

FREMONT

CITY SCHOOLS

OTIS ELEMENTARY



Important Dates

- Feb. 2 Make A Difference Club
- Feb. 2 2nd Grade Field Trip
- Feb. 9 PTO meeting 6:00
- Feb. 10 Year Book Orders Due
- Feb. 10 Mid-Terms Go Home
- Feb. 14 Make A Difference Club
- Feb. 14 Scoliosis Screening-5th Grade
- Feb. 16 Gifted Field Trip
- Feb. 17 Box Tops Collection Day
- Feb. 20 No School-Presidents Day



Dear Parents,

POCKET KNIVES AND TOY WEAPONS: Pocket knives and look-alike (toy) weapons somehow find their way into book bags and come to school from time to time. Please know the list of banned items also includes bullets, razor blades, metal knuckles, firecrackers, objects that look like weapons and more. Bringing these items to school is prohibited and may result in a ten day suspension with recommendation for expulsion. We talk with students frequently about our expectations and the consequences that will occur if they bring these items to school. We appreciate your support at home in talking with your child about this as well and trust that you are checking book bags daily.

DRESS CODE REMINDER: When the weather is cold, we permit students to layer clothing. Please remember that any undershirt must be solid (no stripes, patterns, etc.) and must also be one of the approved Campus Wear colors— purple, white, blue, black or gray. Students are also permitted to wear a solid color (purple, white, blue, black or gray) 1/4 zipper fleece, nylon, or cotton pullover. No hoods. Students must have a collared shirt on underneath.

NEW WRITING SERIES: This year we have a new writing series in the district called "Write Source." Teachers received initial training in August and follow-up training on one of our Professional Development Days. Written communication is becoming an increasingly important skill for student success, especially with rigorous state testing. Teachers at Otis have committed to protecting their 30 minutes of writing instruction time daily so that nothing interferes with this critical instruction. Teachers are pleased with the new series and see increases in students' writing skills with the new curriculum.

With Children at Heart,

Mrs. Laura F. Bryant

***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!

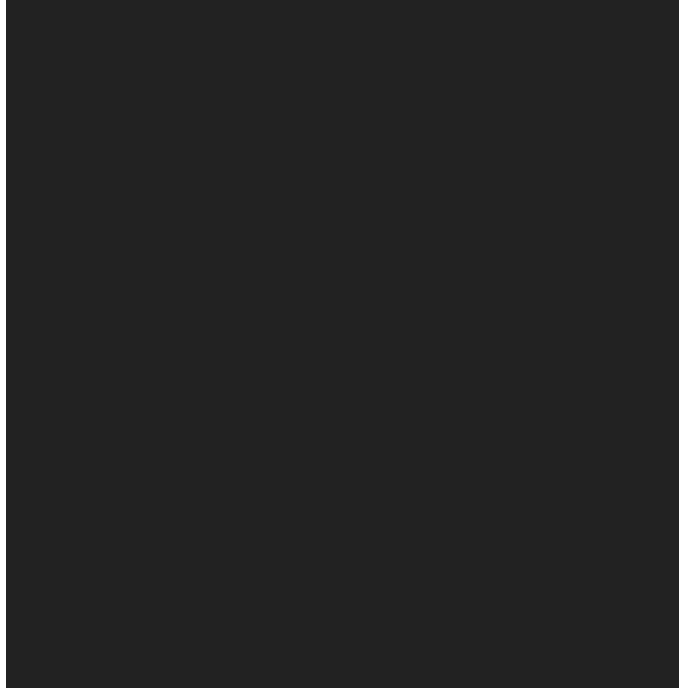
1. INCREASE STUDENT ACHIEVEMENT
2. CLOSE SOCIO-ECONOMIC, ETHNIC AND DISABILITY GAPS IN STUDENT ACHIEVEMENT
3. BUILD HOPE, TRUST AND RESPECT WITH OUR COMMUNITY

WWW.FREMONTSCHOOLS.NET

STRONG ACADEMICS + STRONG CHARACTER = STRONG COMMUNITY

Technology In The Classroom
Mrs. Costilla

First grade students have been busy learning to use Chromebook computers. The computers are utilized daily during math and reading centers as well as weekly in the classroom. First graders have successfully learned to login in using their own username and password. The next step is to discover Google and learn how to access and use their school email accounts. The students also work with websites that teach them typing and navigation skills. First grade students enjoy using the Chromebooks and look forward to having access to them each week.



Honor Roll – 2nd Nine Weeks

Noah Babcock	Lucas Cano	Jai'Lynn Florio	Emily Linder
Evan Luc	Elisa Madell	Brooklyn Reau	Stephen Reiter
Cayden Rodriguez	Elyse Smith	Dazaiya Webb	Devin Britt
Paiton Brown	Tallon Brown	Anisa Killian	Anthony Miller
Yanna Nitschke	Lincoln Ollom	Jonathan Peck	Haley Polter
Logan Tucker	Taelin Waka	Elizabeth Webb	Kamari Alridge
Elizabeth Below	Skylder Gullett	Morgan Harris	Leelan Henning
Alannah Johnson	Austin Mattox	Avary Monak	Nathaniel Sweeney
Marieanna Shinkareva-Griffith		Lanae' Tucker	Ava Adkins
Emiley Barickman	TaeDen Brown	Austin Halbisen	Kaylen Holt
Robert Rich	Ashlynn Scully	Alexis Seamon	Marcus Shetenhelm
Nickolaus Steigerwald		Alexander Avalos	Alexia Badillo
Elyssa Belden	Tommy Brown	Virginia Dabrunz	Adraine Halbisen
Jena Humbert	Olivia Jackson	Camdyn Reynolds	Saige Tolman
Daisy Trautsch	Adrian Cano	Taeva Hampton	Brianna Kimmet
Lily LeJeune	Lorena Perez	Alexis Reiter	Evan Updike
Vanessa Vittitow	Isaiah Walker	Taylor Zimmerman	

BUILDING HOPE, TRUST & RESPECT WITH THE COMMUNITY

The word of the month for February is **Gratitude**. Gratitude is when you appreciate what you have and are truly thankful. It is important to show you are grateful to those who love you, challenge you, help you, work with you and also to yourself. Expressing your appreciation makes others feel good and in turn you will feel better about yourself.

Here are ways to help your child show gratitude:

- Tell them thank you
- Let them hear you say thank you
- Don't give them everything they want
- Provide them with opportunities to earn the things they want
- Keep rewards reasonable
- Call them out when they are unappreciative
- Give back to the community
- Help them recognize the need around them
- Incorporate daily gratitude into your family's routine
- Write thank you notes

☺ Mrs. Hatfield

Professional School Counselor

Not all careers require the same amount of postsecondary education. Some careers require a training or certification program that typically last 6 months to 1 year, while some require 2 years of college to earn an Associate's Degree. Other careers require a Bachelor's degree which is 4 years of college or a Graduate's Degree which takes more than 4 years of college. **Can you match the career to the correct degree? Turn in your answers to Mrs. Hatfield for a prize.**

Mrs. Hatfield
Professional School Counselor

Sign Language Interpreter	Bachelor's Degree
News Reporter	Associate's Degree
Electrician	Graduate's Degree
School Counselor	Training/Certification Program



February
Student of the Month
Elizabeth Webb

Elizabeth is a third grade student in Mrs. Heberling's room. Some of her favorite things are reading and writing. She is very interested in animals and wants to be a veterinarian.

Congratulations Elizabeth!

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

- Feb. 9
- March 9
- April 20
- May 18

We'd love for you to join us.

Perfect Attendance
2nd Nine Weeks

Alivia Alejandro	Gage Babcock	Noah Babcock
Alexia Badillo	Lyrrik Barchus	Diamond Beard
Thomas Beckley	Eloy Brito	Devin Britt
TaeDen Brown	Iris Burmeister	Lyla Campbell
Lucas Cano	Adrian Cano	Kenneth Collins
Caleb Conine	Virginia Dabrunz	Lucian Doty
Andres Esquivel	Jai'Lynn Floria	Alexia Gibson
Jena Humbert	Olivia Jackson	Brianna Kimmert
Emmi Kouts	Hayden Lagrou	Emily Linder
Jenna Madell	Elisa Madell	Hanna Nickel
Jace Ochs	Collinn Ollom	Lincoln Ollom
Unique Palomo	Dominic Palomo	Stephen Reiter
Alexis Reiter	Emilia Rhoades	Ashlynn Scully
Adelynn Scherer-Feighner		Bryson Slane
Jaheim Stratton	Nathaniel Sweeney	Saige Tolman
Logan Tucker	Isaiah Walker	

Birchard Public Library

Pancakes and PJs
Kindergarten – 6th Grade
Saturday, February 11th
10:00 – 11:30 a.m.
Call 419-334-7101 ext. 209

LEGO Challenge
Thursday, February 16th
4:30 – 6:00 p.m.



Open Enrollment for 2017-18 School Year

"The Fremont City Board of Education has adopted policies and procedures permitting students to attend a school, within our school district, other than the school in which the students and parents reside.

Applications for the 2017-18 school year will be taken beginning March 1st and continue through March 31st.

Applications and copies of policies and procedures may be obtained by contacting the principal of your school of choice beginning **March 1, 2017** or downloaded from the district website at www.fremontschools.net and on the tab for Student Registration.

Inter-district applications are for students who **do not** reside in the Fremont City Schools District but would like to attend Fremont City Schools.

Intra-district applications (elementary only) are for students who reside within Fremont City Schools District and would like to attend an elementary school of their choosing.

Applications will be processed in the order they are received at the school. If you have any questions, you may call Susan King, Director of Human Resources & Community Relations at (419) 334-5433.

Parent(s)/Guardian(s) will receive written notice of approval or denial of applications in the mail by August 1, 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

FEBRUARY 2017

POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS STAMM ELEMENTARY SCHOOL

Every Friday at Stamm Elementary School, three lucky students earn their way to the principal's office. Spending time in the office is a reward of the school's Positive Behavior Interventions and Supports (PBIS) system. While in Mrs. Smith's office, the students play games, eat lunch and earn additional prizes. They enjoy their time interacting with Mrs. Smith and sometimes even get to teach her how to play games such as Chess.



Great work, Stamm Elementary students!

- 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.

FEBRUARY - AMERICAN HEART MONTH

President Lyndon B. Johnson declared the first American Heart Month in 1964. Ever since then, the month of February has been dedicated to cardiovascular health. Cardiovascular disease is the nation's number one killer of both men and women, but steps can be taken to reduce risk and improve outcome. The American Heart Association continues to conduct research and raise awareness to improve the cardiovascular health of all Americans.

On Friday, February 3, 2017, the American Heart Association encourages you to wear red to bring awareness to women's heart health. Every 80 seconds, one woman is killed by heart disease and stroke. That's 1 in 3 deaths among women each year. Did you know that 80% of these deaths can be prevented with education and action? By wearing red and using #GoRedWearRed you are helping raise women's awareness and support education on cardiovascular health.



WELCOMING ABBY BERNDT

Fremont City Schools would like to welcome Abby Berndt to our team as the new Child Nutrition Supervisor. Abby comes to us from ProMedica Health Care Company where she worked for two years as an Infection Control Practitioner/Quality Coordinator. Mrs. Berndt began her position with FCS on Tuesday, January 17, 2017.



Welcome 

Abby Berndt
 Child Nutrition Supervisor
 berndta@fremontschools.net
 419-334-5440

HEALTHY LIFESTYLES START AT HOME

Parents and caregivers must play an active role in protecting children's health. Eating healthy foods is a key factor in maintaining their overall well-being. But eating right has to be balanced with regular physical activity as well. Children who are physically active on a regular basis will reap enormous benefits. Studies have shown that they:

- Are less likely to become overweight;
- Have a decreased risk of developing type 2 diabetes;
- Have reduced blood cholesterol levels and lower blood pressure;
- Have higher self-esteem and reduced incidences of depression and anxiety;
- Are more likely to build strong bones and muscles; and
- Are more attentive in school.

Helping your children live a healthy lifestyle will not only benefit them, but you as well!

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.

KNOW! TO GET YOUR CELL PHONE USE IN-CHECK



Teens spend an average of nine hours a day on their smartphones. Yes - you say - you've heard it before, you know it's unhealthy for them for a number of reasons, and you have rules in place to reduce their screen time. Very good; you've got your child's phone use in check, but how about yours?

According to Common Sense Media, the average parent spends nearly as much time on their phone as their tweens and teens – and no, it's not all about work. Adults reportedly spend about 1 ½ work-related hours on their phones each day, but as for the other 7 ½ hours, we're spending it just like our children; texting, playing games, watching videos, listening to music, shopping and checking in on social media.

Picture this: The school day has just ended and parents are lined up in the parking lot, waiting for their children. One child jumps into her dad's car, excited to tell him about acing her math test. But before she can even speak, dad gives her the "hold-on-a-minute" signal and continues on with his phone conversation. In another car a mom scrolls through Facebook, liking and commenting on her "friends" pictures and posts, while her younger child in the back seat tries over and over again to get her attention. In yet another car sits a mom and dad together, waiting for their child. But instead of talking to each other, one is texting and the other is checking email. Sound familiar?

While cell phones are fantastic at keeping us connected, entertained, up-to-date and a whole lot more, they can also serve as a huge distraction in our daily lives, our work and specifically in our parenting, as seen in the above examples. In fact, many experts agree that cell phones are ruining families' lives. The reasoning behind it comes from studies like the one led by Catherine Steiner- Adair EdD, a clinical instructor in the department of psychiatry at Harvard. Based on interviews with more than one thousand children ages four to 18, she tells us:

Kids hate our screens: Children say they feel frustrated, sad and angry that they are regularly having to compete with digital devices for their parents' attention. Being "put on hold" by a parent, for example, so that he or she can continue on with a casual phone call or catch up with "friends" on social media, basically says to a child that the person on the other end of the phone or post is more important.

Just because we can connect to work 24/7, doesn't mean we should: Being a good employee shouldn't mean your employer has instant access to you at any given time; yet this is a common reason parents give for remaining "plugged-in," during family time. But feeling like you're always "on-call" makes it hard to relax and even enjoy time spent with family – and that may put your other job at risk – your job of being a good parent.

Screens aren't good for marriages, and that's not good for kids: When you and your significant other are together with a moment of a free time, do you find yourselves on your phones instead of interacting with each other, like the couple in the example above? If so, you're not alone. But if such behavior is regular and ongoing, it can cause problems to arise in your relationship. This not only affects you and your partner, but your children as well. Plus, research has proven time and again that children learn behaviors modeled by their parents. This is not likely an example you'd want your children to follow in their personal relationships.

HOW DO WE FIX IT?

Balance and Boundaries in both our personal and professional lives alike – setting reasonable and appropriate limits on our phone use for the good of our families and ourselves. Because as we know, the time we have to parent and raise our children is limited. And when that time is gone, it's gone.

TAKE10!

FCS elementary schools are using TAKE10! curriculum to provide students with a meaningful physical break in their day. The TAKE10! activities are aligned to the instruction that teachers are providing and help students refocus during learning. These quick breaks in the academic action allow for some wiggling, moving and revitalizing of the brain.



Hayes Teacher Kourtney Jared uses a GoNoodle activity to help her second grade students be more energized, focused and productive as they complete classroom work.



Help Us Get **FREE** Stuff... Even Cash!

Here's what you can do to help...

Collect empty inkjet cartridges, laser cartridges and used cell phones from your home or office. Drop them off at the locations listed below. We can recycle them to earn free equipment or cash!

A Message from Our Coordinator

We started this program in December of 2001 and have been able to replace defective equipment in our classrooms. For more information you can contact Rhonda Schmidt - (419)334-5475

Drop Off Locations

For empty cartridges and used cell phones.

Fremont City Schools
Administration Office
or any of our Schools