



MERIDIAN HIGH SCHOOL

February 2016

Shared Mission

"Each student will succeed through quality, inspirational and innovative education."

Shared Vision

"The Meridian School District works in partnership with our families and our community to educate each student in a safe and supportive learning environment to become a positive contributor to society."

Principal's Message

As we put the final touches on first semester and begin second semester, there are many things to celebrate at Meridian. Some highlights include:

- * Our ASB put together a number of small activities and events to help lower the stress at the end of the semester.
- * Before Winter Break, the same ASB, with help from the community provided over \$9000 in gifts to students in our Winter Wishes program.
- * Students recently went to Olympia to speak on a bill and tour the campus.
- * Our FFA program continues to grow in number and is preparing for competitions that will last throughout the spring.
- * Our enrollment increases as we welcome new students who are excited to be a Trojan. (And we are excited they are here!)
- * Students are engaged in a variety of learning activities in their classes as they show their knowledge and skills gained over the course of first semester.

Whether the celebrations are accomplishments of the whole school, a small group, or individuals we want to be able to share that and other important information with you. We have increased the number of newsletters by one, to give you more up to date information. We have been making minor adjustments to our website for basic information and we will continue to make changes throughout the spring. We hope every student and parent have subscribed to the daily bulletin which gives you a written copy of our announcements (except for the "joke of the day").

One major area of improvement lies in how Skyward is used to communicate school information and student grades. We are beginning by gathering data and that is where you can help. Please be looking for a survey where the link will be located on skyward, our website and shared in our daily bulletin. We need information from you to learn what you need and how we can provide you that information.

I hope you find the information in this newsletter helpful. The pages that follow include important dates and deadlines that will be good to keep track of as we get closer to spring.

Thank you and Go Trojans!

Important Dates to Remember

School Building Information

February

- 9 BTC Tour Day
- 12 Mid-Winter Break-No School
- 15 President's Day-No School
- 23 Spring Sports Parent Meeting 6:30 Auditorium
- 23 Blood Drive
- 24 Early Release at 12:10pm
- 25 Spring Sports Practice Begins

March

- 4 Snow Make-up Day-No School
- 10-13 Drama Production of "Rumors"
- 15-17 HSPE Makeup Testing Dates
- 19 Booster Club Auction at Silver Reef Casino
- 23 Senior Presentations
- 23 Early Release for 9th-11th grades @ 12:10pm
- 29 Conferences 3:30-7:00pm

April

- 4-8 Spring Break
- 19-20 Smarter Balanced (SBAC) Testing-Math
- 27 Early Release at 12:10pm
- 30 Prom @ Mt. Baker Creek Bldg 8:00-11:00pm

Talent Show

The annual MHS Talent Show dates are listed below. Stay tuned for information regarding try-out and rehearsal dates. We are looking forward to three nights of great entertainment. Please join us as we celebrate the talented students of the Meridian School District. All shows are held in the MHS auditorium.

K-8 Grade Show	April 21	7:00pm
9-12 Grade Show	April 22	7:00pm
Talent Show Finals	April 23	7:00pm

MHS Athletics

Spring weather in Whatcom County is ever-changing and unpredictable. If a game is postponed or cancelled it will be posted on the NW Conference Athletics website, which is www.nwathletics.com. Click on the orange "subscribe" link on their website to sign up to have game updates sent to you.

Athletes planning to participate in camps during the summer need to have the 2016/2017 eligibility form completed and turned in to Mrs. Heslep by June 1st.

Spring Testing Information

AP Test Information

Students in AP classes were recently asked to sign-up to take AP exams in May. Payment for the tests will be accepted from April 18--May 6. **The payment is due to Mrs. Heslep in the office no later than May 6th.** Cost is \$92 per exam unless you qualify for a fee reduction. To qualify for an AP test fee reduction, you need to be eligible for free/reduced lunch or Medicaid medical assistance, or your family would have to meet certain income requirements. You need to fill out a verification form to qualify. The form is available from Mrs. Heslep in the office. The U.S. Dept. of Education has set the price at \$53 per exam, and qualifying students may take as many AP exams as they want at the reduced rate. AP exams are on the following dates:

- | | | |
|-------------------------------------|-------------------------|------------|
| • AP Government & Politics | Tuesday, May 10, 2015 | 8:00am |
| • AP English Language & Composition | Wednesday, May 11, 2015 | 8:00am |
| • AP Statistics | Wednesday, May 12, 2015 | 12:00 noon |

HSPE (High School Proficiency Exam)

For students in the class of 2016 passing the HSPE is a graduation requirement. Students in those classes who have not yet met state standards on the HSPE will take the test on the following dates:

- | | | |
|------------|---------|--------|
| • March 15 | Writing | 8:00am |
| • March 16 | Writing | 8:00am |
| • March 17 | Reading | 8:00am |

If your student has not yet met state standards on one or both tests they will be notified by our counseling department by March 3rd. It is very important that students are here on time ready to test each day.

SBAC (Smarter Balanced Assessment Consortium)

The SBAC is a graduation requirement for students in the class of 2017, our current juniors, and beyond. Students in the class of 2016 who have not yet met the graduation requirement can also use this test to meet the requirement. This computer-based test will help evaluate how well students are performing by comparing them with students from other schools across the nation. It will also empower families by providing a clear indication of how well their children are progressing toward mastering the academic knowledge and skills necessary for college and career readiness. All testing periods will be from 8:00-11:00 each day.

- The classes of 2016, 2017 and 2018 will take the English/Language Arts SBAC on May 3 and 4.
- The classes of 2016 and 2017 will take the Math SBAC on April 19 and 20.

End of Course Exams

End-of-Course (EOC) exams in math and biology allow students in grades 9-12 to be tested on the knowledge and skills they've gained from taking specific courses. They are different from tests like Smarter Balanced, which are comprehensive and assess overall content-area knowledge.

The biology EOC is based on the Washington State Learning Standards in science. This test is used to fulfill assessment graduation requirements for the Class of 2017 and beyond. It is also used for federal accountability, because states are required to assess students in science once in high school.

As students conclude each of these 3 courses they will take the exam. Students are required to take and pass either algebra or geometry; they do not have to take both math content area exams.

- | | |
|----------------|--------|
| • EOC Algebra | June 2 |
| • EOC Geometry | June 2 |
| • EOC Biology | June 7 |

MHS Technology Club

The MHS Technology Club was recently awarded a \$1500 NASA grant. The purpose of the grant is to encourage and support students participating in VEX Robotics competitions. The grant supplies 1 robot kit and accessories as well as team registration. The club anxiously awaits the arrival of the kit in order to begin the planning phase. After that, robot construction and testing will begin with the goal of participating in a number of VEX events during the 2016-17 school year. Wish them luck!

Meridian Booster Club Auction

The Meridian Booster Club Auction will take place on March 19, 2016 at the Silver Reef Casino Hotel/Spa. Tickets are \$50 per person or \$450 for a table of 10. There will be a Silent and Live Auction with a buffet dinner and dancing after the Live Auction. Rooms are available at the hotel for \$109.00 if you mention that you are attending the auction. Doors open and Silent Auction begins at 5:00pm, dinner starts at 7:00pm with the Live Auction following dinner. For more information, or to donate, contact Randy Kirk at 360-820-0317.

World Language Proficiency Exam

The World Languages Proficiency Exams will take place Wednesday, February 24, 2016 in the MHS Library beginning at 1:00 PM. This is an opportunity for students who speak, read and write Spanish, Russian, Punjabi, Vietnamese and other languages to receive high school World Language credits depending upon their results on this exam. The prices for 2016 are Spanish \$25.00, Russian \$40.00, Punjabi and Vietnamese \$160.00. Checks (payable to Meridian High School) or cash payments are due by Wednesday, February 17, 2016. See Mrs. Grube for more details.

Mobile Dental Program

Unity Care NW (formerly Interfaith Community Health Center) will have a dental van in the Meridian School District on February 19th. All students, regardless of income, are eligible for this free service. Services provided include: dental exam, oral hygiene instruction, and fluoride application. Follow up services may include: sealants, dental cleaning, 2nd fluoride application. Registration forms are available in the office and must be returned to the high school by February 11th. This is a great opportunity to provide your student with free dental care!

Sealant Day

It is time again for Sealant Day on Saturday, February 27th. Sealant Day is a day where Children ages 0-18 who are not able to see a Dentist every six months can receive **Free** dental care. Each child depending on their need, will receive Oral Health Education, FREE Dental Cleanings, FREE Exams, FREE X-rays, FREE Fluoride and FREE Sealants. The event is held from 8:00am-4:00pm at 220 Unity Street, Bellingham WA 98225. The phone number to sign up for the event is [360-224-4698](tel:360-224-4698).

Mt. Baker Dental Hygienists' Society Free Dental Day

On Saturday, February 27th the Mt. Baker Dental Hygienists' Society partners with other community agencies to put on a day of free dental care for children, birth to 18 years old and provide dental exams, x-rays, fluoride, cleanings, and sealants depending on what is needed. Children who need follow up care are connected with either a dental office that accepts their insurance, or one that will see them for free.

The event takes place at Unity Care NW dental clinic in downtown Bellingham (although it is not an Unity Care event, the clinic is rented out). Please refer to the information below to schedule an appointment.

For Who: Any kids, ages 0-18 years old, who do not see a dentist every 6 months

When: Saturday, February 27th, 8:00am - 4:00pm, by appointment

Where : 220 Unity Street, Bellingham, WA 98225

How do I sign up? Call (360) 788-2649

Leave a message and we will call you back to schedule your appointment



MHS Music Department

Here we are, starting 2nd semester. Great things have been happening in the Music Department this year. The groups have never sounded better. The students are working very hard to prepare for our large group assessments. Jazz Festival takes place in Mount Vernon on March 1st and our three Concert Ensembles perform at WWU at the end of March. Our annual Festival concert will take place on Thursday, March 3rd in the MHS Gym to celebrate the success of our solo/ensemble participants and showcase our large group music. All ensembles have grasped the importance of teamwork in the music ensemble. This is what propels us into greatness!

At the end of January, MHS had 13 entries in the SJMEA solo/ensemble contest at Bellingham High School. It was an incredibly rewarding day – GREAT performances, GREAT feedback and GREAT support for each other.

On Presidents day weekend in February, one student represents Meridian High School in the WMEA All-State festival in Yakima, WA. This is the most prestigious honor festival of its kind in our state. Trumpet Guru and Meridian Sophomore Nathan King will be representing Meridian in the WMEA All-State Wind Symphony. This is a rare opportunity and Nate will certainly make us proud!

On the horizon:

- The MHS choirs are taking the step to purchase uniforms for the first time! You can see the new digs in the coming concerts and festivals!
- Full music department spring trip to Silverwood in Idaho for the Music in the Parks contest.
- The Meridian Marching Trojans will again be participating in the Port Townsend, Bellingham and Lynden Parades Mid-May through the beginning of June.
- Our All-District Band and Choir concerts on May 23rd and 24th, featuring ensembles from the elementary, middle school and high school. Both concerts start at 7pm

Registration for next year is just around the corner. If you have an interest in music, please come see Mr. DeGrace or send an email mdegrace@meridian.wednet.edu. He would love talk to you about next year!

Look at the music department calendar for detailed information

<http://meridianhsmusic.weebly.com/mhs-music-events.html>

Meridian Track & Field Camp

Join Meridian Track and Field coaches Patrick Ames, Mike Holz, Andrea Ames, Josh Winters, and Bryant Michaelson in this five-day instructional Track and Field Camp.

The first four days of camp will focus on learning the basics in the track and field disciplines of running, jumping, and throwing with a meet on the last day of camp to show off the newly-learned skills. All athletes will be divided into small groups for closer instructional purposes and will rotate through different event stations on each day.

Meridian High School Track coaches have coached 15 Washington state track and field champions and 91 state medalists since 2000—come take part in this fantastic opportunity to learn and improve upon your track and field skills!

Ages: Boys & Girls Grades K-6

Dates: Tuesday, April 19th

Thursday, April 21st

Tuesday, April 26th

Wednesday, April 27th

Friday, April 29th (Track Meet; including the family "Meridian Mile" run/walk as the final event—parents/adults can donate to the MHS Track program to participate in the Meridian Mile!)

Times: 5:15 P.M.—6:45 P.M. each night

Location: Meridian High School Track

To register: Bring registration form (available soon) and **\$40 cash or check** (made payable to Meridian High School Track and Field) to the school office before Thursday, April 14th

CAREER CENTER NEWS

This spring, please encourage your students to take advantage of the opportunities offered to them through the Career Center. On the career bulletin board students can check for job postings, summer programs, internships or volunteer experiences. We hope to have an after-school workshop on resume writing, interview skills, and other employment topics. Stay tuned!

Here are some interesting websites to check out.

<http://www.seattletimes.com/education-lab/new-free-course-teaches-the-basics-of-how-to-get-the-most-out-of-college/>

[Career/College web page](http://www.meridian.wednet.edu/MHS/career_center)—http://www.meridian.wednet.edu/MHS/career_center

Career Exploration: Washington Career Bridge—<http://www.careerbridge.wa.gov/>

Apprenticeships—Washington State Dept. of Labor and Industries—
<http://www.lni.wa.gov/TradesLicensing/Apprenticeship/default.asp>

Scholarship Search Engines

Washboard.org

Fastweb.com

Scholarships.com

SENIORS

By this time, all students should have their senior presentation worksheet checked off by their adviser. These were due Nov. 30th. When the worksheet is approved, the PowerPoint may be started. Progress on PowerPoint presentations needs to be shown to the adviser by **Feb. 19th**. Practice presentations will be during advisory (as time allows), or scheduled on your own with your adviser. This is mandatory and must be completed by **March 11th**. Remember, a successful senior presentation is required for graduation!



The Senior Luncheon and final presentations are **Wednesday, March 23rd at noon** (an early release day). Our time will begin with a catered lunch followed by presentations in small groups. Please make sure your student blocks out this time, especially if they are involved in Running Start.

If you have questions or concerns, please call Mrs. Waterman at (360) 318-2279 or swaterman@meridian.wednet.edu.

SENIOR NIGHT OF EXCELLENCE

Please have your student inform Mrs. Waterman of scholarships he or she is awarded, so they can be recognized at the Senior Night of Excellence on May, 31st.



SCHOLARSHIPS

This is only a partial list of available scholarships. Please see the latest edition of the senior email, or go to our scholarship database [here](#). You can also go to the MHS web page, click "student support" then "career center". There will be a link there as well.

Todd Curran Memorial Scholarship—postmarked by 2/17.

For those involved in sports and community service with a 3.0 GPA

Whatcom Community Foundation (not just WCC)

www.whatcom.dollarsforscholars.org—due date 2/26/16

College Success Foundation—due dates vary, but are coming up soon

www.collegesuccessfoundation.org—income limits apply

Leadership 1000 (multiple recipients) - www.collegesuccessfoundation.org/l1000

Income limits, min. 2.75 GPA, attend a college in Wa. State.

Washington Opportunity Scholarship—due 2/29

www.waopportunityscholarship.org

For STEM majors—income limits, must file FAFSA by March 7

Masonic Lodge Vocational/Elks Vocational Scholarships—due date (postmark) by 2/29

Pursuing a technical school degree or certificate in a trade (like BTC)

Applications in library

Whatcom Community College Foundation Scholarship (WCC) - due 2/29

www.whatcom.ctc.edu/about-the-college/foundation/scholarships

plan to attend

PEO Scholarship—for females only

Due date **3/1/16**

Based on need, activities and academic merit

Applications in library

Washington State Scholarship Foundation—postmarked by 3/1

For community college, 4-yr university or technical school

Income-based

Applications in library

Washington State School Retiree's Association—postmarked by 3/2

www.wssra.org

For those pursuing a teaching degree

Min. GPA 3.0

SeaMar Farm Workers Scholarship—due 3/16

www.seamar.org/static_pages/farm-worker-scholarship.php

children of farm workers or children who have worked as farm worker

commitment to education, leadership and care of community

based on financial due to individual or family hardship

Counseling Center News

High School and Beyond!

9th-12th grade students have received targeted grade level guidance units from counselors Mrs. Kratzig and Mr. McMains. A focus of each unit was to view and update individual High School and Beyond Plans (HSBP), which is a state graduation requirement. This requirement maps courses and personal pathways to individual post high school plans. The "plan" is stored in the student's personal WOIS (Washington Occupational Information System) Portfolio and can be accessed from home or school. The students, also, completed career/interest assessments that provided interest area information useful for exploring future career choices and post high school planning.

9th-12th grade parents each had an opportunity to attend a grade level evening meeting to hear the information presented to their students and to learn about accessing the WOIS system from home. If you were unable to attend the evening meeting, please feel free to contact your student's counselor and they can assist you with access to WOIS and answer any questions.

Julie Kratzig---Serving Last Names A-L jkratzig@meridian.wednet.edu, 318-2276

Don McMains---Serving Last Names M-Z dmc mains@meridian.wednet.edu, 318-2261

Registration

Spring means it is time to select classes for next year! Some key dates are as follows:

- April 15th** Current 9th-11th grade students receive registration packets.
- April 18th** Current 8th grade students receive registration packets.
- April 20th** 8th Grade Parent Night at MHS beginning at 6:00 PM in the auditorium.
6:30pm in the commons staff will be available for questions on academics/electives/clubs/sport
- April 25th-29th** All students will be meeting one on one with their counselor to finalize their schedules.

Reminder to Juniors and Junior Parents

If you have a junior who plans to attend a 4 year university upon graduation, May and June are good months to take the SAT or ACT. The students can repeat the test in the fall of their senior year if they feel it is necessary to do so. The registration websites are as follows:

SAT----www.collegeboard.org

ACT----www.actstudent.org

Fee waivers are available for students on free or reduced lunch. Please see your counselor.





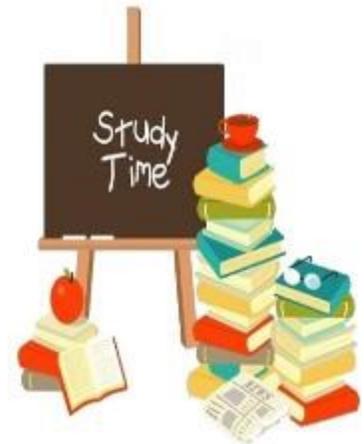
Communities in Schools Spring Programs

Applications for 2016-2017 Peer Mentors will be available on **February 16th** to juniors and seniors who have full time schedules at the high school the following year. This program links small groups of incoming freshman with a peer mentor to be a guide and resource during their first semester of high school.

On **February 12th** a field trip to Everett Community College and Skagit Valley College will be provided to students who qualify for CIS programs. This is a non-school day and transportation to and from the school must be provided by each family. A field trip to Bellevue College and Lake Washington Technical College will also take place on **March 4th**.

After school tutoring will continue through the spring semester Monday-Thursday from 2:30pm-4:00pm in the Library.

Parents and community members can contact Mrs. Seely at the high school by calling (360) 318-2259 or by email at tseely@meridian.wednet.edu. A general permission form for all of the above programs can also be found on the school website at <http://www.meridian.wednet.edu/MHS/CIS>.



Communities in Schools Whatcom Resource Update

Ragfinery: Sewing Bootcamp, learn the basics of sewing by upcycling old clothes into new creations. Saturdays **February 13, 20, and 27th**, 10:00am to 12:00pm, Cost: \$65, register at <http://www.ragfinery.com/upcoming-events/event/sewing-bootcamp/>

Law Advocates: Tenant Clinic, Every Friday from 12:30-3:00pm at the Whatcom County Courthouse, 5th floor. This clinic offers free information and legal services for low income renters; please bring any documents related to the issue you would like to discuss.



Opportunity Council: Energy Assistance, appointments for non-crisis assistance will opened on January 9th. To schedule an appointment please call the Energy Scheduling and Information Line at (360) 225-2192 for Whatcom County.



STREETLAW @WCC!

**Jan 20 & 27—Feb 3 & 17—
Mar 2 & 16 Apr. 13 & 20—
May 18 & 25— Jun 1 & 8**

11-1p and 5-7p WCC Library

**Talk to a Lawyer
FREE!**

- Civil Law • Consumer Law
- Debt Collection • Real Estate
- Landlord/Tenant • Employment
- Family Law • Government Benefits

Whatcom
COMMUNITY COLLEGE

Strengthening Families



Thursdays in March & April 2016
Seven Sessions—one session per week 6:00-8:30pm
Mt. Baker Junior High School
Dinner will be served to your family
Free childcare provided for children under 10
Enrollment limited to 12 families
\$5.00 per family per session or \$35.00 for 7 week class

FOR PARENTS & YOUTH AGES 10 - 14 - *PLEASE JOIN US!!*

HELP YOUR YOUTH:

- Prepare for the teen years
- Strengthen family communication
- Avoid problems with drugs and alcohol

PARENTS/CAREGIVERS LEARN:

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

YOUTH LEARN:

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

FAMILIES WILL:

- Have fun playing games & doing activities together
- Discuss what makes your family strong
- Solve problems together

Cost:

\$5.00 per week or \$35.00 for all 7 weeks per family registration fee (scholarships are available-just ask)
Make checks payable to Whatcom 4H Council

To Register: return registration form to Kelly Holmes at the Mt. Baker Jr. High School office or call (360) 383-2015, ext.4519 to register by phone

For more information about the program, visit: sfp.wsu.edu or contact Jamie Olson at (360) 595-7950 or jamie.olson@wsu.edu

Reasonable accommodations will be made for persons with disabilities and special needs who contact Kelly Holmes at least two weeks prior to the event.

Strengthening Families Program

Mt. Baker Junior High School

Th., Mar. 10, 17, 24, 31, Apr. 14, 21, 28

Registration Form

Parent/Caregiver Name(s) _____

Address _____

Phone _____ email _____

10-14 year old students attending the program:

Name _____ Age _____ Name _____ Age _____

Name _____ Age _____ Name _____ Age _____

Please check all that apply:

- We will pay \$5 per night
- We will pay the full registration fee of \$35 on the first night of class
- Scholarship needed. Amount we can pay _____

Childcare needed (for children under 10)

Name of child _____ Age _____ Name of child _____ Age _____

Name of child _____ Age _____ Name of child _____ Age _____

Cost:

\$5 per night or \$35 for all 7 weeks per family registration fee (Scholarships are available -Just ask!)

Make checks payable to Whatcom 4H Council

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