



Season One Sports

Sports Pictures October 2nd-After School

Football

(3:45 start time)

	<u>7th grade</u>	<u>Varsity</u>	
Wednesday, Sept. 23	Away	Home	vs. Cedar Heights
Wednesday, Sept. 30	Home	Away	vs. Mill Creek
Wednesday, Oct. 7	Away	Home	vs. Mattson
Wednesday, Oct. 14	Home	Away	vs. Tahoma Gold
Wednesday, Oct. 21	Home	Away (FF)	vs. Meridian
Wednesday, Oct. 28	Away	Home	vs. Northwood

FF=French Field at Kent Meridian High School

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

Girls Fastpitch (7th & Varsity)

(3:45 start time)

Wednesday, Sept. 23	Home vs. Mill Creek
Friday, Sept. 25	Home vs. Mattson
Tuesday, Sept. 29	Away vs. Cedar Heights
Thursday, Oct. 1	Away vs. Meridian
Friday, Oct. 2	Limited Participation to be determined
Tuesday, Oct. 6	Home vs. Tahoma Gold
Thursday, Oct. 8	Away vs. Northwood
Tuesday, Oct. 13	Home vs. Tahoma Blue
Thursday, Oct. 15	Away vs. Mill Creek
Tuesday, Oct. 20	Home vs. Cedar Heights
Thursday, Oct. 22	Away vs. Mattson

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



BUS TRANSPORTATION

September 28—October 2, 2009

If your child is eligible to be transported by the Kent School District (KSD), it is important that he/she ride the bus to and from school each day during the week of Sept. 28—Oct. 2, 2009.

State funding for KSD's Transportation will be determined based on the actual count of students riding buses in the morning during this week. Total count makes a substantial impact on the districts state revenues for transportation . The state pays each school district a rate per qualifying student based on the distance the student lives from school, state specifications, and district policy.

We thank you for your support!!!

For Your Information

Bus Passes

Students eligible for transportation will be automatically assigned to a bus route and they will receive a bus pass in August. Students are expected to carry their bus pass and be prepared to present it to the bus driver upon request.

In addition, all secondary students will receive a school photo ID card (the second week of school) with bus information included. Secondary students will be required to present their photo ID card each time they board any Kent School District bus for the purpose of transportation to and from school and for any activity/athletic routes.

Parent Notification Requirement

If your child is the only student picked up at a stop location, it is very important that you contact Transportation at 253-373-7444 if your child is staying home. If the driver comes by three (3) days in a row and the student is not there, the driver will not return until you have notified us to resume transportation.

Space Available / Flexible Enrollment / Student Transfers

Flexible enrollment students may ride to and/or from regular, established bus stops on a space-availability basis. These special bus passes must be obtained from the Transportation Department and kept with the student's school ID card. Requests for Space Available bus passes will be accepted beginning the third week in August and passes will be issued in the order received based on available space after actual load counts are completed late September. Parents are contacted as soon as possible if the student qualifies for a pass.

Please note that misbehavior of students riding on a space-available pass could result in the loss of riding privileges for the remainder of the school year.

Ride Assigned Bus

Students must use the same bus assignment five days a week. The exception is elementary students who have a signed parent's permission note that has been approved by the school principal. These students will be allowed alternate transportation if the bus has space available.

Secondary students do not have this option unless it is determined by the Transportation Department to be an extreme emergency.



IMMUNIZATIONS

NEED SCHOOL SHOTS?

FREE Immunization Clinic

Tuesday, September 15 or Wednesday, September 23

From 3:30 to 7:00 p.m.

at

Kent Meridian High School Cafeteria

10020 SE 256th Street

Kent, Washington

FREE immunizations will be available for students attending Kent Public Schools from pre-school through 12th grade.

- ◆ **Students must come accompanied by a parent or legal guardian in order for your child to receive immunizations.**
- ◆ **Please bring your child's immunization records.**

Available immunizations include:

MMR (measles, mumps, rubella)

DtaP (diphtheria, tetanus, pertussis)

IPV (polio)

Td (tetanus, diphtheria)

Hib (meningitis)

Hepatitis B

Varicella (chicken pox vaccine)

Tdap (tetanus, diphtheria, pertussis)

New Requirements for 2009-2010 school year: Documentation of 2 doses Varicella vaccine and 4 doses of DTaP will be required for students entering Kindergarten or First grade. One dose of Varicella vaccine is required for grades 2, 3, & 6. Hepatitis B vaccine (3 doses) is required for students entering Kindergarten through 12th grades. Tdap is required for 11+ year olds entering grades 6, 7, & 8 if it has been 5 years since their last Diphtheria or Tetanus containing vaccine.

Kent School District has teamed with Public Health – Seattle and King County to provide **FREE** immunizations for students. The clinic is made possible in part by a grant from Group Health Foundation.

Please contact your School Nurse if you have questions about your student's immunization record.



MEEKER FUN RUN 2009



The Meeker Fun Run is our yearly fundraising event that supports athletics and other student activities.

In order to participate, students need to pick up a FUN RUN PLEDGE SHEET during lunch, in the lunch room. Once they have the pledge form, they are responsible for it and need to return it whether or not it is used or the student participates.

Once they have the pledge sheet, students may collect donations from friends and family to turn in. It is preferred (that students) turn in donations as soon as possible in order to keep money safe from loss.

The Fun Run event is Friday, October 2. Classes that day will be on the assembly schedule. Students qualifying for the Fun Run, students with their form and money turned in or their parent signed pledge form with qualifying pledges, will be dismissed at 2:00 to go to the track.

- First, students need to check in with one of the volunteer parents. Each parent has a list of students, divided by alpha, to check in and out of the event.
- After checking in with the parent, students can run, walk, or skip around the track for the duration. Students may keep track of their laps if they wish.
- When finished, students need to check out with their parent volunteer. The volunteers have an exit ticket for each student to redeem for a cold beverage and snack which is in the courtyard.

After students are finished with snacks, they are to go back to the class they were dismissed from and check in with their teacher. Final dismissal is shortly thereafter.

Instructions from pledge sheet:

A minimum donation totaling **\$20.00** is needed to participate in the Fun Run and **\$30.00** if your student wants a MEEKER FUN RUN T-shirt. Signed donations sheets need to be turned in to the cashier's office by Wednesday, September 30. Donations may be turned in before and after the event. Money earned from pledges and all remaining pledge sheets, which have been checked out to students, need to be turned in by **October 13**. FUN RUN T-shirts will be ordered for students who have turned in at least \$30.00, in collected donations, after the event. All other prizes will be awarded in late October. All students participating will earn green & gold spirit beads.





Dear Meeker Parents, Students and Staff,

It was nice to see so many new and returning families at Orientation. If you placed an order with us for spirit wear during Orientation, you can expect delivery in approximately two weeks -- look for us during your lunch period. If you would like to place an order, forms are available in the office. Sample sizes will be available during Open House on September 24th. We will also have cinch bags available for purchase on that night. These are handy to carry your gym clothes to and from school.

We would like to encourage everyone to become a PTSA member and, if possible, volunteer to help with one of the many school committees/functions that we have here at Meeker. Whether you can help for an hour or several hours during the school year - every little bit helps. We all have the best interests of the students in mind and want to make their time here at Meeker memorable.

Special thanks go out to those that have already volunteered to serve as your PTSA Executive Board of Directors.

Meeker 2009-2010 PTSA Executive Board

Co-President - Suzette Willmore

Co-President - Mariann Kallaher

Co-Vice President - Traci Hancock

Co-Vice President - OPEN

Secretary - Jeanette Bond

Treasurer - Debbie Germer

Cashier - Maureen Larson

We still have an opening for a Co-Vice President and hope that you will consider serving with us this year. Even if you do not choose to become a board member -- everyone is welcome and encouraged to attend our monthly board meetings on the third Tuesday of each month in the library.

Suzette Willmore and Mariann Kallaher

2009-2010 Meeker PTSA Co-Presidents



PTSA– Continued

Meeker Middle School PTSA

everychild.onevoice

12600 192nd Avenue Street; Renton, WA 98058

PTSA–Presidents Suzette Willmore 253-852-6797 and

Mariann Kallaher mariannah@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 8th 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

To join PTSA, complete the information below and return with the appropriate dues (checks payable to Meeker PTSA). Send this form with your student on his/her first day of school; bring to the Meeker Open House in September, put in the school PTSA mailbox or mail directly to Meeker MS PTSA.

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
- Fun Run Volunteer (fall activity)
- Health Room Volunteer
- Meeker Responders
- Membership
- Orchestra
- Reflections Program
- Spirit Sale
- Staff Appreciation
(staff lunches)
- Volunteer Coordinator
- 8th grade Party



Implement four basic steps for a successful year in middle school

Put your middle schooler on the path to school success! To help him start--and finish--strong this year:

1. Maintain routines. You relied on them when your middle schooler was a toddler, so don't abandon them now that he's nearly a teen. Routines give structure to his day and help him stay organized. So develop some commonsense school-year rituals and stick with them. Make sure you establish a morning, after-school and evening routine for your child.
2. Get involved at school. It's not always easy to stay connected to the middle-school classroom, but do it anyway. Getting involved shows your middle schooler that his education matters. You don't need to be "Volunteer of the Year" or attend every PTA/PTO meeting. Just make an effort to participate when you can.
3. Stay informed. It's easy to miss the fliers or handouts stuffed in your middle schooler's backpack. So ask him every day whether he's brought anything home that you should see. The same goes for his schoolwork. Just skimming his notes can fill you in on what's happening in class.
4. Support your child. Your middle schooler may act like he's "too cool" to need your love and guidance, but he's not. Never miss a chance to give him a hug or tell him you love him.

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Dé estos cuatro pasos básicos para que el año escolar sea un éxito

¡Muéstrele a su estudiante de intermedia el camino que lo llevará al éxito en la escuela! Para ayudarlo aprovechar el año, de principio a fin:

1. Sujétese a una rutina. Cuando su hijo era pequeño, usted dependía de rutinas, así que no las abandone ahora que él ya es un adolescente. La rutina le brinda una cierta estructura a su vida y lo ayuda a mantenerse organizado. Cree un par de rituales razonables y ajústese a ellos. Tenga una rutina para la mañana, para después de la escuela y para las noches.
2. Participe en la escuela. No es siempre fácil mantenerse ligado a la escuela durante los años de intermedia, pero hágalo. Cuando usted participa le muestra a su hijo que su educación es muy importante para usted. No es necesario que se convierta en "El voluntario del año" o que asista a todas y cada una de las reuniones de padres y maestros. Simplemente haga el esfuerzo de participar toda vez que pueda.
3. Manténgase informado. Es fácil pasar por alto un boletín o una nota que está al fondo de la mochila. Pregúntele todos los días si ha traído algo para usted. Lo mismo se aplica a su trabajo escolar. Darle una miradita rápida a las notas le bastará para darse cuenta de lo que está pasando en la escuela.
4. Apoye a su hijo. Es posible que su estudiante de intermedia aparente que él ya no necesita su cariño y orientación, pero todavía sí los precisa. Nunca pase por alto la oportunidad de abrazarlo y decirle que lo quiere.

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Spending Time Together

Tiempo juntos

Research shows what middle schooler's really want for dinner

What does your middle schooler really want for dinner? You.

Families live hectic lives. Sometimes, you may wonder whether gathering for a family meal is worth all the hassle. Maybe it would be easier to grab a quick bite in the car.

In fact, family meals make a huge difference. Research by the National Center on Addiction and Substance Abuse found that kids who eat dinner with their families five or more nights a week were less likely to try cigarettes, alcohol and marijuana. They're also twice as likely to get all A's.

Perhaps you can't schedule five dinners a week. But start with one or two. Turn off the TV and don't answer the phone. Spend time talking and listening to each other.

Over time, you'll learn things you never knew about your preteen. You'll have a stronger relationship. And you'll help your child be more successful in school and in life.

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Estudios revelan lo que los chicos quieren a la hora de la cena

¿Qué es lo que su estudiante quiere para la hora de la cena. ¡A usted!

Hoy en día, las familias viven ocupadísimas. A veces, usted se preguntará si reunirse todos para compartir una comida en familia vale la pena. Tal vez sea más práctico comprar cualquier cosa al paso.

De hecho, las comidas con toda la familia tienen un impacto muy grande. Estudios que llevó a cabo el Centro Nacional para el Abuso de Sustancias Peligrosas y la Adicción revelaron que los chicos que cenan con sus familias por lo menos cinco veces por semana son menos propensos a probar cigarrillos, alcohol y marihuana. Además, estos chicos tienen el doble de probabilidades de sacarse una A en todas sus materias.

Tal vez usted no pueda organizar cinco cenas por semana. Pero comience con una o dos. Apague la tele y no conteste el teléfono. Pase tiempo hablando y escuchando a todos.

Con el tiempo, se enterará de cosas que de otro modo nunca hubiera sabido. Estrechará los lazos afectivos. Y ayudará a su hijo a tener más éxito en la escuela y en la vida.

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Questions & Answers

Preguntas y respuestas

Q: My middle schooler and I spent so much of the last school year arguing over homework and scrambling to activities that we're both dreading the upcoming year. How can we make sure things go more smoothly this time around?

A: It might help to think of this year not only as a new year, but as a new start. In other words, remind yourself that this year doesn't have to be more of the same--it can be something altogether different (and better).

To make this school year more successful than the last, follow this three-step process:

1. Make a list of what went wrong before. With your child, write down last year's problem areas. Was your child new to middle school and having a hard time adjusting? Was the workload a shock to his system? Did he sign up for too many extracurricular activities?
2. Brainstorm solutions with your child. Jot down ideas about how to tackle each item on your "What went wrong" list. If your child's workload overwhelmed him, the answer may be a more structured homework routine. If he was over-scheduled, decide which activities he should drop.
3. Monitor your child's progress. If you notice things gradually getting more frantic as the weeks go on, revisit (or redo) the list with your child. Just seeing your problem areas on paper is a valuable first step toward dealing with them.

Good luck this school year!

--Holly Smith, The Parent Institute. Reprinted with permission from the September 2009 issue of *Parents Still make the difference!*® (Middle School Edition) newsletter. Copyright © 2009 The Parent Institute®, a division of NIS, Inc.

P: El año pasado, mi hijo de intermedia y yo pasamos tanto tiempo peleando por las tareas y yendo de un lado a otro a sus diferentes actividades que estamos con pavor de este año que comienza. ¿Qué podemos hacer para que todo salga mejor esta vez?

R: Tal vez sea útil pensar en este año no como un nuevo año, sino como un nuevo inicio. En otras palabras, recuerde que este año no tiene que ser lo mismo que el año pasado: puede ser algo completamente diferente (y mejor).

Para que este año escolar sea más productivo que el anterior, siga este proceso de tres pasos:

1. Haga una lista de lo que salió mal anteriormente. Con su hijo, anote qué cosas les dieron problemas. ¿Su hijo, al ser nuevo en la intermedia, tuvo problemas para adaptarse? ¿El volumen de trabajo lo dejó en estado de shock? ¿Se inscribió en demasiadas actividades extracurriculares?
2. Piensen juntos en posibles soluciones. Anoten ideas de cómo abordar cada punto en su lista de "Lo que salió mal." Si el volumen de trabajo de su hijo lo abrumó, la respuesta tal vez sea una rutina para las tareas un poco más estructurada. Si tenía muchas actividades, decida cuáles deberá abandonar.
3. Siga de cerca el progreso de su hijo. Si nota que las cosas gradualmente se ponen más frenéticas con el paso del tiempo, revise (o rehaga) la lista con su hijo. Para abordar los problemas, un primer paso valioso es verlos sobre un pedazo de papel.

¡Buena suerte este año escolar!

-- Holly Smith, The Parent Institute. Reprinted with permission from the September 2009 issue of *Los Padres jaén hacen la diferencia!*® (Middle School Edition) newsletter. Copyright © 2009 The Parent Institute®, a division of NIS, Inc.



Building Responsibility

Responsabilidad

Ease into new middle school responsibilities

Even the most adaptable kids may find middle school a huge transition. So take time to talk to your child about how he is feeling.

Research from the U.S. Department of Education reveals that most middle schoolers are concerned with:

- Moving between classes. Navigating a large school to find several different classrooms is challenging. With your child, learn the resources available. Can students walk through the school before it opens? Is there a map to follow? What if new students are late to classes in the first days of school? Many schools do not mark new students tardy at this time.
- Managing lockers. Before, your child had a familiar desk. Now he'll have a hallway locker. Many schools offer practice sessions for opening and closing lockers. Also reassure your child that teachers are used to helping new students deal with lockers in the early weeks of school.
- Staying organized. Organization tools are a must in middle school. Your child will need a notebook to track assignments. A large binder with dividers for different subjects can be a lifesaver. So can a calendar where he can mark the dates for tests and projects due. Monitor your child's use of these tools.

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Prepárese para las responsabilidades de la intermedia

La transición a la escuela intermedia es compleja, incluso para aquellos niños que se adaptan fácilmente a todo. Tómese el tiempo necesario para hablar con su hijo de cómo se siente.

Estudios que realizó la Secretaría de Educación de los Estados Unidos revelaron que la mayoría de los chicos de intermedia se preocupan por:

- Moverse de una clase a otra. Es difícil ubicarse en una escuela grande. Averigüe qué recursos habrá a disposición de su hijo. ¿Es que los chicos pueden pasear por la escuela antes del primer día? ¿Hay un mapa que puedan usar? ¿Qué ocurre si los nuevos estudiantes llegan tarde a clase los primeros días? Muchas escuelas no apuntan las tardanzas durante este período.
- Administrar su casillero. Antes, su hijo tenía un escritorio. Ahora, tendrá un casillero en un pasillo. Muchas escuelas ofrecen sesiones para aprender a abrirlos y cerrarlos. Tranquilice a su hijo y dígame que los maestros están acostumbrados a ayudar con los casilleros cuando se inicia el año escolar.
- Mantenerse organizados. Las herramientas para organizarse son esenciales. Es necesario que tenga un cuaderno para llevar cuenta de las tareas. Deberá tener una carpeta o archivador con divisores; estos son importantísimos. También lo será un calendario donde pueda marcar las fechas para entregar sus proyectos. Siga de cerca a su hijo mientras aprende a usar estas nuevas herramientas.

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Building Respect

Don't tolerate profanity; teach your middle schooler respect

Bad language is nothing new. People have been saying a "few choice words" for centuries. Unfortunately, though, these days it seems like they are saying more than a few. And they say them at younger ages.

Curb profanity in your family. Just because it is more common than ever does not make it respectful. It's highly disrespectful. And using it can get your child disrespected by people who could make a positive difference in her future.

You can clean up your child's language if you:

- Watch your own language. Your child repeats what she hears, so use alternatives, such as "Oh, snap."
- Stay calm if you hear bad language from your child. Don't give your child the satisfaction of shocking you. Just say, "That word is offensive. Do not use it."
- Create consequences. Some families have a "swearing jar." When a family member curses, she must put a coin into the jar. When it's full, the money goes to charity.

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Respeto

No tolere las groserías; enséñele respeto a su hijo de intermedia

El lenguaje vulgar no es nada nuevo. Desafortunadamente, parece que de un tiempo a esta parte se dicen más frecuentemente. Y quienes lo hacen son cada vez más jóvenes.

Póngale un alto a este hábito. El hecho de que sea una costumbre común no la hace aceptable. Es altamente irrespetuosa. Personas que podrían tener un impacto positivo en el futuro de su hijo tal vez le pierdan el respeto si lo oyen diciendo palabrotas.

Siga estos consejos para limpiar la boca de su hijo:

- Preste atención a su propio vocabulario. Su hijo repite lo que oye, así que use alternativas como, "¡Ay, caramba!"
- Mantenga la calma si oye a su hijo diciendo malas palabras. No le dé la satisfacción de mostrarse escandalizado. Diga, simplemente, "Esa palabra es ofensiva. No la uses."
- Determine consecuencias. Algunas familias hacen una "colecta" y obligan a todos a poner una monedita en una alcancía cada vez que dicen una grosería. Cuando la alcancía se llena, se dona el dinero a una institución benéfica.

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KENTRIDGE HIGH SCHOOL DANCE

The Kentridge High School Chatelaine Dance Team will be Offering a Junior Dance/Drill Clinic on Saturday, October 3rd, 2009 from 9:00am – 2:30pm. Students who are interested can pick up a registration form in the main office. These forms should be filled out and mailed to the address at the bottom of the registration form *BEFORE* September 25th, 2009.

The Clinic runs from 9:00am – 2:30pm with registration beginning at 9:00am. There will be a short break for lunch (Please bring a sack lunch With Your Name On IT!) There will also be a Parent Show from 2:00pm – 2:30pm.

The Clinic will be teaching students, from Kindergarten through 12th Grade, the basics of dance/drill and a short routine to show their parents at the end of the day.

Price is \$30.00 per student and includes a T-shirt (if registration is received by September 25, 2009). Registrations received after September 25th, 2009 will be \$35.00. Also, we cannot guarantee a t-shirt for late registrations.



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.

SEPTEMBER CALENDAR

September 7	No School (Labor Day)
September 10	Picture and ID Cards
September 14-15	DRP Testing
September 24	Open House 7:00 pm-Gym
September 29	Laptop Parent Meeting-Gym