



Meridian High School

October 2009

Shared Mission

"To educate all students for improved achievement"

Shared Vision

"Creating a fun and challenging learning environment while demonstrating respect, integrity, and tolerance for all"

Principal's Message

Greetings:

The cool and wet weather has certainly signified our move into the busy fall season! Soon we will be celebrating Thanksgiving! The school year is off to a terrific start. The staff and students seem to be adjusting to the new black/gold schedule. Students are excited about the new classes that are being offered this year. There are a few things to remind parents of as the year progresses:

1. The staff at MHS are committed to partnering with our parents and guardians to improve student achievement. To that end the staff have done the following:
 - A. Every 2nd period teacher has contacted parents/guardians to collect e-mail information on all of their students. This information was then added to the database to ensure an avenue for regular contact home. If you have not submitted your current e-mail address please contact your son or daughter's second period teacher.
 - B. All parents have been given their son/daughter's identification number and password for Family Access via e-mail. Family Access is the new on-line grading and attendance reporting tool being used by the Meridian School District. Family Access allows parents, guardians, and students to access up to date grades and attendance information.
2. MHS is committed to following up on the academic progress of all struggling students. After every two week grade check, the Academic Emphasis Team meets to discuss students who have one or more failing grades. The staff then attempts to make phone contact with the parents to explain their son or daughter's academic problems. MHS has two bilingual tutors to follow up on students whose primary language is not English.

Parent/teacher conferences will be held on November 23 from 3:00-7:30pm in the old gym. Please plan on attending and spending a few moments with your student's teachers.

It is our hope that through the efforts of the students, parents, and staff that Meridian High School can improve student achievement one student at a time.

Important Dates to Remember

School Building Information

November

- 9 Veterans Day Assembly 10:30am
- 11 Veterans Day-No School
- 16 Winter Ride Information Night 6:30pm
- 16 Winter Sports Turnout Begins
- 17 Basketball Parent Meeting
7:00pm Auditorium
- 23 Conferences 3:00-7:30pm Old Gym
- 23 Early Release @ 12:10pm
- 25 Early Release @ 12:10pm
- 26-27 Thanksgiving Break

December

- 3 Senior Class meeting with Jostens
9:00am Auditorium
- 8 Band/Choir Holiday Concert
7:00 Auditorium
- 21 Christmas Break Begins

January

- 4 Welcome Back to School 2010!!
- 15 MLK Jr. Assembly
- 18 MLK Jr. Day-No School
- 27 Early Release @ 12:10pm

Winter Sports Information

Winter sports turnout begins on November 16. Please make sure you have all paperwork turned in to Mr. Larsen and have paid your athletic participation fee before the first day of practice. Please contact Mr. Larsen at 318-2160 with any questions.

Senior Information

On December 3 at 9:00am there will be a senior class meeting with a representative from Jostens to discuss ordering cap and gowns, etc. Jostens will be back on campus Dec. 10 during both lunches to take cap and gown orders.

Running Start seniors who are not on campus please contact Mrs. Erickson in the Main Office to confirm the spelling of your name for your diploma.

Daily Bulletin

If you would like to receive the daily bulletin at home, please send your request to lashton@meridian.wednet.edu If you would like to submit information for the bulletin please e-mail it to the same address by 12:00 and we will make every attempt to have it appear in the bulletin the following day.

Health News

Many families in the Meridian School District have already been hit by the cold and flu bug. Here are some things to remember if your student becomes ill.

It is recommended that students stay home when they are sick until symptoms have resolved and they have been fever free for at least 24 hours without the use of fever reducing medication. Vaccination, respiratory etiquette, frequent hand washing and staying home when sick are the best prevention methods for the flu. Flu symptoms are as follows: fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue, vomiting, diarrhea.

Student Absences

We are continuing to use our automated phone home system to inform parents and guardians of their student's absences. When a student misses one or more periods in a day, the automated phone system will be calling and informing the family of the absence. There are three ways parents and guardians can excuse their student's absence.

1. Call the attendance line at 318-2295 and leave a detailed message.
2. Send a note with your student.
3. Call the attendance office at 398-8111 and speak to one of the secretaries.

Be a Positive Role Model

Winter sports season will soon be here. Here are some things to remember as the Trojans take the floor.

- ◆ Make sure your child understands that, win or lose, you love him or her.
- ◆ Be realistic about your child's physical ability.
- ◆ Help your child set reasonable goals.
- ◆ Emphasize **improved** performance, not winning.
- ◆ Good sportsmanship should be demonstrated at all times.
- ◆ Be a **cheerleader** for your child and other athletes on the team.
- ◆ Respect your child's coaches. Communicate with them in a positive way.
- ◆ Encourage others to do the same.

Winter Ride Ski & Snowboard Program

For more than 40 years, the Meridian Winter Ride Ski and Snowboard Program has offered the opportunity for Meridian School District 5th-12th grade students to learn to ski and snowboard. We have teamed up with the Mt. Baker Ski Area to provide a variety of lessons and equipment options as well as transportation. Come join us and learn more...

Meridian Winter Ride Information Night

Monday, November 16

6:30-7:30pm

High School Auditorium

Questions?? Contact Laney Brannen, Winter Ride Coordinator 318-2213 at MHS.

Science News

New probe technology has been added to the science classrooms this year. Already they have helped students analyze things digitally: In freshman science a new conductivity probe was used to look at electrolyte levels in sports drinks. In sophomore science a digital thermometer studied temperature changes. The magnetic field probe and digital scales were used in chemistry to help determine the identity of an unknown element. A motion detector and photogates have been used in physics to study linear motion and acceleration of gravity. These were used to determine the developed speed of a matchbox car launched from a ramp and calculating where to put a ring of fire that the car would jump through.

Volunteers?

From time to time the high school is in need of parent volunteers for various projects. If you would like to be put on a volunteer list please contact Patti Erickson in the high school office at 398-8111. Thank you.

Counseling Corner

COUNSELING CENTER STAFF CHANGES

As you may already know Mrs. Greshock has left MHS to assume a full-time position @ the Middle School. We are sure she will do great work there. We were very fortunate to hire an excellent replacement, Ms. Hana Schutz, who comes to us with impressive school counseling experience. Her enthusiasm and commitment to students make her a welcome addition to our staff. Each of us will follow our classes through to graduation. Ms. Schutz is the Counselor for the classes of 2012 & 2013, while I am working with the classes of 2010 & 2011. Ms. Schutz is here Mon-Thurs until noon and Fridays until 1:00pm. I am here Mon-Thurs all day.

Monica Knutzen is a student intern who is completing her Master's Degree in school counseling and is observing the counseling staff and working with our students. She will be with us until the birth of her second child in February.

We are also grateful for the addition of Gina Heslep who is Chad Larson's Administrative Assistance and is providing support to the counselors as well. She is located in the outer office of the Counseling Center and is available to schedule appointments with Ms. Schutz or myself.

Mrs. Martha Stephens is still providing support to our students as the Librarian and Career Specialist. She coordinates Scholarships, and the Graduation Project, and schedules College Rep visits here for our juniors and seniors. She will e-mail updates on available scholarships if you provide her with your e-mail address.

The counselors have provided fall guidance lessons in classroom settings to freshmen through senior classes. The focus was on introducing the Counseling Staff and our services and providing information on the goals and areas of focus for each of the four years of high school.

SOPHOMORES/JUNIORS

On Saturday, October 17th, some of our sophomores and juniors took the PSAT exam here @ MHS. Results are usually sent in December. Some scheduling conflicts may have resulted in a lower number of students testing than has been the case in years past. The PSAT is set for the same time each October. Ms. Schutz or I will call the students together to explain how to interpret their test results and to provide information on a useful internet tool those students can now access that will provide valuable information on SAT preparation, as well as career, college and scholarship searches.

JUNIORS/SENIORS

Juniors and seniors should be starting to gather information and explore the various options available to them after high school. **Juniors** are encouraged to take the SAT or ACT exams in May or June of next year. These tests may be repeated early in their senior year if they wish to try to improve their scores. Registration is available online @ collegeboard.com for the SAT and act.org for the ACT. Registration needs to be done in advance.

SAT Test Dates

Test Date	Registration Deadline	Late Registration Deadline (late fee applies)
Dec 5	Oct 30	Nov 12
Jan 23	Dec 15	Dec 30

March 13	Feb 4	Feb 18
May 1	Mar 25 (Encouraged for juniors)	Apr 8
June 5	May 29 (Encouraged for juniors)	May 13

ACT Test Dates

Test Date	Registration Deadline	Late Registration Deadline (late fee applies)
Dec 12	Nov 6	Nov 20
Feb 6	Jan 5	Jan 15
Apr 10	Mar 5	Mar 19
June 12	May 7 (Encouraged for juniors)	May 21

SENIORS

I have begun meeting individually with seniors to discuss their credit status and help detail plans for next year. Letters are going out to parents whose students are credit deficient and in danger of not graduating next June. Seniors who are planning to attend college next year should be well in to the application process by this time. Those hoping for financial aid and scholarships should be gathering information and applications from the Counseling Center and/or scholarship websites. One caution regarding scholarship scams-you should not have to pay for scholarship applications or scholarship information. More information on the scholarship process will be available @ our annual Financial Aid Information Night for seniors and their parents. We are waiting for confirmation from WWU's Financial Aid Office on which night will work for them. I am hoping to schedule it for mid-November. Watch for further information in the bulletin. In addition, seniors should be making progress on their Graduation Project. Check with your student on the progress of his/her applied activity, research paper, and regular meetings with advisors.

Senior Year Timeline-November-February

- Meet with Mrs. Kheriaty
- Meet with your Graduation Project advisor monthly and continue work on the project.
- Consult the "Thirteenth Year Plan" in your Graduation Project portfolio for a comprehensive guide to preparing for next year.
- Complete your on-line Career Cruising search. Then meet with Mrs. Stephens to obtain a sign-off for your Graduation Project portfolio requirement
- Consult the Family Resource Guide for helpful info for next year
- Conduct online scholarship searches
- Regularly check for scholarships (on-line updates of the Scholarship List are available from Martha Stephens, our Career Specialist mstephen@meridian.wednet.edu)
- Verify college application and financial aid requirements and deadlines
- Continue the college application process. Washington State colleges encourage students to submit applications for admission and financial aid by November, 1 for priority consideration.

MAKE COPIES OF EVERYTHING.

- Request transcripts in the Attendance Office to use for college and scholarship applications. (To be done now & after 1st and 2nd semester grades are posted).
- Request letters of recommendation from teachers, counselors, and/or community members in timely manner, providing a resume or list of accomplishments, giving at least 2 weeks notice
- Attend **Financial Aid Information Night @ MHS**
- Complete the PROFILE financial aid form if needed for a particular college
- If you haven't already, have official test scores sent to the colleges.
- Obtain a pin # for FAFSA (Free Application for Federal Aid) @ www.pin.ed.gov

Submit FAFSA form online @ www.fafsa.gov after Jan 1, 2010 and by the college deadlines.

INFO OF INTEREST TO ALL STUDENTS

WHY go to college?

- A bachelor's degree can double your earning power over the course of your lifetime.
- The more education you get the more likely it is that you will always have a job.

Continuing education after high school is much more important for our children's generation than it was for ours. Many of the manufacturing jobs that provided salaries and benefits that could sustain a family have disappeared. Today's jobs are more technical, requiring critical thinking skills and specialized training. According to the US Dept. of Labor, 8 of the 10 fastest growing occupations for 2000-2010 are in the computer field, with jobs in the medical field also on the rise.

HOW do I prepare for college?

- Develop reading, writing, thinking skills.
- Limit TV time.
- Listen to music with positive messages.
- Join clubs in debate, science, math, etc.
- Read, read, read.
- Identify people who can help you in and out of school.
- Visit colleges.
- Join groups at church, school, and in the community that focus on positive values and making a contribution.
- ♦ Take rigorous course loads all four years.

Encourage your students who are uncertain of their future path to visit Mrs. Stephens in the Library or to make an appointment with their counselor. As always, feel free to contact us with any questions or concerns.

Mrs. Kheriaty
Counselor for the Classes of 2010 & 2011

Career Center News:

Interests, Abilities and Careers... Where to begin? The Career Center has resources to help students at school but did you know Meridian High School also has an internet-based program you can access at home through the internet?

WOIS, The Career Information System. This is a career exploration and planning tool your child uses to explore career and college options and develop a career plan. All students are introduced to this program freshman year and are encouraged to use it throughout their high school years. The electronic portfolio component paired with a visit to our Career Center is a required portion of the Graduation Project.

Features of the program include:

Interest and Skills Assessments

Career Profiles- includes education requirements and state wage averages

College and Financial Aid Information

Electronic Career Portfolio

Resume Builder

To find out more about the career exploration website go to www.wois.org.

Log on with the site key: **hsc225**

Click on **Assessments** to begin

There are several different assessments available: Career Interest Areas, Interest Profiler, Skills Assessment, and Work Importance Locator

Happy Exploring :o)

College Visits

This is a great opportunity for students interested in college to meet and talk to College Admissions Representatives. The benefits of attending a College Rep visit include:

Learning more about the college/university

Meeting the Admission Representative - he or she may be reading your application later

A chance to ask specific questions about college programs, policies, housing, athletics, safety and more.

Please remind your child to make a good impression by being prepared to ask good questions and being respectful during the visit.

College Visits at Meridian High School	
November/December	
Nov 10 th	Washington State University
Nov 16 th	University of Washington Bothell
Dec 16	Pacific University

November 19th - High School students are invited to attend Tour Day at Bellingham Technical College. This time to learn about BTC, by experiencing college classes, seeing hands-on activities, and meeting faculty current students. See Mrs. Stephens to sign up.

Scholarships:

To learn about the many scholarships available for graduating students who will be attending 2 or 4 year colleges, contact Mrs. Stephens in the Career Center. There is a monthly report on new scholarships which you review in the Career Center or receive by email. If you are interested in receiving this monthly report, Mrs. Stephens at mstephen@meridian.wednet.edu or call 318-2279.

GET Ready for Math & Science Conditional Scholarship -_pays the tuition for regional universities, community technical colleges in Washington
Applications will be available October 15, 2009 - January 8, 2010. To learn more about this opportunity go to www.hecb.wa.gov/paying/waaidprgm/getreadyformathscience.asp
Beginning with the Class of 2010
Meet family income limits
Score a 4 on math or science section of the WASL or above the 95th percentile on the math section of the SAT
ACT
Agree to earn a bachelor's degree in a qualified math or science program at an eligible college or university
Agree to work full-time in a math or science occupation in Washington for 3 years after college graduation
Application deadline January 8, 2010

Driver's Education Scholarship

Blue Skies for Children is offering 3 driver's education scholarships in the amount of \$225.00 each toward the cost of a driver's education course fee. Students must be 15 to 17 years of age, live in Whatcom or Skagit County and meet all qualifications of eligibility. Three scholarships will be awarded each Spring and Fall. For an application packet call Blue Skies for Children at 360-756-6710. **The deadline for Fall application is September 15, 2009**

Washington Aerospace Scholars

Washington Aerospace Scholars is an educational program involving both distance learning and a summer residential experience. NASA provides the distance learning curriculum which focuses on the history and future of space exploration. The summer experience is hosted by the Museum of Flight and involves designing a human mission to Mars, field trip to engineering facilities and hands-on engineering challenges. Applicants must be high school junior with a minimum GPA of 3.0 and US citizens. Go to www.museumofflight.org/washingtonaerospacescholarship to request an application or pick one up from Mrs. Stephens. Applications must be postmarked no later than Friday, November 6, 2009.

Graduation Project:

All Applied Activity Proposals for the Graduation Project are due. Please contact Mrs. Stephens, the Career Specialist (360-318-2279), if there are any questions regarding the proposals. Each student is assigned to a faculty advisor who will guide and monitor the progress of the project. It is the student's responsibility to attend monthly meetings with their advisor. Also, students have been advised to pick up their Portfolio Notebooks from their advisors.

Fall Parent Progress Report on the Graduation Project will be available at conferences or mailed out with the report for Grades 6-12.

Tech Prep

Has your child signed up for Tech Prep? You may be asking yourself what that is. Tech Prep gives high school students an opportunity to earn dual credits for certain career and technical courses offered at MHS or inter-district. Through this program, students can earn college credit while still in high school *and* save you money on tuition, books and lab fees. It is worth checking out. To learn more about it visit the Tech Prep website at www.whatcomtechprep.org or call 360-752-8409

I look forward to partnering with you in helping your child experience success!
Stephens MHS Career Specialist

Martha