

# FREMONT

CITY SCHOOLS

OTIS ELEMENTARY



## Important Dates

- Dec. 1 Make A Difference Club
- Dec. 5 Gr. 4 to Hayes Museum
- Dec. 6 – 8 **Santa Shop**
- Dec. 8 PTO 6:00
- Dec. 20 Winter Program 6:30  
Gr. 3 & Choir

Dec. 22 – Jan. 4  
**NO SCHOOL**  
Winter Break



Dear Parents,

**MARK YOUR CALENDARS:** Noteworthy events coming up in December include the well-loved Santa Shop that will run between Dec. 6-8, the PTO meeting on Dec. 8<sup>th</sup> at 6:00 and our Christmas Program featuring the Otis Choir and our third grade students on Dec. 20<sup>th</sup> at 6:30 p.m.

**THE “24 HOUR” RULE:** Flu season is here, and we’ve had lots of kids out sick or sent home with colds and flu lately. Please remember that we have a “24 Hour” rule when deciding whether or not to send your child to school. This means that you should keep your child home until his/her temperature has been normal and they have gone without vomiting and diarrhea for 24 hours. So, if your child goes home from school sick, they should remain home the following day. This not only protects your child, but the health of all their classmates as well. Thank you for your cooperation.

**McTEACHER NIGHT:** Thank you to all of the families who came out to support us at McTeacher Night a few weeks ago. We earned approximately \$400 during those two hours to support PTO and our kids. It was a fun time for both the staff and families! This will definitely need to be a tradition!

**COMMUNITY SUPPORT:** A big thanks to the new Big Lots Store on the east side, who recently gave us a \$2,000 donation in honor of their Grand Opening. We are buying a large stop light for the gymnasium to help with noise level control during arrival and lunch times. Other schools who have these have found them to be beneficial. We also plan to use some of the money to support our Watch D.O.G.S. program and purchase alternative seating options for students who need movement as they learn.

\*\*\*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](http://WWW.FREMONTSCHOOLS.NET)

With Children at Heart,

Mrs. Laura F. Bryant

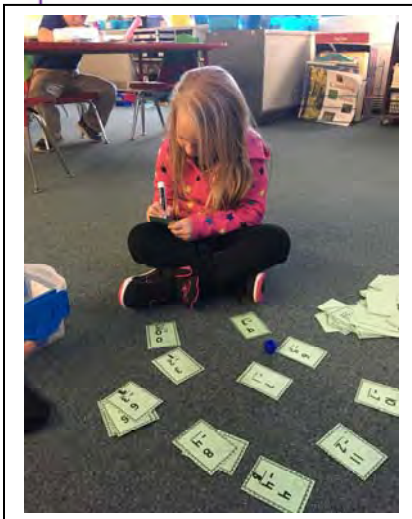
STRONG ACADEMICS + STRONG CHARACTER = STRONG COMMUNITY

## OTIS ELEMENTARY

### Honor Roll 1st Nine Weeks

Noah Babcock	Iris Burmeister	Lucas Cano	Logan Daley
Emily Linder	Evan Luc	Elisa Madell	Brooklyn Reau
Stephen Reiter	Cayden Rodriguez	Elyse Smith	Dazaiya Webb
Violet Boonie	Tallon Brown	Delylah Hershberger	Anisa Killian
Anthony Miller	Yanna Nitschke	Lincoln Ollom	Jonathan Peck
Haley Polter	Logan Tucker	Taelin Waka	Elizabeth Webb
Kamari Alridge	Elizabeth Below	Skyler Gullett	Morgan Harris
Alannah Johnson	Austin Mattox	Avary Monak	Marieanna Shinkareva-Griffith
Nathaniel Sweeney	Lanae' Tucker	Ava Adkins	Emiley Barickman
Miley Benton	TaeDen Brown	Austin Halbisen	Kaylen Holt
Robert Rich	Ashlynn Scully	Alexis Seamon	Marcus Shetenhelm
Nickolaus Steigerwald	Ethan Weis	Alex Avalos	Elyssa Belden
Tommy Brown	Lily Burmeister	Virginia Dabrunz	Xavionne Davis
Adriane Halbisen	Jena Humbert	Camdyn Reynolds	Gabriel Shriver
Saige Tolman	Daisy Trautsch	Adrian Cano	Brianna Kimmet
David Kramer	Lily LeJeune	Lorena Perez	Evan Updike
Vanessa Vittitow	Isaiah Walker	Taylor Zimmerman	

Mrs. Stine's first graders are busy learning to add and subtract fluently. To help build and strengthen these skills, math groups and centers are implemented into our school day. The students were assigned to one of four groups, based on their math fact fluency level. This way each student's individual needs can be met. Each day the students visit different centers, for 15 minutes each. Some of the centers include math tubs/games, computers, math fact drills, work with the teacher, and independent work. As the year goes on, we look forward to building and strengthening each student's math skills.



## BUILDING HOPE, TRUST & RESPECT WITH THE COMMUNITY

**Caring** is the word of the month for December. Having caring and thoughtful students creates a caring classroom which will enhance the learning environment. Practicing empathy and understanding about how others feel will help children make and keep friends. The research shows children who are socially adjusted and have friends do better academically as well. Since younger kids developmentally are egocentric and focus on themselves, it is important care and compassion are taught and modeled at home.

### Ways to help your child caring and show compassion:

- Teach and model showing care, concern, and understanding of others. (empathy)
- Give to charity or donate your time and include your child.
  - i.e. Help an elderly neighbor or donate some of your child's old toys.
  - Shovel the neighbor's sidewalk.
- Acknowledge others who speak to you.
- Teach your child to share and take turns.
- Use manners like please, thank you and excuse me regularly.
- Treat people with respect to show you care about others.
- Keeping good hygiene shows you care about yourself.
- Visit a nursing home and have your children write letters to the residents.

Sincerely,

Mrs. Hatfield, Professional School Counselor

**Having a bright future takes some planning! Another way to help your child get a postsecondary education is to have a financial plan. Different colleges/training programs cost varying amounts of money. For this reason, Ohio offers a savings plan, called a 529 plan, to help with educational costs. Go to [www.collegeadvantage.com](http://www.collegeadvantage.com) for more information about how you can start saving. The first 5 students to match the mascot with the school and turn it into Mrs. Hatfield will get a prize.**

**Bowling Green State University**

**Buckeyes**

**Heidelberg University**

**Falcons**

**Tiffin University**

**Student Prince**

**The Ohio State University**


**Dragons**

**Mrs. Hatfield  
Professional School Counselor**



Thank You Big Lots!  
Otis received a \$2,000.00 donation from Big Lots! at their grand opening on November 4th. We will be using these funds to purchase things to make Otis even better than it already is!

**C  
STRONG  
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**December**  
**Student of the Month**  
**Zoey Gerwin**

Zoey is a first grade student in Mrs. Costilla's room. Some of her favorite things are necklaces and earrings. She likes to color and wants to play volleyball.

**Congratulations Zoey!**


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

Dec. 8 (conference room due to Santa Shop)  
 Jan. 12  
 Feb. 9  
 March 9  
 April 20  
 May 18

We'd love for you to join us.

**Perfect Attendance First Nine Weeks**

Ava Adkins	Adrian Alonso	Gage Babcock
Noah Babcock	Diamond Beard	Isaias Becerra
Violet Boonie	Tyriq Brooks	Iris Burmeister
Lily Burmeister	Lyla Campbell	Adrian Cano
Lucas Cano	Benjamin Chesney	Caleb Conine
Aliyanna Cousins	Weston Crispen	Virginia Dabrunz
Mylee Davis	Xavionne Davis	Parker DiModica
Lucian Doty	Andres Esquivel	Adalynn Fairbanks
Giovanny Garza	Alexia Gibson	Natasha Good
Justin Good	Nevaeh Good	Madison Gurley
Adriane Halbisen	Taeva Hampton	Samantha Hardy
Delylah Hershberger	Jena Humbert	Braydon Jenkins
Jace Johnson	Bryson Jones	Anisa Killian
Keyon'dre Kiser	Adellin Koch	Jada Liggins
Azeliya Macias	Jenna Madell	Elisa Madell
Austin Mattox	Nicholas McKeever	Jasmine McKeever
Hanna Nickel	Collinn Ollom	Unique Palomo
Dominic Palomo	Jonathan Peck	Brooklyn Reau
Analicia Reyes Rodriguez	Adyn Reynolds	Emilia Rhoades
Cayden Rodriguez	Chloe Romo	Elektra Romo
James Roth	Iszac Sanchez-Maby	Alexis Seamon
Bryson Slane	Jeffrey Spradlin	Mersadies Throckmorton
Logan Tucker	Loralai VanWinkle	Tristin VanWinkle
Madison Wagner	Taelin Waka	Daiyon Webb
Dazaiya Webb	Dakiyus Webb	

**Pennies by the Pound**


As a school we collected 332.2 pounds of coins for the United Way! Third Grade won the penny war and will enjoy pizza! Way to go Otis!



Birchard Public Library  
LEGO Challenge  
 Kindergarten – 6th Grade  
 Thursday, December 15th  
 4:30 – 6:00 p.m.  
Ornament Fun  
 Saturday, December 3rd, 2:00 – 3:30  
 Call 419-334-7101 ext. 209 to register

**Box Tops**  
 We collected 3,891 Box Tops in October.  
 Two classes earned ice cream bars.  
 Three classes earned popsicles.  
 Five classes earned Tootsie Roll Pops.  
 Keep collecting! Our next collection date is  
 Friday, February 17, 2017



**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

**DECEMBER 2016**

## FLU SEASON

Flu season has arrived. Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the U.S. every year.

### What can you do if your child gets the flu?

If your child is 5 years or older and does not have other health problems and gets flu symptoms, including fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea, he/she might have the flu. Make sure your child gets plenty of rest and drinks enough fluids.

### What if your child seems very sick?

Even previously healthy children can get very sick from the flu. Consult your doctor as needed if any of the following occur:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (and not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes or asthma) and develops flu symptoms, including a fever and/or cough.

### Can your child go to school, daycare or camp if he/she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children.

### When can your child return to school after having the flu?

Keep your child home from school for at least 24 hours after their fever is gone (without the use of a fever-reducing medicine).

### 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.**

### Cold or flu?

**Sudden Symptoms = Flu**  
Severe and without warning

**Tiredness, Aches & Chills = Flu**  
Sudden and extreme

**Fever = Flu**  
100 degrees or greater

## LITTLE GIANT PATHWAY

Fremont City Schools is in the second year of implementation of the Little Giant Pathway (LGP) portfolio. The LGP assists students in grades K-12 to become college and career ready upon graduation. Kindergarten classrooms are learning about the importance of taking turns with classroom jobs. Middle school and high school students are setting up bank accounts, understanding the importance of finances and exploring possible careers after high school.



Recently our grade 9 students participated in the Sandusky County Manufacturers’ Career Showcase at Terra State Community College. This amazing event allowed our students to investigate local manufacturing options that await them after high school graduation. Over 15 businesses and 70 volunteers worked collaboratively to educate students on the varied career opportunities that are available in manufacturing. Each station highlighted the need for teamwork and problem-solving in the workplace, as well as the need to keep learning once you are employed. It was a great experience for our freshmen students and they learned a lot!



**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

## POSITIVE BEHAVIOR INTERVENTION & SUPPORT OTIS ELEMENTARY SCHOOL

At Otis Elementary School, Mrs. Kelly Axe's second grade classroom is full of bright-eyed and eager students. They are ready to learn and know their teacher's expectations of their behavior: **Be Responsible, Be Respectful, and Be Safe.** Similar to other Fremont elementary schools, the students in Mrs. Axe's class earn punches on a punch card as a positive incentive. Once students fill their cards, they get to pick a reward. Those rewards include sitting with a buddy or eating lunch with Mrs. Axe.

Otis Elementary School also has weekly and monthly rewards for positive behaviors. Students can earn positive rewards from teachers, paraprofessionals, Principal Mrs. Bryant, support staff and bus drivers. Daily rewards are blue tickets that can be turned in for an immediate acknowledgement, weekly rewards are small prizes, and the monthly reward includes 15 students having pizza with the principal.

**Congratulations to Otis Elementary School  
on a job well done!**

**BE RESPECTFUL, BE RESPONSIBLE,  
BE SAFE**



### Ingredients:

1 ½ lbs boneless skinless chicken breasts  
5 medium carrots, peeled and chopped (1¾ cups)  
1 medium yellow onion, chopped (1½ cups)  
4 stalks celery, chopped (1¼ cups)  
3-5 cloves garlic, minced  
3 Tbsp extra virgin olive oil  
6 cups low-sodium chicken broth (3 -15 oz cans)  
1 cup water  
¾ tsp dried thyme  
½ tsp dried rosemary, crushed  
½ tsp celery seed, finely crushed  
2 bay leaves  
Salt and freshly ground black pepper, to taste  
2 cups uncooked wide egg noodles  
¼ cup chopped fresh parsley  
1 Tbsp fresh lemon juice  
Saltine crackers or parmesan cheese, for serving (optional)

## SLOW COOKER CHICKEN NOODLE SOUP

Soup is a great way to warm up during the cold winter months. This recipe for delicious homemade chicken noodle soup is easy and healthy and the slow cooker does all of the hard work!

To a slow cooker, add chicken (uncut), diced carrots, onion, celery and garlic. Drizzle olive oil over the top then add in chicken broth, water, thyme, rosemary, celery seed, bay leaves and season with salt and pepper to taste. Cover and cook on low heat 6-7 hours.

Remove cooked chicken and allow to rest 10 minutes, then dice into bite sized pieces. Meanwhile, add egg noodles and parsley to slow cooker. Increase temperature to high, cover and cook 10 minutes longer (or until noodles are tender). Stir in lemon juice and toss in cooked, diced chicken. Serve warm with saltine crackers or top with Parmesan cheese if desired.

**Easy and  
delicious!**

## DECEMBER 1ST IS WORLD AIDS DAY

World AIDS Day is held on the 1st of December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day is a global observance and not a public holiday.

AIDS stands for "Acquired Immune Deficiency Syndrome" or "Acquired Immunodeficiency Syndrome" and denotes a condition which results from the damage done by HIV (Human Immunodeficiency Virus) to the immune system. The condition was first identified in 1981 and the name "AIDS" was first introduced on July 27, 1982.

World AIDS Day is the focal point of the World AIDS Campaign, which is active all year round. On December 1st, there are many health education campaigns that promote the day. Anti-discrimination and awareness activities are also launched on or around this date. For more information and area events, log on to [AIDS.gov](http://AIDS.gov).



# THE FCS WELLNESS CENTER



## KNOW! TO RECOGNIZE AND RESPOND TO BULLYING

Bullying touches the lives of at least one out of every four children in the U.S. In this year alone, approximately 13 million youth from preschool to high school will experience it. Yet, many parents do not even know their child is a victim. One study revealed that as many as 64% of youth who were bullied did not tell a parent, teacher or any other adult about it. **Will your child be one of them? Would you recognize it and know how to respond?**

Bullying can take various forms. While the schoolyard bully who pushes around smaller children or steals their lunch money still exists, the term “bullying” includes several other negative behaviors.

Bullying can be physical, verbal, sexual, emotional, cyber bullying or combinations of the five. In any case, according to Pacer Center’s Teens Against Bullying, it’s considered bullying if:

- The person is being hurt, harmed or humiliated with words or behavior.
- It can be behavior that is repeated, or it can be a single incident.
- It is being done intentionally.
- The person being hurt has a hard time defending him/herself from the behavior.
- Those who are doing it have more power, meaning, they are older, physically stronger, have a higher social status, or if multiple youth “gang up” on another child.

Any student who has been the target of bullying can tell you the pain it causes. Sometimes the pain is physical, but many times it is emotional agony. In addition to decreased self-confidence and self-esteem, students who are bullied may develop anxiety and depression, increased feelings of sadness and isolation and/or a change in sleeping and eating patterns; they are more likely to miss, skip or drop out of school; these students are at increased risk of suicide, as well as increased risk for tobacco, alcohol and other drug use. These are devastating effects that can follow a student well into adulthood.

Educators, coaches and anyone else who works with adolescents are encouraged to discuss bullying with them, helping them to understand what it is and what it can do to a person. Young people must also be told: Bullying is never ok. No one deserves to be bullied. All youth have the right to feel and be safe. And everyone deserves to be treated with respect.

StopBullying.gov shares the following tips for you to keep in mind when responding to bullying:

**STOP BULLYING ON THE SPOT:** Intervene immediately; separate those involved; make sure everyone is safe; be calm and model respectful behavior. Avoid trying to sort out all the facts on the spot, asking others to publically share what they witnessed and/or forcing the students involved to apologize while emotions are still high.

**FIND OUT WHAT HAPPENED:** Whether you have just stopped bullying on the spot or a student has come to you for help, listen carefully without judgment to gather the facts and then reach out to get the story from other sources (both students and adults). If it is a situation of bullying, refer to school policy for guidelines.

**SUPPORT THE KIDS INVOLVED:** Reassure the student being hurt that the bullying is not their fault and they are not alone. But keep in mind that typically, a child who shares their bullying experience with a teacher, parent or other adult isn’t looking for that adult to fix it, they’re more likely wanting support and guidance on creating an action plan to help stop the bullying. Work together with the student, his/her parents and school officials to resolve the situation and protect the bullied student.

Sharing with students what bullying is and the hurt it can cause is the first step in spreading awareness and aiming for prevention. Knowing how to immediately intervene to stop bullying on the spot or help a student who has come to you for guidance is essential to the well-being of all students involved.

