
MEREDITH HILL MESSENGER

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Dear Meredith Hill Families,

It's hard to believe! We have completed the first trimester of the school year. Report cards will be going home on Friday, December 14th, so please look for them on Friday. We appreciate all the learning support you are giving your children – it makes a difference! The partnerships that we create and support between the classroom and home will keep our children on track and successful.

I've been spending time at dismissal near the pickup area in the upper lot of our school. For the safety of our children, I want to remind everyone to drive slowly and cautiously as you drive through the pickup area. Please be aware of the crosswalk and other pedestrian areas. Also, it is important for safety reasons to avoid driving around other cars in line. If you need to retrieve your child from inside the school, please park your car in the lot rather than holding up the line. Also, please follow the directions of our wonderful safety patrol. They are working hard to help direct a large volume of pedestrians and vehicles. With your help and consideration, we can see to it that the children leave and arrive at school safely.

We are looking forward to our school celebration of Winter Fest which will be held Friday, December 14. The 6th grade steel drum groups will be performing during the Fest which runs from 6:00-8:00 p.m. Another holiday event that you might enjoy with your children is the sing-a-long that Mrs. Schneider is organizing for the last day of school this month –

Dec. 21st. This will begin at 2:30 p.m. Hope to see you there!

Sincerely,

Cindy Kelsey, Principal

Mark Your Calendar

DECEMBER

7 – NO SCHOOL – State Inservice Day

13 – Cookie Day

13 – Burgi/Rea-Smith Field Trip to
Wolfhaven

14 – S.L.T. Mtg., - 7:30 a.m.

14 – P.T.A. Winterfest, 6:00-8:00 p.m.

21 – Sing-a-long Assembly, 2:30 p.m.

24 – Jan. 2 – Winter Vacation – NO SCHOOL

Simple Reading Gifts

Children who enjoy reading have a big advantage over those who don't. What can you do to help build your child's desire to read? Read aloud expert, Jim Trelease, says reading interesting stories to your child is the most effective way. He also recommends giving these four simple "gifts."

1. A personal library card along with regular visits to the library.

2. A “book basket” to carry reading material from room to room. *Example:* Your child can take it into the kitchen while dinner is being prepared.
3. A bedside light to encourage a little nighttime reading. According to Trelease, “It’s probably the most important night school your child will ever attend.”
4. A stack of your child’s very own books to collect and read again.

It doesn’t matter whether your child reads the back of a cereal box or snuggles up with a mystery novel. The important thing is for your child to read and enjoy it.

Editors Note: Great bargains on used books can be found at garage sales, flea markets, and used bookstores. Or your child can trade with friends.

Great Body Shop News

December focuses on good health habits.

Kindergarten:	The Family Team
First Grade:	All About Medicine
Second Grade:	Your Heart
Third Grade:	Community Health
Fourth Grade:	No Smoking
Fifth Grade:	Love Your Lungs
Sixth Grade:	Keep This Body Safe

Heart disease is the #1 cause of death in the U.S. today. However, there are things that we can do to keep our hearts healthy and reduce chances of heart disease.

1. Keep your weight down to normal.
2. Cut down on fats, especially those containing cholesterol such as meat, butter, eggs, whole milk and cheese.
3. Exercise at least 3-4 times a week. A nice brisk family walk is a consideration.

Keeping your body safe by making good decisions regarding bicycle safety, playground safety, and accidents will be discussed.

Information on behavior, foods and fitness, surgeries, and growing up healthy can be found at www.kidshealth.org.

Games for Recess

We are in need of games for students to play on recess time when it’s too wet to go outside. If you have any used games that you would like to donate, please send them to the Meredith Hill office.

Walk-a-thon

Mark your calendar for our Walk-a-thon on March 15, 2002 to raise money for a walking path for Meredith Hill students and community use.

The, Oh So Common, Cold

Winter is here, and with it come cold season. Each cold may last from one to two weeks, and may progress through various combinations of stuffy nose, runny nose, sneezing, sore or scratchy throat, cough, watery eyes, fever, and feeling tired.

First a note about prevention. Cold viruses spread easily. The best prevention is GOOD HANDWASHING. You should wash your hands after blowing your nose, after using the restroom, and before preparing or eating food. Other preventive measures include turning your face away from people and covering your mouth when you cough or sneeze, using tissues and disposing of them promptly, getting plenty of rest, eating nutritious foods, and dressing appropriately for the weather. Finally, help reduce the spread of illness by staying home when really sick.

How to treat a cold? There’s no quick cure. Rest and drink plenty of fluids. A cool mist vaporizer may help. Take the least medication possible. In general, whether you take drugs or not for a cold, you’ll be getting better in about a week or two. Only treat symptoms that are actually interfering with sleeping, eating, working or playing. Avoid multi-ingredient products designed to treat all possible symptoms.

Chances are that only one or two are really bothering you and the “extra” ingredients are just increasing the chance of unwanted side effects. Remember, the common cold is a viral infection; antibiotics will not help unless complications develop.

Every child with cold symptoms can't stay out of school or be sent home. But if a child is not well enough to participate in class, because of an uncontrollable cough or fatigue for example, he doesn't belong in school. A child with a temperature of 100F or greater needs to stay home.

Stay healthy and we'll see you at school!

No School, Friday, December 7
Report Card Preparation Day