



Season Three Sports

MARCH 12th-SEASON 3 SPORTS PICTURES

Girls Basketball (7th & 8th)

Coaches: Varsity– Kelli Darcy; 7th-Ron Colston (3:45 start time)

Tuesday, February 23	Home vs. Mill Creek
Thursday, February 25	Away @ Cedar Heights
Monday, March 1	Away @ Northwood-LP
Tuesday, March 2	Home vs. Mattson
Thursday, March 4	Away @ Meridian
Tuesday, March 9	Home vs. Tahoma Gold
Thursday, March 11	Away @ Northwood
Tuesday, March 16	Home vs. Tahoma Blue
Thursday, March 18	Away @ Mill Creek
Monday, March 22	Home vs. Tahoma Blue-LP
Tuesday, March 23	Home vs. Cedar Heights
Thursday, March 25	Away @ Mattson

Wrestling (7th & 8th)

**Coaches: Varsity-Bob Mattson; Jr. Varsity-Matt Ramirez
(4:00 start time)**

Thursday, February 11	Away @ Mill Creek
Thursday, February 25	Home vs. Cedar Heights
*Saturday, February 27-Tournament	Away @ Tahoma High School
Tuesday, March 2	Away @ Tahoma Blue
Thursday, March 4	Home vs. Meridian
Tuesday, March 9	Away @ Tahoma Gold
Thursday, March 11	Home vs. Northwood
Tuesday, March 16	Away @ Mattson
*Saturday, March 20-Non-Varsity Round Robin	Away @ Tahoma High School
*Saturday, March 27-Conference Meet	Away @ Kentwood High School

*Tournament, Round Robin, Conference Meet: Weigh-in begins @ 8 am; Wrestling begins @ 10 am
Tahoma Blue & Gold games are played at Tahoma MS (216th St-Maple Valley)



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 January:

JANUARY

TEAM	STUDENT	ACHIEVEMENT
SIERRA MADRES	Yaroslav Serdyuk Bohdan Lehendzevych Gureen Kaur	ACADEMIC MOST IMPROVED CITIZENSHIP
CASCADES	Ahmed Al Dulaimy Jorge Meza Kilda Siufanua Afamasaga	ACADEMIC MOST IMPROVED CITIZENSHIP
OLYMPICS	M'Kenna Hayes Tonny Le Alex Horman	ACADEMIC MOST IMPROVED CITIZENSHIP
ROCKIES	Mithula Rarmal Natalie Overall Heidi Jones	ACADEMIC MOST IMPROVED CITIZENSHIP
ALPS	Krystal Pulmones Balraj Sandhu Denise Perez	ACADEMIC MOST IMPROVED CITIZENSHIP
PYRENEES	Fekare Mengisteab Jesse Rivera Maria Anderson	ACADEMIC MOST IMPROVED CITIZENSHIP
SISKIYOU	Hafsa Hassan Roman Koval Eyvar Diaz	ACADEMIC MOST IMPROVED CITIZENSHIP
TETONS	Mithula Rarmal Mandy Trieu Jasmein Phetsomphou	ACADEMIC MOST IMPROVED CITIZENSHIP
HIMALAYAS	Stephanie Parra Travis Wiley Joshua Calosso	ACADEMIC MOST IMPROVED CITIZENSHIP
ANDES	Sahra Kabadhe Jason Lowrimore Sydney Robinson	ACADEMIC MOST IMPROVED CITIZENSHIP

2010-2011 PTSA Officers Needed

We have many board positions that need to be filled for next school year in order for Meeker PTSA to continue to provide functions/benefits to our students. Our open positions include a Co-President, Vice President, Treasurer, and Secretary. Please contact Suzette @ 253-852-6797, or Mariann @ mariannah@kallaher.org for more information on how you can make a difference in the lives of our students.

Kent Clothing Bank

In lieu of our February 23rd PTSA meeting, we will be volunteering at the Kent Area Council PTA Clothing Bank. The Clothing Bank relies on volunteers to keep their doors open for families in need. If you would like to join us on the 23rd come to the West Entrance/Community Center Entrance of the Kent Phoenix Academy located at 11000 SE 264th St., in Kent at 5:45pm. For more information, contact Mariann @ mariannah@kallaher.org

Albertsons Community Partners Program

Albertsons has informed us that as of January 31, 2010 the Community Partners program has been discontinued. Albertsons has given us much needed support for many years and we are grateful to them for all that they have done for us.

Jamba Juice Cards

Don't forget to swipe your School Appreciation Card the next time you are at Jamba Juice. Every time you do, Jamba Juice will donate 10% of your purchase to Meeker and 2% to National PTA. This card works much the same way as the Albertsons Community Partners card did -- there is no cost to you. More cards are available in the Meeker front office.

Come to our Book Fair "Diner"(All You Can Read!)

Dates: March 8-12

Hours: 8:00 am—3:30 pm

Family Night: Refreshments will be served!



One for Books: Donate \$1 to the *One for Books* campaign and be entered into a drawing for a free poster. All proceeds, including the money collected for *One for Books*, go directly to buying books for the Meeker Library.

After School Activity Success

The January 29 after school activity included 200 students! Movies, dancing, basketball and volleyball were offered, as well as snacks. Many volunteers were needed and we wish to thank those that participated. Thank you to: Brad Pizzalato, Lisa Williamson, Emily Hildreth, Mariann Kallaher, Anna Nosarzewski, Larry Sims, Julie Lynch Allen, Jeff Pelzel, Annette Hinckley, Dave Carr and Roger Hancock. We also want to thank Leadership for the posters. We appreciated those students that signed up to come and help: Molly Hughes, Michelle Keowla, Justice Homberger, Shania Barron, Cecilia Tran, Karimvir Dhaliwal, Heidi Jones, Amy Cheng, KC McIntyre, Cindy Van, Kashey King, Ashley Lowe, Dilan Mohammed, Emily Dean, and Alina Kobys. Many attended and we hope all had fun. We listened to your feedback and know what we can do to make it even better next year!



OTHER IMPORTANT INFORMATION

Meeker Dance Team

Competition at Mountain View High School in Vancouver, WA on:
Saturday, February 20th

Kentridge High School Chatelaine Dance/Drill Team

There will be a one day clinic, open to all students grades K-12, to teach basics of dance/drill on:
Saturday, February 27th

There is a poster with registration forms in the main lobby at Meeker Middle School.

PREVENTION INTERVENTION SPECIALIST

FYI – new drug that has been spotted in the Kent area recently:

2C-E is a psychedelic drug, typically sold as a white crystalline powder or in pill capsules. Many have reported that the general effects of **2C-E** are similar to those of the other psychedelics, but far more intense. Vivid hallucinations similar to those experienced while under the influence of LSD are common, and many reports would indicate that the effects of this particular chemical may be overly intense for those not well experienced with psychedelics.

The total duration of **2C-E's** effects is generally between six and ten hours for an average dose, with the plateau lasting between three and six hours. For such a dose, the onset of effects takes approximately twenty to ninety minutes and perception may be somewhat altered for up to a day after ingestion. In extreme cases where between seventy-five and one hundred milligrams of **2C-E** were ingested, the duration of effects has exceeded twenty-four hours, with plateaus exceeding ten hours in length and an onset of effects within the first five minutes after the ingestion of the drug. A few users of very high doses have reported "never feeling the same again" after having used this drug.

Cheryl Burnam

Prevention Intervention

After School

Make sure your child's schedule isn't overbooked

Extracurricular activities can be great fun for your preteen. But don't forget that they're just that: extras. Your preteen's primary focus should be on school. So it's vital that his after-school activities not interfere with his performance in class.

To make sure your preteen's schedule isn't overbooked:

- Keep an eye on his grades. Does your preteen start bringing home lower marks once basketball season starts?
- Pay attention to homework habits. Is your preteen's before-dinner study routine suddenly stretching to bedtime? It could be a sign that he's over-scheduled. If that's the case, it may be time to drop an activity.
- Watch his mood. Is your easy-going preteen now stressed or irritable? Does he wake up exhausted or collapse into bed at night? He likely has too much on his plate.

Remember: After-school activities should enhance your preteen's education--not interfere with it. If he's doing too much, insist that he scale back on his activities, at least for a while.

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Substance Abuse

Parents are middle schooler's best defense against substance abuse

You probably realize that at this age, your child may be tempted to try alcohol or drugs (including tobacco). You likely will not be there when this happens. But your child carries your love and support with her. It can make a big difference in what she decides to do at that moment.

Remember that:

- Providing a strong family life is the best thing you can do for your child. Does your child know how much you love her? If so, she is less likely to disappoint you by drinking or using drugs. A child who eats meals with her family and enjoys spending time at home has less opportunity and desire to drink or use drugs.
- Your child should know you don't take this issue lightly. Make clear to your child that you absolutely disapprove of underage drinking and any drug use. Let her know you won't let it go "just one time." Emphasize that you will take immediate action, such as monitoring her more closely, at the first hint of drinking or using drugs.

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Ready to Learn

Inspire your middle schooler with a bit of guidance, love

Want to send your preteen to school ready and eager to learn each day? Let him know that you've got his back! In other words, make sure he feels loved and supported at home.

According to research, kids who enjoy strong relationships with adults:

- Feel safer and have a sunnier outlook than kids who don't.
- Are less likely than other kids to cheat on a test.
- Feel healthier and happier than other kids.
- Believe they'll succeed in the future.
- Are nine times likelier than their peers to earn straight A's in school.

What's the best way to show your preteen your love? There are too many ways to count. Still, when asked in a survey, students said they'd like their parents to:

- Really listen when they have something to say.
- Stop comparing them to siblings or peers.
- Be good role models.
- Spend more time together just having fun as a family.
- Avoid lecturing about every mistake.
- Treat them with respect.
- Encourage them to do well in school and elsewhere.
- Set reasonable rules and limits.
- Notice when they do things right.
- Offer guidance.
- Take an interest in schoolwork.
- Meet their teachers and learn about their classes.

Being there for your preteen and showing him how much he means to you will put him on the road to success in school--and in life.

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Parenting Group Wednesdays 4:00-5:00 pm



*Parenting in a complicated world is
challenging. Join us for ongoing
discussion and support.*

Group is ongoing.

Contact Lynn at 253-876-7676



Control your anger before it controls you!

Anger Management Youth Group

Eight week session



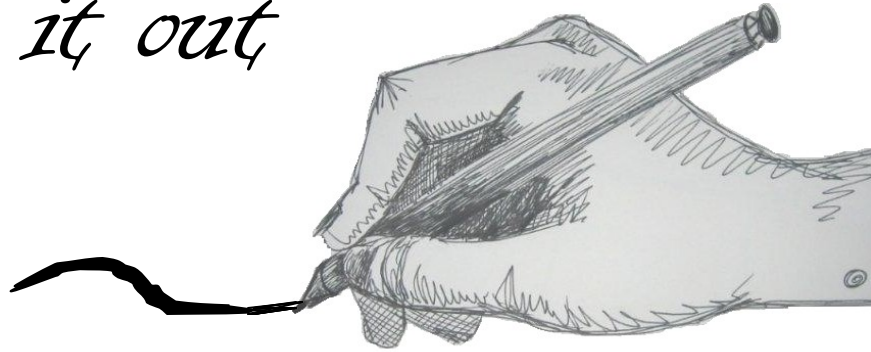
Who: 11-14 year olds
When: Wednesdays 6-7PM
Jan 27th – March 17th
Where: Sound Mental Health
4238 Auburn Way N.
Call: Jax or Annie at
(253) 876-7600



Learn awareness, what triggers your anger, coping skills, relaxation techniques, and more.....

Art Therapy Group for Teens:

Work it out
with
ART



Using Chill & Spill Journals

From Art with Heart, ©

Access the power of imagination, creativity, and journaling to

- Unlock thoughts and feelings
- Encourage insight and increase self awareness
- Learn problem-solving skills and healthy behaviors

12-week group at Sound Mental Health Auburn

To sign up for the next group, contact
Karlene Johnson or Cheri Tilford
at Sound Mental Health: 253-876-7600



Meeker's Master Schedule

MEEKER MIDDLE SCHOOL - SEMESTER TWO

MASTER SCHEDULE 2009-2010

INSTRUCTOR	EXT.	PERIOD 1 8:35-9:30	ROOM	PERIOD 2 (H/R) 9:34-10:33	ROOM	PERIOD 3 10:37-11:32	ROOM	PERIOD 4 11:36-1:02	ROOM	LUNCH	PERIOD 5 1:06-2:02	ROOM	PERIOD 6 2:06-3:01	ROOM
Baltzell, T	6413	Soc Stud 7	C4	Conf.		English 7	C4	English 8	C4	1	Wrtng Esn 8	C4	Soc Stud 8	C4
Casler, V	6420	Pre Alg 7/8	E3	Pre Alg 7/8	E3	Math 7	E3	Pre Alg 7/8	E3	3	Conf.	E3	Math 7	E3
Chesley, D	6418	Math 7	E1	Algebra 7/8	E1	Algebra 7/8	E1	Math 7	E1	1	Algebra 7/8	E1	Conf.	
Colston, R	6455	Health/Fit 8	GYM	Health/Fit 8	GYM	Health/Fit 8	GYM	Health/Fit 8	GYM	3	Conf.		Health/Fit 8	GYM
Couch, D	6405										Int. Orch 7	G3	Adv. Orch 8	G3
Cummings, M	6430	SE Math 7/8	F7	Conf.		SE Math 7/8	E4	SE Math 7/8	F7	2	SE Math 7/8	F7	SE Math 7/8	F7
Dague, D	6440	Science 7	S4	Science 7	S4	Conf.	S4	Science 7	S4	1	Math Lap 7	E2	Science 7	S4
Darcy, K	6404	Health/Fit 7	GYM	Health/Fit 7	GYM	Health/Fit 7	GYM	Conf.	GYM		Health/Fit 8	GYM	Health/Fit 8	GYM
Eidem, I	6406										Exploratory 8	B4	Survey 7	B4
Forney, D	6415	Soc Stud 8	D2	Soc Stud 8	D2	H Soc Stud 8	D2	Soc Stud 8	D2	1	Soc Stud 8	D2	Conf.	D2
Green, S	6435	Choir-Boys 7/8	G3	Choir-Girls 7/8	G3	Survey 7	G3	Survey 7	G3	2				
Gross, K	6439	Science 7	S3	Science 7	S3	Science 7	S3	Conf.	S3		Science 7	S3	Science 7	S3
Higgins, C	6425	H Eng 7	F2	H Soc Stud 7	F2	Conf.	F2	English 7	F2	2	Soc Stud 7	F2	English 7	F2
Lampson, C	6429	Inclusion		Language! (C)			F6	Language! (C)		1	Language! (C)	F6	Conf.	F6
LaVerne, E	6424	Soc Stud 7	F1	English 7	F1	Soc Stud 7	F1	Soc Stud 7	F1	1	English 7	F1	Conf.	F1
Matteson, A	6428	Beg. Write 7/8	F5	Beg. Read 7/8	F5	Conf.	F5	Inclusion			Inclusion		Int. Write 7/8	F5
Mattson, B	6419	Pre Alg 7/8	E2	Math Lap 7	E2	Pre Alg 7/8	E2	Pre Alg 7/8	E2	3	Pre Alg 7/8	E2	Pre Alg 7/8	E2
Moran, E	6426	H Soc Stud 7	F3	Soc Stud 7	F3	Soc Stud 7	F3	H Soc Stud 7	F3	2	Conf.	F3	Soc Stud 7	F3
Mudroch, S	6411	H Eng 8	C2	English 8	C2	English 8	C2	Conf.	C2		H Eng 8	C2	English 8	C2
Nauer, R	6437	Science 8	S1	Science 8	S1	Science 8	S1	Conf.	S1		Science 7	S1	Science 7	S1
Osborn, C	6414	English 7	D1	Conf.	D1	English 7	D1	English 7	D1	2	H Eng 7	D1	H Eng 7	D1
Owliaei, P	6416	Conf.	D4	Science 8	D4	Science 8	D4	Science 8	D4	3	Science 8	D4	Science 8	D4
Payton, A	6431	Conf.	F8	Language! (A)			F8	Inclusion		2	Language! (A)			F8
Personette, M	6412	English 8	C3	English 8	C3	Conf.	C3	H Eng 8	C3	2	English 8	C3	English 8	C3
Pizzalato, A	6422	Geometry 8	E5	Conf.	E5	Lap 8	E5	Algebra 7/8	E5	1	Geometry 8	E5	Algebra 7/8	E5
Pizzalato, B	6421	Pre Alg 7/8	E4	Math 7	E4	Math 7	E4	Conf.	E4		Math 7	E4	Pre Alg 7/8	E4
Ramirez, R	6427	Soc Stud 8	F4	H Soc Stud 8	F4	Soc Stud 8	F4	H Soc Stud 8	F4	2	Soc Stud 8	F4	Conf.	F4
Simpers, M	6393	Drama 8	B3	Conf.	B3	Health/Fit 7	GYM	Health/Fit 7	GYM	3	Health/Fit 7	GYM	Health/Fit 7	GYM
Sluys, J	6445	Health/Fit 7	GYM	Health/Fit 7	GYM	Conf.	GYM	Health/Fit 7	GYM	3	Health/Fit 7	GYM	Health/Fit 7	GYM
Sweerus	6433	Language! (C)			F10	Language! (E)		F10	Conf.	F10	SA 7/8	F10	SE Lang 7/8	F10
Thrush, A	6396		OFFICE	Band-WW 7	G4	Adv. Band 8	G4	Band-Mix 7	G4	3	Conf.	G4	Leadership 7/8	G4
Treloar, K	6438	Science 8	S2	Science 8	S2	Conf.	S2	Science 8	S2	1	Science 8	S2	Science 8	S2
Wilton, A	6423	Read Lap	E6	Read Lap	E6	Read Lap	E6	Read Lap	E6	2	Read Lap	E6	Read Lap	E6
Wilton, C	6443	Health/Fit 8	GYM	Health/Fit 8	GYM	Health/Fit 8	GYM	Health/Fit 8	GYM	3	Health/Fit 8	GYM	Conf.	GYM
Wood, T	6417	Survey 7	D3	Survey 7	D3	Exploratory 8	D3	Exploratory 8	D3	2	Conf.	D3GYM	Exploratory 8	D3



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.

FEBRUARY/MARCH CALENDAR

- | | |
|----------------|---|
| February 5 | First Semester Ends |
| February 15-16 | Mid-Winter Break-No School |
| February 22-26 | Counselors meet with 6th grade teachers |
| March 1-4 | 6th to 7th grade Registration |
| March 9 | 6th grade Curricular Night (7 pm-Gym) |
| March 10 | Late Start-11:05 am (busses pick up 2-1/2 hours later than normal)
Mid-Quarter Progress and Season 3 Sports Assembly |
| March 12 | Season 3 Sports Pictures-3 pm |