



Important Dates

- Jan. 5 School Resumes
- Jan. 5 Make A Difference Club
- Jan. 6 Grade Cards Go Home
- Jan. 12 PTO meeting 6:00
- Jan. 16 No School – Martin Luther King Jr. Day
- Jan. 19 Make A Difference Club



Dear Parents,

MERRY CHRISTMAS: The staff at Otis would like you to know that we consider it a privilege to be such an important part of your child's daily life. We wish all of our Otis families a safe and happy holiday season, and we look forward to seeing kids back in school on January 5th. You may have noticed on our calendar that we moved the Teacher Work Day and Staff Professional Day that traditionally have fallen during the week of Martin Luther King Day to the beginning of January. So, once we return from break, our only other scheduled day off in January is MLK, Jr. Day on Monday, January 16th.

THE "24 HOUR" RULE: Virtually no family has gone unaffected by the flu in some form or another this month. If your child is sick, please remember to keep them 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 sick from school, they should remain home the following day. Additionally, we are encouraging use of tissues, hand sanitizer and lots of hand washing. Thank you for your help in combatting these unwanted germs.

PBIS CALENDARS: If you see your child's behavior calendar colored green with a "C" written on the day, this is a good thing. Each classroom has been given a Cardy Beanie Baby. Students exhibiting extraordinary behavior may be "clipped-off" the behavior chart and clipped-on to Cardy. To communicate with parents, this would look like a day colored green with a "C" handwritten on it. And what a great opportunity it would be to ask your child about their awesome behavior that got them such outstanding recognition.

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

Miss Merrill's Kindergarten Class Happenings

The kindergarten class experienced using chromebooks for the first time and they loved it. With the ever changing role of technology within the classroom, the students in kindergarten are getting started with learning how to login to their own account. The students each need to type in their personal username and password. Once they are logged in, they have to navigate to the website that the class will be working on for the day. Being able to type can be a very daunting task for five and six year olds! Mrs. Madell's fifth grade students came in to help guide the kindergarteners in the right direction. After the new year, the chromebooks will be utilized daily in centers and weekly with whole group.



BUILDING HOPE, TRUST & RESPECT WITH THE COMMUNITY

STRONG CHARACTER

FAIRNESS is the Character Word of the Month for January. Being fair shows good character. Do you always play by the rules? Do you take other people's feelings into consideration? It isn't fair for other people to always have to do things your way, and if you aren't fair about this, people will stop wanting to be your friend.

Here are some ways students can be fair at home:

1. Please encourage your child to settle disagreements fairly:
 - Role-play voting, using rock, paper, scissors, or flipping a coin to decide what to do.
 - Role-play taking turns.
 - Role-play listening to both sides of a story.
 - Set a timer and when it beeps it is the next person's turn.
2. When playing a game with your child, play by the rules and don't ignore cheating.
3. If they want to quit in the middle of the game because they are not winning encourage them to finish even if they do not win.
4. Teach them the importance of being a good sport.
5. Remember you are a powerful role model for your child. If you treat people fairly, that is what your child will learn from you.

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



December
Student of the Month
Alivia Kreilick

Alivia is a second grade student in Mrs. Axe's room. Some of her favorite things are playing baseball, playing outside and playing with her cat, Chubs!
Congratulations Alivia!

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

- Jan. 12
- Feb. 9
- March 9
- April 20
- May 18

We'd love for you to join us.

Birchard Public Library

Children's Movie Day
Kindergarten – 6th Grade
Saturday, January 14th
2:00 – 3:30 p.m.
Call 419-334-7101 ext. 209

LEGO Challenge
Thursday, January 19th
4:30 – 6:00 p.m.



Ava Adkins and Ashlynn Scully cook up some great tasting snacks for a WCTV project.





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

JANUARY 2017

TOO SICK FOR SCHOOL? HOW TO KNOW

As a parent or caregiver it can be difficult to know when a sick child should stay home from school. Preventing the spread of illness in schools is critical to keeping everyone as healthy as possible. We recommend that sick children stay home until they're recovered enough to go back to school, typically about 24 hours after symptoms improve. This helps not only to protect the child's health, but also to prevent the spread of the illness to other children.

Keep your child home if they have any of the following:

- Are too sick to participate fully in normal activities, including physical activity. Are they pale, unusually fatigued, or have no appetite? They are unlikely to benefit from sitting in class all day. Make sure your child stays hydrated and let him or her rest.
- Diarrhea or vomiting - your child should remain home until symptoms are resolved for 24 hours.
- Fever at or above 100.5 It is best to keep him or her home with a fever as it is a sign that the body is fighting off infection, which means your child is vulnerable, and can also spread the illness to others. Wait at least 24 hours after the fever has come down and stabilized (without fever reducing medication) to consider sending your child back to school.
- Flu like illness including fever, cough, headache and sore throat.
- Unexplained rash or sore - this could be a condition that is contagious to others and should be checked by your doctor or healthcare provider before returning to school.
- Pink eye (conjunctivitis) is easily spread. Keep your child at home until your doctor or healthcare provider says that they can return or they have been using their prescription eye drops for 24 hours.

When your child stays home due to illness, please call the school and report all of the symptoms. Schools carefully track the number of students that are absent. The total number and type of illness may be reported to the public health department as they monitor disease in our community.

Plan ahead! Parents do their best to keep kids healthy, but sometimes even the most vigilant preventive measures can't always stand up to illness. Have a backup plan for when you have to work, in the event that your student is sick, or gets sick at school and has to go home.

⇒ Do you have extended family, neighbors, or trustworthy friends that can help out?

⇒ What about splitting the day with your spouse or significant other so one stays home in the morning and one stays home in the afternoon?

⇒ Please make sure that someone is available that answers their phone during the school day and update the emergency medical form as needed. We really do need to have this information available so that we can get ahold of someone to care for your child if they get sick at school. Call or send a note with your child if there are changes.

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.**



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 INTERVENTIONS & SUPPORTS

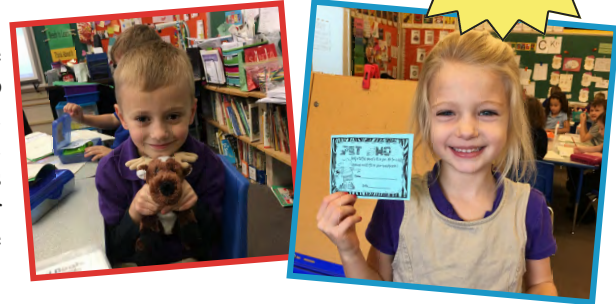
FMS

At Fremont Middle School, PBIS is the talk of the building and both students and staff are excited about the initiative. Students in Mrs. Davis's math class are able to earn Giant Bucks for doing what is expected of them. Students explain they can use the Giant Bucks to purchase items such as candy, erasers, pencils and raffle tickets. Each raffle ticket allows the student a chance to earn one of the building's larger prizes like an X-Box or a night at Kalahari with their family. The students at FMS participated in a fundraiser in order to purchase their larger rewards. Overall, the students in Mrs. Davis's class like having the PBIS system in their school.



LUTZ ELEMENTARY SCHOOL

In Mrs. McAfee's first grade classroom at Lutz Elementary School, the students use their tickets to trade for reward coupons. The most popular coupon is for a pet shop day. On this day, the student is able to bring his/her favorite stuffed pet to school. Other coupons include slipper day and a no homework day. Next door in Mrs. Reynolds's room, the students also earn coupons for staying on the positive colors of the color chart: green, blue, purple and pink. The coupons can also be traded for super-duper classroom supplies like markers or colored pencils. Students also like the trade places day coupon - a day they can choose where they sit in the classroom.



MAINTAIN, DON'T GAIN

We hope all of our FCS families have a happy and healthy holiday season. Here are a few strategies to use during the winter months to maintain a healthy lifestyle.

Bring Your Own Food: Contribute a healthy dish to a gathering to ensure there's something you can indulge in.

Don't Go Hungry to the Mall: To cut down on the lure of the food court, never go to the mall on an empty stomach.

Keep Track of What You Eat: Maintain a food diary to help you stay committed to your goals during this risky eating period.

Keep Healthy Snacks with You: Stash healthy foods in your desk, locker, book bag so you're not as tempted by the treats piling up.

Manage Portion Size: Take sensible portions so you don't end up eating too much.

Control Your Environment: Plan to use sheer willpower during large family dinners.

Keep Up the Exercise: Be determined to squeeze in at least one or two workouts a week, no matter how busy you get.

Choose Your Indulgences: Intend to stave off feelings of deprivation by allowing yourself a "cheat" day a week.

WARM UP WITH SOUP

Cold winter days make a great time for warm and hearty soup!

Southwestern Three-Bean & Barley Soup

Instructions: Heat oil in a Dutch oven over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat.



Ingredients:

1 tablespoon extra-virgin olive oil
1 large onion, diced
1 large stalk celery, diced
1 large carrot, diced
9 cups water
4 cups water
4 cups (32 ounce carton) reduced sodium chicken broth
½ cup pearl barley
1/3 cup dried black beans
1/3 cup dried northern beans
1/3 cup dried kidney beans
1 tablespoon chili powder
1 tablespoon ground cumin
½ teaspoon dried oregano
¾ teaspoon salt

Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1 ¾ to 2 ½ hours (adding more water, ½ cup at a time, if necessary or desired). Season with salt.

Slow-Cooker
Variation

Make it even easier!

Use 2 cups water (instead of 9 cups) and combine all ingredients in a 5-6 quart slow cooker. Cover and cook until the beans are tender, about 4 hours on high.

