

Meredith Hill Messenger

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Conferences

March means it is conference and progress report time. Teachers will be scheduling individual conferences on March 13th or 14th. A conference form letter will be sent home shortly to confirm a conference time, if it has been requested by either you or the teacher. Please let us know as soon as possible if the time does not work for you.

One change that we want to make you aware of is in the sharing of the portfolios. During the March 13th and 14th conference will be the only time this year for your child to share his or her portfolio. We will not have an evening in June to share portfolios this year. So, please make sure you set aside some time to stop by the school during conference days to spend 10-15 minutes with your child as they share their portfolios with you. The teachers will let you know what times their rooms will be open. There is no school for students on the 13th or 14th of March.

WASL Attendance

The Washington Assessment of Student Learning test will be administered to all third, fourth, and fifth graders at Meredith Hill starting April 14, and continuing through May 1. During these days, attendance is critical. If you can avoid it, please do not schedule dentist, doctor, and other appointments during these dates. We appreciate your help in delivering your well-rested, confident and calm students daily to school, ready to take on the challenge.

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Pre-School Registration

Registration for the 2008-2009 pre-school program at Meredith Hill will begin March 10th. Registration for returning pre-school students and their siblings has already begun. As in the past, there will be two programs, one in the morning, and one in the afternoon, Monday through Thursday. Tuition will be \$190 per month on a ten-month contract.

A complete registration packet to hold your place in the program will include a \$25 registration fee, \$190 prepayment of the June 2009 tuition, a copy of the student's birth certificate, proof of immunizations, and a signed contract.

For those with kindergarten aged children, we remind you that their registration is being planned for the first two weeks in May.

Battle of the Books

On March 18th, 2008 at 2:00 pm, a fun and friendly literature contest will take place at Meredith Hill. Students from 3rd, 4th, and 5th grade classes have formed teams and are reading and studying 16 books. They are focusing their studies on the authors, settings, characters, plots, and themes of these books in an attempt to earn the right to represent Meredith Hill at the District Battle of the Books, where they will compete against teams from every elementary school in Federal Way. Last year's Meredith Hill team really shined at the District Battle coming in 2nd place among the 23 participating schools. We hope to bring the championship title back to Meredith Hill after winning the championship in 2005 and 2006.

Everyone is welcome to attend and show support for Meredith Hill at this celebration of literacy. Remember, the Meredith Hill Battle of the Books competition will be March 18th, at 2:00 p.m. The district-wide contest at Decatur High School will begin promptly at 7:00 pm on March 27th . Hope to see you there.

Team Time a Success

More than 450 staff, students, parents and family members have packed into the gym before school started to take part in our "Team Time." The kids have loved the opportunity to be together as a school and get their bodies moving to start the day. Mr. Navilio and Mrs. Schneider have led our school through warm-ups, dances, cool downs and signing songs. Our next "Team Time" is scheduled for Wednesday, March 5th at 9:15 in the gym. Like always, there is an open invitation for anyone to join us and get your blood pumping before the day begins.



Mrs. Schneider helped start the latest Team Time with music and a smile.

MHL Has a Heart!

Thank you Meredith Hill community, for participating in our 11th "Jump Rope for Heart."

Meredith Hill students and staff collected more than \$3200 in donations for Jump Rope for Heart. Once again we have done a tremendous job in helping to save lives! Thank-you gifts for students helping in the fundraising effort will arrive sometime in April.

Elementary Choice

Elementary choice will be held April 1–30. The district's Choice Program allows students to apply to attend a school in the district other than their assigned neighborhood school. Openings available for the 2008-09 school year are posted at the District Educational Service Center (ESC), 31405 18th Ave. S., Federal Way. Students and parents can pick up an application at any Federal Way public school or at the Educational Service Center (ESC), starting later in the month of March.



Health Issues at School

In an effort to keep everyone well and regularly attending, please do not send your child to school if they have any of these symptoms:

- Diarrhea (Two or more times in the last 24 hours)
- Vomiting or rash (If undiagnosed or contagious)
- Thick drainage from the eyes or a sore throat (Especially with fever and swollen glands)
- Fever (in the past 24 hours.)

March Calendar

- 4-7—PTA Tee-Shirt Sale
 5— TEAM Time 9:15 am
 Fourth Gr. and Carson
 to State Capitol
 9:00-3:00 pm
 6— Cookie Day
 10— Pre-School Registration
 11— Music Concert Gr. 1/2
 Dress Rehearsal 2:45 pm
 Performance 7:00 pm
 13, 14— Conferences
 NO SCHOOL
 17— Pacific Science Center
 Visits
 18— Second Gr. to Seattle
 Children's Theatre
 9:00-3:00 pm
 MHL Battle of the Books
 Library 2:00 pm
 19, 20— Fifth Grade Science
 Fair at 9:30-10:30 am
 and 2:00-5:00 pm
 20— Cookie Day
 PTA Board Meeting 6:30 pm
 PTA Talent Show 7:00 pm
 24— Fourth Gr. with
 Rushton and Carson
 to Highline C. College
 9:30-2:00 pm
 27— District level
 Battle of the Books at
 Decatur 7:00 pm
 March 31-April 4—
 Spring Break

April

- 1-4— Spring Break continues
 10— Cookie Day
 14-May 1—
 WASL Testing
 24— Cookie Day
 30— First Grade to
 Point Defiance Zoo
 and Aquarium
 9:30-2:30 pm

Health and Fitness Tips from Mr. Navilio

What is “Muscular Endurance,” in kid-friendly terms?

Muscular means *using muscles*, and endurance means *for a long time*. Muscular endurance is a health related physical fitness component, which includes activities that involve pushing, pulling, lifting, or carrying for a long time, over and over. Some good activities which can improve your muscular endurance are: biking, long distance running, sit-ups, jump rope, swimming, jumping jacks, gymnastics, dance, cross country skiing, ice skating, and soccer.

Looking for some basic first aid suggestions?

Spring sports are arriving and so are sport related injuries. As soon as possible after an injury, such as a knee or ankle sprain, you can relieve pain and swelling and promote healing and flexibility with RICE—Rest, Ice, Compression, and Elevation.

Rest: Rest and protect the injured or sore area. Stop, change, or take a break from any activity that may be causing your pain or soreness.

Ice: Cold will reduce pain and swelling. Apply an ice or cold pack immediately to prevent or minimize swelling. Apply the ice or cold pack for 10 to 20 minutes, three or more times a day. After 48 to 72 hours, if swelling is gone, apply heat to the area that hurts. Do not apply ice or heat directly to the skin. Place a towel over the cold or heat pack before applying it to the skin.

Compression, or wrapping the injured or sore area with an elastic bandage (such as an Ace wrap), will help decrease swelling. Don't wrap it too tightly, since this can cause more swelling below the affected area. Loosen the bandage if it gets too tight. Signs that the bandage is too tight include numbness, tingling, increased pain, coolness, or swelling in the area below the bandage. Talk to your health professional if you think you need to use a wrap for longer than 48 to 72 hours; a more serious problem may be present.

Elevate the injured or sore area on pillows while applying ice and anytime you are sitting or lying down. Try to keep the area at or above the level of your heart to help minimize swelling.

*There are two lasting bequests we can give
 our children: One is roots.
 The other is wings.*

Hodding Carter, Jr.