

Meredith Hill Messenger

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Classroom Assignments for 2009/2010

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 Placement form to identify the needs of your student/s next year. Please do not request a specific teacher. Class lists will be posted in the office window Friday, August 28, at 4:00 p.m.

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Federal Way Early Childhood Programs

Federal Way ECEAP (Early Childhood Education and Assistance Program) and Federal Way Head Start provide free preschool education, health and nutrition services, and family support to eligible low-income children . Eligibility for these programs is based on the child's age and family annual income. Priority is given to children turning age four prior to September 1st of the school year, with limited space available for three-year-old children. If you would like an application or additional information, call 253-945-2379. Leave a message with your name, telephone number, address, and your child's date of birth. We will return your call as soon as possible.

Track Season Winding Down

Track season is nearly finished at Meredith Hill. Students turned out for their meet on April 18, held at Federal Way H.S. Memorial Field. Meredith Hill qualifiers on that day included Lamarae Jackson, Aiyanna McCarron, Jacob Kuchmiy, Alex Argyle, Ivan Gomez, Lloyd Walker, Mason Fullerton, and Aliyah Ramil.

The last, and Championship Meet, will be held on Saturday, May 16th at 9:00 am for all those athletes advancing from the qualifying meet.

We congratulate all who participated in the program this year. We would also like to thank Mrs. Phillips and the parents who gave their time to work with these students to prepare them for the meets.

Pre-School Registration

District pre-school plans have not yet been finalized. At this time we do not know when registration will begin at Meredith Hill.

Please look for more information to come home shortly, or call the office to inquire. We will take your name and notify you when we learn more.

Thank you for your patience.

25 Mile Club

Meredith Hill Elementary students are now participating in the Third Annual 25 Mile Walking Club. The Walking Club meets at recesses, and will continue for the next seven weeks. Small rewards will be given to the students as they progress, but a wonderful benefit is healthy exercise with your friends. Staff members have been enjoying walking with the students too!

This Friday, the walking theme for the day will be "MHL Spiritwear Day". Remind your students about the following themed Fridays as well:

- ◆ May 15—Stuffed Animal Day
- ◆ May 22—Sport Team Day
- ◆ May 29—Hawaiian Day
- ◆ June 5—Walk with a Hat Day

June 12 will be the last day of the 25 Mile Club. Family members are invited for this last and most special themed day. Please join us for Family Walk Day.

Library Book Swap

Get your "Good Reads" for summer at the Book Swap! On Tuesday, June 9th, the Meredith Hill Library will be hosting a book swap. This will be your opportunity to get some great books to read for the summer. Here's how it works:

The week of June 1st-5th, bring in books for the book swap. Each book must have a completed admission swap slip. We will inspect each book and return slips to the students for books that were approved. Damaged or inappropriate books will be returned to their owners. Books will be categorized by beginning books, picture books, and chapter books. Your admission slip to the book swap will be stamped accordingly so you will know what type of books you'll be able to get. *For example, if you bring two picture books, you will be able to get two picture books.* If you bring a chapter book, you can swap it for another chapter book.

On Tuesday June 9th, come to the Book Swap! You may come during your afternoon recess with your admission slip. We will have a special morning session for morning preschool and kindergarten classes.

We will need volunteers to help us sort the books and help us run the book swap. Please contact Mrs. Edwards or Mrs. Lunde at 253-945-3220 if you have any questions or would like to help!

New 5th Grade Immunization Requirements

Students will be bringing home a letter soon regarding vaccines needed for 6th grade. Immunizations can be obtained from your own physician, Public Health, or other facilities offering immunizations according to the immunization schedule.

All students are required to show proof of vaccination with 2 doses of measles, mumps and rubella vaccine (MMR), and 3 doses of Hepatitis B vaccine.

All students attending 6th grade, and who are at least 11 years old, are required to show proof of Tdap vaccination if it has been five years since receiving a tetanus containing vaccine (DTaP, DT, or Td). We will list your students' last recorded tetanus containing vaccine on their letter; please check the accuracy of this date.

The Varicella (chicken pox) vaccine is required for 6th grade. Students can meet this requirement if they have had the vaccine, had the disease, or show evidence of immunity through blood testing.

Please update your student's immunization records now or prior to the start of school in the fall. Documentation of vaccination or a properly documented exemption will be required for school attendance. Call the school nurse at 253-945-3208 with any questions.

May Calendar

- 1- PTA Family Movie Night
6:30 p.m.
- Spirit-Wear Walk Day
- 4-8- PTA Food Drive
- 4-15- Kindergarten
Registration
- 7- Cookie Day
Staff Walk Day
3rd/4th Grade Concert
2:40 and 7:00 p.m.
- 8- District Data Day
NO SCHOOL
- 12- Volunteer Appreciation
Tea 4:00-4:30 p.m.
- 13- 2nd Gr. Field Trip
Pac. Science Ctr
9:30-3:30 p.m.
- 14- 4th Gr. Field Trip
Tillicum Village
7:50 a.m.-3:00 p.m.
- 15- Stuffed Animal Walk Day
PTA Auction
5:30-7:30 p.m.
- 16- Track Championship
Qualifiers Gr. 3-5
FWHS Mem. Field
9:00 a.m.
- 19- Kindergarten Concert
2:40 and 7:00 p.m.

- 21- Cookie Day
Last PTA Board Mtg
6:30 p.m.
- 22- Sport Team Walk Day
Last Pantasia
1st Gr. Field Trip
Pt. Defiance Zoo
9:30 a.m.-2:30 p.m.
- 25- Memorial Day Holiday
NO SCHOOL
- 26- 5th Grade to Kilo
1:00-2:30 p.m.
- 27- PTA Theatre
Presentation
2:40 and 7:00 p.m.
- 28- Honor Choir/Steel
Drum Concert
2:40 and 7:00 p.m.
- 29- Hawaiian Walk Day

Early School Next Year

Meredith Hill will be an early school next year. New hours will be from 8:50 a.m. until 3:20 p.m. The AM Pre-School and Kindergarten times will be 8:50 to 11:35, and the PM Pre-School and Kindergarten times will be 12:35 to 3:20.

June Calendar

- 2- Steel Drum Tour
9:30 a.m.-3:30 p.m.
- 3- 3rd Gr. Field Trip
Kindergarten Roundup
6:30 p.m.
- 4- Steel Drum Tour
Cookie Day
Preschool Performance
- 5- Steel Drum Tour
Hat Walk Day
- 8- Safety Patrol Field Trip
- 9- Book Swap (Recesses)
- 10- Grading Period Ends
Safety Assemblies
- 11- King Co. Library Presents
K/1/2 9:35
3/4/5 10:25
PTA Talent Show
2:30 p.m.
- 12- Family Walk Day
- 15- Third Grade Field Trip
5th Grade Celebration
- 16- Field Day
Last Day Preschool
Last Day AM/PM Kind.
- 17- Last Day ADK- 5
Report Cards Go Home
Assembly 10:00 a.m.
Dismissal 1:50 p.m.

Kindergarten Registration

Kindergarten registration is being held now through May 15, 2009. Your child must be five years old on or by August 31, 2009 to attend the 2009/2010 Kindergarten school year. To register your child, just come to the school office between 8:00 am-4:00 pm. The best time to register is 10:00 am-2:00 pm, due to before- and after-school traffic in the parking lot, and the high level of activity in the school office. *Please bring the child you are registering with you.* We will also need copies of your student's birth certificate, immunization records, proof of residency, and emergency contact phone numbers.

If you are interested in the all-day kindergarten class, all forms must be completely filled out and a \$230.00 deposit, representing the June 2010 tuition payment, is required before we can put your child into the all-day kindergarten class. There will be ten certain places available in the all day kindergarten class. We expect these to fill up quickly. Several additional spaces may be opened later, and we will keep a list of those families who are interested.

In addition, don't forget to mark your calendar for the upcoming Kindergarten Orientation on June 3, from 6:30 to 7:30 p.m. At that time, you and your child can meet the teachers, see the classrooms, and learn about the programs.

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 2009/2010 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













May 2009 Elementary Physical Activity Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
|  | Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool. | |  |  | 1 Find a big target and throw as hard as you can at it. Step right at the target with your opposite foot.  | 2 Rainbow game-play with a friend. Name a color- both of you run and touch 3 things of that color. Run fast! |
| 3 Log rolls outside in the grass. | 4 Play opposite-run fast, run slow, skip high, skip low, march soft, march hard. | 5 Play catch with a friend-eyes on the ball, reach, and pull it in to catch it. Coach each other. Can you catch 100 times?  | 6 Make a hopscotch court and play with family or friends. For ideas, go to: http://www.streetplay.com/rulesheets/pdf/hops_cotchsheel.pdf | 7 Go outside and run-try different pathways-straight, zigzag, and curved; change speed-fast, slow. | 8 Spring cleaning- pick up sticks and grass clippings in the yard. | 9 Animal walks-move like a monkey, a rabbit, chicken, a dog, a snake, and a kangaroo. |
| 10 Play jacks with a friend. No jacks? Use a little ball and some small stones. Go to: http://www.ehow.com/how_2964_play-jacks.html | 11 Can you throw a Frisbee®? Practice with a friend. How many catches can you make? Can you hit a target?  | 12 Practice dribbling a ball with your feet today.  | 13 Play statue. Hold a position for 10 seconds, and then try another pose. | 14 Balance on four body parts. Then try three. Then balance on two. Can you make different body parts be your base? | 15 Try doing cartwheels outside. Remember to start and land with your body sideways. | 16 Baseball season is here-practice striking a soft ball off a tee or from a pitch. |
| 17 Climb on something today. Plan where to put your hands before you reach. | 18 Practice volleying with a friend-use a racquet or paddle. No paddle? Use a Frisbee® to strike.  | 19 Race your friend today in the playground during recess. | 20 Set up bowling on your sidewalk or deck using empty water bottles filled with sand or water. | 21 Jump rope today. No rope? Pretend!  | 22 Go on a neighborhood hike today with a friend-count how many things you see that can be used for physical activity. | 23 Practice skipping, skip everywhere you go today. Remember to step hop, step hop, over and over. |
| 24 Find some stairs-run up and down the stairs ten times today. | 25 Do some sit ups - can you do 25 sit ups? | 26 List all the active words you know-do the activities ten times each today. | 27 List all the different things you can do with a ball and practice them. | 28 Play balloon volleyball over a chair with a friend. Can you keep it up?  | 29 Do some push-ups outside with your hands on a railing or wall. | 30 Go to your local park and play on the playground equipment. |

Calendario de Actividad Física de Primaria

| Domingo | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado |
|---|---|--|--|--|--|---|
|  | Reproducido bajo autorización de la Asociación Nacional para el Deporte y la Educación Física (NASPE). Para evaluar si el programa de Educación Física de su hijo es de calidad, visite: www.naspeinfo.org/observePE , donde conseguirá una herramienta de evaluación. | |  |  | 1 Encuentra un blanco grande y lanza una pelota tan fuerte como puedas. Da un paso hacia el blanco con el pie opuesto.  | 2 Juego del Arcoiris - juega con un amigo. Nombra un color - ambos corren y tocan 3 cosas de ese color. ¡Corran rápido! |
| 3 Haz troncos rodantes en la grama. | 4 Juega a los opuestos - corre rápido, corre lento, saltica alto, saltica bajo, marcha suavemente y marcha fuertemente. | 5 Juega a atajar con un amigo - mantén la vista en la pelota, extiende las manos y trae la pelota hacia ti. Ayúdense mutuamente. ¿Pueden atajar 100 veces?  | 6 Dibujen el "avión" y jueguen con la familia o los amigos. Puedes encontrar ideas en: http://www.streetplay.com/rulesheets/pdf/hops_cotchsheel.pdf | 7 Sal afuera y corre en diferentes sentidos - recto, zigzag, curvas; cambia de velocidad, rápido y lento. | 8 Limpieza de primavera - recoge ramitas y la grama cortada en el jardín. | 9 Camina como los animales - muévete como un mono, un conejo, un pollo, un pello, una culebra y un canguro. |
| 10 Juega a los Jacks con un amigo. ¿No tienes jacks? Usa una pelotica y piedras pequeñas. Ve a: http://www.ehow.com/how_2964_play-jacks.html | 11 ¿Puedes lanzar un Frisbee®? Practica con un amigo. ¿Cuántas veces pueden atajar? ¿Puedes pegarle a un blanco?  | 12 Practica el drible con los pies hoy.  | 13 Juega a las estatuas. Mantén la posición por 10 segundos y luego trata de hacer otra posición. | 14 Equilibrate en 4 partes de tu cuerpo. Luego en 3. Luego en dos. ¿Puedes que otras partes del cuerpo constituyan la base? | 15 Trata de hacer la estrella al aire libre. Recuerda de iniciar y terminar con el cuerpo de lado. | 16 Llegó la temporada de beisbol - practica golpeando una pelota suave des la "T" o con pitcheo. |
| 17 Escala algo hoy. Piensa dónde vas a colocar las manos antes de alcanzar. | 18 Practica la volea con un amigo - usa una raqueta o paleta. ¿No tienes? Usa un Frisbee® para golpear.  | 19 Haz carreras con tu amigo en el patio de recreo durante el receso. | 20 Prepara un juego de bowling en la acera o terraza usando botellas vacías de agua llenas de agua o arena. | 21 Salta cuerda hoy. ¿No tienes cuerda? Pretende que tienes una.  | 22 Ve de excursión por el vecindario con un amigo - cuenten cuántas cosas ven que pueden ser utilizadas para actividades físicas. | 23 Practica el salticar. Saltica dondequiera que vayas. Recuerda: paso, salto, paso, salto. Una y otra vez. |
| 24 Corre de arriba a abajo en unas escaleras 10 veces hoy. | 25 Haz abdominales - ¿Puedes hacer 25? | 26 Haz una lista de nombres de actividades. Hazlas 10 veces hoy. | 27 Haz una lista de todas las cosas que puedes hacer con un balón y practícalas. | 28 Juega a voleibol con un globo, sobre una silla, con un amigo. ¿Pueden mantenerlo en el aire?  | 29 Haz lagartijas afuera con las manos en una baranda o la pared. | 30 Ve a un parque cercano y juega en los aparatos. |