

Meredith Hill Messenger

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Open Invitation to Team Time

TEAM (Together Everyone Achieves More) Time is the way Meredith Hill Elementary School students and staff will start the day once a month for the rest of year starting on Monday, February 4th. When the bell rings for the beginning of school over 400 **students and staff** will pile into the gym to start their day with warm-up, movement and dancing followed by morning announcements, and the Pledge of Allegiance. We will end with a daily affirmation (I'm ready to learn!) that gets us excited and connected for learning. TEAM Time will last about 20 minutes. When we are finished students will be energized and ready for learning.

Looking forward to a fantastic day on Monday, February 4th. Please think about joining us to get our day started with a little exercise.

If you have any questions about TEAM Time, please contact Mr. Navilio, Meredith Hill Health and Fitness Teacher at tnavilio@fwps.org or Jamie Schneider, Meredith Hill Music Teacher at jschneid@fwps.org.

Pre-School Registration

Returning pre-school students and their siblings can register for the 2008-2009 school year beginning on Monday, February 25th. 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 10, 2008. Again 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 the program, please contact Mrs. Edwards at 253-945-3203.

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Give Kids a Smile

The Seattle-King County Dental Society will celebrate National Children's Dental Access Day with free children's dental screenings on Saturday, February 9. The screenings will be held at the Rainier Community Center, 4600 38th Avenue South, in the gym, from 10:00 am to 3:00 pm.

Community Health Partners will be on hand to arrange follow-up dental care and financial assistance. For additional information call 206-443-7607.

February Calendar

- 4- TEAM Time
9:15-9:40 am
- 5- Honor Choir/
Steel Drum Concert
2:45 and 7:00 pm
- 7- Cookie Day
Preschool Cookie
Decorating 6:30 pm
- 8- First Semester Report
Cards Go Home
PTA Family Night
5:30 pm Food
6:00-8:00 pm Bingo
- 12- Grades 3/4 Concert
2:45 and 7:00 pm
- 13- PTA General Meeting
6:30 pm
- 18, 19 President's Holiday
NO SCHOOL
- 21- Cookie Day
- 29- Preschool Field Trip
Hart's Gym
10:00 am

March Calendar

- 3-7- PTA Tee-Shirt Sales
- 7- Cookie Day
- 13, 14- Student-Led
Conferences
NO SCHOOL
- 17- Science Center Visits

February is Dental Health Month

Dental Proverb: *Be true to your teeth, or your teeth will be false to you.*

Teeth are bone, the hardest tissue in the body. But teeth are vulnerable each time we eat. Sugar from food mixes with bacteria causing plaque, the sticky film of bacteria that live in our mouths. Plaque builds up every day, and it doesn't go away by itself. It takes about 12 hours for plaque to accumulate around the gum line; that's why dentists recommend brushing (at least) twice daily, in the morning after breakfast and before bedtime. Brushing your teeth with a pea-sized amount of fluoride toothpaste for two minutes is enough. Remembering to replace your toothbrush when it gets frayed will help you brush effectively. Flossing is a weapon against periodontal (gum) disease and a defense against halitosis (bad breath). Dentists recommend sealants for extra protection on children's permanent teeth. Sealants are a plastic-like material applied to the chewing surface of molars to help protect the tooth crevices from harmful bacteria. Sealants can last a long time, during which the child is acquiring the manual dexterity to brush effectively, use floss, and get into a regular brushing routine.

So brush and floss every day. Use fluoride toothpaste. See your dentist regularly, twice yearly is recommended. With proper care, a child's teeth should last a lifetime.

Jump Rope for Heart

Monday, February 11th—Wednesday, February 13th, Meredith Hill students will jump into the fight against heart disease and stroke, with Jump Rope for Heart.

This popular event takes place in schools all over the country. Students jump rope and collect donations from family and friends. The students will be jumping during their regularly scheduled PE classes on those days. Our efforts help other kids and adults who may have heart disease or stroke.

Mr. Navilio has set-up a "\$50 dollar or More Club" as an additional thank-you to our students who raise money for Jump Rope for Heart. Students who raise \$50 or more will be treated to a "G-Rated" Movie, Popcorn and Water during one of their afternoon recess times later in the year.

Jump Rope for Heart is co-sponsored by the American Heart Association and the American Alliance of Health, Physical Education, Recreation and Dance. For more information about the event, contact Mr. Navilio at tnavilio@fwps.org or 253-945-3221.

