



MERIDIAN HIGH SCHOOL

January 2017

Vision Statement

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

Mission Statement

"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

Greetings:

First semester ends at the end of this month.

This is an important time to finish the semester strong. Please encourage the students in your home to not only complete the work assigned in these final days of the semester, and to study for their exams, but to also talk to their teachers and make sure they have done everything they can do before grades are submitted for their transcript.

Please take advantage of Skyward to check the progress of your student's grades in their classes. If you have questions, first talk to your student and then contact the teacher. Skyward can be very helpful to follow student progress. If you don't have access or can't remember your login/password, please contact Robin Brinkman by email at rbrinkman@meridian.wednet.edu or by phone at [360.398.8111 ext. 2284](tel:360.398.8111).

As we finish up first semester we are also preparing for second semester. Students will be getting their second semester schedules on Tuesday, January 24th. They will need to keep that schedule and use it to navigate to their second semester classes which begin on February 1st.

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. You can also stay up to date by following the Meridian School District on Facebook and Twitter. We also post information on our website.

Thank you and Go Trojans!

Derek Forbes

Inside this Issue

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Important Dates

January

- 27 Teacher Work Day-No School for Students
- 31 Last Day of 1st Semester
- 31 6 Period Bell Schedule

February

- 1 1st Day of 2nd Semester, Periods 1,3,T3,4,6
- 3 Periods 1,2,T3,4,5-Tuesday Bell Schedule
- 7 BTC "Try It Day"
- 8 Early Release at 12:10pm
- 15 Teen Heart Screen (see page 4)
- 17 Mid-Winter Break-No School
- 20 President's Day-No School
- 21 Father Daughter Banquet, MHS Commons
- 27 1st Day of Spring Sports Practice

March

- 8 Early Release at 12:10pm
- 18 Tolo, 8:00-11:00pm, MHS Commons
- 20 WWU College Fair (interested juniors)
- 22 Early Release at 12:10pm
- 28 Early Release at 12:10
- 28 Conferences, 3:30-7:00, MHS Gymnasium

Parent/Community Partnership

Mobile Dental Program

Unity Care NW (formerly Interfaith Community Health Center) will have a dental van in the Meridian School District on the following dates:

Friday, February 24-Initial Visit for Exams

Friday, March 24-Sealants

Friday, May 19-Fluoride Treatments



All students, regardless of income, are eligible for these free services. Services on Feb. 24th include: dental exam and oral hygiene instruction. Follow up services may include: sealants, dental cleaning, and 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!

2017 Bellingham Community Meals

The Opportunity Council is providing free meals at Assumption Church Gym, 2116 Cornwall Ave. Doors open at 9am for coffee. Meals are served between 12:30-3:30pm on the following dates:

January 28	June 24
February 25	July 29
March 25	August 26
April 29	September 30
May 27	October 28

Local Foodbanks

Listed below is a partial listing of area food banks.

Alderwood Elementary School 360-676-6404 3400 Hollywood Ave. Thurs: 5:30 - 6:30 PM

Bellingham Food Bank 360-676-0392 1824 Ellis St. Mon & Fri: 11:30-3:00 PM, Wed: 1:00-6:00 PM

Blaine Food Bank 360-332-6350 500 'C' St. Tues & Fri: 9:00-12:00 PM, Wed: 5:00-7:00 PM

Cordata Elementary School 360-676-6461 4420 Aldrich Rd. Tues: 5:30-6:30 PM

Nooksack Valley Food Bank 360-966-4833 304 N Washington (Everson Presbyterian Church) Thurs: 10:00 AM-2:00 PM & 6:30-8:00 PM

Ferndale Food Bank 360-384-1506 1671 Main St. Mon, Wed, & Sat: 9:00-11:00 AM

Foothills Food Bank 6210 Mt. Baker Hwy (St. Peter's Church) Tues: 9:00-11:30 AM

Lummi Food Bank 360-380-6962 2830 Kwina Rd. (Commodity food program for low-income reservation residents and tribal members) Fri: 12:30-3:30 PM. Not open first Fri of the month

Lynden Project Hope Food Bank 360-354-HOPE(4673) 205 S BC Ave. #105 Mon, Wed & Fri: 9:30 AM-3:00 PM

Nooksack Tribal Food Bank 360-592-0135 2515 Sulwhanon Dr., Everson 1st Fri of the month: 12:00-3:00 PM or while supplies last If 1st Friday is the 1st day of the month, open 2nd Friday

Salvation Army 360-733-1410 2912 Northwest Ave Mon, Tues, Thurs & Fri: 9:30-11:15 AM & 12:00-2:45 PM

St. Joseph's Outreach 5781 Hendrickson St., Ferndale 360-384-3651 Thurs: 10:00-11:00 AM. Sept-June only, closed July & Aug

Sumas Food Bank 360-988-0405 415 Cherry St. (Valley Community Church) Thurs: 12:00 - 3:00 PM

School Building Information

End/Start of Semester Schedule

First semester now ends on Tuesday, January 31st. With this change there is also a change in the bell schedule that final week. Please note that Tuesday and Friday have switched bell schedules.

Monday	Tuesday	Wednesday	Thursday	Friday
Six Periods	Six Periods	1, 3, T3 (assembly), 4, 6	2, 3, T3, 5, 6	1, 2, T3, 4, 5

Father Daughter Banquet

"Candyland" is the theme for the 2017 Father Daughter Banquet. On February 21st, come let us "sweeten" your evening with interactive games, chicken alfredo, and dessert bar in the Meridian High School Commons. At 5:30pm we will begin with pictures. The cost is \$10.00 for the first photo and \$5.00 for each additional photo, payable only by cash or check. Dinner will be served at 6:00pm. Tickets go on sale February 6th at all Meridian School District schools. Prices are \$20.00 for father and daughter, and \$8.00 for each additional daughter.

Athletics

Our sports eligibility is now on-line in Skyward. You must log into Skyward using the parent log on information, not the student's. Please contact Gina Heslep in the office at 360-318-2283 if you do not know your log on information. This new process was implemented at the beginning of our winter sports season, so if your student participated in fall sports, but not winter, you will need to complete this process.

Once you log-on there will be a tab on the top that says Athletic Eligibility. Click on it and fill out your students information. It won't let you move forward until everything has been filled out. You will need your insurance and doctor information. All of this must be done before the first day of practice on Feb 27, 2017. If you have any questions or need help, please call Gina, she will be happy to assist you.

Coaches vs Cancer/Love for Lucy

On January 19, MHS honored Ms. Lucy Duersch at our Coaches vs Cancer boys and girls basketball games against Bellingham High School. Lucy attends Kindergarten at Irene Reither Elementary school. In August 2016, she was diagnosed with an aggressive malignant brain tumor (Diffuse Intrinsic Pontine Glioma). This is a rare type of cancer that is only found in children, and there is no cure. You can find more information on Lucy's Facebook page *Love for Lucy*. The Meridian Booster Club accepted donations on her behalf. Thank you to our wonderful Meridian community for giving so generously.

On January 26, MHS will be hosting both boys and girls basketball games against Ferndale High School. During the games the Meridian Booster Club will be holding a silent auction to benefit Lucy Duersch. Please join us for this amazing opportunity to rally around this family as we support this beautiful little girl in our community.

Game times are as follows:

C-team boys and JV girls-4:30pm

JV boys and Varsity girls-6:00pm

Varsity boys-7:00pm

Welcome New Staff

MHS would like to welcome Linda Boyd to our faculty as our new American Sign Language instructor. Ms. Boyd replaces Ali Hamar who left us in December to further her education at Gallaudet University in Washington D.C. Ms. Boyd has a number of experiences teaching ASL to others, most recently at Whatcom Community College.

School Building Information

MHS Music Department

Wow! Time is flying, and what a positive start to the year in the music department. There are such talented students in our department. Over the past few months, we have made strides with our marching band, participating in our first competitive field show event in Everett. Also, it has been our pleasure to play great music to support our Football and Basketball teams – we appreciate their hard work!

Right now, the choirs and bands are transitioning into 'Festival Season' – our curriculum is focused on precision, detail and expression of musical elements. Our Festival Concert on Thursday, March 2nd will show off some of that work and prepare us for our Large Group Festival at the end of March.

On the Horizon:

- MHS is being represented by about a dozen vocal and instrumental entries at the SJMEA solo/ensemble contest at Bellingham High School on January 28th.
- For the first time, MHS is hosting the Middle School SJMEA solo/ensemble contest on February 4th. The event needs about 30 student and 12 adult volunteers.
- On Presidents day weekend, our very own **Braxton Fouts** and **Cheyenne Jenkins** will travel to Bellevue for the All-Northwest Honor Festival. The most prestigious honor for music students in our region of the United States.
- On March 4th, MHS Music Boosters will host its 3rd annual Mattress Fundraiser in the MHS South Gym. The show-room will be open from 10:00 to 5:00. Brand new – name brand mattresses at discounted prices.
- The year will culminate with our spring performance trip to Music in the Parks in Federal Way, WA on the weekend of June 2nd – followed by our annual All-District Choir and Band Festivals on June 5th and 6th.

Registration for next year is just around the corner. The students in the music department have built something very special over the past four years. We would love for you to be a part of it. If you have questions, please talk to Mr. DeGrace or send an email at mdegrace@meridian.wednet.edu. He would love to talk to you!

Look at the music department calendar for detailed information

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

Teen Heart Screen

On February 15th, Meridian High School will host students from MHS and across the county to participate in youth heart screening. The screening is intended to identify undiagnosed heart disease.

These cardiac tests would typically cost between \$125 and \$1500 (depending on complexity), but thanks to the support of local businesses, PeaceHealth St. Joseph Cardiovascular Center, Boston Scientific, Whatcom County Fire Districts #7, #14 and #1 the screening is free.

We hope to see over 200 students take advantage of this opportunity. Be looking for more information on our website and through social media to get the sign-up packet. If you have additional questions, please contact Derek Forbes.



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



BTC/WWU Field Trips

BTC "Try A Trade" day is February 7th. Permission forms are in the library and are due February 2nd. This is a great chance to get hands-on experiences in a BTC program.

WWU College Fair day (juniors only) is March 20th. Permission forms will be in the library starting March 1st. Over 15 colleges will be there to answer questions and meet with students in sessions.

Seniors

By this time, all students should have their senior presentation worksheet checked off by their adviser. These were due Dec 2nd. When the worksheet is approved, the PowerPoint may be started. Progress on PowerPoint presentations needs to be shown to the adviser by **Feb. 13th**. Practice presentations will be during T3 (as time allows), or scheduled on your own with your adviser. This is mandatory and must be completed by **March 21st**. Remember, a successful senior presentation is required for graduation!

The Senior Luncheon and final presentations are **Wednesday, April 19th 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 30th.



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 a link there as well.

Washington Masonic Charities-Grand Lodge Scholarship-2/24/2017

register at www.washboard.org, then search on "masonic charities"
\$4,000 - 3.0+ GPA, financial need, FAFSA, short essay

Lynden Masonic Lodge-due date 2/24/2017

application in library - return to Mrs. Waterman

Whatcom Community Foundation (not just WCC)-due date 2/26/2017

www.whatcom.dollarsforscholars.org

College Success Foundation-2/26/2017

www.collegesuccessfoundation.org—income limits apply

Whatcom Community College Foundation Scholarship (WCC)-due 2/26/2017

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

plan to attend WCC

Leadership 1000 (multiple recipients)-due 2/28/2017

www.collegesuccessfoundation.org/l1000

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

Washington Opportunity Scholarship-due 2/28/2017

www.waopportunitiescholarship.org

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

PEO Scholarship—for females only, due date 3/1/2017

Based on need, activities and academic merit

Applications in library

Washington State Scholarship Foundation-postmarked by 3/1/2017

For community college, 4-yr university or technical school

Income-based

Applications in library

Elks Vocational Scholarships-due date (postmark) by 3/2/2017

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

Applications in library

Washington State School Retiree's Association-postmarked by 3/2/2017

www.wssra.org

For those pursuing a teaching degree

Min. GPA 3.0



Communities in Schools Spring Programs

Applications for 2017-2018 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.

Improv for Education is an 8-10 week program that provides students with the opportunity to gain skills in public speaking, social learning, and enrichment. This program is open to all students and meets every Monday from 2:45-3:45 with the potential for a culminating performance at the Upfront Theater!

After school tutoring will continue through the spring semester Monday-Thursday from 2:30pm-4:00pm in the Library. Community, peer, and Compass to Campus volunteers are available daily to work with students one-on-one as needed.

Parents and community members can contact Ms. Lawson at the high school by calling (360) 318-2259 or by email at tlawson@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>.

