

FREMONT

CITY SCHOOLS

OTIS ELEMENTARY



Important Dates

- March 2 **Make A Difference Club**
- March 2 Dr. Seuss Day
- March 3 **No School** – Professional Day
- March 6-10 Second Grade Testing
- March 9 PTO 6:00 p.m.
- March 14 5th Grade Reading Test
- March 15 5th Grade Reading Test
- March 15 **Spring Pictures**-dress up day
for students purchasing photos
- March 16 4th Grade Reading Test
- March 16 **Make A Difference Club**
- March 17 4th Grade Reading Test
- March 17 **Green Shirts & Jeans Day**
- March 21 3rd Grade Reading Test
- March 22 3rd Grade Reading Test
- March 24 Grade Cards Go Home
- March 31 Father/Daughter Dance 6:00



Dear Parents,

Students in grades 3-5 will participate in Ohio's State Tests in a couple of weeks, and second graders will take Gifted Testing. Reading/ELA, Math and Science tests will be given over two days. However, Social Studies will be administered in one day. Each testing session is 90 minutes long. This is the first year that all elementary state tests will be taken online. Below is the testing schedule.

IOWA Gifted Testing- Gr. 2 – March 6-10

ELA – Grade 5 – March 14-15

ELA – Grade 4 – March 16-17

ELA – Grade 3 – March 21-22

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 21

Practice tests can be accessed by going to ODE's web site (education.ohio.gov) and typing "practice AIR tests" in the search box. If you have questions about any of the testing, please contact me at 419-332-8964. I'd be happy to talk to you about any concerns you might have. Thank you.

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!

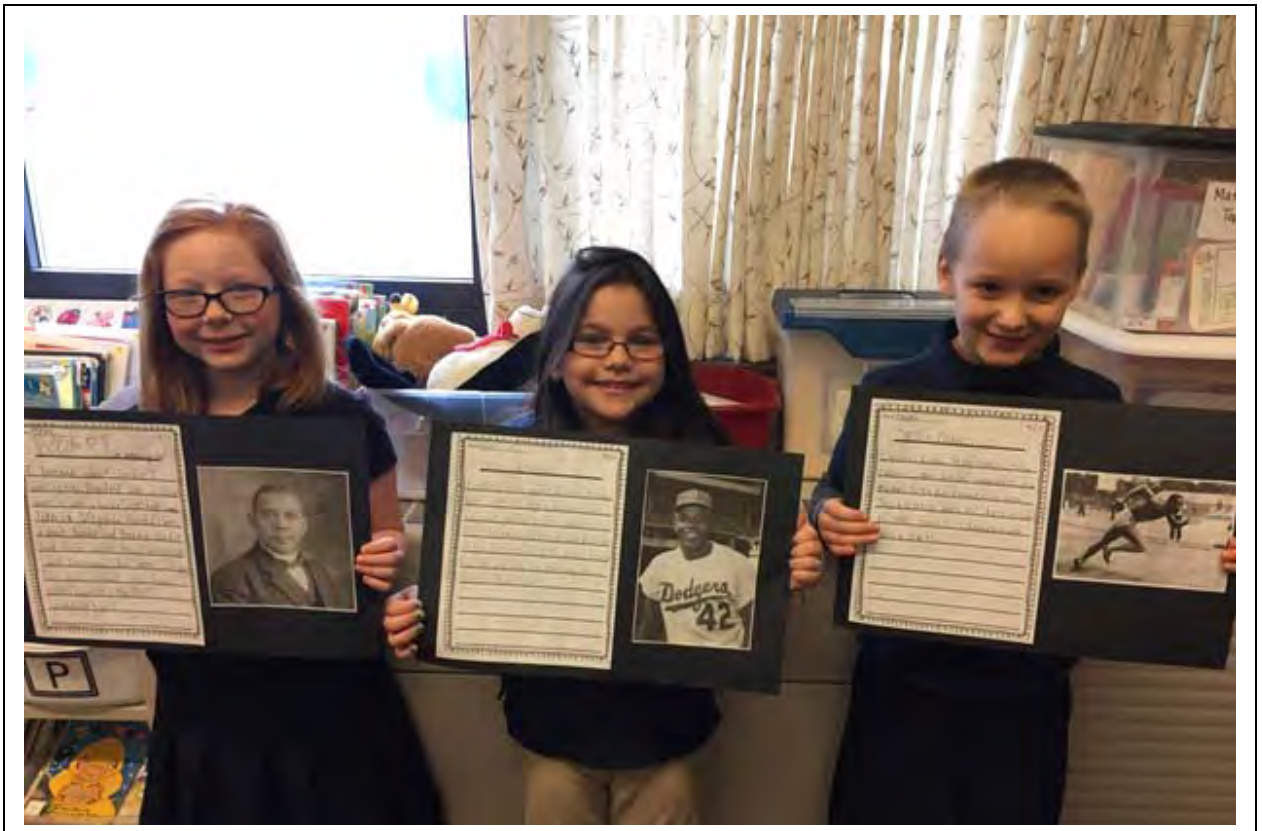
1. INCREASE STUDENT ACHIEVEMENT
2. CLOSE SOCIO-ECONOMIC, ETHNIC AND DISABILITY GAPS IN STUDENT ACHIEVEMENT
3. BUILD HOPE, TRUST AND RESPECT WITH OUR COMMUNITY

WWW.FREMONTSCHOOLS.NET

STRONG ACADEMICS + STRONG CHARACTER = STRONG COMMUNITY

Mrs. Axe's Second Grade

We have been learning about Black History Month. Students had the opportunity to choose an African American in history and research facts about them, including when they were born and why they were famous. They brainstormed ideas, created a rough draft, edited their paper, and published a final copy. They also used Google Images to find a black and white photograph of the person they wrote about. Students had fun learning about famous historians from the past.



Spring Picture Day
Wednesday, March 15th
Students that are purchasing photos
are allowed to dress up that day.

BUILDING HOPE, TRUST & RESPECT WITH THE COMMUNITY

The word of the month for March is **Self-Control**. Self-Control is the ability to be in control of one's actions and make positive choices! To be successful at school and in peer relationships, children need to practice self-control. Children need to solve problems peacefully and think about the consequences of their actions before they make a choice.

Here are some ways to help your child with learn and practice self-control at home:

- Have your child use a technique, such as deep breaths or counting backwards, to calm down when upset, rather than acting impulsively.
- Exercising is another way they can calm down.
 - Jumping Jacks
 - Going for a bike ride with an adult
 - Going on a walk with an adult
 - Push-ups or sit-ups
- Encourage your child to wait patiently when others are talking and say 'Excuse me,' when interrupting.
- Use this phrase with your child "You are in control of your body, your words and your actions."
- Model self-control in front of your child. Deal with your problems and your strong feelings in a calm manner.
- Give positive praise when your child practices self-control and ignore minor behaviors when they are not practicing self-control (as long as everyone is safe).

Sincerely,

Mrs. Hatfield

Professional School Counselor

Students have many ideas about future careers throughout elementary school. Talk with your child about his/her strengths and interests. Can they be combined into a career?

If your child likes computers and is skilled in art, maybe he/she would like a career as a graphic designer! Want some fun ways to learn about different careers? Visit one of the following websites: <https://kids.usa.gov/jobs/index.shtml> or www.vacareerview.org.

Mrs. Hatfield

Professional School Counselor



Friday, March 17th
St. Patrick's Day
Green Shirt & Jeans Day

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March
Student of the Month

Nickolaus Steigerwald

Nickolaus is a fourth grade student in Mr. Melter's room. Some of his favorite things are wrestling, swimming and guitar.

Congratulations Nickolaus!

PTO Meetings
PTO meets in the Otis Library at
6:00 p.m.
March 9
April 20
May 18

We'd love for you to join us.



Crisis Text Line

The Mental Health and Recovery Service Board of Seneca, Sandusky and Wyandot Counties would like parents and students to be informed of the Crisis Text Line that is designed to help in coping with stressful situations. Individuals can text the keyword "4hope" to 741741

to become connected to a Crisis Counselor.

Data usage while texting the Crisis Text Line is free and the number will not appear on a phone bill.

For more information contact the Mental Health and Recovery Services Board at 419-448-0640 or www.mhrsbsw.org

Birchard Public Library

Anything Goes
Kindergarten – 6th Grade
Saturday, March 18th
10:00 – 11:30 a.m.
Call 419-334-7101 ext. 209

LEGO Challenge
Thursday, March 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

MARCH 2017

POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS WASHINGTON ELEMENTARY SCHOOL

As a result of earning points with the PBIS system, Washington Elementary School students participated in a “snow ball” fight on January 27th. Instead of using snow, which seems to be lacking this year, the students used socks that they had collected to donate to the Liberty Center. The students not only had fun with their sock snowball fight, they also collected 270 pairs of socks for the Liberty Center.

Great work, Washington 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.



BLACK BEAN BROWNIES

Have a sweet tooth but want to eat as healthy as possible? A healthier alternative for dessert is black bean brownies. **Serve them first and then reveal the secret, healthy ingredients!**

Instructions:

Preheat oven to 350. Combine all ingredients except chocolate chips in a food processor, and blend until completely smooth. Blend well.

Stir in the chips, and then pour into a greased 8x8 pan. (Optional: Sprinkle extra chocolate chips over the top for presentation.)

Bake the black bean brownies 15-18 minutes, then let cool for at least 10 minutes before trying to cut. Makes 9-12 brownies.

**Prep Time:
15 minutes**



Ingredients:

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp. cocoa powder
- 1/2 cup quick oats
- 1/4 tsp. salt
- 1/3 cup pure maple syrup
- Pinch of uncut stevia OR 2 tbsp. sugar (or omit and increase maple syrup to 1/2 cup)
- 1/4 cup coconut or vegetable oil
- 2 tsp. pure vanilla extract
- 1/2 tsp. baking powder
- 1/2 cup to 2/3 cup chocolate chips

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

BE AWARE OF BRAIN INJURIES

The Brain Injury Association of America (BIAA) is marking the beginning of Brain Injury Awareness Month, which starts March 1st. Each year, BIAA leads the brain injury community in raising awareness about brain injuries by designating the month of March as a time to recognize and support the millions of Americans who live with brain injuries.

More than 2.5 million people in the United States sustain traumatic brain injuries (TBIs) each year, and 1 million more experience strokes and other acquired brain injuries. At least 5.3 million Americans live with TBI-related disabilities at a cost of more than \$76 billion each year.

Help raise awareness about brain injury by using the awareness month hashtag #NotAloneinBrainInjury on social media. For more information and to download advocacy and informational materials to help raise awareness about brain injuries, visit the BIAA website at <http://www.biausa.org>.

HEADS UP SCHOOLS

A-Head Check

IMMEDIATE HEAD INJURY EVALUATION

BTF
Brain Trauma Foundation

CDC
Centers for Disease Control and Prevention

Alert

Is the person alert? Question him/her:

- Can you open your eyes?
- Can you explain to me what happened?

If there is no response to either question immediately call 911 for medical assistance.

Ask

If the person is alert, ask him/her:

- Do you have a severe headache?
- Do you feel like you may vomit?
- Do you have difficulty staying awake?

If the answer is yes to any of these questions or if the person has any symptoms that concern you, seek medical assistance or call 911.

Aid

All head injuries should be evaluated by an appropriate healthcare professional. A hit on the head can cause a brain injury.

- Brain injuries can range from mild (mild concussion) to severe (coma).
- Symptoms may appear hours or days later.

After a brain injury, the person should rest and not engage in any activities requiring a lot of concentration or physical activity until symptom free.

For more information, visit www.braintrauma.org or www.cdc.gov/Concussion.

A part of CDC's Heads Up Series



NURSES

In the Spotlight

Fremont City Schools provides nursing services in all of our school buildings. Our nurses provide services such as allergy and asthma plans, prescription medication distribution and first aid.

They also provide education to staff on various ailments and medical conditions our students face. Our nurses communicate with parents and area doctors to ensure the medical safety of our students. Thank you to the FCS school nurses for taking such great care of our students!



THE FCS WELLNESS CENTER



KNOW! THE NOT-SO-INNOCENT SIDE OF TEEN ROMANCE

While March is about raising awareness for brain injuries, the month of February is known as teen Dating Violence Awareness Month to focus attention on abuse in young people's relationships and provide information to help prevent it.

Are you among the 81% of moms and dads who don't think dating violence is an issue among our teens and tweens? The fact is, one in three girls in the U.S. will become a victim of physical, emotional or verbal abuse from a dating partner. Young ladies between the ages of 16 and 24 experience the highest rate of intimate partner violence, but even our middle school children are at risk, with abusive behaviors often beginning as early as 12 years old.

Violent relationships in adolescence place youth at a greater likelihood for making other hazardous life-choices as well, which oftentimes lead to substance abuse, eating disorders and risky sexual behaviors. Furthermore, a teen subjected to dating abuse in high school is at increased risk for becoming a victim again in college.



It is critical to know that this is as much an issue for sons as it is for daughters. First of all, young men are not immune to becoming victims of dating abuse. And young men - as well as young women - need to learn what a healthy relationship is, and what it is not (and it is up to us to define that for them).

It is easy to assume our child would come to us, but they may not. The far majority of teen dating violence victims, 77%, keep it quiet and do not tell a single person. For the other 33%, that "someone" they do tell is not always mom or dad or even an adult.

One of the reasons victims give for not telling an adult is that they fear they will not be believed or taken seriously. As the parent, we want to take steps to build trust and encourage communication, including:

- Talking with your child about healthy "romantic" relationships, before there is an issue.
- If your child comes to you with a "boyfriend/girlfriend" problem, take them seriously and believe them.
- Listen attentively, be supportive and understanding.
- Do NOT be judgmental and do NOT put down their partner.
- Avoid telling them what to do, but rather guide them in the right direction (unless they are in danger, in which case you should take immediate action, including contacting local law enforcement).
- Additionally, you can refer your son or daughter to loveisrespect.org for helpful and relatable teen dating tips and information.

As for parents, we are not guaranteed the opportunity of being able to step in if an issue arises, so we must be aware of the warning signs of our child being in an unhealthy "relationship." They include:

- Your child's excessive communication with their "partner" via text, social media or in person.
- Your son or daughter becomes depressed or anxious.
- Extracurricular activities get put on the back-burner or come to a halt altogether.
- Your child's partner is extremely jealous or possessive.
- They begin to dress differently.
- They have mood swings beyond what is expected among teens.
- They stop spending time with their friends.

Regular and ongoing, positive communication with our children will help to build and strengthen a trusting relationship and increase the likelihood of them coming to us in times of need. The topic of healthy relationships should be a part of the communication that begins early, ideally, long before an issue might develop.