



Season Two Sports

Sports Pictures December 11th -After School

Boys Basketball (7th & 8th)

Coaches: 8th- Chance Wilton; 7th- Brad Pizzalato

(3:45 start time)

Tuesday, Dec. 1	Home vs. Mill Creek
Thursday, Dec. 3	Away @ Cedar Heights
Tuesday, December 8	Home vs. Mattson
Thursday, Dec. 10	Away @ Northwood- Limited Participation (LP)
Tuesday, December 15	Away @ Meridian
Thursday, December 17	Home vs. Tahoma Gold
Wednesday, January 6	Away @ Northwood
Friday, January 8	Home vs. Tahoma Blue
Monday, January 11	Home vs. Tahoma Blue-LP
Tuesday, January 12	Away @ Mill Creek
Thursday, January 14	Home vs. Cedar Heights
Wednesday, January 20	Away @ Mattson

Tahoma games are played at Tahoma MS (216th St-Maple Valley)

Gymnastics (7th & 8th)

Coaches: Head Coach-Keely Hogan; Asst. Coach-Annette Wilton

(4:00 start time)

Wednesday, Dec. 2	Away @ Cedar Heights
Wednesday, Dec. 9	Home vs. Meridian
Wednesday, Dec. 16	Away @ Northwood
Thursday, Jan. 7	Home vs. Mattson
Wednesday, Jan. 13	Away @ Mill Creek
Friday, Jan. 15	Away @ Mattson- Home Team (JV) Meet
Wednesday, Jan. 20	Away @ Cedar Heights- Varsity League Meet

Tahoma games are played at Tahoma MS (216th St-Maple Valley)



MEEKER & DISTRICT NEWS

MEEKER PARENT VOLUNTEERS NEEDED!

Meeker is scheduled to perform vision and hearing screening **Friday, December 18th** and we need YOU!

Please call the Meeker nurses office at 253-373-6384 and sign up to volunteer from 8:15 a.m.-12:00 noon.

In order to make the screening go as smoothly as possible, we need many volunteers. Thanks!

MEEKER DANCE TEAM

The Meeker Dance Team is hosting a **skate night** at Auburn Skate Connection on **Thursday, December 10th** from 6:30 p.m. to 8:30 p.m.. They are located at 25 Howard Rd, Auburn (253)-833-4040.

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Meeker Middle School students, parents, friends and family please support the Meeker Dance Team at their 1st **competition** on **Saturday, December 12** at Hazen High School (1101 Hoquiam Ave NE, Renton) at 1:00 p.m. The girls could really use your cheers to give them an extra heap of support. Show off your school spirit!

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### KENTRIDGE HIGH SCHOOL DANCE TEAM

*KRHS presents  
"Chatelaines Take Center Stage"  
Winter Dance Showcase*

*Friday, December 11th 7 p.m.  
Saturday, December 12th Noon  
\$10.00 Advance reserved center section  
\$8.00 At the door general seating*

*Kentridge Performing Arts Center  
12430 SE 208th St  
Kent, WA 98031*



## MEEKER STUDENT OF THE MONTH

Every month, Meeker staff teams nominate students for Student of the Month by type of achievement (Academic, Most Improved, and Citizenship). The following students were nominated for November:

| TEAM                 | STUDENT                                                               | ACHIEVEMENT                              |
|----------------------|-----------------------------------------------------------------------|------------------------------------------|
| <b>SIERRA MADRES</b> | Tran Nguyen<br>Daniel Ascencio Roman<br>Ali Al Nuaimi                 | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>CASCADES</b>      | Annika Mayes<br>Darien Slate<br>Nate Barton                           | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>OLYMPICS</b>      | Antonina Levchuk<br>Cristina Daniel<br>Victoriya Kaydalova            | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>ROCKIES</b>       | Francheska Songheng<br>Iliana Sanchez<br>Nimrata Bhullar              | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>ALPS</b>          | Luis Guardado<br>Yanely Solano-Quinteros<br>Emily Lam                 | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>PYRENEES</b>      | Jasmin Randhawa<br>Kevin Fulgencio<br>Lidiya Pshonyak                 | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>SISKIYOU</b>      | Abdullahi Jama<br>Nelya Kucher<br>Kenneth Silvan                      | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>TETONS</b>        | Courtnae Williams<br>Oleg Arkhipchuk<br>Heaven Hamilton               | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>HIMALAYAS</b>     | Kaileighnia McIntyre-Coffindaffer<br>Amari Cotright<br>Kelsey Bennett | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |
| <b>ANDES</b>         | Ellen D'Angelo<br>Rachel Wisner<br>Theresa Nguyen                     | ACADEMIC<br>MOST IMPROVED<br>CITIZENSHIP |



# PTSA

## Meeker Middle School PTSA

*everychild.onevoice*

12600 192<sup>nd</sup> Avenue Street; Renton, WA 98058

PTSA-Presidents Suzette Willmore 253-852-6797 and

Mariann Kallaher mariannh@kallaher.org

Membership Chair: Melanie Mitchell

Dear Parents, Staff, Students and Community Members,

PTSA is a non-profit volunteer association that seeks to unite the home, school, and community on behalf of children and youth. The PTSA at Meeker sponsors several programs and committees including Meeker Responders, Book Fair, Staff Appreciation and an 8<sup>th</sup> grade party celebration to name just a few. The PTSA also provides a voice in the Washington State PTA Legislative Assembly, participates in the National PTA Reflections program, and provides support to our school and community. PTSA news and information can be found in the monthly Meeker Middle School newsletter that can be found online at [www.kent.k12.wa.us/ksd/MK/newsletters.htm](http://www.kent.k12.wa.us/ksd/MK/newsletters.htm)

To join PTSA, complete the information below and return with the appropriate dues (checks payable to Meeker PTSA). Send this form with your student, put in the school PTSA mailbox or mail directly to Meeker MS PTSA.

Thank you for supporting our PTSA. Take advantage of our newest member benefit and receive weekly Meeker Morning Announcements via email for members who provide an email address. Join the Meeker PTSA and help unite our youth's learning community!

Membership Dues: \$14.00 adult member

Total enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

e-mail \_\_\_\_\_

PTSA member at Meeker last year! \_\_\_\_\_ Yes \_\_\_\_\_ No

Together we can make a difference in the lives of our children. PTSA, student and school activities want and need your help! Please mark any of the following activities that you would be interested in providing a helping hand and return to Meeker PTSA.

- After School Activities
- Band
- Book Fair
- Choir
- Field Trip Chaperones
- Financial Reviews of PTSA books  
*January & July*
- Fundraising
- Health Room Volunteer
- Meeker Responders
- Membership
- Orchestra
- Spirit Sale
- Staff Appreciation  
*(staff lunches)*
- Volunteer Coordinator
- 8<sup>th</sup> grade Party



December 2009

Our next PTSA meeting will be **Tuesday, December 8th at 7:00pm** in the library. As always, everyone is welcome to attend. **At 6:00 pm there will be a “Fun Technology Tutorial.”** Come join Mrs. Brownstein and Mrs. Williamson in the library prior to the PTSA meeting for some fun and informative lessons. Learn how to use some of the programs that our students are using and have some fun with other Meeker parents at the same time.

**HAPPY HOLIDAYS from your Meeker PTSA!**

Suzette Willmore and Mariann Kallaher  
Meeker PTSA Co-Presidents



## COUNSELING CORNER

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**Are you parenting  
a distractible child?**

**ADD / ADHD**

**Parent Support Group**

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays**

**(beginning December 9<sup>th</sup> & 23<sup>rd</sup>)**

**6:45 pm – 8:00 pm**

**Kent Covenant Church**

**Office Conference Room**

**12010 SE 240<sup>th</sup> St.**

**Kent, WA 98042**

**253 - 631 – 0222**

Whether you are currently parenting a child with ADHD or just want to learn more about this topic, please join us for an open discussion of the joys and challenges of raising these creative, energetic, and distractible children.

Childcare will be available with 48 hours advance notice by calling 253-631-0222 x. 155. Bring friends and family members, and together we will share stories, successful tips, and helpful resources.

Contact facilitator with questions – [janelleber@comcast.net](mailto:janelleber@comcast.net) or 253-670-3620.

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## Coping With Adolescents

### Try to understand your middle schooler's need for a best friend

Parents are sometimes surprised by the strength of middle school friendships. A middle schooler's focus may seem to shift away from his family. He may even want to bring his best friend with him to family gatherings. Parents may feel as if they are somehow being replaced.

Rest assured you're not. Your child's bond with his best friend is not happening because he doesn't love his family. It's happening because, now more than ever, he needs someone who is going through the same kinds of things he is going through. Best friends talk about physical changes, the opposite sex and how their peers view them, among other things. Knowing that a friend has similar concerns helps your child feel "normal."

So be as understanding as possible about your child's friendship. Make your child's friend feel welcome. It will mean the world to your child. It will also help him develop into a more secure and confident person.

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### Talking & Listening

#### Know how to talk with your middle schooler about school

As a parent, it is both your right and your responsibility to know how your child is doing at school. But trying to get this information from your child can be, as the old saying goes, "like pulling teeth."

With a little information and preparation, you can have an actual conversation about school with your child. Here's how:

- Stop drilling your child about homework. Not only does your child dislike it, but it contributes to a negative attitude about homework. Let your child use the first 20 minutes at home to settle in and have a snack. Save your (gently-worded) homework questions for after that.
- Be specific. If your child can answer you with one word, she will. Example: "How was school today?" "Fine." Instead, say something like: "I know you worked hard preparing for those essay questions on your history test. How did you answer the first one?"
- Encourage your child to advocate for herself. If your child is having trouble, your first thought may be to tell her not to worry--you'll call or email the teacher. But you're not the one who is struggling--your child is. So instead, say "Let's brainstorm some ways for you to approach Ms. Johnson about getting extra help in English class."

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### Building Character

#### Encourage your middle schooler to develop good judgment

When you trust your child, you have faith that she will "do the right thing" most of the time. The first step toward this is knowing what the "right thing" is. This process is judgment, and it develops over time.

Here are two ways to guide your child toward good judgment:

1. Give your child increasing amounts of responsibility for school routines. Start with a basic habit, such as bedtime. She knows what time she needs to get up for school. Tell her you will let her judge for herself a reasonable hour to get to bed. If this goes well, allow her to exercise judgment over another area of her life. If it doesn't go well, ask her what she has learned from the experience (for example, she feels like falling asleep in her first class). Work out a new plan with her, and try again.
2. Discuss situations in advance. What would she do if friends who had been drinking wanted her to get into a car they were driving? Your child probably knows not to get into the car, but kids often get flustered when presented with tough situations for the first time. Practicing with you will help her call upon her judgment skills and make a good decision.

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**Use conversation, questions to boost your child's thinking skills**

True, your preteen may do well in school. But what kind of thinker is she? Can she tackle a tricky assignment in a clever way? Does she weigh all sides of an issue before picking a position? Will she give a reasoned opinion about something when asked? If the answers are no, no and no, don't worry! Like other skills, your preteen's thinking skills can be nurtured and sharpened over time. To do just that:

- Engage your child in conversation. Don't gloss over the issues of the day when sitting down to dinner. Really discuss them. Encourage your child to ask questions about the things she sees online or hears at school. It may prompt her to consider those topics more deeply.
- Ask open-ended questions. When possible, avoid asking your preteen yes-no questions. Instead, ask things that are more likely to lead to a thoughtful response. "What did your history teacher have to say about the election?" may result in a more creative answer than, "Did you talk about anything in school today?"
- Avoid quizzes. Boosting your preteen's critical-thinking skills shouldn't seem like school. So don't make her feel as if you're testing her. Rather, keep your exchanges casual and friendly.

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**Parent Pointers**

Calendar



| Sunday                                                                                                     | Monday                                                                                             | Tuesday                                                                                                            | Wednesday                                                                                                        | Thursday                                                                                                     | Friday                                                                                                     | Saturday                                                                                                  |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>December</b>                                                                                            |                                                                                                    | <b>1</b> Teach your child about empathy. Help her think about how others feel.                                     | <b>2</b> Suggest that your child write a descriptive story. Have her include lots of details.                    | <b>3</b> Have each family member think of two nice things to do for others today. Later, share what you did. | <b>4</b> Make sure your child has plenty of writing supplies for stories, notes and letters.               | <b>5</b> Make popcorn and watch a movie with your child. Afterward, talk about the movie.                 |
| <b>6</b> Ask bookstores to notify you of book signings. Take your child when the book topic interests her. | <b>7</b> Before your child buys something, encourage her to compare prices and return policies.    | <b>8</b> Give your child a test-taking tip: Answer everything you know first, then go back to difficult questions. | <b>9</b> Keep nutritious foods handy at home, such as sliced vegetables and fresh fruit.                         | <b>10</b> Use math-related terms in conversation, such as <i>parallel</i> and <i>intersect</i> .             | <b>11</b> Don't let your child watch TV while studying, no matter how much he wants to.                    | <b>12</b> Peer pressure can be positive. Encourage group activities like sports and volunteering.         |
| <b>13</b> Suggest that your child write a letter to a relative, author, lawmaker or celebrity.             | <b>14</b> Make a weekly TV schedule with your child. This reduces wasted time in front of the set. | <b>15</b> Ask your child to take photos during holiday events. This may build her interest in participating.       | <b>16</b> Talk with your child about her report card. Ask what went into getting each grade.                     | <b>17</b> As your child becomes more responsible, switch from a weekly to a monthly allowance.               | <b>18</b> Is your child's favorite TV show on during homework time? Have him record it and watch it later. | <b>19</b> Take advantage of time in the car with your child. You can talk privately without interruption. |
| <b>20</b> Look through the classifieds with your child. Which jobs seem interesting? Why?                  | <b>21</b> Encourage your child to read a biography, such as one about Helen Keller.                | <b>22</b> Talk about ways to handle negative peer pressure, such as standing up for yourself or using humor.       | <b>23</b> Give the gift of time to your child. Time with parents is more important to kids than material things. | <b>24</b> As your daughter matures physically, remember that it's normal and healthy for her to gain weight. | <b>25</b> Taking practice tests can improve grades. Encourage your child to use this study method.         | <b>26</b> Talk about TV ads with your child. What sales techniques do they use?                           |
| <b>27</b> When arguing with your child, focus more on solutions than blame.                                | <b>28</b> Do everyday things with your child, such as washing dishes, to gain more time together.  | <b>29</b> Help your child open a bank account. Explain how to keep track of withdrawals and deposits.              | <b>30</b> Talk about people you admire who have shown integrity. What did they do?                               | <b>31</b> Make individual and family resolutions for the new year. How will you reach your goals?            | <b>2009</b>                                                                                                |                                                                                                           |



# OPT-IN MAILING

## 2009-2010 Meeker Parent Newsletter

### Mail Opt-In Request Form

I request a mailed copy of the monthly parent newsletter:

**PLEASE PRINT**

Parent name: \_\_\_\_\_

Student name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Complete this form and return to the Meeker Middle School Main Office.

### DECEMBER CALENDAR

|                    |                                                                                                   |
|--------------------|---------------------------------------------------------------------------------------------------|
| December 8         | Century 21 Family Involvement Night 6:00 pm in Library<br>PTSA General Meeting 7:00 pm in Library |
| December 9         | Late Start-Students begin school at 11:05 am                                                      |
| December 11        | Season 2 Sports Pictures 3:01 in Upper Gym                                                        |
| December 15        | Music Concert 7:00 pm in Upper Gym                                                                |
| December 17        | Drama Production 6:00 pm in Cafeteria                                                             |
| December 22        | Mid Quarter Progress Reports                                                                      |
| December 23-Jan. 1 | Winter Break                                                                                      |