

FREMONT

CITY SCHOOLS

OTIS ELEMENTARY



Important Dates

- April 3 World Autism Awareness Day
Wear Blue Shirts and Jeans
- April 4 5th Grade Math Test
- April 4 Martin Luther King, Jr. Contest
6:30 at Fremont Middle School
- April 5 5th Grade Math Test
- April 6 4th Grade Math Test
- April 6 **Make A Difference Club**
- April 7 4th Grade Math Test
- April 10 3rd Grade Math Test
- April 11 3rd Grade Math Test
- April 13 – 17 No School-Spring Break**
- April 19 5th Grade Science Test
- April 20 4th Grade Social Studies Test
- April 20 5th Grade Science Test
- April 20 **Make A Difference Club**
- April 20 PTO 6:00
- April 21 4th Grade Social Studies Test
- April 21 Mid-Terms Go Home
- April 21 1st Grade Field Trip
- April 26 2nd Grade Field Trip to Terra
- April 27 5th Gr. Field Trip to Mud Hens
- April 28 3rd Grade Field Trip
- April 28 Mother/Son Dance 6:00 – 7:30

April is Child Abuse Prevention Month

***Please remember to check your child's book bag daily for items that should NOT come to school. This includes toys, electronics, weapons, toy weapons, etc. Thank you!

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

Dear Parents,

DANCE, DANCE, DANCE: PTO has taken on a brave, new adventure this year by hosting dances for parents and their children. The Daddy-Daughter Dance will be this Friday, March 31st from 6:00 – 7:30 p.m. The evening will be filled with lots of fun activities, snacks and dancing. Like girls of any age, I am sure the preparation, dress attire and “Cinderella entrance into the ball” will be the show-stopper of the night!! The Mother-Son dance will be a glow stick dance party, which our boys will absolutely love. This will be held a month later, on Friday, April 28th at 6:00 p.m. as well. Permission slips for the Mother-Son dance will be coming home soon!

TESTING CONTINUES: Students in grades 3-5 will still be taking the Ohio's State Tests in April, although Reading/ELA is now complete. Below is the testing schedule of what is yet to come.
Math – Grade 5 – April 4-5
Math – Grade 4 – April 6-7
Math – Grade 3 – April 10-11
Science – Grade 5 – April 19-20
Social Studies – Grade 4 – April 20-21

FIELD DAY: Field Day is always a fun day for parents to visit our school. This year, we are adding a Color Run for the morning of Field Day, and our traditional Field Day activities will take place in the afternoon. This year, we are looking for 30 all-day volunteers, to allow us to be efficient with staffing. Sign-up sheets will be coming home soon. Once our volunteer spots are filled, all other parents who choose to attend may come as spectators.

CHOCOLATE BAR SALE: Thank you to all families who are selling World's Finest Chocolate Bars to support our PTO. This type of sale has gone extremely well at other schools, and we are hoping for similar results here. 100% of the profits stay right here at Otis to support programs, activities and events that benefit your kids. Your participation is greatly appreciated. If you still want to jump in on the sale, it's not too late to participate. Just call the school or stop in and we will get you all set up!

With Children at Heart,

Mrs. Laura F. Bryant

STRONG ACADEMICS + STRONG CHARACTER = STRONG COMMUNITY



Check out Mr. Mayle's Kindergarten class! The students are working hard to master their subtraction facts to 5. The class was using Chex cereal to help them with their subtraction! First, students counted the number they need, and then they ate a certain number of Chex to find the difference. Our class has gotten much better at subtraction by using food!

3rd Nine Weeks Honor Roll

Ava Adkins	Kamari Alridge	Noah Babcock
Emiley Barickman	Elyssa Belden	Elizabeth Below
Violet Boonie	Devin Britt	Tommy Brown
Tallon Brown	TaeDen Brown	Lily Burmeister
Lucas Cano	Adrian Cano	Jai'Lynn Florio
Adriane Halbisen	Austin Halbisen	Taeva Hampton
Morgan Harris	Jena Humbert	Alannah Johnson
Anisa Killian	Brianna Kimmet	Lily LeJeune
Evan Luc	Elisa Madell	Austin Mattox
Jasmine McKeever	Anthony Miller	Avary Monak
Yanna Nitschke	Lincoln Ollom	Jonathan Peck
Lorena Perez	Ryan Petitti	Haley Polter
Brooklyn Reau	Stephen Reiter	Alexis Reiter
Camdyn Reynolds	Robert Rich	Cayden Rodriguez
Ashlynn Scully	Alexis Seamon	Marcus Shetenhelm
Marieanna Shinkareva-Griffith	Elyse Smith	Nickolaus Steigerwald
Saige Tolman	Daisy Trautsch	Logan Tucker
Lanae' Tucker	Vanessa Vittitow	Taelin Waka
Isaiah Walker	Elizabeth Webb	Taylor Zimmerman

Cooperation is necessary for teamwork and team play! April's word of the month is Cooperation. If you cooperate with others then you listen to their ideas, play fairly, and compromise when there is a disagreement.

Cooperating with others makes for a peaceful learning environment. Some synonyms for cooperation are: Alliance, Assistance, Give-and- Take, Harmony, Helpfulness, Teamwork, and Unity. So what is teamwork? According to Andrew Carnegie,

"... the ability to work together toward a common vision. The ability to direct individual accomplishment toward organizational objectives. It is the fuel that allows common people to attain uncommon results."

Cooperation is a very important skill to help you be successful in school, making friends, and in your future career.

Mrs. Hatfield

Professional School Counselor

CAREER SPOTLIGHT--X-Ray Technician

Education: Associate's Degree from a two-year college.

Job Duties: My daily responsibilities include taking x-rays of people who are hurt or sick.

Your place of employment: I work in a hospital or in a doctor's office.

Salary: \$32,460 - \$49,770

Perfect Attendance 3rd Nine Weeks

Ava Adkins	Adrian Alonso	Gage Babcock	Noah Babcock
Emiley Barickman	Thomas Beckley	Elizabeth Below	Violet Boonie
Eloy Brito	TaeDen Brown	Adrian Cano	Virginia Dabrunz
Jai'Lynn Florio	Brayden Fought	Giovanny Garza	Joseph Horner
Jena Humbert	Jace Johnson	Bryson Jones	Jenna Madell
Lincoln Ollom	Unique Palomo	Dominic Palomo	Elektra Romo
Marieanna Shinkareva-Griffith		Gabriel Shriver	Jaheim Stratton
Daiyon Webb	Dazaiya Webb		



April
Student of the Month
Daisy Trautsch

Daisy is a fifth grade student in Mrs. Madell's room. Some of her favorite things are playing video games, drawing and reading.

Congratulations Daisy!

PTO Meetings
PTO meets in the Otis Library at
6:00 p.m.

April 20
May 18

We'd love for you to join us.



Hey New Kindergarteners

Fremont City Schools are currently registering new students for the 2017-18 school year and scheduling appointments for **kindergarten registration**. Parents of children who will turn 5 years of age by **August 1, 2017** can call 419-334-5436 to schedule a kindergarten registration appointment for April 3rd through April 28th. Registration packets can be picked up prior to your appointment at the district office, 500 W. State St., or downloaded and printed from www.fremontschools.net/StudentRegistration

Birchard Public Library

Bristle Bots
Grades 2 - 6

Saturday, April 8th
2:00 – 3:30 p.m.

Call 419-334-7101 ext. 209

LEGO Challenge
Thursday, April 26th
4:30 – 6:00 p.m.

Color Run!

We are getting so excited about our upcoming Color Run. It will be held on field day, Friday, May 19th. More information will be sent home with students soon. Mr. Schwartz, wellness teacher, will soon be looking for parent volunteers to help that day. He will need limited volunteers so turn your form in right away, when you get them, if interested in volunteering. Parents will be welcome to come and just watch the color run that day. Looking forward to May!



Welcome Chelsea Smith, student teacher working with Mrs. Wright this semester!



FCS Belief Statement #7
 We believe in and promote the importance of physical, mental and emotional wellness as essential components of successful learning and achievement.

The FCS Wellness Center

APRIL 2017

HIDDEN IN PLAIN SIGHT

Do you know where to look for drugs in your child's room? Do you know that teens sometimes use normal household items as drug paraphernalia? Fremont City Schools is hosting a drug awareness program, Hidden in Plain Sight, on April 2, 2017, at 3:00 pm at Fremont Middle School to raise awareness on these issues. The presentation, which will last approximately one hour, is a program that shows you where to look for various drug related items that may be stashed or hidden using a re-created teenager's room. This program may surprise you of what may be going on at home, right under your nose.

Thank you to the Mental Health and Recovery Services Board, Prevention Partnership of Sandusky County and the Sandusky County Health Department for sponsoring this event.



Hidden in Plain Sight
April 2, 2017
3:00 pm
Fremont Middle School
Child care will be provided!



STUDENT WELLNESS GOALS:

1. Reduce student alcohol and drug use at Ross High School as evidenced by pre and post survey data and discipline referrals.
2. Increase nutrition/fitness knowledge as evidenced by pre and post survey data.
3. Decrease student insubordination and disobedient incidents at all grade levels as measured by discipline referrals.
4. Improve emotional and mental well-being as evidenced by pre and post survey data.
5. Improve district/building climate as measured by pre and post "My Voice" survey data.

POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS - CROGHAN SCHOOL

Croghan Elementary School students know what is expected of them in the cafeteria. According to the school's Positive Behavior Interventions and Supports (PBIS) matrix, lunch room expectations include quietly standing in the lunch line, sitting appropriately, using good table manners, speaking with a partner voice, listening to the adults and cleaning up their area. At the beginning of each quarter, the teachers review expectations by having group discussions and having the students practice expected behavior. Croghan students take pride in demonstrating positive behavior and it shows.

Great job, Croghan Jets!



The Wellness Center will feature monthly wellness facts, tips and articles that correspond to the District's five student wellness goals. We hope our Fremont families find the wellness information beneficial.

THE FCS WELLNESS CENTER

AUTISM AWARENESS DAY

The ninth annual World Autism Awareness Day is April 2, 2017. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events.

How will you celebrate? Use #LIUB to share your experience across social media and help light the world up blue this April! For more information, log on to www.Autismspeaks.org.



BEHAVIOR SUPPORT SPECIALISTS

Fremont City Schools is very fortunate to have such a positive and hard-working support staff. Our Behavior Support Specialists work hard to develop positive support plans for individual students, serve as a liaison between staff, students and parents, provide professional development to staff and help facilitate communication with outside community agencies.

In the
Spotlight

Mrs. Paula Cullen works in our elementary buildings and Ms. Lyndsey Robinson serves our middle and high schools. Thank you, Mrs. Cullen and Ms. Robinson, for all of your hard work and dedication to our students!



HEALTHY MEATLOAF

Turkey and Quinoa Meatloaf - A great way to make a healthy switch in the meal plan!

Instructions:

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 -20 minutes. Set aside to cool. Preheat oven to 350 degrees F.
2. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute. Remove from heat to cool.
3. Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire sauce, egg, salt and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet. Combine the brown sugar, 2 tablespoons Worcestershire sauce and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.
4. Bake until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F.
5. Let the meatloaf cool for 10 minutes before slicing and serving.

Ingredients:

¼ cup quinoa
½ cup water
1 teaspoon olive oil
1 small onion, chopped
1 large clove garlic, chopped
1 (20 oz.) package ground turkey
1 tablespoon tomato paste
1 tablespoon hot pepper sauce
2 tablespoons Worcestershire sauce
1 egg
1 ½ teaspoon salt
1 teaspoon ground black pepper
2 tablespoons brown sugar
2 teaspoons Worcestershire sauce
1 teaspoon water

Prep Time:
30 minutes

SLEEP = SUCCESSFUL SCHOOL DAY



Sleep is one of the main ingredients to a successful day at school. The ideal amount of sleep for children in elementary school is 9-11 hours and teenagers 8-10 hours per night. When children do not get enough sleep, they may have difficulty concentrating, problems remembering things, become irritable and be more vulnerable to colds and illnesses.

Here are important things to do to ensure your child gets enough sleep:

- ✓ Set a regular time for bed each night and be firm about the time. The human body functions best on a regular schedule.
- ✓ Make the child's bedroom conducive to sleep; dark, cool and quiet. Turn off TV and electronics at least a half-hour before bedtime.
- ✓ Establish a relaxing bedtime routine, such as a warm shower or reading a book. Reading is a great way to help children drift to sleep.
- ✓ Avoid caffeine at least six hours before bedtime.

It's hard for children to function without enough sleep for one or two nights, and it is harder when sleep deprivation becomes a nightly habit. Children that sleep just one hour less than their bodies need each night lose an entire night's sleep every five days.

THE FCS WELLNESS CENTER



KNOW! TO STOP, DROP AND BREATHE

Even as adults, anger can be a difficult emotion to control, especially when it involves a child who continues to defy his or her parents. No one can push our buttons like our own children. However, the importance of exhibiting self-control in order to discipline a child appropriately, is monumental.



An angry parent is scary enough. An angry parent who is in the habit of yelling and screaming, swearing and/or calling their child names, is likely to cause even more harm, since a child's very sense of 'self' depends so greatly on mom and dad. As for hitting, slapping or other physical force toward a child; it is likely to not only cause fear and hurt in the present, but can leave lasting, negative impressions that follow the child into adulthood, including relationship problems, as well as increased risk for substance abuse, among other issues.

We love our children more than anything, but we all get frustrated and angry with them at times – that's human nature. We are the adult in the relationship, however, so we must behave like one to express that frustration and anger properly. We must also keep in mind that we are our children's role models. They, of course, get angry too. And how they handle their anger will depend a great deal on what they've learned by watching us. So think about the qualities and characteristics you want to create and nurture within your child, and the type of person you want your child to become. Dr. Laura Markham, clinical psychologist and author of *Peaceful Parents, Happy Kids*, offers these tips as effective, positive ways to discipline your child, that encourage better behavior, while keeping your emotions in-check:

- **Set limits and expectations BEFORE you get angry:** Make sure the rules are clear and clearly known.
- **Calm down BEFORE you take action:** Anger causes us to lose our ability to think clearly. So if your heart is beginning to race and your body is starting to tense, it is time to STOP, DROP (your agenda, just for a minute), and BREATHE. This is like hitting the pause button on the situation.
- **Take five or 10:** You may need to step away for a moment to gain your composure and harness your self-control. Exiting does not let your child win. Instead it lets them know how serious the situation is, plus it models self-control. Just say, as calmly as you can, "I am too mad right now to talk about this. I am going to take a moment and calm down."
- **WAIT before disciplining:** Make it a point NEVER to act while angry. Nothing says you have to hand out a punishment on the fly. In fact, when we do, it is more likely to be irrational. Give yourself time to think; you can say something like, "I want to think about what just happened, and we will talk about it later. In the meantime, I need to make dinner and you need to finish your homework, please." The suspense will be much more powerful than a list of empty threats that are not enforced because they were said in the heat of the moment.
- **AVOID PHYSICAL FORCE, NO MATTER WHAT:** This is an instance where hands-off parenting is a must. According to Dr. Laura, getting physical may make YOU feel better temporarily because it discharges your rage, but it is bad for your child, and ultimately sabotages everything positive you do as a parent.
- **Monitor your tone and word choice:** Nothing positive comes from swearing and/or speaking disrespectfully to children. It will only cause upset and further escalate the situation. Speaking in a calm tone, using appropriate language, helps us to remain calm and helps our children to respond more calmly.
- **Consider that you're part of the problem:** Angry parents are more likely to produce angry kids. Be open to emotional growth, take responsibility to manage your own emotions first, and seek assistance if needed. Your positive example will bring your child closer to you, make them want to please you more and it will set the foundation for them in knowing how to appropriately deal with negative emotions.

"Speak when you are angry and you will make the best speech you will ever regret."

— Ambrose Bierce