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# MEREDITH HILL MESSENGER

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Cindy Kelsey, Principal  
Mary Jane Henry, Office Manager

Jane Arthur, Secretary  
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## Meredith Hill is 10 Years Old!

Meredith Hill opened its doors in 1995—10 years ago, with great fan fare and celebration. It's time to celebrate ten wonderful, successful years of learning and relationships that continue to flourish over the years.

Our Ten-Year Anniversary Celebration is Friday, March 11th. We want you to join us. Fun activities will be going on throughout the school day, including a special Orca lunch and everyone will get an anniversary cup cake! At 2:30, we will gather for an assembly at which time Meredith Hill students, present and past, will have a chance to make presentations or briefly speak about experiences and memories of their years at Meredith Hill. If you are a former student who would like to briefly speak at the assembly, please call Mrs. Henry in the main office (253) 945-3200 to let her know to include you in the program. We will celebrate the incredible parent involvement and volunteerism that supports children's learning in so many ways. We are also preparing a slide show that will take us back through the past ten years and help us recall the great students, parents, and staff who have made Meredith Hill such a wonderful place for children!

After school, former teachers and principals will be the guests of our current staff at a banquet. At 6:30, you will have a chance to come to school to visit with the children's former and current teachers and administrators and reminisce old times. The PTA's family night dance will be going on at the same time that evening, so we should have

a large gathering and have fun connecting with people we have not seen for a while.

Mark your calendars! We look forward to you joining us in the celebration on March 11th!

Sincerely,

Cindy Kelsey  
Principal

## Reptile Man Assembly

As the Reptile Man, Scott Petersen has been featured on the television program Bill Nye The Science Guy. Together with some of his friends (King Cobra, Alligator Snapping Turtle, Albino Python, American Alligator, Black Mamba, Diamondback Rattlesnake, and many more), Scott will be appearing at an evening performance in the Meredith Hill gym at 7:00 p.m. on February 16th. Admission is \$1.00 per person. The entire family is invited to come and join the fun.

## Tsunami Relief Triumph

In response to the recent disaster in Eastern Asia, Meredith Hill students and families immediately united to collect funds and urgently needed items for its victims. Thanks to student and parent volunteers, 135 filled boxes were delivered to World Vision, a Christian relief and development organization headquartered in our area. In addition, \$1,861.52 was collected for victim relief. Thank you all for your generosity.

## Book Fair

The Scholastic Book Fair is right around the corner. We hope that you have these dates marked on your calendar: March 2-8, 9:00 a.m. to 3:00 p.m. And don't forget the extended hours on Thursday, March 3, when the Fair will be open until 7:30 p.m.

## Health Update

### Whooping Cough - Pertussis

This year, as in recent years, South King County has seen many cases of Pertussis (Whooping Cough). This is an illness that can be prevented with vaccinations. Vaccinations, or immunizations, work by helping your immune system recognize and quickly attack disease. Here is a "heads up" update.

Pertussis is a bacterial infection transmitted through close contact with respiratory droplets from an infected person. It typically causes a persistent cough, which usually begins with cold-like symptoms - mainly a runny nose, maybe a mild to modest fever. The greatest risk of spread is during the early stage when the illness appears to be a cold. Cough episodes may end with gagging or vomiting, may be followed by an inspiratory "whoop," and may persist for 4-6 weeks or more. In adults or adolescents the only symptom may be the cough which is worse at night. The illness can be serious in infants, however. It's good practice to keep very young children away from people who are ill and have a bad cough. Anyone with a persistent cough should consider seeing their health care provider.

Adults and children can get pertussis even if fully immunized since protection wanes over time. Prevention involves ensuring that all children under the age of seven are up-to-date on immunizations. Have your child get the

shots that help prevent pertussis. The recommended schedule: 4, 6 months, 15 - 18 months, and 4 - 6 years. Check with your health care provider if your child has not been immunized appropriately.

### Colds and Influenza

Most of us are aware of a decline in reports of flu activity. It's not on the radio, TV, and newspaper like it was in the past few months. The number of deaths and patient visits for flu-like symptoms is decreasing. But the CDC has said "We know that flu is unpredictable and are hoping we're past the peak, but we've seen increased cases and new strains emerge late in the season, so it's important to remain vigilant."

The common cold is also a respiratory infection. The main way that illnesses like flu and colds are spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze infect others by moving through the air and into another's nose or mouth, or by touching infected surfaces.

Stem the spread of flu, colds, and other respiratory illnesses, like pertussis, by being a germ stopper:

- \* Cough or sneeze into a tissue and then throw it away.
- \* Wash hands with soap and warm water frequently and for at least 15-20 seconds. When soap and water are not available, alcohol-based hand wipes or gel sanitizers may be used. The gels should be rubbed until dry.
- \* Get plenty of sleep, drink plenty of water, and eat nutritious foods.

Help stem illness this winter – and all year long. Be a germ stopper. Stay healthy and we'll see you at school.

## **Elementary Choice Enrollment Open March 21 - May 10**

Choice applications for elementary students will be accepted at the Educational Service Center from March 1st through May 10. Choice enrollment allows a student to attend a school located outside of a student's resident service area or district on a *space-available* basis. Choice enrollment must be requested by the student's parents or guardian. Parents are responsible for transportation for students attending schools outside of their service areas.

**In-district elementary students'** choice applications are available at all schools and must be returned from March 22, 2005 to May 10, 2005. Applications should be sent or delivered to Paula Curtis at the Federal Way Public Schools Educational Service Center (ESC), 31405 18<sup>th</sup> Ave. S., Federal Way, 98003. The elementary lottery will be held on May 17 at the ESC.

**Out-of-district elementary students'** choice applications will be accepted from 8 a.m., April 11, to 4:30 p.m. May 10, 2005. These will not be a part of the lottery. Out-of-district students will be placed after the lottery on a first-come first-serve basis if space is available, before any other post lottery students.

For more information, go to <http://www.fwps.org/info/press/0405/050105choice.html>. You can also call Paula Curtis at 945-2013, or email her at [pcurtis@fwps.org](mailto:pcurtis@fwps.org).

## **Eyeglasses Found**

Several pairs of student eyeglasses have been turned into the office lately, and remain unclaimed. If your student has lost his glasses, remind him or her to check at the front desk.

## **Read Across America Day**

In honor of reading and Dr. Seuss's birthday, Meredith Hill will be having an all day celebration on Wednesday, March 2nd, 2005. We have a full day planned including: a magic performance at 2:30 p.m. by Jeff Evans of Amazement Productions, a visit from the Cat in the Hat himself, and lots of other fun activities. Students may wear their red and white "Cat in the Hat" hats on March 2nd.

## **Tacoma Parents' ADHD Support Group Meetings**

There is a support group for parents of children with ADHD. The group meets the third Monday of every month, from 7:00-9:00 p.m., at Jackson Hall, 314 Martin Luther King Jr. Way, Tacoma, WA 98405. These meetings have a speaker for the first hour, followed by questions and answers, followed by time for parents to visit with each other. Meetings are free and open to the public. For more information check the website at [www.addresources.org](http://www.addresources.org).

## **Pre-School Registration**

Returning Pre-School students and their siblings can register for the 2005-2006 school year on February 14, 2005. A \$25.00 non-refundable deposit and a signed contract will be required.

Other community members who are interested in registering their pre-school students, can do this on March 14, 2005. A \$25.00 non-refundable deposit and a signed contract will be required at the time of registration along with a copy of the child's birth certificate and current immunization records. This registration is on a first come, first served, basis. For information on this program, please contact Mrs. Edwards at 253-945-3203.

## **FEBRUARY Calendar**

- 10– Cookie Day
- 16– Reptileman Assembly - 2:30  
Optional family repeat at 7:00  
w/\$1 donation per person.
- 17– PTA Board Meeting 6:30
- 21– 25 Mid-Winter Break  
NO SCHOOL

## **MARCH Calendar**

- 2– Read Across America Celebration
- 2– 8 Scholastic Book Fair 9:00-3:00
- 3– Science Van at Meredith Hill:  
*Space Odyssey!*  
Cookie Day  
Scholastic Book Fair Extended Hours  
9:00 a.m.- 7:30 p.m.
- 8– 2nd and 3rd Grade Music Concerts  
2:20 and 7:00 p.m.
- 11– A Whale of a Day  
10 Year Celebration  
PTA Family Night Dance 6:30-8:30
- 25– End of Second Trimester

## **Recycle Bin No Longer Available**

The large recycle bin that had been parked in the service area of the upper parking lot has been removed. Meredith Hill will no longer be able to accept paper and cardboard disposals.

## **Thank You Terrific Volunteers**

- \* November: 262 hours (Record-Breaking!)
- \* December: 160 hours

## **Track News**

Mr. Navillio and one of Meredith Hill's parents, Kathy Miller, will be running our track program this spring. Beginning March 23rd and continuing through April 23rd, practices for all grades will be held here on Mondays and Wednesdays after school until 4:45 p.m. After April 23rd, only grades 3 through 5 will continue with bi-weekly practices through May 16. All participants from every grade are invited to that last practice on May 16 for a celebratory party.

The meets will be held at the Federal Way High School Memorial Stadium, as follows:

### **Practice Meet**

- \* All grade levels
- \* A through N schools (Adelaide-Nautilus)
- \* Saturday, April 16th, 8:30 a.m.

### **District Meet**

- \* Grades K-2
- \* A through N schools (Adelaide-Nautilus)
- \* Saturday, April 23rd, 9:30 a.m.

### **District Qualifying Meet**

- \* Grades 3-5
- \* Schools: Adelaide, Camelot, Lake Dolloff, Lake Grove, Lakeland, Mark Twain, Meredith Hill, Olympic View, Rainier View, Sherwood Forest, Twin Lakes, Wildwood
- \* Saturday, April 30th, 8:30 a.m.

### **Ron Matilla Championship**

- \* Qualifiers from Grades 3-5
- \* All Schools
- \* May 14th, 9:00 a.m.