



West Valley Middle School's WOLF TRACKS



August 06, 2010

Vol 15 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 2010-2011 school year. Hopefully, the time spent here last June will help our new 5th and 6th graders in their adaptation to Middle School life.

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Orientation 12



On August 25th, all 5th and 6th graders who previously attended Cottonwood, Apple Valley or Summitview Elementary Schools are invited to come to the Middle School from 8:00-12:00 to get a deeper understanding of how we operate. On August 26th, students from Wide Hollow, Ahtanum and Mountainview Elementaries are invited to have the same experience. (8:00 - 12:00 also) Students who are new to our school district can attend on either morning. Besides meeting their new teachers, getting a tour of the Middle School, receiving their class schedules and eating their first lunch here (free!), their parents will have a chance to talk to our Transportation Director about times and locations for bussing. It's also a good time for students to deposit money into their lunch accounts.

If you have questions about the school bus schedule, please call 966-2403. Any questions about our school lunch program, please call 972-6040. West Valley Child Care will be operating at the Middle School - please contact Janet Holon at 930-7876 or Janet Knutson at 930-3243 for more information.

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

Jim Fannin, Assistant Principal

Back-to-School UPCOMING EVENTS...

August

9	School Board Meeting @ WVHS	7:00 PM
23	School Board Meeting @ WVHS	7:00 PM
25	Orientation for all incoming 5th/6th Graders from Summitview, Apple Valley & Cottonwood	8:00 AM-12:00 PM
26	Orientation for all incoming 5th/6th Graders from Mt. View, Wide Hollow & Ahtanum	8:00 AM-12:00 PM
30	Teachers Contracted Day - NO SCHOOL	
31	FIRST DAY OF SCHOOL.....WELCOME!	7:50 AM-2:34 PM

September

2	Pack Parent Meeting in Middle School Library	6:30 PM
6	Labor Day - NO SCHOOL	
15	School Picture Day (ASB/Yearbook sales) in the Library	8:00 AM-12:00 PM
16	Middle School OPEN HOUSE	6:30 PM



Welcome to all Pack Parents at West Valley Middle School!

We're looking forward to a new school year at the Middle School! Lots of changes and exciting times lie ahead for our 5th and 6th graders this fall. The 2010-2011 school year should be a great one at West Valley Middle School. We look forward to meeting the students and parents as we begin this year.

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 2, 2010). Come meet the middle school principal and assistant principal and be able to address any questions or concerns you have.

This year's Pack Parent board includes:

President Shawnalee Asbury wheelsup6692@hotmail.com

Vice President Amy Akin amyakin1@gmail.com

Secretary Andrea Sheehan sheehan04@live.com

Treasurer Rebecca Jones beckles324@msn.com

Volunteer Coordinator Cindy Vincent cvincent@mindspring.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 help create another great year of learning and activities at the middle school.

Look for the "Pack Parent Volunteer Form" in this newsletter or pick one up at 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!

We look forward to seeing you all at our meeting on Thursday, September 2nd.
The 2010-2011 WVMS Pack Parent Board



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.

MATH OLYMPIAD

The 6th and 7th graders Math Olympiad Team had two competitions last spring with GREAT RESULTS!!!! The first contest was the Mid - Valley Math Competition at East Valley. The students competed in six categories. The 6th graders received 2nd in Arithmetic, 3rd in Probability and Mental Math; 2nd in Algebra and first in Potpourri; placing 2nd overall. The 7th graders placed in individual categories; 1st in Arithmetic Probability and Algebra; 2nd in Potpourri, Mental Math and Geometry, taking 1st Place overall.

The most difficult contest came up on May 1st... the Washington State Mathematics Council Olympiad. Session I - Problem Solving (A 1 Hour event)

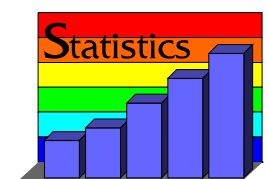
In Session 1 of the Math Olympiad, teams are required to solve a significant problem and to respond in a single team document that will be scored using a problem solving rubric. The session will involve some or all of the mathematics process of the Standard/MSP (Measurements of Students Progress) : Reasoning, Communication, and Connections. The document should show the mathematical strength of the team through an effective written communication carefully following the directions given. Session II, in contrast, asked for single correct responses to increasingly more difficult questions in each of the five events. The five events assess mathematics in: Number Sense, Measurement, Geometric Sense, Probability and Statistics, and Algebraic Sense. The 6th graders gave a great effort. The 7th graders received a Superior in both sessions I and II.

I would like to thank all the parents who helped with grading tests and went the "extra Mile". Their efforts were greatly appreciated.

A job well done by both teams:

6th Graders	7th Graders
J. C. Mee	Camille Ridd
Ashley Blas	Brini Gurney
Kortney Blank	J. D. Jamison
David Norgaard	Mitchell Wilson

Ms. Lehmann, Math Olympiad Advisor



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 in the student information system, 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 assignments can also be found online. 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.)

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?

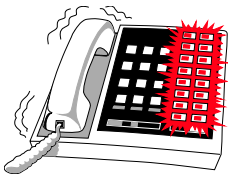
Please be sure that if your student has "special" plans (ie. going home with a classmate, riding home with a friends' parent), that these arrangements are made ahead of time and appropriate transportation notes are sent to school. Students are not allowed to make these plans from school and we are not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

Thank you

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
Middle School Library.....	972-5799	Middle School Kitchen.....	972-5726

Welcome To WVMS Band!



With August 31st approaching quickly, many students and parents have questions about band
. . . how can I be in it? When is it? Do I need to buy my own instrument? What instrument should I
play? What do I need to bring on the first day of school?

And the answers are:

1. If you are not signed up for band, please call the WVMS counseling office to enroll (972-5717)
2. Band is a class during the school day, and it lasts all year.
3. Incoming 6th grade students should already have an instrument from last year (either you rented it, bought it, or had one in your family from an older sibling, etc.) Incoming 5th grade students don't need an instrument right away, because we will be learning about instruments during the first week of school, and then parents can attend Ted Brown Music's rental night to begin renting an instrument.
4. Incoming 6th graders should continue playing their 5th grade instrument at the beginning of 6th grade, and we will hold auditions to switch instruments in October, after our first concert. Incoming 5th graders will be able to choose from flute, clarinet, trumpet, or trombone. After our holiday concert in December, we will hold auditions to switch to percussion.
5. The only thing you need to bring to band on the first day of school is a pencil! We will let 6th graders know when to bring instruments (either on the 2nd or 3rd day of school), and 5th graders won't start bringing instruments until after rental night (probably the second week of school).

If you have other questions that I can answer, please feel free to give me a call or send an email. Looking forward to seeing you, and welcome to the WVMS Bands!

Maegan Ley
509-972-5730
Leym@wvmsd208.org

EMERGENCY CARE PLANS 2010-2011

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 practitioner. Washington State Law (RCW 28A.210.320) and District Policy 3415 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. This will be enforced!**

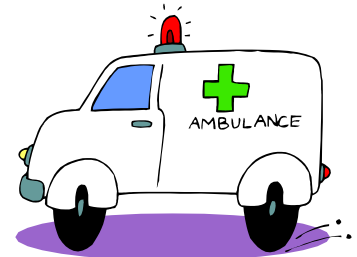
Who does this apply to? Students with severe allergy needing medication, asthma students with inhalers, diabetes, seizures, and certain heart conditions.

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
West Valley Middle School



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@wvwsd208.org

Family Access Coordinator: Mary Ann Perri @ 972-5909

Registrar: Jana Smith 972-5717

2010-11 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-4

You may register your students at the Administration Office, 8902 Zier Road. Beginning August 18, registration will be done at each of the elementary schools.

GRADES 5-12

Registrations will be taken at the Middle School for grades 5 and 6, the Junior High for grades 7 and 8, and grades 9-12 at the High School. 9th Grade Registration at the Freshman Campus will be announced at a later date, but for now, please go to the High School.

West Valley School District Residents

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

1. Students state birth certificate
2. Students immunization record
3. Proof of residence in the West Valley School District
(Proof of residence may be a rental/purchase agreement or a 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 2010-2011 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

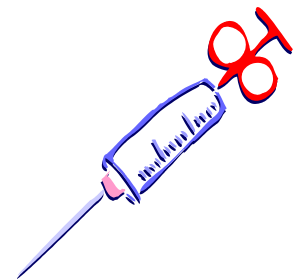
Applications for admission as an out-of-district student are at the Administration Office. Applications will be accepted and a register will be formed through August 2010. Parents will be notified of their application status in August once enrollment availability has been established. Non-resident students 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

Child Nutrition Credit Card

Deposit Options for 2010-2011

(Please make a deposit for your child(ren) before the first day of school)

- **Online Deposits** - go to 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 16th to ensure that their child(ren) have money in their lunch accounts when school starts. **There is a minimum \$30.00 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.

PLEASE LOOK ON THE WVSD CHILD NUTRITION WEBSITE FOR THE AUG/SEPT 2010 LUNCH MENU!

2010-2011 Breakfast & Lunch Prices

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

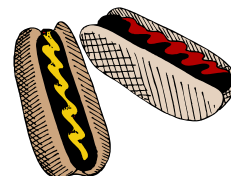
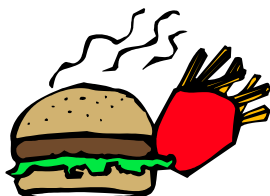
Orientation Deposits

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 25th and August 26th 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.

2010-11 Free & Reduced Applications

2010-2011 Free & Reduced Applications will be in your mailbox in or around August 2nd, 2010. 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 2010-2011 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
- _____ 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.



Important Meningococcal Disease Facts:

August 6, 2010

Dear Parent:

As of July 2005 schools in Washington are required to provide information on meningococcal disease to parents or guardians of all students entering Grades 6-12.

Meningococcal disease is a serious infection of the brain (meningitis) and blood caused by a type of bacteria. Fortunately, this life-threatening infection is rare — only about 75 people are infected each year in Washington. Adolescents and young adults are more likely to get meningococcal disease, especially those living in group settings, like college dorms.

A vaccine is available that can protect your child against the most common types of bacteria that cause meningococcal disease. One dose of meningococcal vaccine is recommended for all adolescents ages 11-12 years as part of their pre-teen health check-up. The vaccine is also recommended for all adolescents ages 13 through 18 who have not previously been vaccinated. College freshmen living in dorms are at increased risk for meningococcal disease and should get vaccinated before starting college if they didn't get the vaccine at a younger age. The meningococcal vaccine is not required for school or college attendance.

Here are some other ways to prevent the spread of meningococcal disease:

- Practice good hygiene (regular hand washing, covering coughs and sneezes, etc.)
- Do not share items such as eating utensils, glasses, cups, water bottles, drinks, lip gloss or toothbrushes, because they may spread meningococcal disease and other bacteria and viruses.

We encourage you to learn more about meningococcal disease and how to prevent it. More information on meningococcal disease, the vaccine, and other recommended immunizations is available on the following web sites:

Washington State Department of Health Immunization Program

Meningococcal information: <http://www.doh.wa.gov/cfh/immunize/diseases/meningitis/default.htm>

Centers for Disease Control and Prevention

Meningococcal vaccine information: www.cdc.gov/vaccines/pubs/vis/downloads/vis-mening.pdf

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

Pre-teen immunizations: www.cdc.gov/vaccines/spec-grps/preteens-adol.htm

College students & young adults: www.cdc.gov/vaccines/spec-grps/college.htm

Children's Hospital of Philadelphia Vaccine Education Center

Meningococcal questions & answers: http://www.chop.edu/vaccine/images/vec_mening_tear.pdf

National Meningitis Association

www.nmaus.org

Sincerely,
Mary Lou Shean/RN

IMPORTANT INFORMATION REGARDING HPV...

Dear Parent or Guardian:

The following information is being provided to you at the direction of the Washington State Legislature to help reduce cervical cancer rates in Washington by protecting girls from HPV.

What is Human Papillomavirus (HPV)?

HPV is a very common virus that is spread through genital contact. At least 50 percent of sexually active people will get HPV at some time in their lives. There are many types of HPV. Some types can cause cervical cancer or genital warts. Both women and men can get HPV and easily spread it to others without knowing they have it.

What are the symptoms of HPV?

Most people with HPV have no signs or symptoms. Some people know they have HPV because they have a symptom like genital warts. Women may find out they have HPV through cervical cancer screening (Pap tests) and HPV testing. Health care providers do not usually test for HPV unless abnormal cervical cell changes are detected by a Pap test.

How can HPV infection be prevented?

The best way to prevent HPV infection is to abstain from all sexual activity. People with only one lifetime partner can get HPV if their partner had previous sexual partners. It is uncertain how well condoms protect against HPV infection. However, condom users do have lower cervical cancer rates. The HPV vaccine is a very effective way to prevent four types of HPV that can cause cervical cancer and genital warts.

What is the HPV vaccine?

The HPV vaccine, Gardasil,® protects against four types of HPV which cause 70 percent of cervical cancers and 90 percent of genital warts. The vaccine does not protect against all types of HPV or other sexually transmitted infections. The vaccine also does not protect against any type of HPV that someone already has. Current studies show that HPV vaccine protection lasts up to 5 years. Research will continue to determine the length of the HPV vaccine's protection.

Who should get the vaccine and when should they get it?

The federal Advisory Committee on Immunization Practices recommends the HPV vaccine for all girls age 11-12 years. The vaccine can also be given to females as young as nine and up to 26 years, if their doctor recommends it. HPV vaccine is given as a series of three shots over a six month period. The vaccine is not currently recommended for boys or men. The HPV vaccine is a preventive vaccine and will offer the best protection if given before sexual activity starts. HPV vaccine is not required for school entry in Washington.

Are Pap tests still recommended for females that get the HPV vaccine?

Yes. The HPV vaccine does not protect against all of the types of HPV that can cause cervical cancer, so females will still need Pap tests.

Where can I find the HPV vaccine?

Ask your doctor, nurse, or local health clinic to find out whether your daughter needs the HPV vaccine and where you can get it. Most providers in Washington will have state-supplied HPV vaccine and there will be no cost to parents (of girls under 19 years) for the vaccine. Providers may charge an office visit and/or administration fee. The HPV vaccine is available to providers at no cost through Washington States Universal Childhood Vaccine Program.

For more information on HPV, the Vaccine, and Cervical Cancer:

Centers for Disease Control & Prevention www.cdc.gov/std/hpv
Washington State Department of Health www.doh.wa.gov/cfh/immunize/documents/hpvvaccinefactsheet.pdf
American Social Health Association www.ashastd.org
American Cancer Society www.cancer.org