





## 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, March 9	<b>Home</b> vs. Tahoma Gold
Thursday, March 11	<b>Away @</b> Northwood
Tuesday, March 16	<b>Home</b> vs. Tahoma Blue
Thursday, March 18	<b>Away @</b> Mill Creek
Monday, March 22	<b>Home</b> vs. Tahoma Blue-LP
Tuesday, March 23	<b>Home</b> vs. Cedar Heights
Thursday, March 25	<b>Away @</b> Mattson

#### **Wrestling (7th & 8th)**

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

Tuesday, March 9	<b>Away @</b> Tahoma Gold
Thursday, March 11	<b>Home</b> vs. Northwood
Tuesday, March 16	<b>Away @</b> Mattson
*Saturday, March 20-Non-Varsity Round Robin	<b>Away @</b> Tahoma High School
*Saturday, March 27-Conference Meet	<b>Away @</b> 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 February:

### FEBRUARY

TEAM	STUDENT	ACHIEVEMENT
<b>SIERRA MADRES</b>	Ibrahim Mohamed Ahmed Al Nuaimi Ahmed Al Maghrabi	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>CASCADES</b>	Joycelyn Kongsy Corey Matthees Anatasia North	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>OLYMPICS</b>	Alena Shcherbina Stephanie Parra Katriana Woessner	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>ROCKIES</b>	Reuben Quero Morgan Powers Chandler Dunham	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>ALPS</b>	Jugraj Singh Felix Aldahondo Jobhan Randhawa	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>PYRENEES</b>	Chanel Ngo Gureen Kaur Rachel Willmore	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>SISKIYOU</b>	Ryan Bautista Ramiro Herrera Jacquelin Palacios	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>TETONS</b>	Maria Anderson Stephanie Weis Johannah Van Vleet	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>HIMALAYAS</b>	Amanpreet Kaur Jacob Alger Shania Barron	ACADEMIC MOST IMPROVED CITIZENSHIP
<b>ANDES</b>	Ravneet Kaur Kevin Sagapolu Aleksandr Biteman	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](mailto:mariannah@kallaher.org) for more information on how you can make a difference in the lives of our students.

## 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: 8:00am-3:30pm

Family Night: Tuesday, March 9 from 6-8pm. 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.

## PTA Meeting Schedule

In lieu of our February 23rd PTSA meeting, we volunteered at the Kent Area Council PTA Clothing Bank. We served many families that rely on the clothing bank to provide clothing for their school age children. Thank you to everyone that helped! Our schedule for the remainder of the year is:

**March 16<sup>th</sup>**

**April 20<sup>th</sup>**

**May 18<sup>th</sup>**

**June 15<sup>th</sup>**

Everyone is invited and encouraged to attend our meetings in the library at 7:00pm.



## FROM THE DESKS OF . . .

### PREVENTION INTERVENTION SPECIALIST

#### **MIXING ALCOHOL AND ENERGY DRINKS MAKES FOR A DANGEROUS BREW**

A University of Florida study has found that mixing energy drinks and alcohol is an especially dangerous combination that makes people more likely to get drunk faster, stay drunk longer, and drive drunk. Mixing alcohol with energy drinks is a practice that has become so popular with college-age drinkers that researchers have come up with an acronym for it: AMED, alcohol-mixed-with-energy-drinks.

The study was conducted by Dennis Thombs, Ph.D. and his team of researchers who interviewed 800 patrons as they exited college-area bars and parties between the hours of 10 p.m. and 3 a.m. Researchers asked participants about what they drank, how much they drank, how long they had been drinking, whether they intended to drive – and also checked their breath alcohol concentration levels.

#### **Wide-awake and roaring drunk**

In an article published by *WebMD*, Thombs reported that participants who drank energy cocktails had an average breath alcohol reading of 0.109 – considerably higher than the legal driving limit of 0.08. For those who drank only alcohol, the average breath alcohol concentration was 0.081.

"Often, students drink energy drinks because they are tired and don't start until late and want to have enough energy," Thombs told *WebMD*. "Combining energy drinks and alcohol can trick the brain, making people think they're sober, or sober enough, when they're not."

Many people think that the caffeine in energy drinks will counteract the effects of alcohol, but it does just the opposite – caffeine actually aggravates intoxication. Mixing energy drinks and alcohol essentially makes people wide awake and very drunk – and that's a dangerous combination that makes people feel like they can drink more and still attempt to drive home.

Source:

"Dangerous cocktail: energy drinks + alcohol," *WebMD.com*, February 12, 2010.

Cheryl Burnam

Prevention Intervention Specialist

253-373-7595 ext 8411

### NURSE

This letter is to inform parents of students in grades 5, 7, and 9 that as of July 26, 2009 the Washington State Legislature has repealed the law requiring scoliosis screening. Since school nurses will no longer be screening students, we would like to provide you with some information about scoliosis.

Scoliosis is an abnormal curve of the spine, which may go unnoticed during the active, growing years. The symptoms of scoliosis are uneven musculature on one side of the spine. This may look like a rib hump, a prominent shoulder blade, one shoulder may be higher than the other, or the hips may be uneven. Most scoliosis goes undetected and does not cause any problems; however, occasionally it can be bad enough to require medical intervention.

With this change in school health screening we would encourage you to ask your family health care provider to check your child for scoliosis at his/her next health visit. If you have any questions or concerns please feel free to contact me at 253-373-7284.

*Minnat Hamada, RN, MSN*

## Building Character

### Help your middle schooler develop leadership skills

Many people think of a leader as one who gives direction. To some extent, that is true. But real leadership--a desirable character trait--has more to do with listening, learning and being an example.

Your child can develop leadership if she is:

- Caring. Effective leaders care. They look for someone who could use help. And then they step up.
- Open to new ideas. Leaders know they don't know it all. They always listen to others.
- Organized. Leaders plan ahead. They know that leaving projects to the last minute usually produces poor results.
- Optimistic. Leaders prepare. They trust the people they work with. They are enthusiastic. They expect things to go right and because of their leadership, things usually do.
- Flexible. Leaders don't get stuck in the rut of doing everything the same way every time. They are willing to try new things.

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## Homework/Study Skills

### Soothe your child's homework headaches with routines, quiet

Research shows that studying at home can help your middle schooler perform better at school. Does your child have good homework habits? Now is a great time to reevaluate your child's homework routine.

To reinforce homework habits:

- Choose a central location. Whether it's a desk in his room or a spot at the kitchen table, pick a work zone for your child. Keep it quiet, well lit and stocked with supplies. If he works in the family room, enforce a "no TV or radio during study time" rule for others in your home.
- Stick around. Don't hover as your preteen works. But do be available to offer praise or encouragement. It'll show that his schoolwork matters to you.
- Set a limit. Allow a certain amount of time for studying each night--about 45--75 minutes for middle schoolers. No homework? He can use the time to study or read.
- Designate a start time. If possible, have your child begin working at the same time every evening. Just be flexible when necessary.
- Be a good role model. Use your preteen's study time to complete your own quiet activities. Read a magazine, answer email or balance the checkbook while he gets his work done.

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### Building Respect

#### Impress upon your child the reasons for being respectful

You have probably talked many times with your child about how to treat others. But have you had a good discussion about why? Middle school students are ready for a higher level of thinking. So it is important that they know the reasons behind the action. Here are the reasons for being respectful:

- Respectful behavior is moral and ethical. It's the difference between right and wrong.
- Respectful behavior is fair. Rude and disruptive behavior is not fair. The person it is directed at does not deserve it. No one does. It is also not fair to the people around who are trying to teach and learn.
- Respectful behavior is rewarded. Your child will benefit from a reputation as a respectful, kind and polite person. Respectful people are often chosen as leaders. They receive greater responsibilities and freedoms. Why? Because it is already clear that they know how to treat others. They are the kind of people others look up to.

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### Parent Quiz

#### Are you helping your child handle peer pressure?

Take this quiz to see if you are providing your child with strategies to resist peer temptation to try things that may be harmful or wrong for her. Answer yes or no to the questions below:

- \_\_\_ 1. Have you made your family values clear to your child? "Smoking is a health risk we do not condone in our family."
- \_\_\_ 2. Do you practice role-playing different ways to say no with your child?
- \_\_\_ 3. Do you urge your child to say no with conviction? This is an occasion when it is okay to be rude or walk away.
- \_\_\_ 4. Do you tell your child to blame you? "It sounds like fun. But I can't do it--my mom is so strict!"
- \_\_\_ 5. Do you focus on the lesson? Your child may slip, but you can discuss what she learned and plan for how to avoid the problem in future.

#### How well are you doing?

Mostly yes answers mean you are actively helping your child deal with negative peer pressure. For no answers, try those ideas in the quiz.

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## Applications now available for Kent-Meridian Technology Academy

Applications for incoming 9<sup>th</sup> grade students wishing to enroll in the Kent-Meridian Technology Academy for the 2010-11 school year are now available at the school office or online at the KMTA website. **Applications are due no later than April 30** and may be returned to the school office or sent directly to KMTA at Kent-Meridian High School. Space is limited. Students will be selected from the applicants through a lottery process and notified of acceptance by May 10.

The Kent-Meridian Technology Academy is a highly successful Kent School District *School of Choice* located at Kent-Meridian High School and serving students in grades 9 – 12. Students enroll in the Academy from across the district to take advantage of today's technology in applying 21<sup>st</sup> Century skills in a small learning community environment. All Technology Academy students are issued a district-provided laptop to use in their education at school and at home for the entire school year. Students who stay with KMTA to their junior and senior years will be able to select International Baccalaureate (IB) classes as part of their Technology Academy experience.

### Options for additional information:

**Attend a KMTA parent and student information night at the Kent-Meridian Library:**

March 17 at 6:00-7:00 PM  
March 30 at 7:00-8:00 PM  
April 21 at 6:00-7:00 PM

**Attend a high school preview night:**

Kentridge – March 24 at 7:00-8:30 PM  
Kentrake – March 25 at 6:00-7:30 PM  
Kentwood – March 25 at 6:30-8:00 PM  
Kent-Meridian – April 13 at 6:30-8:00 PM

Visit the KMTA website at <http://www.kent.k12.wa.us/KSD/KM/KMTA/>

Send an email to [KMTA@kent.k12.wa.us](mailto:KMTA@kent.k12.wa.us)

Call Kent-Meridian High School at 253-373-7405, press 5 and ask for KMTA

**YMCA B.O.L.D.** - Boys Outdoor Leadership Development - is offering professional youth workers the opportunity to award scholarships for our summer Mountain School. Our 5 - 14 day backpacking, rock climbing, fishing, mountaineering and outdoor photography expeditions provide an opportunity for boys 11 - 18 years of age to develop communication, decision making and multi-cultural leadership skills through outdoor adventure, challenge and fun! Information about our exceptional and affordable programs can be found at [www.ymcaboys.org](http://www.ymcaboys.org).



# 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.

### MARCH/APRIL CALENDAR

- |           |   |
|-----------|---|
| 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)<br>Mid-Quarter Progress and Season 3 Sports Assembly |
| March 12  | Season 3 Sports Pictures-3 pm   |
| March 15  | 7th to 8th Grade Registration Process Begins  |
| March 22  | 8th to 9th Grade Registration Process Begins  |
| April 5-6 | No School-Spring Break  |
| April 15  | Third Quarter Ends  |