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# MEREDITH HILL MESSENGER

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Cindy Kelsey, Principal  
Mary Jane Henry, Office Manager

Jane Arthur, Secretary  
Lynette Edwards, Office Clerk

## King County Library System Summer Reading Program

Dragons, Dreams and Daring Deeds is the title of the King County Library System 2005 Summer Reading Program featuring artwork by Steven Kellogg, programs at local libraries and lots of prizes. Reading research shows that students who read over the summer retain or improve their reading skills when they return to school in the fall. Students may register for the Summer Reading Program online at [www.kcls.org](http://www.kcls.org) or in person at their local public library after June 1. Each student will receive a reading log with activity pages and prize coupons to redeem after reading 300 minutes, 600 minutes and 900 minutes. Finishers (900 minute readers) will also be entered in a drawing to attend a Breakfast of Champions at the Rain Forest Café, or to win Encarta software or a laptop computer.

A KCLS children's librarian will visit our Meredith Hill library on June 15<sup>th</sup> to present the details of this program and students will be provided with registration information at that time.

## Classroom Assignments for 2005/2006

Teachers at Meredith Hill work very hard to create the best possible classroom assignment for your child. The amount of thought and energy that goes into this selection is tremendous. We consider the needs of over 400 children, and strive to make the best classroom placement. *Please remember that*

*all classroom placements are not final until after the start of school.* As students enter and leave school over the summer we often need to make adjustments.

Please drop by the office if you wish to fill out a Student Classroom Placement form to identify the needs of your student next year. Please do not request a specific teacher. Class lists will be posted in the office window August 31st, at 4:00 p.m.

## Wanted: AmeriCorps Volunteers

Would you like to take part in National Service? Do you have the craving to help students succeed? Have you ever dreamed of becoming a teacher? Join the Federal Way Public School's AmeriCorps Team!

Here are some of the benefits:

- ▶ Serve full time
- ▶ 9/1/05 – 7/15/06 commitment
- ▶ Tutor students
- ▶ Training provided
- ▶ Earn \$850 per month
- ▶ Education Award of \$4725 given upon completion
- ▶ Medical insurance.

To apply online, go to [www.americorps.org](http://www.americorps.org), or contact the Federal Way Public schools AmeriCorps office. For more information, contact [ebales@fwps.org](mailto:ebales@fwps.org) or call 253-945-2271.

## **Message from Mr. Navilio, P.E. Teacher for Meredith Hill Elementary**

Hello Meredith Hill families,

The USDA has adopted a new food guide pyramid now called "MyPyramid." USDA's new MyPyramid provides a personalized approach to healthy eating and physical activity. The new symbol was created to remind people to make healthy food choices and to be active every day. All students at Meredith Hill will be introduced to the "MyPyramid" during their P.E. classes in the month of May. Fifth grade students will be creating their own tracker system using the mypyramidtracker.gov website. Encourage your students to print out their own personalized pyramid plan provided at mypyramid.gov. Your kids will be more interested and excited about creating a plan if you participate in this with them. I'm really excited about this new pyramid because it emphasizes the importance of physical activity in establishing a healthy lifestyle. Below are various links that can help you understand and create a plan using the new "MyPyramid" symbol.

Official Press Release from April 19<sup>th</sup>, 2005  
from USDA:

[http://www.mypyramid.gov/global\\_nav/media\\_press\\_release.html](http://www.mypyramid.gov/global_nav/media_press_release.html)

Mypyramid.gov Web Site:

The USDA has released the MyPyramid food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. This guide will help you navigate through the new MyPyramid system to educate consumers.

<http://www.mypyramid.gov/>

Mypyramidtracker.gov Web Site:

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information.

<http://www.mypyramidtracker.gov/>

Other important links:

Importance of Physical Activity:

<http://www.cdc.gov/nccdphp/dnpa/physical/importance/index.htm>

Anatomy of Mypyramid:

[http://www.mypyramid.gov/downloads/MyPyramid\\_Anatomy.pdf](http://www.mypyramid.gov/downloads/MyPyramid_Anatomy.pdf)

## **Kindergarten Registration is Happening Now**

Do you know a family in this area with a child who will be five years old by August 31? We'd like to meet them, too! Kindergarten registration for the 2005-06 school year continues through May 13. The office will be open to receive registrations from 8:00 a.m. to 4:00 p.m.

At the time of registration parents are asked to bring: (1) a certified copy of their child's birth certificate to verify the age requirement, (2) their child's current immunization record, and (3) proof of residency. In addition, we hope to meet your student before school starts, to learn his/her skills and talents.

Our Kindergarten Round-Up for parents and students will be held on May 19 at 6:30 in the school library. New kindergarten students and families are invited to join us and be introduced to next year's program and staff.

## MAY Calendar

- 2-13- Kindergarten Registration
- 4- 2nd Grade Field Trip  
Museum of Flight 9:30-2:00
- 5- Last Day WASL Testing  
Juggling 3:50-4:30
- 9- Barb Carson Class Field Trip  
Seattle City Center 9:30-3:30
- 12- Brown/Williams 1st Grade Class  
Field Trip to Olympia 9:00-3:00  
Grades 4/5 Music Concerts 2:30/7:00  
Juggling 3:50-4:30  
Cookie Day
- 14- Grades 3/4/5 Championship Meet  
9:00 a.m. Qualifiers Only  
FWHS Memorial Stadium
- 16- Waiver Day  
**NO SCHOOL**
- 17- Volunteer Appreciation Dinner  
5:30-6:30
- 19- Juggling 3:50-4:30  
Kindergarten Round-Up 6:30
- 24- Science Fair 5:30-6:30  
PTA Board Meeting 6:30  
Approve Budget
- 26- Cookie Day  
Juggling 3:50-4:30
- 27- Steel Drum Performance  
All 5th Graders  
Seattle Center 11:00-3:30
- 30- Holiday  
**NO SCHOOL**
- 31- Snow Make-Up Day  
**NO SCHOOL**

## Volunteer Hours

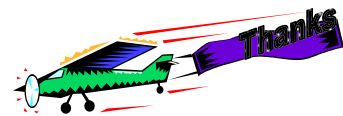
We thank our wonderful volunteers who have so generously given of their time and talent.  
March: 277 Hours

## JUNE Calendar

- 1- 1st Grade Field Trip  
Woodland Park Zoo 9:45-3:30
- 6- Nelson/Gamble/Long 3rd Grade  
Trip to Seahurst Park 9:45-3:00
- 7- Honor Choir/Steel Drum Concert  
7:00 p.m.
- 9- Steel Drum Tour 9:30-3:30  
Cookie Day
- 13- 2nd Grade Field Trip  
Nisqually Delta 9:30-3:00  
5th Grade to Camp 8:30-5:00
- 14- Open House and Portfolio  
Celebration 4:00-5:30
- 15- Safety Patrol to Wild Waves  
All student library materials due  
KCLS Summer Reading Program  
Library presentations in a.m.
- 16- Steel Drum Tour 9:30-3:30
- 17- Steel Drum Tour 9:30-3:30
- 21- Fifth Grade Celebration
- 22- Last Day for Pre-School
- 23- Last Day for Kindergarten  
Field Day and Ice Cream Day
- 24- Last Day Grades 1-5  
Dismissal 11:45

## Library Reminder

In preparation for inventory, the library is asking for the return of all overdue books. In addition, they would like to remind students that, at the end of the year, the library will withhold the report cards of students with outstanding fines or missing books. All library materials are due June 15th.



## Time to Plan for Next Year

Every year we have students who are moving or changing schools. Our enrollment determines how many teachers we will have for the coming year. It is essential that we know as accurately as possible who will be attending. Please complete the following and return it to Meredith Hill.

_____	_____	_____
Student Name	Present Grade	Teacher
_____	_____	_____
Student Name	Present Grade	Teacher
_____	_____	_____
Student Name	Present Grade	Teacher

- My child/children will be returning to Meredith Hill.
- My child/children will not attend Meredith Hill for the 2005/2006 school year.  
They will attend: \_\_\_\_\_.
- My child/children may change schools. Please call me in August and check with me.

Call: \_\_\_\_\_ at \_\_\_\_\_.  
Your name Phone