
MEREDITH HILL MESSENGER

Volume 7, Issue 9

www.fwsd.wednet.edu/Meredith

January 2002

Cindy Kelsey, Principal
Mary Jane Henry, Office Manager

Kerry Woller, Secretary
Lynette Edwards, Office Clerk

Strep Throat

Strep throat is an infection caused by the streptococcus bacteria. While most sore throats are due to a virus which goes away untreated, a “strep throat” can lead to serious complications such as nephritis (a kidney disease) or rheumatic fever (an illness that causes a heart infection). Coughing and sneezing, hand contact, or sharing food and utensils spreads the germs. Illness follows exposure in one to five days.

Classic strep throat symptoms include a fever of 101 or higher, a sore throat with pain on swallowing, bright red tonsils with a white or yellow coating (pus), and swollen glands in the neck. There may also be body aches, headache, stomachache, nausea, appetite loss, or listlessness.

Scarlet fever is a strep throat infection with a rash that usually first appears on the chest, then spreads to the neck, abdomen, legs and arms. It resembles a sunburn with goose bumps.

If you suspect strep throat, contact your health care provider for diagnosis and treatment. The diagnosis is made from visual inspection and a throat culture. Treatment is typically a 10-day course of antibiotics. Children with strep throat, with or without

the rash, need to be isolated from others for at least the first 24 hours after antibiotics are started. Your health care provider can let you know when your child may return to school.

The best methods to avoid this illness or decrease its spread are to practice good handwashing, cover the mouth and nose when coughing or sneezing, properly dispose of soiled tissues, and avoid sharing food, drink, and eating utensils.

Please notify the school if your child has confirmed strep throat.

Mark Your Calendar

JANUARY

- 18 – S.L.T. Mtg., 7:30 a.m.
- 21 – NO SCHOOL – M.L. King Day
- 24 – Band/Orchestra/Steel Drums/Honor
Choir Concert, 7:00 p.m.
- 24 – Cookie Day
- 25 – Burgi/Rea-Smith Field Trip to Wolf

Haven

- 30 – P.T.A. General Mtg., 7:00 p.m.

FEBRUARY

- 1 – GATE Testing, Grades 3,4,5
- 1 - S.L.T. Mtg., 7:30 a.m.
- 5 – Voting Day

- 7 – Cookie Day
- 7 – Music Concert, Grades 3 & 4, 7:00 p.m.
- 8 – P.T.A. Bingo Night

Please remember to vote on February 5!

Voter registration forms are available in the school office.

Great Body Shop

The theme for January's Great Body Shop Newsletter is personal safety and wellness.

These are the grade level concepts:

- Kindergarten – “My Body Is Special”
- First Grade - “Talk and Listen”
- Second Grade - “When I Feel Afraid”
- Third Grade - “I Like Your Attitude”
- Fourth Grade - “It’s My Body”
- Fifth Grade - “Those Crazy Mixed Up Emotions”
- Sixth Grade - “What Is Stress?”

The lessons this month will help your child use common sense and make smart decisions to avoid danger. Students will also learn what to do if they come in contact with a stranger.

They will learn that it is by communicating that we learn, share our feelings and make friends. They will learn there are many ways to communicating: a different language and perhaps sign language. Babies can't speak so they cry, laugh and point to communicate. Other ways we let others know how we feel without talking are by hugging, kissing, crying, giving a “thumbs up” signal, or by smiling.

Communication Starters

This game will help you to understand what worries/frightens/upsets your child and teach him/her that adults have similar feelings. You will need several slips of paper and a bowl or hat. On each piece of paper, write one of the following:

- “I just love it when...”
- “It makes me really angry when...”
- “I get so afraid that...”
- “The best surprise I can think of is...”

Put the papers into the hat or bowl. Have each family member pick a slip of paper, read the statement aloud, and finish the sentence. This makes for a great family after dinner discussion.

Martin Luther King, Jr. Celebration

The ninth annual City of Federal Way's Martin Luther King, Jr. Day Community Celebration is set for Monday, January 21, 2002, from 10:30 a.m. to 12:30 p.m. at Decatur High School's Performing Arts Center, 2800 SW 320th St. in Federal Way. The theme for this year's event is “Building Bridges – Breaking Barriers . . . Shaping the Dream”. The program includes a keynote address by Dr. John C. Walter, American Ethnic Studies Professor from the University of Washington.

The cost is free, however, a donation of non-perishable food, clean coat or blanket, or children's toy would be greatly appreciated.

Parent Workshop

The Meredith Hill Learning Assistance Program is sponsoring a Parent Workshop on Thursday, January 31 from 6:00-7:00 p.m. in Room 221. Judy Hassen will be speaking on "How Parents Can Help Their Child With Reading." Please plan to attend this workshop and learn valuable information on supporting your child's reading at home. For additional information call 253-945-3243.

Games for Indoor Recess

Meredith Hill is in need of board games for children to play when we have Rainy-day recess. If you have any games in good condition that you would like to donate, please send them to the office.

FWSD Levy Information

Why do schools ask for levy funds? In Washington State, funding for the day-to-day operations of public schools come from several different sources:

1. **The state itself** provides 74.6% of our total budget.
2. **The federal government** chips in about 5.7% of the District's total budget for specific programs.
3. **Other sources** include tuition-based programs like all-day Kindergarten, preschool programs, and traffic safety, as well as meal payments and payments from other districts when students in their service area attend our district. These contribute about 4.2% of our budget.
4. **The local school district levy** contributed 15.5% of our district budget last year.

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 community use of our facilities.

The 2003 and 2004 levy will keep the levy at the same level as it has been during the past year. That rate - \$2.97 per thousand assessed property value - is actually 19% lower than it was 5 years ago.

How do Federal Way Levy Taxes Compare to Neighboring Districts?

Federal Way Public Schools collect fewer dollars per student from local taxpayers than any other district in King County, and less than the majority of districts around the Puget Sound area and state.

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|--------------------|----------------|
| Federal Way | \$1,039 |
| Puyallup | \$1,063 |
| Enumclaw | \$1,190 |
| Auburn | \$1,248 |
| Kent | \$1,278 |
| Fife | \$1,316 |
| Highline | \$1,347 |
| Tacoma | \$1,645 |
| Tukwila | \$1,800 |
| Seattle | \$1,994 |

Lunch Room Supervisor Needed

Meredith Hill has an opening for a lunch room supervisor. The job is from 11:15-12:45 daily supervising students who come to lunch in three twenty-minute shifts. If you are interested or would like more information, please call the Meredith Hill office at 253-945-3200.

King County Libraries Offer Homework Help

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 Street branch. Homework Help Site is a Web site that contains homework assistance on many topics. You can access it at www.kcls.org/hh/homework.html. Finally, librarians are available to answer questions in a “live talk” format at E-answer. This real time reference questions resource is available at the King County Library web site – www.kcls.org from 5-8 p.m., Monday through Thursday.

Snow and Emergency Information

In case of snow, please review the yellow **Emergencies Bulletin** that your student brought home earlier in the year, and **listen to local radio and television stations for the most updated information.** Please do not call the school.

The emergencies bulletin is online at <http://www.fwsd.wednet.edu/info/emergencies/>. It can be found by doing any of the following:

1. Clicking on Our Schools on the navigation bar and clicking on Emergencies Bulletin.
2. Going to any school site and clicking on their link to it.
3. Typing emergencies bulletin in the search box.
4. Going to the Site Index and clicking on the Emergencies Bulletin link there.
5. Clicking on Our District on the navigation bar and clicking on Emergencies Bulletin.

Happy New Year

We are living in an uncertain time in our Nation’s history. None of us are sure what the new year has in store. Please take this time to celebrate each other, family and friends. Let us all hope for a healthy and Happy New Year.

Many Thanks

Volunteers gave 399 hours of their time in December supporting students at Meredith Hill. THANK YOU!

Developing Fluency

Developing fluency is one way to rapidly improve a child’s reading level. What can you do at home to help?

- Have your child read out loud to you a few minutes a day. Younger children often do this, but older kids can participate too. Have them read an article from the newspaper or share a favorite passage from a special book.
- Use flash cards to review commonly used words in reading.
- Read aloud with your child or take turns reading a paragraph.
- Model how the reading should sound. You read a passage and then have your child read the same passage.

- Have your child read into a tape recorder and play it back. Can he/she reread the passage with more expression?

These ideas are some suggestions to keep reading in front of your child. Together we can help all of our kids be fluent readers.

- REMINDER -

**NO SCHOOL MONDAY,
JANUARY 21ST**