

# Studies show sleep impacts learning and behavior

## Sleep and Teenagers *By Richard D. Simon, Jr., MD*

*Teenagers are the sleepiest members of society. Why is this?*

Teenagers require at least as much sleep as their younger brothers and sisters; teenagers require 8.5 to 9.5 hours of sleep every night to be optimally alert in the daytime.

Exhausted teenagers show all of the manifestations of sleep deprivation which include moodiness, surliness, difficulty concentrating, increased risk-taking, decreased ability to monitor self-actions, fatigue, sleepiness, increased accidents, and diminished ability to learn.

The brain in teenagers tends to want to fall asleep later at night and to not wake up early in the morning; this is a physiologic change that occurs in all teenagers to one degree or another.

In most it is a mild annoyance, but in up to 30 percent this is a serious problem – these teenagers just can't get to sleep early because their brain is trying to keep them awake and they can't wake up early for school because their brain hasn't yet "turned on." These are the teenagers who can't fall asleep until 1-3 a.m. and can't wake up until nearly noon!

What can you do to help your teenager? Because the brain's timing can be reset with bright light and because the brain's timing can only be reset by an hour or two a day, keeping a fairly regular sleep-wake schedule and getting as much light as possible during desired wake times is very important.



"You need to work with your teenager to schedule 8-9 hours per day of sleep time! The best way to do this is to lead by example! Get 8 hours of sleep a night yourself!"

*Richard D. Simon, Jr., MD*

### Tips to help teens get adequate sleep

**Wake Time:** Keep it the same (1-2 hours difference only) between school days and weekends. Enforce the wake time. Thus if wake time on school days is 7a.m., it should be no later than 9a.m. on weekends.

**Light:** Have your teenager get as much light (preferably outdoors) as possible immediately after waking. Some will actually purchase a 10,000 lux light box. Get as much light during the first half of the day as possible. Limit light in the evening. Make the evenings dark.

**Caffeine:** No more than 1-2 caffeinated beverages before noon. No caffeine after noon.

**Napping:** A nap 8 hours after waking is OK. Especially important if your teenager is exhausted are midday weekend naps.



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Focus on Education community newsletter is published tri-annually by Walla Walla Public Schools.

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## Walla Walla Public Schools

# Focus on Education

Your School District Newsletter | Spring 2005 | Volume 6 | Issue 3

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### Look who turned 40...plus!

## The "New Wa-Hi" showing its age

With the Blue Mountains as a backdrop and the gentle sounds of the Yellowhawk Creek flowing by, those who visit Walla Walla High School can't help but be captivated by the beauty of the college-like, campus setting.

But a closer look reveals the aging facility is struggling to keep up with the times.

Now more than 40 years old, Wa-Hi received poor marks on last year's *MGT of America* facilities study. Doors, windows, plumbing, HVAC, and lighting components all received unsatisfactory ratings.

According to the study, Wa-Hi is also over capacity with a current 137 percent utilization rate.

See **Aging Wa-Hi** page 5



*In 1964 when Walla Walla High School was relocated from Park Street to its current Abbott Road site, the school was built to serve 1,500 students. Today nearly 2,000 students are enrolled in classes at Wa-Hi and learning spaces are cramped.*

### Getting to Graduation

#### What parents need to know about state requirements

Starting with the Class of 2008, all graduates must pass a minimum number of credits in high school classes, complete a culminating project showcasing their high school experience, craft a plan for after high school, and meet rigorous state standards in math, reading, writing -- and science by 2010.

#### Tips to help your teen succeed

- Connect academics to their future
- Discuss plans after high school
- Set goals for high school
- Have high expectations
- Be involved in course selection
- Meet with teachers early in school year
- Talk about their academic challenges

See **Graduation-** page 7

### All Day Kindergarten approved for next year Half day option still available

After considering input from parents and the community, school board members adopted an all day kindergarten program with flexibility to accommodate those parents who still desire a half-day session.

Beginning this fall, all kindergarten students across the district will have the opportunity for an all day program. Parents who feel a half day program would best meet their families' needs will have their child dismissed at the current ending time for morning kindergarten. All other students will remain for extended learning opportunities.

"We felt strongly we needed to offer a choice for parents," Superintendent **Rich Carter** said. "This plan keeps students at their attendance area school and respects the parents' contact time with their children."

Half day students will be welcomed to join the full day program if their parents desire.

Our Core Values are more than mere words; they're our business!

**Quality | Integrity | Accountability | Respect | Courtesy**



**Rich Carter**  
Superintendent

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*"The goal of education is the advancement of knowledge and the dissemination of truth."*

John F. Kennedy

## Aging facilities struggling to keep up with demands

### District seeks to improve facilities over time

Our state's graduation requirements have changed, and so too have the expectations. Beginning with the Class of 2008, students across the state must demonstrate proficiency in reading, writing, and math -- and science by 2010. We know unskilled jobs are in the decline and it's our responsibility to provide students with the skills necessary to be successful in the 21st Century.

Unfortunately, many facilities across our district are holding us back. Just visit the recently modernized Sharpstein Elementary and compare it to schools like Edison Elementary or Paine High School. You'll notice in an instant that these schools do not equally support learning. It's not even close.

We have a plan for modernizing our district facilities over time. Our long-range facilities plan will address the urgency of our needs, while respecting our stakeholders through a reasonable, fixed cost funding structure that is easy to forecast. Quality schools are a great investment for our community.

I'll provide much more information in the coming months about our plans to provide equitable learning environments for all district students. Now, more than ever, we need your involvement and support to get Walla Walla children ready for graduation.

### 25-Year School Facility Improvement Plan elements

Four tier concept includes:

1. Renovation or replacement of aging school buildings
2. Yearly facilities improvements at all schools to extend their useful life
3. Technology replacement and improvements for all schools
4. Security upgrades and regulatory issues at all schools

Business Manager **Aron Rausch** is leading the development of the 25-Year School Facility Improvement Plan.

For more information, contact Rausch at 526-6717.

## Board approves five-year Strategic Plan

### Community key to development of Roadmap to the Future

**September 2004 - Community Symposium:** A group of 100 community members -- including Spanish only speaking -- staff, parents, and students met on the campus of Whitman College for two days to help define what Walla Walla Public Schools graduates will need to be successful in the 21st Century. Numerous ideas, strategies and concepts were discussed and recorded.

**October-December 2004 - Strategic Planning Committee:** A group of nearly 40 community members, parents, staff and students -- many of whom participated in *Community Symposium* -- formed a committee to take ideas, strategies and concepts generated from the Symposium and other district strategic planning efforts to develop a five-year Strategic Plan. A draft plan was completed in December.

### January-March 2005

**Core Teams:** Small groups of district leaders, parents and community members were formed to finalize the Strategic Plan. Core teams focused on three theme areas derived from the Symposium and Strategic Planning Committee's work: *Teaching and Learning*, *Communications*, and *Facilities and Technology*. Each core team finalized goal statements, detailed key actions, and stated desired outcomes from the process.

### April 2005

**Adoption:** Strategic plan approved by School Board. Implementation begins.

### Strategic Plan Goals

#### Goal 1

Develop a 21<sup>st</sup> century learning community that supports continuous learning through relevant and aligned curriculum, instruction, assessment and professional development.

#### Goal 2

Improve two-way communication with parents, schools, students and the community.

#### Goal 3

Plan and build state-of-the-art facilities with technology to enhance educational opportunities.

#### Copies Available

Copies of the district's entire new Strategic Plan are available at the district office (364 S. Park Street) and online: [www.wwps.org](http://www.wwps.org).

### Buddy System...

## Paine students reach out to help others



Paine Alternative High School sophomore **Chelsea Hendrix** helps Blue Ridge 5th grade student **Luis Lopez** with a writing lesson. Paine students visit Blue Ridge every Thursday to mentor younger students and learn the importance of being a responsible role model.

"I like doing this because it is fun to interact with the kids and it is a good learning experience," Hendrix said. "I'm hoping to learn what it is like to be the teacher, instead of the student."

## End-of-Year celebrations

### Wa-Hi Baccalaureate

Tuesday, May 31 - Cordiner Hall (Whitman), 7:30 p.m.

### Wa-Hi Academic Recognition

Wednesday, June 1 - Wa-Hi Auditorium, 7 p.m.

### Graduates of Distinction

Wednesday, June 1 - Board Room, 3:30 to 5 p.m.

### Paine High School Commencement

Thursday, June 2 - Paine Gym, 6:00 p.m.

### Wa-Hi Commencement

Friday, June 3 - Wa-Hi campus, 7:30 p.m.

### Pioneer 8th Grade Recognition

Tuesday, June 7 - Cordiner Hall, 7:30 p.m.

### Garrison 8th Grade Recognition

Wednesday, June 8 - Cordiner Hall, 7:00 p.m.

Thanks for a great year!

Visit us online!  
[www.wwps.org](http://www.wwps.org)

## Safe School Helpline helps students break code of silence

Walla Walla Public Schools recently launched a new program designed to provide a safe and anonymous way to share information.

The Safe School Helpline is a 24 hour messaging service that empowers students, parents and community members to report unsafe, at-risk situations without identifying themselves.

This process allows school officials to respond in a proactive manner to solve problems and eliminate unsafe conditions or threats to learning.

Callers are not involved in one-on-one interrogations. School officials are notified within minutes of receiving emergency information. Numerous districts in Washington, Oregon, and Idaho are now using this system.

### Helpline Features

- Report any information which could jeopardize safety (*violence, theft, drugs, sexual harassment, weapons*)
- Toll free, easy to use, non-intrusive
- Anonymity for all callers
- Daily, twenty-four service

**Helpline Telephone Number**  
**(800) 4-1-VOICE (418-6423) ext. 359**

### Graduation continued from page 1

In the information age we live in, the demand for unskilled labor will continue to diminish. Now, more than ever, we need parent and community involvement and support to get Walla Walla children ready for graduation.

Walla Walla Public Schools is organizing a **Getting to Graduation Parent Workshop** (details below) to discuss graduation requirements and outline the supports in place to help all students be successful with these new expectations.

Please contact Wa-Hi Assistant Principal **Mira Gobel** at 527-3020 for more information regarding this workshop.

## Getting to Graduation

### A Parent Workshop

**Tuesday, May 10**

**Wa-Hi Commons**

6 - 7 p.m.

Food & social (w/student entertainment)

7 - 8 p.m.

Parent information and discussion

Information: Contact Mira Gobel at 527-3020

## Walla Walla Public Schools name 2005 *Volunteers of the Year*

Special thanks to our Art Regier Award recipients for their dedication and exceptional service



**Russ Martin** - Pioneer Middle School (Nominators - Kenny Renner-Singer and Dana Jones)

### Volunteer Highlights

- Vice President of Parent, Teacher, Student Association - PTSA (former Green Park PTSA President)
- Tournament Supervisor, All-Night 3-on-3 basketball tournament
- District Budget Committee member and participant in Symposium 2004
- Stars Camp parent volunteer



**Missy Peterson** - Edison, Berney, Pioneer, Explorers (Nominators: Kay Barga, Kay Schisler, Explorers leaders)

### Volunteer Highlights

- Loves to read and write with students. She also has played key roles in district's Elementary Math Contest
- Books for Babes program community activist and volunteer (including successful grant writer for program)
- "Heart and Soul of Explorer Program for 12 years" according to one of her nomination letters
- Longtime Reflections Art Program volunteer and leader
- Knits hats and scarves for less fortunate families



**Marilyn Yaple** - Pioneer Middle School (Nominators: Jeanne Brewer, Brian Richard and Cheryl Herr)

### Volunteer Highlights

- Volunteers at least one morning every week in the Pioneer library
- Longtime volunteer at Pioneer athletic contests
- Bakes treats for students to remember their birthdays and other celebrations
- Shelves books and helps keep library organized for students

### Green Park links with Junior Achievement to teach business

Key Technology volunteers help inspire students to value free enterprise

With a mission to ensure that every child has a fundamental understanding of the free enterprise system, Walla Walla Public Schools openly welcomes the *Junior Achievement* community partnership program to the district to help students gain business skills.

Thanks to the support of area businesses like *Key Technology*, Walla Walla students are now reaping the benefits of the *Junior*

*"It's a feeling beyond compare. I grew up here and went through the Walla Walla schools. About five years ago, I moved back here so that my kids could grow up in Walla Walla and attend the great schools here. I'm just excited about being able to contribute in some small way."*

Key Technology's **Robert Daudt** On helping Walla Walla children

*Achievement* program's charge to inspire students to solve complex problems, think critically and apply basic business skills.

*Key Technology* volunteers **Robert Daudt** and **Connie Cochran** recently worked with Green Park Elementary second grade students to operate the *Sweet O' Donut Shop*.

Students learned production strategies, including unit production versus assembly line production. They studied salaries, taxes, and business expenses.

According to teacher **Kathy Rudell**, the curriculum has been meticulously aligned with Washington state Essential Academic Learning Requirements.

"My students are receiving much greater detailed information accompanied with engaging hands on activities regarding business productivity and economics," Rudell said.



Key Technology volunteer **Robert Daudt** helps Green Park second grade student **Nathen Myers** with an assembly line assignment per the school's *Junior Achievement* business learning program.

### Pioneer school bus loading zone moved to ease traffic congestion



Spurred by parent and staff concerns for student safety, Pioneer Middle School recently moved its school bus zone to Roosevelt Street -- on the back side of the school. This move is expected to ease traffic congestion at the school's main entrance on Bridge Street and improve safety.

"Parents who are bringing their students to school will still drop them off on Bridge Street," Principal **Dana Rosenbach Jones** said. "We are certain that this change will alleviate the before and after school congestion and will be a much safer plan for walking students and for people who live in the neighborhood."

### Aging Wa-Hi continued from page 1

Wa-Hi also received poor marks for Technology Readiness and educational suitability.

Wa-Hi wasn't the only school to score poorly in regards to facilities. The *MGT of America* report suggests more than \$80 million in needs across the district, not including significant technology enhancements and school safety equipment.

Business Manager **Aron Rausch** is currently working to develop a 25 year facilities improvement plan. The district plans to modernize its facilities over time in five to six year phases.

### What's next regarding district facilities needs?

- Create school design teams to gather information and further define how facilities will support learning
- Finalize 25-Year Facilities Improvement Plan
- Determine costs related to modernization needs
- Seek input and share needs information with community

### Staff Spotlight - News Briefs

**Chamber singers selected to perform at Mariners game**  
Congratulations to the Wa-Hi Chamber singers for being selected to perform the National Anthem at a Seattle Mariners baseball game, Friday, May 13. Chamber Singers were also invited to perform at the Northwest Music Educators Conference earlier this year.

### Edison librarian uses Iditarod to promote reading

Edison Library Media Specialist **Georgie Germain** returned from the Iditarod Dog Sled race earlier this spring and is using the event to connect students to reading.

Edison students are now participating in an "I Did A Read" using the sled dog race as a model for tracking progress. Germain used her Staff Achievement Grant funds -- a peer nominated and selected award -- to help pay for her trip.

### Wa-Hi Dance Team takes state title

Congratulations to Coach **Heather Robinson**, her assistant **Jennifer Brookes** and the members of the Wa-Hi Dance team for winning the WIAA State 4A Dance Championship this past weekend at the Sun Dome in Yakima. This is the third consecutive State title for our Dance team.

### Hernandez brothers offer Spanish study abroad program

District Hispanic Community liaisons **Salvador** and **Javier Hernandez** are once again planning a Spanish study abroad program in Jungapeo, Mexico, for staff members.

The summer session gives employees in the district a chance to study Spanish and Hispanic culture firsthand while living with a Mexican family. Participants also go on field trips during weekends and help teach English to locals. Five district employees participated in the four week program last year.

### Tomlin leads Wa-Hi students to WordMasters honors

Congratulations to Wa-Hi English Teacher **Marcia Tomlin** for leading two of Walla Walla High School's WordMasters teams to national honors. Wa-Hi's 10th grade team tied for 16th in the nation out of 125 teams, and the 11th grade team tied for 15th in the nation out of 141 teams. *Individual students earning recognition for achievement were:*

9th grade	<b>Amy Bell</b> and <b>Nash Taramillo</b>
10th grade	<b>Corben Ketelsen</b>
11th grade	<b>Chris O'Neill</b>
12th grade	<b>Tyler Doherty</b>

*Students participating in WordMasters are judged on their reading skills to better understand writing styles.*

**Wa-Hi migrant students honored**  
*English acquisition key to their success*



Congratulations to Walla Walla High school students **Standing L to R:** Zoraida Perez, Sergio Meza, Marina Marin, Claudia Torres. **Seated L to R:** Ana Segovia, Karen Peddicord (teacher), and Yesenia Ayala for being selected as Exemplary Migrant Youth for 2005 by the State Office of Migrant Education.

To qualify for this honor, the students were required to be a past or current migrant youth and have at least a 3.0 GPA, or 2.8 with no grade less than a C.

The students also wrote short essays on the following topics: long-term goals, obstacles overcome, leadership, community/school involvement, and shared talent.

All of the students had little or no English skills upon enrolling in Walla Walla Public Schools and now speak and read at their appropriate grade levels or above.

**Teacher Appreciation Week**  
*May 1-7*



*Please join us in paying tribute to our Walla Walla Public Schools teachers.*

*Thanks for another great year!*

**Choice Program holds Garrison students accountable for their learning and behavior**

The Choice Program was established at Garrison Middle School this year to reinforce to students that attending class is a privilege which must be earned.

Students in the program are on academic probation and are required to attend "Choice" support classes until they bring their grades up to a "C." Students, up to 10 at a time, who choose not to attend the before and after school support classes are required to spend their school day in the "Choice" classroom.

"By pulling them away from their peers and holding them accountable to their academic progress, students usually want to get back to their regular schedule as soon as possible," Garrison Principal **Jim Sporleder** said. "Students who have a social connection to school work very hard to get back to their regular schedule."

Sporleder says the program has made a significant impact on school climate and on students taking responsibility for their own learning and behavior.

*"It sends a message to our students that failing is not an option."*

**Jim Sporleder**  
*Garrison Principal*

**Tips to combating summer learning loss**

Various studies suggest some students can forget as much as 50 to 60 percent of what they've learned in the previous year during the summer break. The power to support summer learning gains rests with each family. The following suggestions are ways for parents to encourage continued learning throughout the summer months.

- Choose a favorite author and read as many of the author's books over the summer as possible.
- Supporting websites: [www.scholastic.com](http://www.scholastic.com)  
[www.candlewick.com](http://www.candlewick.com)  
[www.randomhouse.com/kids](http://www.randomhouse.com/kids)
- Parents encourage their children to cook and bake (improves math and reading skills).
- Chart summer weather conditions and research weather patterns (science).
- Take children on nature walks and have them research one plant or animal they encounter (science).
- Let children plan the summer vacation destination route (calculate gas mileage, distance traveled each day, and research historical sites).
- Interview relatives during visits for historical perspective.

**Wa-Hi establishes safety nets to keep students connected to school**

By *Principal Brian Pendleton*



*Brian Pendleton*

Dear parents and community members: In an effort to help students stay on track for graduation, Walla Walla High School has put several safety nets in place.

Our first effort is on behalf of our seniors, who might find themselves credit deficient as graduation approaches. For these we created our *Computerized Alternative Program*, where students can come back to the classroom from 3-5 p.m. to retrieve lost credits through an on-line program.

Our second measure is to identify students early on in the semester, who may be in danger of failing. We have focused our effort on the ninth grade class, who are being held to new and higher graduation standards.

For a student who is failing two or more core classes, we have required an hour extended school, where attendance is mandatory and individualized tutoring and instruction is given. Student progress is monitored during the extended school experience and after eight weeks a student may graduate out of the program.

***For a student who is failing two or more core classes, we have required an hour extended school, where attendance is mandatory and individualized tutoring and instruction is given.***

We began the program with 40 students, who were identified as being in danger of losing credits in the first semester of their freshman year. The program will help identify students coming to us in similar situations next fall from the middle schools.

A third option is given to students of all grade levels to visit our assignment lab after school. In this program we have tutors for a variety of subjects, who are able to help a small group or individuals.

Faculty may assign students, who have missing or late assignments, to attend the assignment lab until they are caught up and back on track. We have received tutorial help from our local colleges and the "Gear Up" program along with many volunteer hours given by staff.

Our assignment lab is currently serving 200 students on a regular basis. It is exciting to see students get caught up and stay caught up with the new study habits and skills they have gained. Just part of our effort to "Leave No Child Behind."

**Community members go back to school**  
*District welcomes Leadership Walla Walla*



**Wendy Samitore** of Walla Walla Community College and approximately 20 of her fellow community members went back to school earlier this spring as part of *Leadership Walla Walla Education Day*.

Leadership Walla Walla, sponsored by the Walla Walla Valley Chamber of Commerce, is a year long program designed to help area leaders network and better connect them to their community.

During Education Day the group had an opportunity to learn more about educational opportunities and programs available in Walla Walla.

The participants visited classrooms in Walla Walla Public Schools and had school lunch. They also went on guided tours of Sharpstein, Edison and Wa-Hi to learn more about the district's vast facilities needs.

*"The Leadership Walla Walla participants indicated that the classroom visitations were a wonderful experience and expressed what a tremendous amount they learned from the activity. They were very impressed with the excellent staff, the well behaved students, and the positive learning environment."*

**Sandi Madsen**  
*Director of Leadership Walla Walla*