Then, save the eggs for a snack.

Eat cucumber and tomato salad. Cut 3 cucumbers and 2 tomatoes into 1-inch chunks. Combine with $\frac{1}{3}$ cup each chopped cilantro and parsley. In a separate bowl, stir together 2 tbsp. lemon juice and $\frac{1}{4}$ cup olive oil, then drizzle over the salad.



Ghana

Play pilolo. With a group of five or more, paint a dozen rocks, and have a “leader” hide them around a yard. For each round, he stands at a finish line and yells *pilolo* (“time to search for”). The first player to find a stone and cross the finish line with it scores a point and becomes the leader. The new leader hides the rocks and the group plays again. The player with the most points after 10 rounds wins.

Eat *omo tuo* (rice balls). Prepare rice according to package directions, mash with a potato masher until smooth, and use an ice cream scoop or melon baller to form balls. Place *omo tuo* in bowls of your favorite soup.

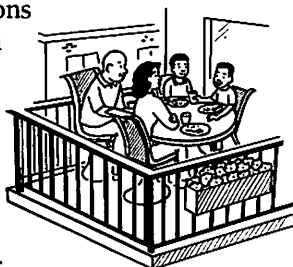
Tip: Help your youngster locate each country on a map. He could research foods from nearby countries—he’ll notice that similar dishes may be popular within the same region. ●

PARENT TO PARENT

Sunday brunch

Between school, work, soccer practice, and Cub Scouts, our family’s life had become so busy there was barely time for dinner together. So I came up with the idea of a regular Sunday brunch.

I told my sons about the plan and asked for menu ideas. Pancakes, my younger son suggested. Scrambled eggs, my older



one said. We decided on a month of menus and agreed we would all help to prepare the food.

After just a few weeks, Sunday brunch has become a family tradition. We look forward to a healthy meal—and each other’s company! Here’s the recipe for one of our favorites, cinnamon French toast. Beat 3 eggs with 1 tsp. cinnamon and 1 tsp. sugar. Dip 6 slices of whole-grain bread in the mixture. In a pan coated with nonstick spray, saute until crisp. ●

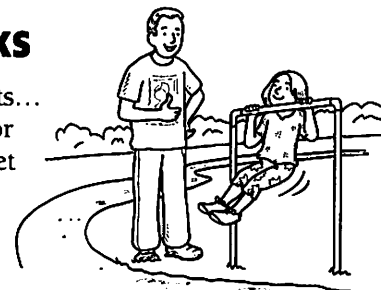


ACTIVITY CORNER

Discover your parks

Trails, nature programs, sports... parks are full of opportunities for your family to stay active. And many are free! Get to know your county, regional, state, or national parks with these suggestions.

- **Explore trails.** Hike trails that will interest your youngster—perhaps she’d like one with a waterfall or stream crossing. Or if a trail has fitness stations along the way, stop to do chin-ups, crunches, or other exercises.
- **Sign up for a special event.** Help the environment or learn about nature while you stay active. Maybe you can participate in a park cleanup day or go on a bird-watching expedition with other families.
- **Try a sport.** Look for courts or courses where your child can play tennis, disc golf, or beach volleyball, for example. She may find something she’d like to play regularly. ●



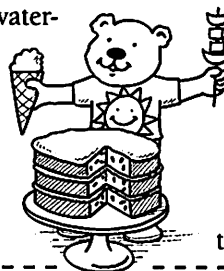
IN THE KITCHEN

Fruity desserts

Celebrate the juicy fruits of summer with desserts that taste as good as they look. Your youngster will have fun making them with you, too.

Watermelon “layer cake”

Cut three round slices from a watermelon. Let your child stir together 1 cup plain fat-free Greek yogurt, 1 tbsp. honey, and $\frac{1}{4}$ tsp. vanilla extract. Then, she should spread the mixture on each watermelon slice and stack the “layers” into a cake.



Berry sundae

Have your youngster mix blueberries, raspberries, and blackberries with fat-free whipped cream. She can fill an ice cream cone with the mixture and top with chopped walnuts.

Fruit kebabs

Help your child thread a wooden skewer with grapes and chunks of apple, banana, and cantaloupe—alternating to make a colorful pattern. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2019

Wind River School
Wellness Committee



BEST BITES

Salad + whole grains

Here's an easy idea for getting more whole grains into your youngster's diet. Toss cooked grains like brown rice or whole-wheat pasta into salads. He will probably enjoy the contrast of the warm grains and cool greens. *Tip:* Keep things interesting by swapping in different grains like barley or farro.

Active musical chairs

Put a twist on musical chairs the next time your child has friends over. For each round, call out a movement to do when the music stops and before players sit down. *Example:* "Jump up high to touch the sky." If a player forgets, or doesn't get a chair, she's out. The last person left wins the round and calls the next movement.



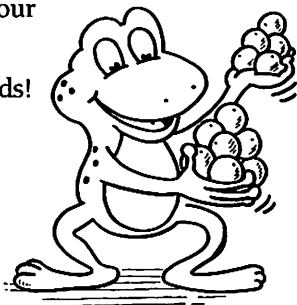
DID YOU KNOW?

If your child gets free or reduced-price meals at school, he can continue getting free meals through the summer under the Summer Food Service Program. Ask the school counselor about sites in your community. These may include schools, parks, or rec centers, and transportation may be provided.

Just for fun

Q: What do you have when there are five oranges in your left hand and seven in your right?

A: Big hands!



Smart summer snacking

Without the routine of school days to structure your youngster's eating, she may need a little extra guidance to make good choices. Consider these tips for healthy summer snacking.

Stock up

Let your youngster choose nutritious snacks at the grocery store and keep them in convenient spots at home. Maybe she'll put string cheese, carrot sticks, and grapes in a refrigerator drawer. Or she might place whole-wheat crackers, plain popcorn, and unsalted nuts in a basket in the pantry. *Idea:* Stick notes on the snacks with messages like "Pick me! I'm good for you!"



leftover chicken and vegetables in a lettuce wrap, for instance.

Go on a snack-nic

Combine snacking with physical activity. Together, pack healthy snacks like hummus and celery sticks or bananas and peanut butter. Then, take along a ball, and walk or bike to a playground for a "snack-nic." Spread out a blanket on the grass or eat at a picnic table. Afterward, play a game of catch. 🍎

Make a menu

Does your child need snacks for day care or camp? Let her post a weekly snack menu, just like her school lunch menu. She'll have a say in what she eats, and she'll know what to take each morning. You might help her roll up apple slices and cheese in a whole-wheat tortilla or

Fun under the stars

Playing outside on a warm summer night can create wonderful memories for your child. Get inspired with these active ideas.

● **Follow the stars.** Point out constellations, such as the Big Dipper. Your youngster can copy the "star picture" in the grass by laying small toys in the same pattern. Have him walk or jump along the starry path. *Tip:* Use a library book or smartphone app to identify constellations.

● **Flashlight tag.** In this version of tag, "It" tags other players with a beam of light. If the flashlight shines on a player, he's caught. Continue until only one player is left. That person becomes "It." 🍎



You're 16...

We recommend these vaccines for you!

You have the rest of your life in front of you. Be sure you're protected against these serious diseases!



This vaccine	helps protect you from...	Dose(s) you need at this age
Meningitis vaccine against types A, C, W, and Y (MenACWY)	the most serious types of meningitis that can cause: <ul style="list-style-type: none"> • Dangerous infections of the brain and spinal cord • Blood infections that can lead to death within 24 hours • Brain injury, limb amputations, deafness, skin grafts, and kidney damage 	MenACWY vaccine <ul style="list-style-type: none"> • Dose #2 at age 16 • (Dose #1 at age 11–12)
Meningitis vaccine against type B (MenB)		MenB vaccine (<i>talk with your provider about this vaccine</i>) <ul style="list-style-type: none"> • Dose #1 at age 16 • Dose #2 is given 1 or 6 months after dose #1, depending on the vaccine brand used
Human Papillomavirus (HPV) vaccine	viruses that can cause: <ul style="list-style-type: none"> • Cancers of the cervix • Cancers of the penis, vagina, vulva, and anus • Cancers of the throat • Genital warts 	HPV vaccine <ul style="list-style-type: none"> • The vaccine series is given as 2 or 3 doses, beginning at age 11–12. • Ask your provider if you're up to date with this vaccine
Flu vaccine (influenza)	a virus that can cause: <ul style="list-style-type: none"> • High fevers • Severe body aches everywhere • Serious complications, including pneumonia, hospitalization, and death 	Influenza vaccine <ul style="list-style-type: none"> • 1 dose every year

If you're behind on your shots, you may need these vaccines, too. Check with your provider.

- Chickenpox (varicella)
- Hepatitis A
- Hepatitis B
- MMR (measles, mumps, rubella)
- Tdap (tetanus, diphtheria, pertussis/whooping cough)
If you're pregnant, you'll need an additional dose.

Remember: Getting shots is better than getting these diseases. Don't miss out on everything life has in store for you. Get protected!

Wind River Lady Cougar Volleyball Camp

***When:** May 8 (5th & 6th Graders)
3:45pm-5:30pm
May 15 (7th & 8th Graders)
3:45pm-5:30pm
May 21-22 (9th-12th Graders)
3:45pm-5:30pm

***Where:** High School Gym

***Who:** Upcoming 5th-12th Graders

***Cost:** \$10 (5th-8th Graders)
\$20 (9th-12th Graders)

***FUN VOLLEYBALL DRILLS,
GAMES & A FREE T-SHIRT!!!***



Family, Composure, & Trust

For the 2018-2019 yearbook staff, the theme is "Family, Composure, & Trust". The staff has chosen this theme because it represents the values that they want to see in the school community. The staff has also chosen this theme because it is a theme that is relevant to the lives of all students.

The staff has also chosen this theme because it is a theme that is relevant to the lives of all students. The staff has also chosen this theme because it is a theme that is relevant to the lives of all students.

BE Tenacious & Confident



**The Yearbook Staff
is working on the (2018-2019) Yearbook!**
Order your yearbook today! \$50
Mr. Sennett: 307-856-7970 (Ext. 145)
Email: ryans@fre6.k12.wy.us



**“DO
NOT
GO
QUITELY”**

\$50

Buy a
Yearbook



Yes, I would like to purchase _____ copies of the 2018-2019 Wind River Yearbook. \$ _____

Total amount enclosed : \$ _____

Please make checks payable to WRHS Publications

Student Name: _____ Grade: _____

Phone Number: _____ Other Info: _____

K-5 WIND RIVER LUNCH

COUGAR

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HAPPY MAY DAY!!! CHICKEN SANDWICH SMILEY FACES(POTATOE) BAKED BEANS (Bush) BANANA MILK Chocolate FAT FREE	2 TACO SALAD LETTUCE(SHREDDED) TORTILLA, CHIPS LETTUCE(SHREDDED) TOMATOE, DICED, FRESH CORN FRUIT COCKTAIL CONDIMENTS MILK Chocolate FAT FREE	3 TURKEY SPINACH WRAPS SPINACH CELERY STICKS ORANGES HALVES MILK Chocolate FAT FREE
6 COUGAR RANCH BURGER CARROT STICKS GRAPES GREEN RAINBOW SHERBERT MILK Chocolate FAT FREE	7 PIZZA STIX LETTUCE CELERY STICKS PEACHES CONDIMENTS MILK Chocolate FAT FREE	8 QUESADILLA(Cheese) LETTUCE PEAS SUGAR SNAP BLACK BEANS PEARS CONDIMENTS MILK Chocolate FAT FREE	9 HOAGIE SANDWICH POTATO CHIPS,BAKED TOMATOE(Slices) PINEAPPLE(Chunks) CONDIMENTS MILK Chocolate FAT FREE	10 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL TODAY
13 BURRITO'S WHL GRAIN LETTUCE MANDARIN ORANGES,CND,LT SYRUP, SCOOBY DOO GRAHAM CRACKER STIX CONDIMENTS MILK Chocolate FAT FREE	14 COOK'S CHOICEsubject to change HOT HAM/CHEESE SAND. BAKED BEANS (Bush) FRUIT COCKTAIL ICE CREAM, SANDWICH CONDIMENTS MILK Chocolate FAT FREE	15 COOK'S CHOICEsubject to change CHICKEN BITES POTATOES,MASHED GRAVY,CHICKEN MANDARIN ORANGES,CND,LT SYRUP, CAULIFLOWER CONDIMENTS MILK Chocolate FAT FREE	16 COOK'S CHOICEsubject to change FRENCH TOAST STICKS (4) SAUSAGE LINKS (CLOVERDALE) CELERY STICKS PINEAPPLE(Chunks) MILK Chocolate FAT FREE	17 NO SCHOOL TODAY
20 HOT DOG HOT DOG BUN BAKED BEANS COLESLAW (RESERS) FRUIT COCKTAIL MILK Chocolate FAT FREE	21 HAMBURGER GRAVY POTATOES,MASHED ROLL (Dinner) GREEN BEANS PEACHES CONDIMENTS MILK Chocolate FAT FREE	22 SPAGHETTI PEAS GARLIC BREAD PEARS MILK Chocolate FAT FREE	23 PULLED PORK SANDWICH FRENCH FRIES BROCCOLI MANDARIN ORANGES,CND,LT SYRUP, CONDIMENTS MILK Chocolate FAT FREE	24 NO SCHOOL TODAY
27 COOK'S CHOICEsubject to change CORN DOGS WHL GR PORK & BEANS BROCCOLI PEARS CONDIMENTS MILK Chocolate FAT FREE	28 COOK'S CHOICEsubject to change CHICKEN NUGGETS POTATO WEDGE,TRI TATER CELERY STICKS APPLESAUCE,W/CINNAMON 100 CALORIE OREO COOKIE CONDIMENTS MILK Chocolate FAT FREE	29 COOK'S CHOICEsubject to change PIZZA (pepp) BIG DADDY WHEAT CUCUMBER MACARONI SALAD CANTELOUPE MILK Chocolate FAT FREE	30 HAMBURGER HAMBURGER BUN (51% whl wheat) POTATO CHIPS,BAKED CARROT (small bag) APPLES CONDIMENTS MILK Chocolate FAT FREE	31 NO SCHOOL TODAY