



West Valley Middle School's WOLF TRACKS



August 07, 2009

Vol 14 Number 1

Dave Jaeger, Principal/Jim Fannin, Assistant Principal

REMINDER: All the information contained in this newsletter and MORE can be found on our website at www.wvmsd208.org/ms. CHECK IT OUT!

A MESSAGE FROM OUR PRINCIPAL...

Welcome! We hope you have had an enjoyable summer vacation and are ready for the beginning of the 2009-10 school year. Letters from your Wing Teachers will be mailed the week of August 10th. Within those letters will be your student's schedule, information about the wing teachers and about the types of school materials they would like each of the students to bring to the Middle School on the first day.

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Hopefully, the time spent here last June will help our new 6th graders in their adaptation to Middle School life. We will be sure to give each of our 6th graders time during the first day or two to tour the building, get another look at the library and spend some wing time getting to know each other.

Any 7th grade student new to the district is encouraged to attend an orientation on Wednesday, August 19th, from 1:00-2:00 PM.

If you have questions about the school bus schedule please call 966-2403. Any questions about our school lunch program please call 972-6040.

If you have questions about the Middle School, please call us at 972-5700. Enjoy your last days of summer! We will be seeing you soon.

Dave Jaeger, Principal

Back-to-School UPCOMING EVENTS...

August

10	School Board Meeting @ Transportation Center	7:00 PM
20	Secondary Teachers Contracted Day - NO SCHOOL	
24	Staff Supplemental Day - NO SCHOOL	
24	School Board Meeting @ Transportation Center	7:00 PM
25	FIRST DAY OF SCHOOL.....WELCOME!	7:50 AM-2:34 PM

September

3	Pack Parent Meeting in Middle School Library	6:30 PM
7	Labor Day - NO SCHOOL	
8	ALL Fall Sports Practices Begin!	2:45 PM
8	Fall Sports Parent Meeting in Gym	4:45 PM
10	Middle School OPEN HOUSE	6:30 PM
15	School Picture Day (ASB/Yearbook sales) in the Library	8:00 AM-12:00 PM



Welcome to all Pack Parents at West Valley Middle School!

School will be starting soon and the 2009-2010 school year should be a great one at West Valley Middle School. We look forward to seeing those returning parents as well as all the new 6th grade parents in the coming month. The Pack Parents meet on the second Thursday each month at 6:30 pm (except our first meeting which will be held on Thursday, September 3rd, 2009). That is a change from previous years and hope it makes it a little easier to attend the information and business meetings. This year's Pack Parent board is:

Shawnalee Asbury/President
wheelsup6692@hotmail.com

Sherri Stoddard/Treasurer
sky9895@charter.net

Laura Ridd/Volunteer Coordinator
riddkids7@yahoo.com



Feel free to contact any one of us with questions or suggestions. You can e-mail us at the above addresses or leave a note for us at the middle school office. We are excited to work this year to help create another great year of learning and activities at the middle school.

Look for the "Pack Parent Volunteer Form" in this newsletter or the school office. It lists many ways that you can help as a parent at the middle school. Please return your completed form to the office or to a board member. There is no fee to join Pack Parents, in fact, you automatically become a Pack Parent by having a student at the middle school!

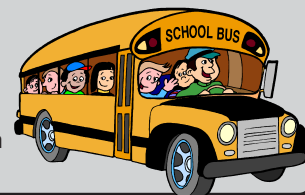
2-3 volunteers will be needed the first week of school to help label the next newsletter on Friday August 28th. This needs to be done in the morning between 9:30 and noon and should take about 1 1/2 hours. Look for more volunteer opportunities in the next newsletter as well.

We look forward to seeing you all at our meeting on Thursday, September 3rd.

Shawnalee, Sherri, and Laura

ARE YOU A BUS RIDER?

If your student will be riding the bus to or from school, please be sure that they know their bus route. Past experience has been that our parents like to bring their student to school the first day, but then our kids don't know which bus to get on to get them home. If you need assistance with this, please call the West Valley Bus Garage at 966-2403.



7TH GRADE FALL SPORTS

If your student is interested in participating in 7th grade fall sports, the following interscholastic sports will be offered:

- Girls' Softball (modified fast-pitch)
- Girls' Volleyball
- Boys' Football
- Boys' Soccer
- Boys'/Girls' Cross Country

Questions? Call our
Athletic Director @
972-5711

Dates and times for Athlete Information Meetings for Cross Country, Softball, Boys' Soccer and Volleyball will be announced during all three lunches the first week of school. Athletes will receive more information from their coaches. FOOTBALL held its information meeting in June before school was out for the summer. All practices will begin on Tuesday, September 8, 2009. Most practices will end at 5:00 PM. On this first practice day, however, we will end at 4:45 PM, so that we may hold the parent meeting at 5:00 PM in our gym.

Any student who wishes to participate in a 7th grade interscholastic sport needs to have on file the following: (WHICH CAN FOUND ON OUR ATHLETIC PAGE OF THE MS WEBSITE OR IN THE MAIN OFFICE)

1. Current Medical Physical on file in the main office by your first practice
2. Parent Activity Clearance Permission Form on file in the main office by your first practice
3. ASB Card (\$15.00 - paid during school picture day which is September 16th)
4. Pay \$20.00 "Pay to Participate" Fee after cuts and teams have formed

Questions? Please call Tiffany Williams, Athletic Director at 972-5711.

PLEASE SEE PAGE 5 IN THIS NEWSLETTER FOR MORE INFORMATION

MIDDLE SCHOOL OFFICE POLICY GUIDE

Success as a student at West Valley Middle School is closely related to school attendance. The first bell rings at 7:50 AM. Students are expected to be in the classroom with the proper materials before the tardy bell rings at 7:55 AM.

ALL ISSUES CONCERNING ATTENDANCE MUST BE TAKEN TO THE OFFICE

ABSENCES: PARENTS ARE REQUESTED TO CALL THE SCHOOL AT 972-5704 AFTER 7:00 AM EACH AND EVERY DAY YOUR CHILD IS ABSENT. On returning to school, the student should report to the office before 7:50 AM for an "ADMIT SLIP". If a parent did not contact the office concerning the child's absence, a note explaining the absence is required.

LATE ARRIVAL: THE STUDENT ARRIVING LATE TO SCHOOL must report to the office to sign in before going to class. If a parent does not accompany the student to the office, the student MUST BRING A NOTE FROM THE PARENT EXPLAINING THE TARDY. Consequences for repeated tardies are addressed in the student behavior management plan.

APPOINTMENTS: Students leaving school for appointments (dentist, doctor, etc.) are required to bring a note from home in advance of the student leaving the building. Students are to report to the office prior to 7:50 AM for an "EARLY DISMISSAL SLIP".

CHECK OUT: PARENTS ARE REQUIRED TO COME INTO THE OFFICE TO SIGN THEIR CHILD OUT OF SCHOOL. If someone other than the parent is signing the student out of the building, and the alternate's name does not appear on the student information card, a written note from the parent is required.

UNEXCUSED ABSENCES: If a parent contact is not made (phone call or note) within two (2) days after your child returns to school, the absence will be considered unexcused.

HOMEWORK: REQUESTS CAN BE MADE AFTER TWO (2) CONSECUTIVE DAYS OF ABSENCE. Parents may make arrangements to pick up the missed assignments by calling the main office BEFORE 10:00 AM. Homework may be picked up at the main office between 3:00-4:00 PM.

BUS NOTES: THE OFFICE STAFF CANNOT WRITE BUS NOTES FOR STUDENTS TO RIDE A BUS OTHER THAN THE ONE THEY HAVE BEEN ASSIGNED. Students must bring a signed note from home or a parent may FAX the note to the school at 972-5701. Notes are to be taken to the office before 7:50 AM and must be authorized by the office in order for the student to be allowed to ride the alternate bus.

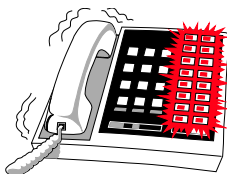
TELEPHONE MESSAGES: PLEASE COMMUNICATE TO YOUR CHILD ANY NECESSARY INFORMATION BEFORE HE/SHE LEAVES FOR SCHOOL. If it is necessary to get a message to your child, please call the office prior to 11:00 AM. This allows the office staff to deliver the message during your child's lunch period, thereby minimizing classroom disruption.

**PLEASE REFER TO YOUR SON OR DAUGHTER'S "STUDENT PLANNER" FOR ADDITIONAL INFORMATION.
(Prearranged Absences, Truancy, Medication, etc.)**

IMPORTANT PHONE NUMBERS

West Valley Middle School

Please post these phone numbers by your phone and call direct to the department you need.



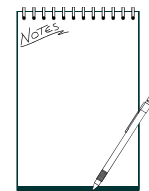
Main Office.....	972-5700	Middle School FAX.....	972-5701
Attendance Office.....	972-5704	Child Nutrition Dept.....	972-6040
Counseling Office.....	972-5717	Bus Garage.....	966-2403
ASB/Activities.....	972-5711	WVSD 208 Administration.....	972-6000
Activities/Athletic Info.....	972-5715	Homework Hotline.....	972-5716
Middle School Library.....	972-5799	Middle School Kitchen.....	972-5726

A NOTE TO PARENTS...

The Middle School Office is a VERY busy place, and even though we make every effort to get messages to your student, we can't always immediately find them outside or if they happen to be somewhere else in the building. If you MUST get a message to your child, please call as soon as possible in the morning, so we can get the message to them during lunchtime and not interrupt their classroom. If at all possible, please communicate with your child BEFORE school in the morning.

AFTER SCHOOL PLANS?

Please be sure that if your student has "special" plans (ie. going home with a classmate, riding home with a friend's parent), that these arrangements are made ahead of time and appropriate transportation notes are sent to school. Students are not allowed to make these plans from school and we are not allowed to write bus notes. Thank you



EMERGENCY CARE PLANS 2009-10

Emergency care plans for this school year were sent home in May to students with life-threatening health conditions. This should have given parents ample time to complete the forms and have the medication authorization filled out by their medical doctor. Washington State Law (SB2834) mandates that students with life threatening health conditions must have medication and treatment orders and an emergency care plan in place on or before the student's first day of school.

Who does this apply to? Students with severe allergy needing medication, asthma students with inhalers, diabetes, seizures, and certain heart conditions. It is vital for your child's safety during the school day that the information is updated yearly. If your child falls into this category but hasn't been identified, please contact the school nurse.

If you have any questions, please contact me at 972-5705 or e-mail sheanm@wvwsd208.org
Thank You! Mary Lou Shean, School Nurse

FYI...

7TH GRADE SPORTS BEING OFFERED DURING THE 2009-2010 SCHOOL YEAR...

FALL

Boys' Football
Girls' Volleyball
Boys' Soccer
Girls' Fastpitch
Boys' & Girls' Cross Country



WINTER 1

Boys' Basketball
Girls' Dance
Girls' Bowling



WINTER 2

Girls' Basketball
Boys' Wrestling



SPRING

Boys' Baseball
Girls' Soccer
Boys' & Girls' Track



HAVE YOU BEEN CHALLENGED YET?

Do you want...

to have fun?
have a rewarding experience?
become a problem solver?
learn how math is important to everyday life?

...Then join us on Tuesday and Wednesday mornings at
6:45 AM (before school starts).

MATH OLYMPIAD!

This year we are going to try again to meet in the mornings, giving students who are involved in extra-curricular activities after school a chance to join us. It is Math Olympiad's goal that all students get involved regardless of their academic standing in the classroom. It's also our goal to have a good time while learning and become better problem-solvers and develop better critical thinking skills.

We will be doing Geometry, Algebra, Measurement, Number Sense, and Probability/Statistics Beyond the Classroom.

As we learn, we will become a coordinated team and share ideas that should strengthen our math skills. Not only that, but make any future test-taking easier!

Come join us and have **FUN!**

TUESDAYS AND WEDNESDAYS
Starting **SEPTEMBER 15TH AND 16TH**
6:45 AM-location TBD

Any questions? Please contact Miss Lehmann at 972-5700 after August 25th.



WEST VALLEY MIDDLE SCHOOL More Fall Sports Information...

Athletes will need sport specific clothing and equipment. We recommend that parents wait to purchase shoes and clothing until after practices begin or cuts are made. However, the following information will help your athlete be prepared for first practices.

CROSS COUNTRY: Athletes should come prepared in running shoes as well as weather appropriate clothing. Uniforms will be provided by West Valley Middle School. There are no cuts made in Cross Country.

FOOTBALL: Most athletes were able to meet with the coaches before school ended in June. The information from that meeting and the letter they handed out still applies. PE clothes and running shoes are fine for first practice. Athletes will need to purchase a "Spirit Pack" after practices begin. The pack includes their game jersey, practice t-shirt, mouthguard, kneepads, and black socks at a cost of \$55.00. Athletes will need to also have non-metal cleats. The school supplies all other gear. There are no cuts made in Football.

BOYS SOCCER: Equipment needs for this sport include; weather appropriate attire, shin guards, and non-metal cleats. Game jerseys are provided by the Middle School. Practices and home games are held at Wide Hollow Elementary. Athletes will be shuttled to Wide Hollow after school and parents can pick them up there at 5:00. There may be cuts in Soccer.

VOLLEYBALL: Athletes will need appropriate gym shoes and PE clothes for practices and have black shorts for game days. Game jerseys are supplied. There are cuts in Volleyball.

GIRLS' FASTPITCH: For Fastpitch, athletes will want weather appropriate attire, non-metal cleats, and a cap should be worn at practices. Both Middle School and Junior High will provide equipment and uniforms. There are not usually cuts in Fastpitch.



6TH GRADE IMMUNIZATION REMINDER!

Prior to entering 6th grade, students are required by the Washington State Dept. of Health to have **immunity to varicella (chickenpox)**. In addition, if it has been five years since receiving a tetanus-containing vaccine, 6th graders are required to show **proof of Tdap vaccination**.

The proof of missing immunizations must be received within 30 days of the first day of attendance. Please notify the counseling office or nurse of your child's scheduled immunization appointment date.

FAMILY ACCESS INFO...

How to Change a Password or Update an Email Address:

1. Parents may continue to use their old Family Access passwords or change that password to a password that is easier to remember.
2. **Password Rules: 8 characters long, lower case only, and a combination of letters and numbers.**
3. After logging into Family Access, look at the top of your screen - to the right you have Account Info, Print, and Logout. Click on Account Info.
4. Click on Change My Password; enter your new password as designated on the appropriate lines and your temporary password on the last line. Then click Save on the right-hand side.
5. Change your email address in the same way. Note that this email address is always attached to the primary guardian in your child's record.
6. If you forget your login and/or password and can't retrieve it via Family Access, please contact one of the following:

Email: familyaccess@wvmsd208.org

Family Access Coordinator: Mary Ann Perri @ 972-5909

Registrar: Kendra Goodpaster 972-5717

2009-10 School Year Registration

Please register your child as soon as possible.
If you have questions, please call the Student Records Office at 972-5909.

GRADES K-5

The Student Records Office is located at the old West Valley High School, 9206 Zier Road. The plans are to move that office to the administration building the end of June. Therefore, registrations will be taken at the old high school through the month of June. July through August 14, please register your students at the Administration Office, 8902 Zier Road. Beginning August 17 registration will be done at the elementary schools.

GRADES 6-12

Registrations will be taken through June and the month of August at the Middle School, Junior High and High School. During the month of July, registrations will be taken at the Administration Office.

West Valley School District Residents

To register students K- 12, parents need to bring:

1. Students birth certificate
2. Students immunization record
3. Proof of residence in the West Valley School District
(Proof of residence may be a drivers license, rental/purchase agreement, or utility bill.)
4. Names and phone numbers of emergency-contacts other than parents/guardians. The legal name of emergency contacts including first, middle and last with the individual's birthdate avoids duplicating individuals in the student record system.

Students transferring from another school district for the 2009-10 school year need to bring the previous schools information including name, address and/or phone number. The registrars will request a transfer of records from the previous schools.

Out-of-District Application

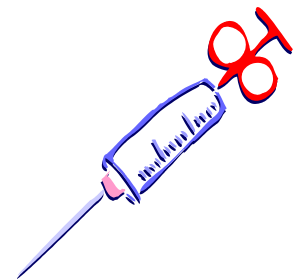
Applications for admission as an out-of-district student are at the Administration Office. Applications will be accepted and a register will be formed through August 2009. Parents will be notified of their application status in August once enrollment availability has been established. Non-resident students must reapply annually.

Have Questions about Immunizations?

- Washington State Department of Health Immunization Program:
Meningococcal disease information:
<http://www.doh.wa.gov/cfh/Immunize/meningococcal.htm>
- Centers for Disease Control and Prevention:
Meningococcal vaccine information:
<http://www.cdc.gov/nip/publications/vis/vis-mening.pdf>

Disease Information:
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm

Fact sheets:
http://www.cdc.gov/nip/vaccine/mening/mening_fs.pdf
- Children's Hospital of Philadelphia Vaccine Education Center
http://www.chop.edu/vaccine/images/vec_mening_tear.pdf
- CIS Forms
<http://www.doh.wa.gov/cfh/Immunize/schools.htm>



Your local health department is also an excellent source of information regarding immunization issues.



COPING WITH HOMEWORK HORRORS

Do you have a hard time keeping your child motivated to do homework? Start here for tips on helping your child get his assignments done with a minimum of tears. Even if your child is an excellent student, you can't assume that he will always dutifully do his/her homework. One day he may eagerly attend to his schoolwork and the next he might be obsessed with sports and dances. Here are some helpful tips for taming wandering minds during those times when academic enthusiasm lags.

SET ASIDE A REGULAR TIME AND LOCATION FOR STUDY. Give homework its own special time and place, and if your child is in middle or high school, let him set his own schedule.

TAKE IT STEP BY STEP. Particularly in the upper grades, sometimes children get overwhelmed by the amount of homework they have to do. Encourage your child to calmly figure out what needs to be done and how much time it will take, and then create a plan. Help your child break each assignment down into manageable steps.

PROVIDE A QUIET, WELL-LIT ENVIRONMENT. It's best to do homework in a room that has good lighting and is relatively quiet. This reduces distractions and helps to maintain concentration.

ALLOW TIME FOR SOME AFTER-SCHOOL FUN. Students need to take a break from academics. A healthy balance between work and free time will not only contribute to better performance, but will also help your child develop valuable time-management skills.

HELP OUT. You shouldn't have to do your child's homework or reteach the material covered in class, but you can help out by showing an interest, making yourself available as a resource and by encouraging independent problem solving. For example, if your child is doing a project on presidential elections, point out related articles that you've come across in the newspaper.

PRAISE A JOB WELL DONE. Kids, no matter what their age, need to know that they are doing a good job. Be vocal about their successes and encourage them to keep up the good work (especially as the year draws to an end and a tendency toward laziness may settle in). A little praise will go a long way in building confidence and healthy study habits.

SHARE CONCERNS WITH THE TEACHER. If, at any point in the year, your child seems to be losing motivation and you've exhausted all attempts to reinvigorate him, share your concerns with the teacher. You'll want to determine if the problem is the quantity of homework, the assignment itself or your child's attitude toward school. An open dialogue with the teacher goes a long way in avoiding potentially serious problems.

IMPORTANT LUNCH ACCOUNT INFORMATION

Credit Card Deposit Options for 2009 - 2010

- **Online Deposits** - go to www.wvwd208.org (located under Family/Community - Lunch Menu) or www.mynutrikids.com (allow 24 hours to process your credit card deposit; Pay Pal transactions take 5 - 7 business days to process). You will need your child's 7-digit I.D. number to register online. If you don't have it, please feel free to contact our office at 972-6040 or 972-6048 and we will gladly provide you with the information you need.
- **Call in Visa/MasterCard Deposits** - parents can call in Visa or MasterCard deposits starting Monday, August 17th to ensure that their child(ren) have money in their lunch accounts when school starts. **There is a minimum \$20.00 deposit/child. 10:00 a.m. is the Call-In Deadline** during the school year for same day deposits. Call 972-6040 or 972-6048.
- **Auto Visa/MasterCard** - with a current Visa or MasterCard account on file in the Child Nutrition Office, parents can fill out the Auto Visa form so that their child(ren)'s accounts are automatically refilled each time their account gets low with a designated amount determined by the parent.

2009-2010 Breakfast & Lunch Prices

	Full Price <u>Breakfast</u>	Reduced <u>Breakfast</u>	Full Price <u>Lunch</u>	Reduced <u>Lunch</u>
Elementary (K-3)	\$1.25	\$0.00	\$2.25	*\$0.00
Elementary (4-5)	\$1.25	\$0.00	\$2.25	* .40
Middle School (6-7)	\$1.50	\$0.00	\$2.50	* .40
JH/HS (8-12)	\$1.50	\$0.00	\$2.75	* .40
Adult	\$2.00	-	\$3.25	-

Orientation Deposits

If your child is attending orientation and you are not making a Visa/Master Card deposit prior to the first day of school with any of the above options, we encourage parents to send deposits (check or cash) during orientation with their child. Account deposits will be taken August 19th and 20th during orientation lunch. We encourage everyone to make a deposit prior to the first day of school due to the large volume of deposits made on the first day.

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09-10 Free & Reduced Applications

2009-2010 Free & Reduced Applications will be in your mailbox in or around August 1st, 2009. If you do not receive an application, please call the Child Nutrition Office (972-6040 or 972-6048) or pick one up at your child's school.

Las aplicaciones para alimentos Escolares gratis o Precio Reducido están disponibles en español en las escuelas de sus niños(as).

(Spanish Free & Reduced applications are available upon request at your child's school)



WEST VALLEY MIDDLE SCHOOL

PACK PARENT VOLUNTEER FORM 2009-2010 SCHOOL YEAR

Parent Name(s) _____

Students Name(s) _____ Grade ____ Pack _____

_____ Grade ____ Pack _____

E-Mail _____

Daytime Phone _____ Evening Phone _____

I would like to volunteer to help with the following school-wide activities:

- _____ Serve on Pack Parent Board
- _____ Bake food items for special events (eg. Teacher Appreciation)
- _____ After-School Socials, Chaperone, Ticket Sales, Concessions
- _____ Label monthly newsletter for mailing (1-2 hours/month during the school day)
- _____ Pop popcorn/sell concessions at school for After-School Movies
- _____ Facilitate "Boxtops For Education" program
- _____ ASB Card/Picture Day/Retakes/Band and Choir pictures
- _____ Vision/Hearing Screening/Re-screening
- _____ Scoliosis Screening
- _____ Book Fair in the Library (the week of conferences)
- _____ Library Help (Flexible throughout school year)
- _____ Library Clean-Up (end of the school year)

Please return COMPLETED form to the WVMS Main Office. For more information please contact the Volunteer Coordinator, Laura Ridd at riddkids7@yahoo.com

