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# MEREDITH HILL MESSENGER

Volume 7, Issue 12

[www.fwsd.wednet.edu/Meredith](http://www.fwsd.wednet.edu/Meredith)

April 2002

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Cindy Kelsey, Principal  
Mary Jane Henry, Office Manager

Kerry Woller, Secretary  
Lynette Edwards, Office Clerk

Dear Meredith Hill Families,

Spring Break is almost upon us. This year has gone by especially fast. I am very proud to be working at Meredith Hill where our students and staff work hard and show respect to each other and pride in their school.

It is my hope that you and your children have a relaxing spring break. Please encourage them to keep on reading. I would also like to share an article from "Home and School Connection", entitled "Secrets From The Heart":

No one said parenting would be easy. But these eight secrets just might make it a little simpler::

1. Focus on strengths, not weaknesses.
2. Share your values regularly.
3. Find different ways to say "I love you."
4. Treat your child as you like to be treated.
5. Give choices whenever possible.
6. Listen as much as you talk.
7. Provide a steady supply of smiles and hugs.
8. Remember to take a little time each day for yourself.

Sincerely,

Cindy Kelsey, Principal

## Take Your Child to Work Day

If you plan to take your child to work with you for "Take Your Child to Work Day", please pre-arrange it with the office by sending a note with your child before the appointed day.

## Mark Your Calendar

### APRIL

- 1 – Steel Drum Fundraiser begins
- 3 – 5<sup>th</sup> Grade Field Trip to Seattle Symphony
- 4 – String Festival at Federal Way High School  
7:00 p.m. - Rehearsal at 10:00 a.m.
- 8-12 – NO SCHOOL, SPRING BREAK
- 17 – Read and Lead Assembly
- 18 – Cookie Day
- 18 – P.T.A. Board Mtg., 6:30 p.m.
- 20 – Track Meet, 8 and under, 9:00 a.m.
- 25 – 5<sup>th</sup>/6<sup>th</sup> Grade Concert, 7:00 p.m.
- 26 – SLT Meeting
- 26 – P.T.A. Red, White and Blue Dance
- 27 – Qualifying Track Meet, Division I, 9 & Up  
8:30 a.m.

## Kindergarten Registration

Kindergarten Registration for the 2002-2003 school year will be May 6-17. To register a kindergartner, you will need a certified copy of your child's birth certificate to verify the age requirement (children must be 5 on or before August 31, 2002), a record of immunizations, and proof of residency. Non-resident students wanting to attend Meredith Hill on Choice enrollment still need to register at their home school.

## FREE IMMUNIZATION CLINIC

Saturday, April 27, 2002  
9:00 a.m. – 3:00 p.m.

Seattle-King County Department of Public Health  
33431 – 13<sup>th</sup> Place South  
Federal Way

Primary immunizations will be available at no cost to preschool through 12<sup>th</sup> grade Federal Way Public School students. The event is a combined partnership between the Bert Bruell Memorial Fund of St. Francis Community Hospital, the Seattle-King County Department of Public Health and Federal Way Public Schools Health Services Department. **Students must come with a parent or legal guardian and should bring their immunization records.**

Available immunizations include: MMR, IPV, Hib, Dtap\*, and Hepatitis B. Current shortages of DtaP and Td vaccine have resulted in restrictions regarding their use. Updated information will be available for parents at the immunization clinic.

We encourage 5<sup>th</sup> grade students to use this opportunity to get their second MMR which is required for entry to sixth grade. A second MMR is also required for entry to kindergarten through second grade for the 2002-03 school year.

The next free immunization clinic will be at SeaTac Mall in August 2002. More details to be announced.

## Lost and Found

Our lost and found is full! Please have your children check the lost and found for misplaced items. Articles will be on display this week in the lobby. Items not claimed will be donated to a charity.

Thank you volunteers for spending 339 hours with staff and students in the month of February. You are truly appreciated!

## Great Body Shop

Great Body Shop discusses keeping healthy during the month of April.

Each grade discusses an appropriate topic:

Kindergarten: Getting Sick

First: Get Well Soon

Second: Germs Make You Sick

Third: Things You Might Catch

Fourth will not have a newsletter in honor of the WASL and due to the fact that the AIDS curriculum has not been approved by the district for fourth grade.

Fifth: About Blood and Aids

Sixth: AIDS: What You Need To Know

The primary grades will learn how people get sick and how they stay well. Signs of sickness will be discussed. Students will learn ways to keep clean and keep germs from spreading.

The basic facts of the Circulatory System, Blood and the Immune System and HIV as the enemy of the immune system are taught to 5<sup>th</sup> and 6<sup>th</sup> graders. The unit emphasizes the responsibilities of maturing adolescence, decision making and refusal skills, particularly concerning avoiding risky behaviors in contracting HIV.

## **Meredith Hill Track**

It is not too late to join the Meredith Hill track team. We practice Mondays and Wednesdays from 3:20-4:20. There are two track meets for 9 year olds and older and one track meet for 8 year olds and under. There is no cost. All you need is running shoes, a good attitude, and to fill out a permission form.

Team t-shirts can be ordered for a \$6.00 fee, but must be ordered by Thursday, April 4<sup>th</sup>.

For more information, please e-mail Vern Stoffel at [Stoffel@jps.net](mailto:Stoffel@jps.net).