
MEREDITH HILL MESSENGER

Volume 7, Issue 5

www.fwsd.wednet.edu/Meredith

November 2001

Cindy Kelsey, Principal
Mary Jane Henry, Office Manager

Kerry Woller, Secretary
Lynette Edwards, Office Clerk

Dear Meredith Hill Families,

This month and again in February, you have a chance to exercise your patriotic spirit in perhaps the most effective way possible - just by voting. The larger national elections invariably get more media attention and a larger turnout of voters. But, it's the smaller and sometimes overlooked elections that can have a larger impact on our day-to-day lives.

For instance, this month voters will decide four out of five seats on our school board, as well as other local elected positions. Then, on February 5, voters will go back to the polls to determine the level of our schools' funding for 2003 and 2004.

The proposed levy will keep the levy rate at the same level as it has been this past year. At \$2.97 per thousand assessed property value, the rate is actually 19% lower than it was 5 years ago.

School districts request a levy because state and federal funds provide only part of the District's operating budget. A levy from local taxpayers supplements that base amount. District-wide, well over one-third of the levy

dollars go to certificated staff, including 90 classroom teachers. Nearly one-third goes to classified staff, including approximately 200 classroom assistants, secretaries, security staff, and custodians. The rest pays for literacy training, transportation, additional supplies and materials, student activities and athletics and so on.

At Meredith Hill alone, the levy provides 2.4 additional certificated staff, 22.9 hours per day of classified support, about \$22,000 for supplies and materials and \$6,101 for co-curricular activities.

If you are registered to vote, please be sure to go to the polls on both Nov. 6 and Feb. 5. If you prefer to vote by mail, you can go on-line to request a permanent absentee ballot from King County (<http://www.metrokc.gov/elections/absentee.htm>). Or, stop by our office and we'll help you request the ballot.

If you haven't registered to vote, wouldn't this be a great time to start? You still have time to register before the February election. Registration forms are available at the King County Web site, and at the school and at the

Community Resource Center in the mall. Just ask!

Sincerely,

Cindy Kelsey, Principal

Thank You Volunteers!

October was a record setting month. Volunteers gave 503 hours of their time to help Meredith Hill students be successful!

Great Body Shop

The month of November stresses good nutrition.

Monthly themes include:

Kindergarten - Adventure in Food
First - Why do We Eat?
Second -The Wide World of Food
Third - Let's Eat
Fourth -The Digestive System
Fifth - You Are What You Eat
Sixth - Eat Smart, Look Good

The ABC's of Good Health

Aim for Fitness
Aim for Healthy weight
Be physically active

Build a Healthy Base

Let the Pyramid guide your food choices.
Choose a variety of grains daily, especially whole grains.
Choose a variety of fruits and vegetables daily.

Choose Sensibly

Choose a diet low in saturated fat and cholesterol and moderate in total fat.
Choose beverages and food to moderate your intake of sugars.
Choose and prepare food with less salt.

At dinnertime...Discuss the foods served.

What gives your body energy?
Which are building blocks?
Which contain the most vitamins and minerals?
Which foods contain a lot of water?

Make it enjoyable

Concentrate on making mealtimes pleasant and positive.
Make sure each family member gets some attention and has a chance to talk about their day, share a joke.

Practice Good Health

If you think about the trip that a germ has to take in order to infect us and make us sick, you'll realize it's not an easy journey. Germs have to get onto us, then into us, then they have to meet with the kind of cell they can infect and successfully multiply there. At the same time, they're facing our body's formidable and awesome defense system – the immune system.

Many different protectors make-up the immune system. Some of us don't have all our protectors, or we have them but they don't work. When we don't have all the protection we need to kill the germs, we get very sick.

Back to the journey. We make the trip easier every time we forget to practice good health habits that can break the chain of infection. It's something each one of us has to do on our own. Here's how:

- Wash your hands.
- Cover your mouth when coughing or sneezing.
- Get adequate rest.
- Eat healthy meals and snacks.

- Exercise.
- Bathe regularly.
- Visit the doctor regularly.
- Get immunized.

Following these simple day-to-day habits will keep us all healthier and happier.

Kelso's Choices

Meredith Hill students in Kindergarten through third grade have been learning from Mrs. EagleCruz and their teachers how to solve small problems using Kelso's choices:

1. Go to another game
2. Share and take turns
3. Talk it out
4. Walk away
5. Ignore it
6. Tell them to stop
7. Apologize
8. Make a deal
9. Wait and cool off

When a student has a small problem, the students have been taught to try using at least two of Kelso's choices before going to an adult for help. The student's are taught to go to a trusted adult if the problem is "Big" (scary, dangerous, someone could get hurt). Each student has had a chance to practice solving small problems through role playing. They have also practiced going to an adult for big problems. Kelso reminds the students that "you're strong enough and smart enough to make good choices!"

Mrs. EagleCruz, Counselor

Attendance

As the cold and flu season begins, we are seeing more and more students out sick. Please be sure to call the school office at 253-945-3200 to report a child who will be absent from school. It is important for us to know your child is safe, so if we don't hear from you, it is necessary for us to call and do a safety check. This can be extremely time consuming on days when there are a lot of sick kids. A follow-up note is also required upon the child's return to school in order to excuse their absence.

National Children's Book Week

November 12th through 16th

Monday – No School – Veteran's Day – Honor those who have served our country.

Tuesday – "Slip Into a Good Book Day."

Hurray, a day to schlep around in comfy slippers! Students need to wear shoes to school so they can participate in P.E., recesses, etc. Each teacher will designate when or what part of the day it will be least disruptive to have kids change into/wear their slippers.

Wednesday – "We've Read a Lot of Good Books Day." Wear "red".

Thursday – "Storybook Character Dress Up Day." Choose a character and dress like him/her.

Friday – "Disney Day." Thanks to all the good stories the Disney people have shared with us – either through film or book. Help Mickey celebrate his birthday (Nov. 18th) by wearing anything Disney.

Mark Your Calendar

NOVEMBER

- 8-9 – No School for Kindergarten/Preschool
Parent/Teacher Conferences
- 12 – NO SCHOOL, Veteran's Day
- 12-16 – Children's Book Week
- 13-16 - P.T.A. Coat Drive
- 15 – Cookie Day
- 21 – NO SCHOOL, Teacher Inservice Day
- 22-23 – NO SCHOOL, Thanksgiving Break
- 27 – P.T.A. Board Mtg.
- 29 – Cookie Day
- 30 – Blood & Guts Van, Pacific Science Ctr.
- 30 – End of 1st Trimester

Revised Concert Schedule

Please note the following dates on our revised Yearly Concert Schedule:

- Kindergarten: Thursday, May 23, 2002
- Grades 1 & 2: Thursday, May 2, 2002
- Grades 3 & 4: Thursday, February 7, 2002
- Grades 5 & 6: Thursday, April 25, 2002
- Steel Drums: Friday, December 14, 2001
- WINTERFEST
- Band/Orchestra/Honor Choir/Steel Drums:
Thursday, January 24, 2002
- Honor Choir Festival with Woodmont:
Tuesday, March 26, 2002
- Band/Orchestra: Tuesday, May 21, 2002
- Honor Choir/Steel Drums: Thursday,
May 30, 2002
- Steel Drum Tour (during day only):
Friday, May 31, 2002
Wednesday, June 5, 2002
Thursday, June 6, 2002

Homework Help Site

The King County Library System offers homework help in several forums. The Study Zone is a homework assistance program available 6-8 p.m. every Tuesday and Thursday at the 320th St. Branch. Homework

Help Site is a website that contains homework assistance on many topics. You can access it at www.kcls.org/hh/homework. Finally, librarians are available to answer questions in a "live talk" format at E-answer. This real-time reference question resource is available at the King County Library website, www.kcls.org, from 5-8 p.m., Monday-Thursday.

Dress Appropriate for Fall

Fall has arrived and along with it, colder, rainy weather. Children sometimes need a little encouragement to dress to fit the weather. Please remember when the chill sets in students should come to school with appropriate sweaters or coats, mittens and hats.

Of course, rain-wear is a must for our Northwest climate. We discourage students from bringing umbrellas to school because of the problems they can create. Umbrellas are not allowed out on the playground due to safety reasons.

It is also the policy to have children go outside for recess as much as possible. Even if there is a light rain, children benefit from the fresh air and activity. Both are important for alert learners.

Look at what your child is wearing when leaving home in the morning. Also, remind him/her to stay out of puddles on the way to school. Students who are cold and wet are not ready to learn. Thank you for your cooperation.

Holiday Assistance

If your family is in need of help for the upcoming holidays, please contact Patty EagleCruz, the Meredith Hill counselor. There are community resources available to help families with toys and food for the holidays. Patty's number is 253-945-3208.