



Meridian High School



Fall 2016

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

It has been a great start to the school year. The new staff and new students at MHS have contributed to our school. Our ASB students have produced several assemblies to bring us together. Students involved in various sports and activities have represented MHS well. Finally, our T3 period has met its goals as we provide time and support for students during the school day.

While our T3 period is used for a number of activities (e.g. assemblies, freshman mentoring, class meetings, club meetings), it is most often used to provide time and support for our students. We have over 25 sessions each T3 Tutorial day for students to get support on an assignment, help understanding a concept, or time to complete a missing assignment. In some of those sessions, students are assigned by a teacher who has determined more time and teaching is needed. Through this time, students are staying caught up on assignments, getting questions answered on a more timely basis, and are better learning the material.

You can find out more about T3 by going to our website and looking for the powerpoint slide show found under "school info". Each week you can also find what sessions are offered on the MHS homepage. The document is called T3 Week at a Glance.

We are excited to have your students with us each day. We want them to be successful and want to help them do well in school, and in life.

Derek O. Forbes

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Important Dates

October

- 14** LID-No School for Students
- 17-22** Homecoming Week
- 17-21** "Feed the Need" Community Food Drive
- 19** PSAT Test 8:00am
- 21** Homecoming Football Game, 7:00pm
- 22** Homecoming Dance, 8:00-11:00pm
- 25** Athletic Department Dinner Fundraiser 6:00pm
- 26** Early Release at 12:10pm
- 26** World Languages Proficiency Test 1:00pm

November

- 8** BTC Try A Trade Day
- 9** Veterans Day Assembly
- 11** Veterans Day-No School
- 14** Winter Sports Practice Begins
- 16** Early Release at 12:10pm
- 18** WCC Tour Day
- 21** Conferences, 3:30-7:00pm, MHS South Gym
- 21** Early Release at 12:10pm, periods 1st/3rd/5th
- 22** 6 Period Day
- 23** Early Release at 12:10pm, periods 2nd/4th/6th
- 24-25** Thanksgiving Break-No School

Parent Community Partnership

Connect to MHS

Website-www.meridian.wednet.edu/mhs

- The homepage has access to recent news
- Scroll to the bottom to access things like Skyward, bus routes, daily bulletin and bell schedule

Meridian School District on Social Media

- Facebook: <https://m.facebook.com/meridianschooldistrict505/>
- Instagram: @meridianschooldistrict505
- Twitter: @meridian505

Opt Out Form

The MSD School Board amended the opt-in/opt-out form to just an opt-out form last April. Parents/Guardians have a right to opt out of having their student's photo/image published in any manner by the school district. This includes in yearbooks, newsletters, web pages and other District approved publications. If parents/guardians wish to opt out, form 2022F must be filled out and submitted to the student's school. This election must be done annually and is good only for that current school year. The form can be picked up in our main office or found online at:

http://www.meridian.wednet.edu/drupal/sites/default/files/Policies_and_Procedures/2000_Series/2022F.pdf

If we do not receive this signed opt-out request, we will assume the parent/guardian allows the Meridian School District to publish photos/images of their student in District-approved publications. If you have questions regarding this form, please contact Meridian School District Superintendent, Tom Churchill at (360) 398-7111.

Safe Schools

Safe Schools alert allows you to report an incident to MHS administration via text, email, web, or phone. To report an incident through safe schools alert, please go to the MHS homepage and scroll to the bottom of the page.

Military Family Data Collection

The Washington state legislature has asked all public schools to collect information on military affiliation. When you log-in to your Skyward account you will see a request for information. It takes less than five minutes. If you have questions, please contact the District Office at 360-398-7111.

Feed the Need Community Food Drive

Once again the Meridian School District Classified Staff will be organizing an effort to contribute to Industrial Credit Union's annual *Feed the Need Community Food Drive* that is scheduled for the week of **October 17 - 21, 2016**. Your generous support in the past has helped ensure that there is food on the tables of our friends, families and neighbors. Last year alone we raised over 7000 pounds. We hope we can count on you again for a cash and/or food donation to help our cause. Cash and/or food donations can be sent to school with your student and dropped off in the office. Thank you for helping to support the families in our community.

Athletic Passes

MHS is offering a Senior Citizens (age 62+) Athletic Pass. It is good for all 2016-2017 home, regular season athletic contests. Post-season events and fundraising events, such as tournaments, are excluded. The cost is \$20.00, and they can be purchased in the high school office or at the ticket booth of any home football, volleyball or basketball game.

An adult game pass is also available for \$48.00. It permits entrance to 10 games for the price of 8 and is good for all 2016-2017 home, regular season athletic events.

Class of 2018 Fundraisers

Attention parents of current juniors:

The Class of 2018 is in charge of putting on Prom and Father/Daughter Banquet this year. These events are big fundraisers that help pay for various events senior year. We will need a lot of help from students and parents. If you are willing to help out in some capacity (what that looks like is still TBD), please email me at aames@meridian.wednet.edu so I can include you on our parent contact list. Thank you~ Andrea Ames, Class of 2018 Advisor

Student News

Class of 2017 Information

On December 6th at 10:40am there will be a senior class meeting in the auditorium with a representative from Jostens to discuss ordering cap/gowns, announcements etc. Jostens will be back on campus one day (TBD) the following week during both lunches to take cap and gown orders.

Running Start seniors who are not on campus, please contact Mrs. Heslep in the office to confirm the spelling of your name for your diploma.

Senior presentation date is **April 19, 2017**. Every student will be assigned an adviser to track their progress. The presentation is a graduation requirement. Please encourage your student to check their email for important information regarding presentations, scholarships and college visits. Emails will be sent monthly.

World Languages Proficiency Test

The World Languages Proficiency Test will be held in the MHS Library Wednesday, October 26, 2016 starting at 1:00 P.M. Students may earn up to 4 high school credits depending upon test results. The test prices are: Spanish \$25.00, Russian \$40.00, Punjabi, and Vietnamese \$160.00. Payment is due to Mrs. Heslep in the office by October 14. Spanish and Russian tests are completed on the computer. Punjabi, and Vietnamese tests have a writing section on October 26 and a telephone conversation to be scheduled at a later date. Please contact Ms. Herzog for more information at kherzog@meridian.wednet.edu

Winter Sports Season

Winter sports start November 14th. Winter sports include Boys and Girls Basketball, and Boys and Girls Wrestling. Please see Mrs. Heslep to pay your sports fees and to make sure all paperwork is turned in for eligibility.

School Building Information

Conferences

Please join us for conferences on Monday, November 21st. This is an early release day. We will have our staff positioned around the South Gym from 3:30pm until 7:00pm. We look forward to meeting with you there.

Reminders from the Attendance Office

A friendly reminder that when you call our attendance line (318-2295) please leave your student's full name, including the spelling of the last name. Please state the day, or part of the day that you are excusing. Also, please remember to call or send a note when your student is going to be absent or missing school for an appointment.

Athletic Department Fundraiser

Meridian High School will be hosting a fundraiser Dinner and Movie to help improve Meridian High School Athletic Facilities on Tuesday, October 25th starting at 6:00 pm. We are partnering with the Olive Garden through the National Federation of High School Sports to try and improve some of our athletic facilities at MHS.

Dinner will include the new "create your own pasta" station where you will be able to mix various types of Olive Garden pasta, sauce and meat to create your own delicious dish. There will also be Olive Garden Salad and Bread Sticks along with drinks and desert. We will have some fun games and music during our buffet style dinner.

Tickets are \$15.00 per adult and \$10 for students 10 and under. We only have enough room for 100 guests so please reserve your spot soon! All proceeds go to improving the MHS athletic facilities. Tickets are available now in the MHS main office.

The movie we will be watching is Pixar's Monster's University. Doors open at 6:00pm and movie will start promptly at 7:00pm.

Come out to Meridian High School on October 25th and support MHS Athletics!



Welcome New Staff

Fred Carr-School Psychologist

My name is Fred Carr and I'm the School Psychologist at Meridian High School. I retired from the Chehalis School District in 2013 and moved to Ferndale to be able to spend more time with my children and grand-daughters (age 14 and 2). I admit to being a failure as a retiree, having worked part time the last 3 years at Ferndale High and starting this year, 2 days a week at Meridian High. I look forward to an enjoyable and rewarding school year!

Jen Frombly-Learning Support

After subbing in the Meridian School District, I am excited to join the staff at MHS this year. I have worked in a variety of roles from Preschool through High School over the past five years. High School is my preferred workplace and I love the students and staff. I am grateful for the opportunity to work here every day.

I am a lifelong resident of Whatcom County. I have two daughters that attend Meridian Middle School. This is an amazing community to be in and work for!

Katherine Rodgers-Para-Educator

Hi, I'm Katherine Rodgers. This is my third year working for the Meridian district as a para-educator, but my first year at the high school. I was very excited to find out I would be working here this year since I know many of the sophomore and freshman from MMS.

Along with working here I am a student at Western Washington University studying to be a Spanish teacher and an English as a Foreign Language teacher. I'll be leaving after winter break to begin student teaching. It will be hard to leave these wonderful students that I care so much about, but I am very excited to start my career! Until then I'm overjoyed to spend the fall at Meridian High School! Go Trojans!

Simone Mack-Communities In Schools Site Coordinator

Simone Mack is the Communities In School Site Coordinator for Meridian High School. Communities in Schools of Whatcom County, is an affiliate of the nation's largest dropout prevention organization, and their work at Meridian High School is designed to better support at-risk youth and their families. Support for students and families includes after school tutoring help, mentorship, referrals to community organizations, workshops from community groups to students, staff, and families, as well as enrichment opportunities such as *Improv for Education*. For more information on how Communities in Schools can help support your student email Simone Mack at smack@meridian.wednet.edu or call [\(360\) 318-2259](tel:3603182259).

Taylor Lawson-AmeriCorps Member for Communities in Schools

Having graduated from the small town of Coupeville located on Whidbey Island, it comes as no surprise that Meridian feels like home to me. I graduated from Western Washington University in Spring 2016 with a Bachelor's degree in Human Services. During my undergraduate studies, I had the opportunity to intern with Child Protective Services, as well as local non-profit organizations including Head Start and Animals as Natural Therapy. Driven by my passion for supporting healthy youth and families, my experience emphasizes the importance of understanding and respecting the whole person, regardless of challenges and barriers, and in support of one's own strengths. I am joining the Meridian family as an AmeriCorps member for Communities in Schools.

In my free time I enjoy a large cup of hot chocolate and a cheesy animated movie, drawing, spending time with family, or a good book on a Sunday evening.

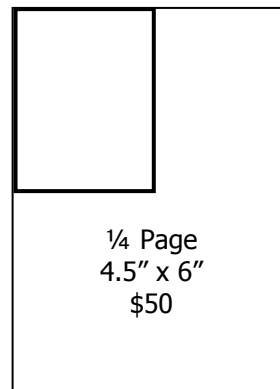
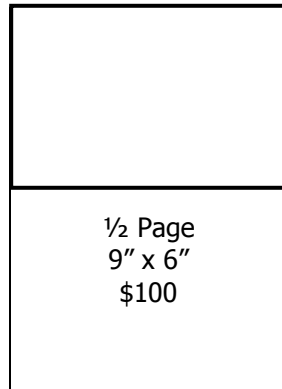
I look forward to continuing to strengthen my relationships with the students, staff, teachers, and parents. My hope is to contribute all that I can to supporting and cultivating the success of our students.

Service Animal: Meridian High School now has a service dog onsite most days for an employee. Service animals are not pets but working animals that are specifically trained to provide service that meets the owner's disability need. This animal may look friendly but it is important for students, staff and community members to realize that the dog is focused on their job – ***please do not attempt to pet, talk to, distract or hold eye contact with a service animal while it is on duty.*** For any concerned parents: the service animal stays in the Communities In Schools office in the North Gym, there are signs outside and inside the office notifying guests and the dog is trained to ignore the advances of excited youth. We do ask that if student/staff have severe allergies to dogs or have great fear of dogs/animals, please contact either Simone Mack or Taylor Lawson in order to best accommodate those needs. If you have any questions please email smack@meridian.wednet.edu.

MERIDIAN HIGH SCHOOL SENIOR ADVERTISEMENT

This is an opportunity to give your senior student a shout out! One they will have for many years to come. Every effort will be made to keep this a secret from your senior so they will be surprised when the yearbook is distributed in early June. **HURRY! Only 10 pages are available on a *first-come first-serve* basis. The deadline is January 13, 2017.** What is a Grad Ad? You can see two examples at <http://www.meridian.wednet.edu/~mdurkee/gradads> You can pay for it now and then gather the pictures and the text you would like to include later, as long as we have the pictures and text no later than January 13, 2017.

Sizes and Pricing:



Purchaser Information (please print all information clearly):

Name: _____ Student's Name: _____

Address: _____

Phone: _____

Check <input type="checkbox"/> desired size	Size	Deadline January 13	<i>Maximum</i> # of photos submitted with order
<input type="checkbox"/>	1/2 Page	\$100	7
<input type="checkbox"/>	1/4 Page	\$50	5

Please include with your order:

- ◇ Number of photos submitted with your order _____
- ◇ Payment can be made to Mrs. Heslep in the office (by 3 p.m. each school day). Attach a copy of your receipt to this order form. Checks should be made out to Meridian High School Yearbook.
- ◇ **EXACT** copy you wish to appear in your ad (please print neatly):

The Yearbook Staff will make every effort to return photos in their original condition by June 1st. If you have any questions please contact Mike Durkee at 318-2212, or via email at mdurkee@meridian.wednet.edu. The Zenith Staff would like to thank you for your support of the Meridian High School Yearbook.

Dear Parents of the Class of 2017:

Senior Portrait Info

The yearbook staff is now accepting *Senior Portraits*.

Also, if you are interested in purchasing a Grad Ad for your senior you can find out more information at <http://www.meridian.wednet.edu/~mdurkee/gradads>

Guidelines for Senior Portrait photos are as follows:

1. Deadline for accepting senior portraits is **January 13, 2017**. If a portrait is not submitted to the yearbook staff by this date the photo that was taken at the beginning of the year, for ASB cards, will be used.
2. Head-and-shoulders portrait
3. Reasonably straight-on (senior's face should be easily recognizable)
4. School appropriate dress
5. Reasonably current picture
6. Only one person in portrait
7. No self-portraits ("selfies")
8. Film original photograph print **or** digital image (JPEG or TIF format 300 dpi) on CD (no copyright)
9. Appropriate props may be used (photos using inappropriate props will be rejected, if you have questions please contact Mr. Durkee by email at mdurkee@meridian.wednet.edu or by phone 318-2212)
10. Pictures taken with smartphones are inferior quality and will be quite noticeable when professionally printed in the yearbook
11. CDs, thumb drives, or prints of portraits can be given to Mr. Durkee OR you can email portraits to mdurkee@meridian.wednet.edu

The Yearbook staff will crop portraits to the size needed

APPROPRIATE EXAMPLES



Head & Shoulders Portrait



Head & Shoulders Portrait,
and appropriate prop



Head & Shoulders Portrait

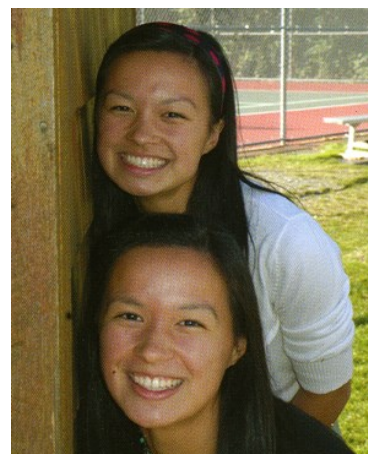
UNACCEPTABLE EXAMPLES



Face obscured, hat, sunglasses



Self-portrait



Two people in one portrait

Student Services

Student Services Staff

Counselors are organized by alpha groups for grades 9-12. We welcomed **Cheryl McBride** to our counseling department this year. Cheryl is the counselor for all students whose **last name begins with A – L**. **Don McMains** is serving students with **last names beginning M – Z**. This allows a longer term relationship to be built between the students and their counselor as they are followed throughout their four years of high school. Sometimes students desire to speak to a counselor of the same gender or to one with whom they have previously developed a relationship. These requests are honored, but the alpha counselor will handle the tracking of graduation credits and any scheduling adjustments. Please feel free to contact us through email: cmcbride@meridian.wednet.edu , dmcmains@meridian.wednet.edu, via phone at 398-8111, or schedule a meeting.

Katie Miller is our intervention specialist. She brings experience working with teens and families around drug and alcohol issues. Please contact Katie for confidential assistance around these sensitive and difficult concerns kmiller@meridian.wednet.edu

Taylor Lawson and Simone Mack are the Communities In School Site Coordinators for Meridian High School. Communities in Schools of Whatcom County, is an affiliate of the nation's largest dropout prevention organization, and their work at Meridian High School is designed to better support at-risk youth and their families. Support for students and families includes after school tutoring help, mentorship, referrals to community organizations, workshops from community groups to students, staff, and families, as well as enrichment opportunities such as group volunteering opportunities and college visits. For more information on how Communities in Schools can help support your student email Simone Mack at smack@meridian.wednet.edu or Taylor Lawson at tlawson@meridian.wednet.edu

Shannon Waterman, our Librarian, is also our career center adviser, college scholarship contact, and college visit coordinator. She emails senior students and parents with updates on available scholarships and upcoming college visits. Please send her your email address if you would like to be included in all future emails at swaterman@meridian.wednet.edu

PSAT TEST

On Wednesday, October 19th, at 8:00am MHS will administer the PSAT test at no cost to all **Juniors**. Sophomores have an opportunity to sign up to take the test for a \$19.00 fee. Meridian has made this commitment to test all juniors to help reduce any barriers for students wanting to attend post high school education. The PSAT is a practice exam for the SAT college entrance test and can also qualify students for some significant scholarships. By taking this test, doors can be opened for students to have future choices upon graduation. All students who take the PSAT have a free program available to them titled, "My College Quick Start."

SENIORS/JUNIORS

Seniors should be completing the FAFSA. The dates have been changed for this and coming years. The window is now open for students to complete their financial aid documents. Seniors also should be getting applications ready for their post high school education options. We recommend applications be submitted in October and November for technical, community or 4 year universities. Any seniors planning to enroll in a 4 year university need to take the SAT or ACT exam in November or December. Fee waivers for the SAT or ACT are available to seniors receiving free or reduced lunches. See your counselor.

Juniors are encouraged to explore post high school options by visiting campuses, taking Meridian High School sponsored tours, attending college visits in Meridian's library, registering for the **SAT or ACT** exams toward the end of their junior year, and making appointments to see their counselor for further information and exploration. Junior guidance, with a focus on occupations and post high school options, will be in mid January with a Junior Parent Night to be announced later. Fee waivers for the SAT and ACT are available in the Counseling Center for students on free or reduced lunches.

SAT Test Dates

Register: www.sat.collegeboard.org/register/

Test Date	Registration Deadline
November 5	October 7
December 3	November 3
January 21	December 21
May 6	April 7 (recommended for juniors)
June 3	May 9 (recommended for juniors)

ACT Test Dates

Register: www.actstudent.org/register/

Test Date	Registration Deadline
December 10	November 4
February 11	January 3
April 8	March 3
June 10	May 5 (recommended for juniors)

Free helpful websites to prepare for the SAT and ACT are as follows:

www.khanacademy.org/

www.collegeboard.org

www.act.org

Scholarships and College Visits

Great News! Meridian High School has more college, career and scholarship information on the web! Click on "student support" then "career center".

Most scholarships will become available in the winter and spring. Students are encouraged to start composing a general "about me" essay for scholarship applications. This is a good foundation for individual scholarship essay requirements. Check out our scholarship database too. It is located on the career center web page.

This is also the time to begin asking for letters of recommendation. Get at least one from a staff member, one from a community member, and one from an employer if you have one. Mrs. Waterman has an autobiographical sketch form for students to fill out and give to those writing letters.

College Visits

These are great opportunities for students interested in college to meet and talk to college admissions representatives. The benefits of stopping by a college visit are:

- Learn more about the college/university
- Meet the admission representative—he/she is often the first to review your application
- Ask specific questions about college programs, policies, housing, athletics, safety and more

Upcoming College Visits

Date	School
October 14	Trinity Western University
October 24	Bellingham Technical College
November 1	Central Washington University
November 1	Evergreen State University
November 8	University of Pacific

BTC Tour Day-November 8, 2016

This is a fantastic chance to check out BTC's awesome programs. This tour is during the school day and bus transportation will be provided. Sign up for juniors and seniors begins on October 31st in the library.

WCC Preview Day-November 18, 2016

WCC is hosting a Preview Day for high school seniors on Friday, November 18 from 9:00am to 12:00pm (check in is in Heiner Center at 8:45). Students will attend mock classes taught by WCC faculty, take a campus tour, and learn briefly about scholarships and financial aid. Sign ups will be in the library starting Nov 7th.