
MEREDITH HILL MESSENGER

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Meredith Hill students have tremendous support from their families. As we reflect on the recent student-led conferences, all staff are so appreciative of the time you moms and dads set aside to attend the student-led conferences and interact with your children about their learning.

The students spent a lot of time the past weeks preparing for the conferences and had been looking forward to sharing with you. As you saw, they've set reading and math goals, reflected on their work habits, and planned how to be successful academically and socially throughout the year. The teachers wanted to present to you important testing data and student work that represents your child's current level of achievement.

As I attended the conferences, I was so impressed with the kinds of questions you asked your children and the contributions you made to goal setting for your child. It is this kind of support – the support of families and teachers that will help the children be successful in school and throughout life. Thanks again for making the conferences so successful.

Sincerely,

Cindy Kelsey, Principal

Thank You Volunteers

Meredith Hill volunteers worked 117 hours in the month of September. A BIG thanks to all of you for your commitment to our school

NOVEMBER

- 3 – Health Screening
Feel Good Mileage Club Begins
P.M. Recesses
- 4 – Cookie Day
PTA General Meeting 6:30
- 5 – PTA Family Night Bingo 5:00-8:00
- 10– Veteran's Day Assembly 2:45-3:15
- 11– NO SCHOOL
Veteran's Day
- 18 – Cookie Day
- 25, 26– Thanksgiving Holidays
- 29 –Dec 2 PTA Holiday Shop

DECEMBER

- 3– NO SCHOOL
- 9 – Cookie Day
- 10 – PTA Family Winterfest

Dismissal Time

We appreciate the assistance all of you have given in helping to make dismissal time safer for the students. Things are going much better and our staff is more confident that all students are getting where they are expected to be at the end of the school day. Parents, we ask that you wait for your children on the sidewalk at dismissal time rather than inside the building.

We need to make a correction regarding information that was published in the October school newsletter about the use of the playground areas after school. All students are to go home at dismissal time. The preschool play equipment and the playground in the back of the school are closed and not to be used after school, until after 4:00.

From the Nurse: Food Allergies

- It is estimated between 2-2.5% of the population has food allergies. Eight foods account for 90% of all allergic reactions. They are peanuts, tree nuts, fish, shellfish, eggs, milk, wheat, and soy.
- There is no cure for food allergies. Avoidance of the offending food is the only way to avoid an allergic reaction.
- Planning and communication are key for avoiding and treating reactions.

A food allergy involves the interaction between a food – the gastrointestinal system – and the immune system. A reaction may occur within minutes to two hours after contact with the offending food. There is no way to predict how quickly a reaction will develop or how severe a reaction may become. If a reaction occurs, the key is to *recognize the symptoms*, and *react quickly*.

At school, we have a number of students with food allergies – to peanuts, tree nuts (hazelnuts, walnuts), fish, shellfish, eggs, milk, coconut, tomato, citrus, and strawberry. The reactions are varied – from mild to life-threatening. The responsibility for our students with food allergies must be shared.

Parents – Notify the school of your child's allergies; contact the nurse to develop a treatment plan and bring medications to school; educate your child in the self-management of their food allergy; involve yourself in planning and helping at special events.

School Nurse – Develop a treatment plan with the parents and review the plan and medications with staff; participate in classroom teaching regarding food allergies if indicated; follow-up on continued needs or if a reaction occurs.

Teacher/Paraeducator – Review the treatment plan and medications with the school nurse; review classroom activities involving food; consider using non-food items for incentives or rewards; create class awareness of food allergies in the class newsletter or a student/parent/school nurse presentation if appropriate.

Student – Don't trade or accept food from others; don't eat any food with unknown ingredients – even if you think it's safe, it's still not worth taking the chance; notify an adult immediately after eating something that might contain the offending food; wash your hands with soap and water before and after eating.

Food-allergic kids need all of us working together to help keep them safe. Thanks for your help.

Health Screening

Meredith Hill Health Screening Day will be Wednesday, November 3. There will be hearing and Scoliosis screening, as well as vision rechecks. Parents are notified of the results only if the student does not meet the normal criteria for the screening and needs to be rechecked by their health care provider.

Dress for the Weather!

Meredith Hill students will be going outside as much as possible for recess throughout the winter so that they can get physical activity. Please dress your children to be at recess on wet and cold weather days. When the weather is severe, we will make sure the students are inside and safe.

Emergency Closures

Arrangements have been made with the radio and TV stations listed below to broadcast information about any school closures or late starts due to snow/ice or other emergency conditions. These announcements will begin at 5:30 a.m.

PLEASE DO NOT CALL THE SCHOOL OFFICE FOR THIS INFORMATION. The school staff gets info from the news stations the same time as you.

If the Federal Way School District is NOT mentioned during the news broadcast, it means that school will be open with buses operating on as normal a schedule as possible. This means that even though buses will begin their routes on time, road and traffic conditions could cause them to be late to their stops. Please be patient. We would rather the students be late than to have accidents.

School closures are announced on the following stations:

Television: KOMO TV, Channel 4
KING TV, Channel 5
KIRO TV, Channel 7
KSTW TV, Channel 22
NW Cable News, Channel 35

Radio: KIRO 710 AM
KOMO 1000 AM
KVI 580 AM
KLAY 1180 AM
KPLU 88.5 FM

In addition, www.schoolreport.org is a website designed to disseminate crucial school emergency information as quickly as possible. During emergency conditions, the school district will be making regular updates to this site throughout the day.

National Children's Book Week Activities

Meredith Hill will be celebrating National Children's Book Week during the week of November 15th through the 19th. We are encouraging all students and staff to participate this week in recognition of the great number of children's books which have made us laugh, made us cry, inspired us, and provided us with many, many hours of enjoyment. The following is a listing of activities for each day:

- * Monday, November 15
"Best Book I Ever REaD"
Wear red clothing and turn in posters of the best book you ever read, for the poster contest. Posters will be judged at the end of the week.
- * Tuesday, November 16
"Hats Off to Reading"
Wear a crazy hat or one with words on it.
- * Wednesday, November 17
"B.Y.O.B.B." (Bring Your Own Book Buddy)
Share your day and a good book with your favorite stuffed buddy.
- * Thursday, November 18
"Reading Gives You Character Day"
Dress as a storybook character.
- * Friday, November 19
"Reading Jogs the Mind"
Wear sports clothing, or sweats, tennis shoes, etc.

Boundary Meetings

The public is invited to attend the following Middle School boundary meetings at 6:30 each evening:

- Monday, November 8, Kilo Cafeteria
- Tuesday, November 9, Sacajawea Library
- Wednesday, November 10, Illahee Librar

