
MEREDITH HILL MESSENGER

Volume 12, Issue 5

www.fwps.org/Meredith

January 2007

Cindy Kelsey, Principal
Mary Jane Henry, Office Manager

Jane Arthur, Secretary
Lynette Edwards, Office Clerk

Message from the Principal

What a winter we've had already! The extreme weather has really affected our lives, and I hope you've found ways to enjoy this extraordinary winter. I know the children are enjoying the snow. You should see all the snowmen the students have made on the playground! It is so good to be back in school and back to a regular schedule.

On the minds of many of us is the question, when will the eight missed school days be made up? Thursday night, the school board discussed when the days missed for snow and power-outage would be scheduled. I hope having this information early will help you plan your family activities. Here is the make-up schedule:

Friday, January 26 **will be** a school day

Thursday, February 22, & Friday, February 23 **will be** schools days (These days were formerly part of Mid-Winter break)

Friday, March 16 **will be** a school day

Tuesday, May 29 (built-in snow day) **will be** a school day

Also with the many missed days, the end of the semester and the day report cards come home to you have been changed. The end of the semester will be Friday, February 2 and report cards will be sent home Friday, February 16.

Upcoming Events:

January

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| Jan. 18 | Ms. Carson's 3/4/5 class to the Flight Museum |
| Jan. 24 | Cookie Day |
| Jan. 24 | Class Pictures taken as well as Activity Pictures |
| Jan. 25 | 10:15, Jump Rope for Heart Assembly |

February

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| Feb. 2 | Kilo Band performs for 4 th & 5 th Graders |
| Feb. 7 | Cookie Day |
| Feb. 8 | Talent Showcase auditions after school |
| Feb. 9 | End of Semester |
| Feb. 9 | PTA Bingo Family Night – 5:30-7:30 |
| Feb. 14-16 | Jump Rope For Heart |
| Feb. 16 | Report Cards Go Home |
| Feb. 19-21 | No School, Mid-Winter Break |

Apple Parenting Program

APPLE Parenting is a program offered by ACAP Child and Family Services. APPLE offers seven types of parenting classes. The instructors are highly qualified. They work directly with children as child and family therapists, school counselors, school nurses, elementary school teachers and social workers.

STEP, Systematic Training for Effective Parenting, is a research-based curriculum for the APPLE Parenting Program. It has been proven to strengthen parents' ability to successfully love, nurture, discipline and form strong bonds with their children. STEP is effective in reducing the incidence of child abuse and neglect. Topics in the curriculum include:

- Child development and concrete "what to do" help for the parent at each stage
- Parenting Styles: what works, what fails
- Self-esteem and communication
- Discipline: why spanking and yelling do not work
- Respect: why respect is the basis for loving and stable family relationships
- Stress and anger awareness: how parents can improve their parenting through self-care

Class Schedule – Winter 2007 for Apple Parenting Program:

General Parenting Classes for caregivers of children 5-12

<u>LOCATION</u>	<u>DATES</u>	<u>DAY/TIME</u>
Messiah Lutheran Church, Auburn	Jan. 4-Feb. 22	Thurs., 6:30-8:30
Our Savior's Baptist Church, Federal Way	Jan. 8-March 12	Mon., 6:30-8:30
Valley Cities, Auburn	Jan. 16-March 6	Wed., 6:30-8:30
FW United Church, Federal Way	Jan. 25-March 15	Thurs., 6:30-8:30
Auburn Youth Auburn (Spanish)	Jan. 9-Feb. 27	Tues., 7:30-9:00

Fees: Each 8 week class is \$50.00 per person for the General Parenting

PARENTS ARE RESPONSIBLE FOR THEIR OWN CHILDCARE. APPLE DOES NOT OFFER CHILDCARE DURING CLASSES.

Registration and information: Rachel Lanigan (253) 939-0870

Online Registration: www.acapchildservices.org *All caregivers are welcome.*

Parents We Need Your Help

In the morning, our warning bell rings at 8:48, and students should be in line with their classes by 8:50. We have noticed a number of parents dropping students off in the upper parking lot after the warning bell has already rung.

Parents, it would be very helpful if you could leave just a few minutes earlier in the morning and pull your vehicle up to the farthest end of the parking lot. Staff will be there to meet your student(s) and help them out of your vehicle so that they can make it to class in time.

Track Coach Needed

Meredith Hill Elementary is looking within the school community for a coach/coordinator, with current First Aid/CPR certification, to lead its 2007 track program. Practices begin mid March and continue through the middle of May, with meets scheduled on Saturdays at Federal Way High School Memorial Stadium. We have one part-time volunteer to assist the coach, and there is a stipend available for the position. If you are interested, please contact the Meredith Hill office at (253) 945-3200.

2007-2008 Choice Applications

Parents and guardians who would like to have their students attend a Federal Way school that is outside their neighborhood attendance area may apply to participate in the district's Choice Enrollment Program.

Secondary Open application Period
January and February 2007.

Applications must be received at the Office of the Superintendent no later than March 9, 2007

Elementary Open application Period
April and May 2007

Applications must be received at the Office of the Superintendent no later than May 10, 2007

Applications are available in the school office, and should be sent or delivered to Paula Curtis at the Federal Way Public Schools Educational Service Center (ESC), 31405 18th Ave. S., Federal Way, WA 98003. For more information call or e-mail Paula Curtis at (253) 945-2013 or pcurtis@fwps.org.

School Emergency Website

With the recent emergency days it is good to remind parents that there is a website available designed to disseminate crucial school emergency information as quickly as possible. The school website is www.schoolreport.org - during emergency conditions, the school district will be making regular updates to this site throughout the day.

Parents can also tune to local television or radio stations for news of school weather closures or crisis situations.

Underage Alcohol Abuse Prevention Resource:

Too Smart to Start is an underage alcohol use prevention initiative for parents, caregivers and their 9-13 year old children. This web site has interactive games and puzzles for children and adults that offer information in a fun and informative format. Check it out at: WWW.toosmarttostart.samhsa.gov.

Meredith Hill's Climbing Wall

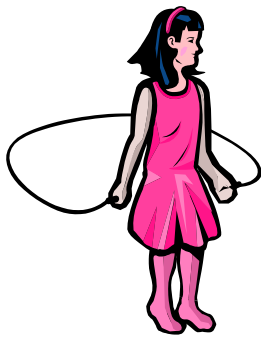
We had anticipated our Climbing Wall to be installed the first week of January but due to the weather, this did not happen.

Our Climbing Wall has been delivered and has been rescheduled for installation on February 14th.

Jump Rope for Heart

On Wednesday, February 14th, through Friday, February 16th, our school is holding a Jump Rope for Heart event to raise funds for the American Heart Association during Physical Education classes. An assembly will be held at 10:15 on Thurs., Jan. 25th to kick-off this event.

This event offers many benefits. First, the money our school raises will help fund potentially lifesaving research into heart and blood vessel disease and stroke, our nation's No. 1 and No. 3 killers. It will also fund the development of educational materials that teach the importance of heart health and staying fit. Our school also earns gift certificates for Physical Education equipment.



A permission slip is only required if your child would like to participate in the fundraising efforts for this event. This permission slip can be found on the flap of the Participant Collection Envelope.

If you have any questions about the Jump Rope for Heart event, please contact T.J. Navilio at tnavilio@fvps.org or call 253-945-3221.

Meredith Hill Talent Showcase – Audition Information

The Talent Showcase Committee is looking for a few good acts....If you sing, dance, play a musical instrument, perform stand up comedy, or have other talents that are appropriate for performance, then you might be just what we are looking for. We are especially interested in ethnic/cultural acts. Auditions will be held after school on February 8th. The actual Talent Showcase is March 9th.

If you wish to participate in the Talent Showcase, you will need to have a signed permission slip. Participants will need to provide their own transportation. Contact Vicky Dougherty (253) 839-9272 if you have any questions.

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.

