





## MEEKER & DISTRICT NEWS

### MEEKER PARENT VOLUNTEERS NEEDED!

Meeker is scheduled to have vision and hearing screening December 18th and we need YOU! Please call the Meeker nurses office at 253-373-6384 and sign up to volunteer from 8:15-12:00 noon. In order to make the screening go as smoothly as possible, we need many volunteers. Thanks!

### MEEKER PARENTS

Please remember if you didn't pick up your students WASL scores from last year at the Open House (9/24) ,or the first Laptop parent information meeting (9/29), you can pick them up at the next Laptop parent information meeting during Conferences (11/24) , on the hour, from 1:00-8:00 (excluding the 4:00 hour).

### MEEKER FUN RUN

Meeker ASB would like to thank everyone, especially the following PTA volunteers, who helped with this year's Fun Run: Michelle Allan, Jill Brownell, Tracy Hancock, Emily Hildreth, Ann Hungerford, Mariann Kallaher, Tina Le, Jean McGhie, Carmelee Midkiff, Urmila Mungra, Anna Nosarzewski, Darlene Oathout, Kathleen Seelbach, and Suzette Willmore.

Your help is appreciated!

### TRANSPORTATION'S CRAFT FAIR

SATURDAY, NOVEMBER 14

KENT MERIDIAN HIGH SCHOOL CAFETERIA

9:00 AM-4:00 PM

ANY QUESTIONS, PLEASE CALL 253-373-7442



## DISTRICT NEWS

Dear Kent School District Families and Staff,

Kent School District's goal is to successfully prepare all students for their future by providing an excellent education for each student while maintaining a safe and healthy environment in our schools. We continue to read or hear in the media that both seasonal influenza and 2009 H1N1 (swine) flu are in our community. Our school district follows the national, state and local guidance to promote a healthy environment so that students, teachers and staff can stay focused on providing our students with their educational plan. Per the Center for Disease Control (CDC) recommendation, school districts are to keep schools open to the greatest extent possible. We continue to work closely with Public Health- Seattle & King County Health Department to ensure the health and safety of our students, staff and community.

The H1N1 flu virus causes symptoms such as cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fever of 100 degrees or higher. To prevent the spread of flu there are ways to protect yourself from getting sick or spreading the disease:

If you or your child is sick, stay home until you are fever free for 24 hours without the use of fever-reducing medications.

Wash your hands frequently with soap and water for 20 seconds or use alcohol based hand sanitizer and avoid hand to hand contact with others.

Stay at least 3 feet away from people who are sick.

Cover your sneeze or cough with tissue or the inside of your elbow and dispose of used tissues.

In our community, planning efforts continue. Public Health – Seattle & King County Health Department is requesting families to screen for flu symptoms each morning and develop a plan to keep an ill student home. If you have questions or concerns, please contact your health care provider. You can also get more information from the Flu Hotline at 1-877-903-5464 or view information online at

<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/swineflu.aspx>

It is very important that we work together to protect the health of our students.

Sincerely,

Israel Vela  
Director of Student Services

Mary Newell, RN, MSN  
Nurse Facilitator



## MEEKER STUDENT OF THE MONTH

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

TEAM	ACHIEVEMENT	STUDENT-SEPT.	STUDENT-OCT.
<b>SIERRA MADRES</b>	ACADEMIC	Carolina Marquez	Olga Andreyanova
	MOST IMPROVED	Azim Mohammad Aziz	Pavlo Serdyuk
	CITIZENSHIP	Ashraf Mukhtar	Diana Balko
<b>CASCADES</b>	ACADEMIC	Johannah Van Vleet	Morgan Emigholz
	MOST IMPROVED	Sala Areta	Eddie Camacho
	CITIZENSHIP	Robert Nelson	Noah Loftin
<b>OLYMPICS</b>	ACADEMIC	Jessa Mae Orallo	Billy Van
	MOST IMPROVED	Carlos Flores	Matthew Go
	CITIZENSHIP	Chanel Ngo	Paula Serrate
<b>ROCKIES</b>	ACADEMIC	Emily Sok	Navarre Hernandez-Frey
	MOST IMPROVED	Walter Hayden	Lee Duncan
	CITIZENSHIP	Anson Smith	Kathia Nunez
<b>ALPS</b>	ACADEMIC	Kenny Darcy	Sean Kallaher
	MOST IMPROVED	Kajal Sabhaya	Jr. Ricardo
	CITIZENSHIP	Marvin Llantada	Yelena Arkhipchuk
<b>PYRENEES</b>	ACADEMIC	Kevin Lau	Pauljanae Hillis
	MOST IMPROVED	Nimrata Bhullar	Logo Vavao
	CITIZENSHIP	Erik Anguiano	Kayla Hayes
<b>SISKIYOU</b>	ACADEMIC	Betsabe Nava	Daniel Tapia
	MOST IMPROVED	Eyvar Diaz	Eric Obee
	CITIZENSHIP	Angelica Malcom	Brittany Jackson
<b>TETONS</b>	ACADEMIC	Larry Sims	Marvin Llantada
	MOST IMPROVED	Claudia Harrison	Joshua Calosso
	CITIZENSHIP	Sterling Connell	Sean Kallaher
<b>HIMALAYAS</b>	ACADEMIC	Holly Brownell	Evan Johnson
	MOST IMPROVED	Isaiah Burr	Jullane Omar
	CITIZENSHIP	Brad Meucci	Elias Meshesha
<b>ANDES</b>	ACADEMIC	Andrea Hagan	Alena Gritsenko
	MOST IMPROVED	Dalton Bond	Mares Ortiz
	CITIZENSHIP	Vadim Polishchuk	Ryan Odle

Washington State Department of Health  
[www.doh.wa.gov/h1n1/default.htm](http://www.doh.wa.gov/h1n1/default.htm)

# Seasonal Flu and H1N1 (Swine Flu)

## Information for Caregivers of Children with Special Health Care Needs

### What is H1N1 (swine flu)?

H1N1 (swine flu) is a **new influenza (flu) virus** that was first found in people in April 2009. It has now spread around the world.

Because H1N1 is a new strain of flu, **very few people have any immunity to it**. This means it can spread quickly and has the potential to cause more complications than the seasonal flu.

H1N1 is a **respiratory illness** with the same symptoms as seasonal flu. Just like seasonal flu, H1N1 can lead to pneumonia and, in some cases, death.

### What groups of children are most at risk of complications if they get the seasonal flu or H1N1?

**Children and infants who have high-risk medical conditions** such as cerebral palsy, muscular dystrophy, heart conditions, metabolic disorders, diabetes, seizure disorders, and long-term respiratory problems including severe asthma and cystic fibrosis.

Children with **motor (muscle) disorders** that make it hard for them to breath, cough deeply or to keep their airway clear are more vulnerable to serious complications of the flu.

Children with **immune disorders** or some genetic disorders (such as Down syndrome) are at more risk of complications from the flu itself or from secondary bacterial infections, including pneumonia.

### How can I protect my family from the flu?

Get family members above age six months **vaccinated** for *both* seasonal flu and H1N1. Vaccination is the best way to prevent the flu and its complications.

Cover your nose and mouth with a tissue when you cough or sneeze.

Throw away used tissues.

If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Clean your hands after coughing or sneezing. Wash with soap and water for at least 20 seconds (the length of time it takes to sing the "Happy Birthday" song). If soap and water aren't available, use an alcohol-based hand sanitizer.

### Is H1N1 vaccine safe?

The H1N1 vaccine is made in the same way as the seasonal flu vaccine, which has a very good safety record.

Like any medication, vaccines may have side effects. People who get vaccinated against H1N1 will be screened for any reason that they shouldn't be vaccinated, such as egg allergy.

Careful and repeated studies show that flu vaccines are safe and effective.

**Page 2 of Seasonal Flu and H1N1 (Swine Flu): Information for Caregivers of Children with Special Health Care Needs**

**Do flu vaccines contain thimerosal?**

Some flu vaccine is produced in multi-dose vials which contain thimerosal, a preservative, to safeguard against possible contamination once the vial is opened.

There are single dose units of the shot (inactivated virus) that do not contain thimerosal.

The nasal spray form of the vaccine does not contain thimerosal.

Talk to your health care provider about whether your child should receive the shot or nasal spray.

**When should I contact my health care provider?**

**• Call your health care provider immediately or seek emergency care if your child has any of these symptoms:**

Trouble breathing or fast breathing.

Not drinking and not urinating as much as usual.

Crabby and very difficult to calm down even after the fever goes down.

Bluish or gray skin color.

Not waking up as usual.

Acting different than usual.



**Where can I get an H1N1 (swine flu) vaccination?**

Many places will offer H1N1 vaccinations including doctor's offices, schools, workplaces, pharmacies and public health agencies. Check these sources for information about vaccination sites near you, but be aware that supplies are limited at first and you may need to check again in the coming weeks to find out when it is available:

Your health care provider

Your local health department ([www.doh.wa.gov/h1n1/h1n1\\_getvaccine.htm](http://www.doh.wa.gov/h1n1/h1n1_getvaccine.htm))

A retail pharmacy

You may also be able to find information in your local newspaper or through television or radio.

**Online resources:**

Federal Government: [www.flu.gov/individualfamily/index.html](http://www.flu.gov/individualfamily/index.html)

Centers for Disease Control and Prevention: [www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)

Washington State Department of Health: [www.doh.wa.gov/h1n1/default.htm](http://www.doh.wa.gov/h1n1/default.htm)

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388). **DOH 970-137** October 2009

Dear Meeker Parents, Students, and Staff,

The clocks may have been turned back but time is still running out for many events here at Meeker.

November 6th is the last date to turn in your order for Meeker Spirit Wear. Order forms are still available in the main office.

Reflections entries are due November 12th. Last year we had several entries go on to the state level for judging and one even went to nationals! We can't wait to see how far our talented students can go this year! Entry forms are available in the main office.

November 25th will be the last day to purchase an Entertainment Book. Contact Traci Hancock at (253) 856-0671 or [rogtrac1@msn.com](mailto:rogtrac1@msn.com) for more information. **Remember, for every two books your student sells, they will be entered into a raffle for an iPod shuffle.** Will your student be the lucky winner?

It is never too late to become a member of Meeker PTSA. One of the great benefits of joining Meeker PTSA is having the school morning announcements delivered to your e-mail inbox every Tuesday. Receiving morning announcements helps to keep our PTSA families informed about the many things that are happening at school.

We hope that you had a chance to visit the Book Fair in October. Thank you to all of our book fair volunteers for giving their time so that our students could find a new book with which to spend some quality time during our rainy winter days. Our Book Fair Chairpersons, Darlene and Janet, put in many hours to make this Fall's book fair possible. As a result of their hard work, the Meeker library will receive approximately \$685.00 in new books from Scholastic. With more time to plan the Spring book fair, we hope to do even better.

Our next PTSA meeting will be November 17th at 7:00 in the library. Please join us and get involved for the benefit of the great students at Meeker.

Suzette Willmore and Mariann Kallaher  
2009-2010 Meeker PTSA Co-Presidents

Get Your Meeker Spirit Wear before It's Gone!

It is hard to believe that Fall is already here. A great way to keep your student warm during the chilly days ahead would be to give them a Meeker sweatshirt. Those of you that have spent time at school know that once they put them on, they rarely take them off. Meeker Spirit wear will be available for purchase until November 5th. Order forms are available in the office. Spirit Wear also makes a great holiday gift. If you would like your purchase to be a gift, we can arrange to have your order held in the office for pickup. Just be sure to make a large notation on your order form.





## PTSA– Continued

### 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)

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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, we currently have 89 members. 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
- Reflections Program
- Spirit Sale
- Staff Appreciation  
*(staff lunches)*
- Volunteer Coordinator
- 8<sup>th</sup> grade Party





## PTSA– Continued

Save up to 50% on the things you do everyday  
and help your school!

The 2010 Entertainment® Book is packed with great **half-off** and **two-for-one savings** on:

- Dining
- Shopping
- Golf
- Travel
- Recreation
- and more!

Books can be checked out to sell at work, to family, etc. Return unsold books along with the money for books sold. For every two books sold your students name will be entered into a drawing for a new iPod shuffle.

To purchase contact Traci Hancock at (253) 856-0671, each book only \$20.

Buy online at [www.entertainment.com/support](http://www.entertainment.com/support). Enter account number 903151 and a portion of your purchase will go to help Meeker Middle School fund activities and programs.

Return to the main office with payment . Your book(s) will be sent home with your student.

2010 Entertainment Book	\$20 per book	Order yours today!
Student Name:		
Parent Name:	Phone #	
Number of Books # _____	Amount enclosed \$ _____	
Please enter the # of books you want::    ___ South Puget Sound    ___ The Seattle Eastside Area		

**“DXM”**

**Dextromethorphan**

Used in many cough/cold medicines

**1 out of 10 teens report abuse of  
cough medicines with this ingredient**

**The ‘highs’ from this drug have 4 plateaus;  
the first two are similar to being drunk,  
the later two are dissociative  
creating an ‘out of body’ like experience**

**Possible Side Effects:**

**Panic attacks**

**Delusions**

**Memory Problems**

**High Blood Pressure**

**Stomach Pains**

**Numbness of Fingers & Toes**

**Blurred Vision**

**Loss of Consciousness**

**The effects are often compounded by the  
other ingredients found in these  
Over the Counter Medications**



## Intervention Specialist-continued

### INTERVENTION CLASS

Are you concerned about a family member, friend, child, student, or employee whose life is being impacted by alcohol/drug use?

Is **your** life being affected by someone's chemical use?

Do you feel the problem is getting worse?

Has everything you have tried failed?

This class is designed to provide answers, options, and hope. It will cover everything you need to know about intervention:

- ▶ **Why do an intervention?**
- ▶ **When is an intervention appropriate?**
- ▶ **How is an intervention accomplished?**

Don't wait! It **ALWAYS** gets worse.

Every Wednesday at 7:00 p.m. at:  
Lakeside-Milam Recovery Centers  
10322 NE 132<sup>nd</sup> Street  
Kirkland, WA 98034  
425-823-3116

Every Tuesday at 6:30 p.m. at:  
Lakeside-Milam Recovery Centers  
Riverbend Office Building  
721 45<sup>th</sup> Street NE, Suite C  
Auburn, WA 98002  
253-859-6436

No pre-registration is required.

A FREE community service sponsored by Lakeside-Milam Recovery Centers.

**Please Note – Free Evaluations at the following Lakeside-Milam outpatient locations:**

**Please Note – Free Evaluations at the following Lakeside-Milam outpatient locations:**

**Auburn: 253-859-6436**  
**Tacoma: 253-272-2242**  
**Everett: 425-267-9573**  
**Federal Way: 253-942-8686**  
**S. Seattle (Renton): 206-248-4358**

**Kirkland Outpatient: 425-822-5095**  
**N. Seattle (Edmonds): 425-670-3664**  
**Puyallup: 253-840-8687**  
**Downtown Seattle (Eastlake): 206-341-9373**  
**Issaquah: 425-392-8468**

### **Turn your middle schooler into a responsible, independent person**

Your preteen's ever-shifting behavior may make you downright dizzy sometimes. One day, he's mature and dependable. But the next? He's fussing about the house rules like a cranky preschooler. Welcome to adolescence!

These next few years are all about change and growth. And while it would be nice to wave your magic wand and turn your preteen into the independent, responsible adult he'll hopefully grow to be, it doesn't work that way. Like nearly everything else related to parenting, it's a process.

You can turn your preteen into a responsible young person if you:

- Insist he pitch in with younger siblings. How about having him handle his little brother's bedtime story tonight?
- Give him meaningful chores. Don't assign busywork. Look for tasks that matter.
- Let him run his own errands. Who says you're the only one capable of picking out a poster board for that upcoming school project?
- Allow him to get a part-time job. Pet sitting or mowing lawns are great ways for preteens to earn money and develop a good work ethic. As long as he keeps his grades up, consider letting him go for it.
- Rely on him when you need help. Why clean the gutters or change the oil in the car by yourself? There's a talented preteen nearby!

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### **Build your child's self-esteem with love, discipline**

Self-esteem has been talked about so much that it has almost gotten a bad name. But this quality is important for all of us—we all need to feel that we have value and that we are competent, capable individuals.

Experts agree that parents can build self-esteem in their children with a two-pronged approach. First, never put boundaries on your love for your child. Second, always put boundaries on what your child may do.

For the first:

- Make it clear that you love your child as she is.
- Spend time with her and enjoy her company.
- Encourage your child and take interest in her activities.
- Respect your child.

For the second:

- Be clear about family rules, including consequences.
- Be consistent when enforcing rules.
- Stand firm. Do not back down because your child gets angry.

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Students in grades 8-12 are invited to participate and parents are welcome and encouraged to attend the **Fourth Annual Parent and Student Math Advisory Night** at Green River Community College, Technology Center, Feb. 8, 5-8 pm (Free Dinner served).

The purpose of the evening is to educate students and their parents about the importance of taking math classes in high school. Course choices in mathematics that students make in high school are critical for vocational occupations, college readiness, competitiveness in the work place, and overall mathematics proficiency. Math faculty from high schools and 2 year colleges will be present. To understand the expectations colleges have for entering students, participants may take the college math placement assessment, COMPASS, For FREE !

**Registration opens Nov. 16th and will close upon reaching room capacity. Please register for this event and to take the COMPASS assessment at [www.project-time.org](http://www.project-time.org)**

For more information contact the WA State Center of Excellence for Careers in Education: 253-833-9111, ext. 4360, or email Jen Hall at [Jhall@greenriver.edu](mailto:Jhall@greenriver.edu)

Interpreter upon request and availability.

### Understanding preteen brains helps you respond to your child

Parenting a middle schooler in today's times can be a challenge. Your preteen acts like he knows everything, and at times he seems so grown up.

The important word is "seems." It doesn't matter how "cool" your child acts--it will be years before he thinks like an adult. Keep in mind that:

- Emotional thinking usually wins out over rational thinking at this age. That's why middle schoolers may lash out if they think they've been "dissed." Your child is not ready to stop and think: "I'd better cool it, because I might get in trouble." He responds with emotion only. Have your child practice instant responses, such as shaking his head and walking away. Counting to 10 before blowing his top can work, too. And don't take angry comments your child may make to you personally.
- Your child lives in the moment. He doesn't grasp that his semester grade may drop if he doesn't study tonight for his test. To him, the end of the semester is light-years away. What he does tonight can't possibly affect the end of the semester. Don't force your middle schooler to make a connection he is not ready to make. Instead, set firm rules about studying and stick to them.

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### Excessive TV, computer time can worsen eating, sleeping habits

Too much time in front of the TV or computer can affect your child's grades, social life and health. In separate studies, researchers have found that:

- High school students who watched more than five hours of television per day had poor eating habits as young adults.
- Watching TV can contribute to obesity. Time spent in front of the TV is time not spent in physical activity. But a study also found that some overweight children ate twice as much after watching TV commercials about food.
- Middle school students get less sleep if they have a computer or TV in their bedrooms. They go to bed a half hour later than students who do not. But they wake at the same time.

To avoid these poor outcomes for your child:

- Set a strict limit on total screen time. No more than one to two hours per day.
- Keep TVs and computers in family areas, not bedrooms.
- Require that schoolwork, chores and exercise come before any screen time takes place.

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### Spend meaningful time talking with your middle schooler

One of the best ways to spend time with your preteen is also one of the easiest: It's talking. According to research, adolescent girls rate chatting as the thing they most enjoy doing with their moms.

Unfortunately, girls often get frustrated during conversations because they believe their moms:

- Ask too many questions.
- Are too quick to judge.
- Just "don't get it."
- Say the wrong thing.

Complaints aside, preteen girls want--and need--to have meaningful talks with their moms. To get the most from the time you spend chatting with your preteen:

- Listen. You may have a hundred things to do, but if your preteen wants to talk, be there for her.
- Don't shut her down. Avoid phrases like, "You don't mean that," or, "You can't really feel that way." They're big roadblocks to conversation and may make your preteen less likely to open up.
- Accept her viewpoint. Hearing out your preteen isn't the same as agreeing with her. It's a way to show you respect her opinions.

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# Meeker Student Calendar 2009-2010

*Note: In the event of school cancellation by the district, the make-up day(s) shall occur in June.*

M	T	W	T	F
<b>SEPTEMBER</b>				
	1	2	3	4
(7)	8	9	10	11
14	#15	16	17	18
21	22	23	24	25
28	29	30		

( ) Labor Day 9/7  
  
#School Starts 9/15  
  
12 School Days

M	T	W	T	F
<b>FEBRUARY</b>				
1	2	3-L	4	5
8	9	10	11	12
(15)	(16)	17	18	19
22	23	24	25	26

-L=Meeker Late Start-11:05am  
  
( ) Presidents Break 2/15 & 2/16  
  
18 School Days

M	T	W	T	F
<b>OCTOBER</b>				
			1	2
5	6	7	8	@9
12	13	14	15	16
19	20	21-L	22	23
26	27	28	29	30

@ No School  
  
-L=Meeker Late Start-11:05am  
  
21 School Days

M	T	W	T	F
<b>MARCH</b>				
1	2	3	4	5
8	9	10-L	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

-L=Meeker Late Start-11:05am  
  
  
  
  
23 School Days

M	T	W	T	F
<b>NOVEMBER</b>				
2	3	4	5	@6
9	10	(11)	12	13
16	17	18-L	19	20
23	24	25	(26)	(27)
30				

@ No School  
  
( ) Veterans' Day 11/11  
  
-L=Meeker Late Start-11:05am  
  
( ) Thanksgiving 11/26 & 11/27  
  
17 School Days

M	T	W	T	F
<b>APRIL</b>				
			1	2
(5)	(6)	7	8	9
12	13	14	15	16
19	20	21-L	22	23
26	27	28	29	30

( ) Spring Break 4/5 & 4/6  
  
  
  
-L=Meeker Late Start-11:05am  
  
20 School Days

M	T	W	T	F
<b>DECEMBER</b>				
	1	2	3	4
7	8	9-L	10	11
14	15	16	17	18
21	22	(23)	(24)	(25)
(28)	(29)	(30)	(31)	

-L=Meeker Late Start-11:05am  
  
  
  
( ) Winter Vacation 12/23-12/31  
  
16 School Days

M	T	W	T	F
<b>MAY</b>				
3	4	5-L	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
(31)				

-L=Meeker Late Start-11:05am  
  
  
  
20 School Days  
  
( ) Memorial Day 5/31

M	T	W	T	F
<b>JANUARY</b>				
				(1)
4	5	6	7	8
11	12	13-L	14	15
(18)	19	20	21	22
25	27	28	29	30

( ) Winter Vacation 1/1  
  
-L=Meeker Late Start-11:05am  
  
( ) M.L. King Day 1/18  
  
19 School Days

M	T	W	T	F
<b>JUNE</b>				
	1	2-L	3	4
7	8	9	10	11
14	15	16	17	#18
21	22	23	24	25
28	29	30		

-L=Meeker Late Start-11:05am  
  
  
  
#Last Day of School 6/18  
*School closure make-up days (if needed)  
6/21 & 6/22 and more if necessary*  
  
14 School Days



# 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.

### NOVEMBER CALENDAR

November 6	No School-Teacher Workshop Day
November 10	Veterans Day Assembly 2:05 pm
November 11	No School-Veterans Day
November 17	PTSA Meeting 7:00 pm in the Library
November 18	Late Start-Students begin school at 11:05 am
November 19	Quarter One Ends
November 24	Early Release & Parent-Teacher Conferences 1-4 & 5-8 pm; Parent Laptop Information Meetings-on the hour during conferences except during 4-5 pm .
November 25	Early Release: 12:31 pm
November 26-27	No School-Thanksgiving Break