

Meredith Hill Messenger

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New AED Is a Welcome Addition to Our School

What's smaller than a breadbox, has a sophisticated computer inside, is user-friendly and capable of saving lives? If you answered an AED – Automated External Defibrillator – you're right! Thanks to the Heart of Federal Way Schools fundraiser last March, we now have a Philips HeartStart FRx Defibrillator located just inside the front door to the right of the office. This high traffic location gives easy access to the defibrillator both during and after school hours.

AEDs analyze a heart rhythm to determine whether a shock is needed to stop a lethal heart rhythm (ventricular defibrillation is the most common cause of cardiac arrest) and allow a normal heart rhythm to resume. The shock is delivered through electrodes within adhesive pads applied to a victim's chest. AEDs are simple to operate. Once attached, the AED guides the rescuer through actions using audio and visual prompts. The Heart-Start AED is programmed to defibrillate an adult. If an infant or child under 55 pounds or eight years old needs defibrillation the infant/child key should be used. When inserted in the AED, it automatically reduces the defibrillation energy and provides CPR coaching appropriate for an infant or child. An attached accessory bag contains a facemask, gloves and shaver to aid safe and effective CPR and defibrillation.

Inside this issue:

In an emergency, a 911 call should be made. AEDs don't replace CPR; a responder should perform CPR in addition to using the defibrillator.

*Welcome Addition
Volunteers*

1

Defibrillation cannot assure survival, no matter how rapid the treatment. But survival rates for cardiac arrest are directly related to how soon a victim is defibrillated. Time and tools make a difference. You make a difference. If you haven't taken a recent CPR class, look into taking one today. Contact the American Heart Association, The American Red Cross or other CPR provider.

*Battle of the Books
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*Conferences
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3

The PTA has committed to purchasing a second AED; fundraising started last spring. The goal is to have an AED on each floor. Please contact the PTA for information and to support this very worthwhile cause.

Health and Fitness

4

*Family Walk Day
ML King Celebration
Cardiovascular Endurance*

5

Thank You Volunteers

Meredith Hill volunteers worked 213 hours in the month of October! A big thanks to all of you who give so much of your time and talent to our students.

Battle of the Books

All 3rd, 4th, and 5th grade students are encouraged to join this year's school and district-wide reading competition, "Battle of the Books." The rules are simple: Students read as many books as possible (or at least three) from two award-winning book lists. (See the list to the right.) Students try to remember important information from each book, including characters, plot, setting and something about the author.

Participants will form teams in January, and prepare to "battle" for the most knowledgeable team at Meredith Hill. The school competition will take place in March, with one team advancing to the district Battle of the Books on March 27. Team members will have a chance to consult with one another before answering each question, and the answer will be the title of one of the 16 books. The district winners bring home a championship trophy, which they keep at their school until the next year's competition. Meredith Hill was the proud recipient of the district trophy in 2005 and 2006.

Parents, please encourage your child to join this exciting reading competition. It's easy to get started. Just cut out the book list, and choose one book to get started on. Remember, students have until January to begin forming teams of four! Wouldn't it be great to bring the district trophy back to Meredith Hill this year!

2007-08 Battle List

Young Reader's Choice 2008 nominees:

(For reviews, visit <http://www.pnla.org/yrca/2008nominees.htm> and select "Teacher Resources.")

- *A Dog's Life-The Autobiography of a Stray* (Ann M. Martin)
- *Double Identity* (Margaret Peterson Haddix)
- *Listening for Lions* (Gloria Whelan)
- *Princess Academy* (Shannon Hale)
- *Shakespeare's Secret* (Elise Broach)
- *Whales on Stilts!* (M.T. Anderson)

Sasquatch Reading Award 2008 nominees:

(For a brief summary of each book, visit <http://library.stjosephsea.org/sasquatch.htm>)

- *The Sisters Grimm: The Fairy Tail Detectives* (Michael Buckley)
- *The Legend of Spud Murphy* (Eoin Colfer)
- *The Misadventures of Maude Marche* (Audrey Coulombis)
- *Chicken Boy* (Frances O'Roark Dowell)
- *The Giant Rat of Sumatra* (Sid Fleischman)
- *Owen Foote, Mighty Scientist* (Stephanie Greene)
- *Airball: My Life in Briefs* (Lisa Harkrader)
- *Defiance* (Valerie Hobbs)
- *The Ghost's Grave* (Peg Kehret)
- *Abby Takes a Stand* (Patricia McKissack)

Assembly to Honor Veterans

Friday morning, November 9th, at 10:45 a.m., Meredith Hill will be holding an assembly to honor Veterans. We invite any person who is a veteran to attend this assembly so that we can express our appreciation of what you have done to protect our country and preserve our freedom. As a part of the assembly, we will have you stand and be introduced to our student body and staff. Also, Mr. Navilio is organizing a project to recognize veterans past and present by writing their names on student-colored medals that will be displayed in our school. Fliers have already been sent home to collect Veterans' names. All families and veterans are invited to join us for this special recognition of the women and men who have served in our armed forces. We hope you can attend.

Conference Success

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



November Calendar

- 6– Health Screening 9:30
- 9– Veteran's Day Assembly
10:45-11:30
- 12– Holiday
NO SCHOOL
- 15–Cookie Day
Internal Action Walk
PTA General Meeting 6:30
- 21–Early Dismissal 1:50
No PM Kinder or Preschool
- 22, 23– Thanksgiving Holiday
NO SCHOOL
- 29–Cookie Day

December Calendar

- 3-7–PTA Holiday Shop
- 7– Winterfest with Steel
Drums Concert 5:30-8:00
- 13–Cookie Day

December 20- January 1—
Christmas Break

Health Screening

Meredith Hill will be doing health screening on Tuesday, November 6. Washington state law mandates hearing and vision screening for grades K - 3 and 5, and scoliosis screening for grade 5. (Fifth grade students and parents should have received a letter with information regarding scoliosis screening.)

A written note from the parent is required to waive any part of the state mandated screening. Rechecks will be done in the weeks following screening on any student not meeting the standards for vision or hearing or are absent on screening day. Referrals will be sent to parents if follow-up for hearing, vision or scoliosis screening is required.

Substitutes Wanted

Federal Way Public Schools announces job openings in three critical areas: 1) substitute teachers;; 2) substitute paraeducators; and 3) substitute custodians.

Emergency Substitute Teachers: Do you possess a bachelor's degree and experience in providing a positive learning environment for groups of children? Consider applying to become an Emergency Substitute Teacher in Federal Way Public Schools. For more information and an application, visit our Human Resources office at 3140518th Ave. S. or e-mail C. J. Carter at cjcarter@fwps.org.

Substitute Paraeducators: Would you like to support students and teachers in our classrooms, playgrounds and lunchrooms? Our district is in need of substitute paraeducators, and encourages you to complete a classified on-line application at www.fwps.org or to call C.J. Carter, Substitute Specialist, at 253-945-2027.

Substitute Custodians: Do you need a part-time job and some exercise at the same time? Substitute custodians are needed, and the starting wage is \$12.58 per hour. Apply on-line at www.fwps.org and go to Jobs, Classified Posting, Substitute Custodians.

◀ Please call Mrs. Russo, School Nurse, at 253-945-3209, with your questions or concerns about screening.

Health and Fitness? I Thought It Was Called Physical Education!

A few years ago the state combined Health and Physical Education, and created the new endorsement of Health and Fitness. I still refer to our class as Physical Education (PE), but call it Health and Fitness class as well. Health and Fitness class is a required element of your child's education. Each class in 1st-5th grades is given two thirty minute structured classes by a certificated Health and Fitness Teacher. Half-day kindergarten students receive one thirty minute class.

My philosophy is to provide a program that will give your child the skills and knowledge to be physically active for a lifetime. Traditional programs may provide exercise, but don't give students the knowledge base to continue with exercise in the future. The most important thing about exercising is to understand why it is important and know what activities you can do to improve on the different areas of fitness (cardio, muscular strength, muscular endurance and flexibility). Throughout the year I will be writing articles in our newsletter about activities your child can do to be physically active.

Students are also given the opportunity to take part in a variety of extra programs which I offer at Meredith Hill. During the fall and winter months, students in the 3rd-5th grades

have the option of participating in organized games, called "Intramurals," on Tuesday and Thursday during their afternoon recess, which is supervised by me. Currently we are doing soccer, and future activities include basketball, bowling and volleyball. In the



spring, all students at Meredith Hill will have the opportunity to join our second annual "25 Mile Walking Club" during their lunch recess. Last year we had hundreds of kids participate in our six week program that had themed days each Friday. Some of our themed days last year were: Staff Walk Day, Family Walk Day, District Staff and School Board Walk Day, Jamba Juice Day and Stuffed Animal Walk Day. In February, I will again offer a before school Juggling Club that will run for eight weeks.

Here are some activities we've done in our class this year.

Kindergarten: Spatial awareness, locomotor movements, sport skill stations, throwing

and receiving, rolling, relays, rhythms (Hokey Pokey, Cha Cha Slide), benefits of exercise, and muscular strength. First and Second Grade: Scarf juggling, benefits of exercise, passing and receiving, relays, climbing, rhythms (Hokey Pokey, Cha Cha Slide, and Electric Slide), skill stations, rolling skills, muscular strength.

Third and Fourth Grade: Fitnessgram fitness testing, soccer, bowling, floor hockey, climbing wall, circuit stations, fitness components, rhythms (Cha Cha Slide and Electric Slide).

Fifth Grade: Fitnessgram fitness testing, fitness components (cardio, muscular strength, muscular endurance, flexibility), soccer, floor hockey, rhythms, climbing wall, bowling.

It's been a pleasure working with students at Meredith Hill for the past eleven years, and I'm looking forward to a fun year! Please feel free to contact me with any question or concerns you might have.

Visit my school webpage at:
<http://schools.fwps.org/meredith/pe/pe.htm>

T.J. Navilio,
Health and Fitness Teacher
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Walk to School Day Was A Success

On Tuesday October 9th, more than 300 students, parents and staff could be seen walking to school. Students riding buses were dropped off at the top of the hill, where staff members were waiting to make the journey with them to Meredith Hill on our "International Walk to School Day".

I wanted to take an opportunity to relay some responses from students who were asked what their favorite thing about participating in "Walk to School Day" was.

Fun Things That Can Happen When Walking to School:

- Exercising
- Walking with the principal
- Talking with friends while walking
- Getting a star certificate for completing the walk
- Seeing friends who usually only ride the bus
- Seeing the neighborhood
- Meeting other adults and kids
- Knowing that you *can* walk that far
- Working on your Cardio
- Walking with family
- Being able to STOP traffic
- Getting some fresh air
- Being part of a special event
- Seeing old friends
- Getting to cross the street with the Safety Patrol
- Getting a view from up high.

T.J. Navilio
Health & Fitness Teacher
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MLK Celebration Committee Announces Student Contest

Students in grades K-12 are invited to submit posters, essays or poetry for Federal Way's annual Martin Luther King Community Celebration. Entries should incorporate this year's theme, "Triumph...in a World of Possibilities."

Winning entries will be incorporated into the Martin Luther King Community Celebration on January 21, 2008, with winning entries featured during the program. The contest, sponsored by the Federal Way Diversity Commission, is open to public school and home-school students living within the boundaries of the Federal Way School District. Teachers are encouraged to incorporate these contests into their classroom activities to promote the study of King's life and work.

Entries may be submitted in three categories, with prizes awarded for each grade category: First prize, \$100; Second prize, \$50; Third prize, \$25.

Grades K-5: Poster Contest

Grades 3-5: Essay Contest

Grades 6-8: Poster and Essay Contests

Grades 9-12: Poster, Essay, and Poetry Contests

The deadline for entries is 5 p.m., Dec. 14, 2007. There is no cost to enter. Entries may be hand-delivered to Federal Way City Hall, 33325 8th Ave. S., or mailed to: Martin Luther King Committee, City of Federal Way, P.O. Box 9718, Federal Way, WA 98063-9718. Entry forms and detailed instructions may be picked up at Federal Way's public libraries. The information may also be downloaded at www.cityoffederalway.com/diversity.

Cardiovascular Endurance: A Good Thing to Know

What is "Cardio", in kid-friendly terms?

Cardio is a health related physical fitness component which includes all activities in which the following things are happening to your body: the heart rate goes up, the breathing rate goes up, and you remain hot, tired and sweaty for a prolonged time. Some good activities that one can do to improve their Cardio program are: biking, swimming, running, walking, step aerobics, climbing, jump-roping, and dancing.

It is always a good time to work with your child and come up with some other activities they can do to improve on their Cardio.