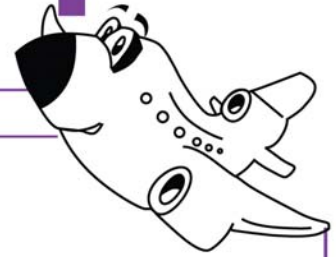


# FREMONT

CITY SCHOOLS

GROGHAN ELEMENTARY



## **Strong Academics**

Reading Corner

## **Strong Character**

Student of the Month

## **Strong Community**

Kids and Nutrition

### **DISTRICT MISSION**

*The mission of Fremont City Schools is to develop well-educated life-long learners prepared to be responsible, productive and respectful members of their communities.*

*The Fremont City School District will not discriminate nor tolerate harassment in its educational programs or activities for any reason, including on the basis of religion, race, color, national origin, sex, disability, age, military status, sexual orientation or ancestry. Additionally, it will not discriminate in its employment policies nor practices.*

1. INCREASE STUDENT ACHIEVEMENT
2. CLOSE SOCIO-ECONOMIC, ETHNIC AND DISABILITY GAPS IN STUDENT ACHIEVEMENT
3. BUILD HOPE, TRUST AND RESPECT WITH OUR COMMUNITY

[WWW.FREMONTSCHOOLS.NET](http://WWW.FREMONTSCHOOLS.NET)

## **OCTOBER IMPORTANT DATES**

- Oct. 2 Interim Reports Go Home
- Oct. 6 3<sup>rd</sup> Grade OAT
- Oct. 19 Internet Safety Meeting - 6 PM  
Atkinson School ADULTS ONLY
- Oct. 19 Bd of Education Meeting - 6 PM
- Oct. 26 PTO Meeting - 6 PM
- Oct. 26-30 RED RIBBON WEEK
- Oct. 30 End of the 1st Nine Weeks
- Oct. 30 Halloween Parade - 2:30 PM

### ***The Principal's Corner...***

Dear Parents/Guardians,

October 5-9 is the time the state monitors our attendance. Please do all you can to be sure your child attends school this week as our state funding is based on this week of attendance. If your child needs to be out of school for any reason please be sure to call the school office and let us know.

Thanks to the PTO and volunteers that provided all the fun at the Harvest Day on Sept. 25<sup>th</sup>. The students enjoyed the day and especially liked the live animals that were in one of the stations.

The Halloween parade is scheduled for Friday, Oct. 30<sup>th</sup> at 2:30 pm. Hope you can observe the parade on that day.

Yours in education,

William Krumnow  
Interim Principal

**STRONG ACADEMICS + STRONG CHARACTER = STRONG COMMUNITY**

## Reading Corner

Mrs. Fleming Title I

### Ten Tips for Parents of School Age Children

#### Tip#1

Read aloud with and to your child **every day**.

Experts recommend 30 minutes a day.

Pick books that are too long or difficult for your child to read on his own

Choose genres that your child prefers.

**Watch for flier to come home.**

#### **PAC Meeting “Book a Trip”**

**Oct 8<sup>th</sup> 6-7:30**

**Fremont Tech Center**

**Student Lounge/David**

**Carr Lecture Lab**

**SEPTEMBER STUDENT OF THE MONTH**

**RESPECT**

**Kindergarten**

*Joshua Wagner – Mrs. Kayden*

*Erica Sandoval – Mrs. Willey*

**1<sup>st</sup> Grade**

*Mia Boda – Mrs. Carrick*

*Nadia Fiske- Mrs. Nossaman*

*Marizela Cortez – Ms. Opelt*

**2<sup>nd</sup> Grade**

*Kayla Glotzbecker-Mrs. Cook*

*Briannah Palacios – Mrs. Price*

**3<sup>rd</sup> Grade**

*Jacob Stout – Ms. Rudd*

*Addison Adams – Mrs. Scherger*

*Caden Owens – Mr. Smith*

**4<sup>th</sup> Grade**

*Noah Metzker – Mr. Harmon*

*Spencer Batey – Mrs. Hartman*

**5<sup>th</sup> Grade**

*Alayna Killmer-Mrs. Garlock*

*Andrew Colston – Mrs. Miller*

**6<sup>th</sup> Grade**

*Kennedy Smith – Mrs. Overstreet*

*Steven Metzker –Mr. Pursell*

***From the Counselor – Mr. Brown***

Responsibility is the Word of the Month for October.

Responsibility is a sense of duty or obligation of taking care of someone or something. It is being trustworthy and reliable. When you practice responsibility, you are being dependable. People can trust you to get the job done. If you make a mistake, you admit it and try to make things better. You don't make excuses for your behavior. You are responsible for your actions.

How to be responsible parents.

Be consistent with your children: When you threaten a punishment make sure to follow through with it. Avoid contradicting yourself and sending mixed messages. A child will never learn boundaries unless they receive consequences. Follow through or your children will walk over you. Earn their respect: Just because you birthed them does not mean that they owe you forever. Involve them in some of the decisions in the house. Acknowledge when they do good things like share or clean their room. Establish a routine and stick to it: Children thrive on predictability so it is important to do the same things around the same times daily. Feed your children and put them down to sleep at the same times. When you stick to a routine, it is easier to manage the children and have free time for you and your spouse. Instill values in your children: Responsible parenting means teaching your children to be responsible. Honesty, courage, respect, control and compassion are values that children need to learn and develop. Support each other as much as possible: Avoid contradicting each other, especially in front of the children. Remember you and your spouse are a team, not adversaries.

***FROM THE SCHOOL NURSE:***

**Kids and Nutrition: Passing on Healthy Habits to your Children**

Part of your responsibility as a parent is to teach your children how to lead healthy lives. The best time to start teaching these lessons to children is when they're young, before unhealthy choices become lifelong bad habits. When you want to pass on healthy habits to your kids, it's important to practice what you preach. Just telling your kids what to do won't necessarily work—they need to see you choosing healthy behaviors too.

Children in the United States are gaining more weight than ever before. They're eating too much high-fat, high-sugar food and are spending less time being physically active. Weight problems that develop during childhood can lead to weight-related illnesses such as cancer, heart disease, high blood pressure and diabetes.

The following are some ways to help your kids avoid unhealthy behaviors.

- Pay attention to the kinds of food you buy. Limit the amount of "junk food" your kids eat. Have plenty of fresh fruits and vegetables available. Be aware that even "low-fat" foods may include unwanted ingredients such as added sugar.
- Serve a variety of healthy foods and use appropriate portion sizes. Use the [label](#) on the package to determine what a portion is for a particular food.
- Encourage your child to drink plenty of water or milk instead of high-calorie fruit drinks and soda.
- Limit the amount of time your children spend watching television, using the computer or playing video games. Encourage physical activity, such as a sport your child enjoys, instead.
- Make physical activity part of your family's routine. Take a walk, visit the community pool or go for a bike ride together. Encourage your children to participate in extracurricular activities.

from FamilyDoctor.org 1/29/08