

FREMONT

CITY SCHOOLS

OTIS ELEMENTARY



Important Dates

- May 1 Mobile Dentist
- May 1 Gifted Field Trip
- May 2 VOTE FOR THE NEW PLAN
- May 2 Kinder Kick Off 6:00
for new kindergarteners 17/18
- May 4 Make A Difference Club
- May 8 -12 Right To Read Week
- May 11 Title I Family Night 6:30
- May 12 5th Grade to Rec Center
- May 12 2nd Grade Field Trip
- May 16 Mr. Stotz REACH field trip
- May 17 Spelling Bee grades 3 - 5
- May 18 Mrs. Madell REACH field trip
- May 18 PTO 6:00
- May 19 COLOR RUN & FIELD DAY
- May 19 All Color Run Donations Due
- May 22 Color Run Make Up Day (if needed)
- May 23 Academic Awards Night 6:30
by invitation only
- May 24 Kindergarten Field Trip
- May 25 Fifth Grade Picnic
- May 25 MADC picnic 12:15
- May 25 Peace Rally 2:30
- May 29 Memorial Day – No School
- May 31 Last Day Of School

Dear Parents,

TEACHER REQUESTS: If you have a request for next school year in regards to homeroom teacher, etc., please put that in writing and turn it into the office by the last day of school. All requests will be considered, and we will honor them to the best of our ability.

TEACHER APPRECIATION WEEK: Teacher Appreciation Week is May 1-5th. Please encourage your child to write a note or tell their teacher what a difference they've made. Words of affirmation are the best gift a teacher could receive!

TITLE I FAMILY NIGHT: The theme of this year's Title I Night is "Wild About Reading," and the May 11th evening events are the highlight of this year's Right-to-Read Week activities. We will be serving lots of food as well as family fun centered around literacy. We hope you can join us at 6:30 that evening.

KINDERGARTEN REGISTRATION: Kindergarten Registration is under way. If you know of a family who still needs to register an incoming kindergartner for next school year, please have them call Cheryl at (419) 334-5436 for an appointment. We are having a Kinder Night Open House for incoming kindergartners on Tuesday, May 2nd at 6:00 here at Otis. Please spread the word.

***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!

With Children at Heart,

Mrs. Laura F. Bryant

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. Zellner's preschool class learned about dinosaurs. The class searched for dinosaurs in the Dramatic Play Area, made dinosaur fossils during large group time, made dinosaur habitats in the Block Area and learned that Paleontologists dig up dinosaur bones. Zayla and Colton are pretending to be Paleontologists in the Sensory Table by digging up bones and dinosaur figures.

Mrs. Zellner's preschool class enjoys learning about science. During center time our class placed a piece of celery in colored water to see if the celery would change color. Rey, Roman and Alijah then drew a picture of what they thought the celery would look like and the color it would change to.



JoLana Shetzer, 4th grade, participated in the Martin Luther King, Jr. Oratorical Contest. Great job, JoLana!

The word of the month for May is **RESPECT**. This goes along with our three PBIS rules: Be Respectful, Be Responsible and Be Safe. Showing respect to oneself, others and things is important in creating an environment that supports learning. "Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours" (Dave Willis). It shows we care about ourselves and others.

Take the respect quiz. Do you show respect to yourself, others and things?

1. Do I solve problems safe and respectfully with my words and not my hands?
2. Do I take a shower, brush my teeth and wear a clean uniform to school?
3. Do I listen to my classmates, share, take turns and help them?
4. Do I follow directions the first time given by an adult without an attitude?
5. Do I pay attention in class and participate so I can learn?
6. Do I complete my work to the best of my ability and on time?
7. Do I keep my area clean and pick up after myself?
8. Do I take care of things and am I careful not to damage my property and the property of others?

I hope you said **Yes** to all of these because they are ways you can show respect daily.

Sincerely,

Mrs.Hatfield Professional School Counselor

BUILDING HOPE, TRUST & RESPECT WITH THE COMMUNITY

STRONG CHARACTER

Fun On Field Trips!



NET



M e n w i t h M a n n e r s

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

May 18

We'd love for you to join us.



Special Notice about FCS Board of Education Policies

Please note that the following policies were revised and approved by the FCS Board of Education on April 3, 2017:

AC: Nondiscrimination
ACA/ACAA: Nondiscrimination on the Basis of Sex/Sexual Harassment

The revised policies can be viewed on the District's website, www.fremontschools.net, under "Parent Information" or "District Information" (click on "Annual Notices," "District Policies & Guidelines" and/or "Student Handbooks").

The Men with Manners Club at Otis Elementary in their last club meeting colored and wrote a note for Easter to give to the residents at Bethesda. On Monday, April 10th, the boys in the club dressed up in a shirt and tie and walked over to Bethesda to hand out their cards. This was to show the gentlemen in the club how much it means to people when you do random acts of kindness and how it can brighten up a person's day or week. The boys even met a veteran while they were there and when they found out they kindly said, "Thank you for serving our country."

Below are some fun jokes about careers in our community. Share them with your family and friends! **Tell Mrs. Hatfield a different career joke for a prize!**

Mrs. Hatfield
Professional School Counselor

1. How do hair stylists speed up their job? They take short cuts.
2. Why did the football coach go to the bank? To get his quarterback.
3. Who can shave six times a day and still have a beard? A barber.



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

MAY 2017

POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS ATKINSON ELEMENTARY SCHOOL

Mrs. Brandon's 5th grade class knows the ropes when it comes to their school's PBIS program. Every day at arrival, the students are to line up on the playground by homeroom and remain quiet until they are dismissed to their classrooms.

Mrs. Brandon's class sets a positive example of what is expected. They are lined up, quiet and ready to enter the building. Once in the classroom, Mrs. Brandon holds the same expectations for her students. Her students report they like the PBIS program because everyone knows what is expected of them. They also like the positive rewards they earn, such as ice cream and popcorn. **Keep up the great work!**



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.



ONE PAN PARMESAN PORK CHOPS

Hate to do dishes? Here's a recipe that uses only one baking sheet and is quick and delicious!

Instructions:

1. Preheat oven to 400 degrees. Spray baking sheet with non-stick cooking spray.
2. In a large mixing bowl, combine the olive oil, thyme, garlic, pepper, salt and Parmesan cheese.
3. Brush about 1/2 of the mixture on top of the pork chops. Place pork chops on baking sheet.
4. Add the potatoes and green beans to the Parmesan mixture in the bowl and mix until combined. Place veggies on the baking sheet with pork chops.
5. Bake 20-22 minutes then broil for 3-4 minutes until the cheese is golden and the pork is completely cooked through - reaching an internal temperature between 145 degrees to 160 degrees. Let rest 3 minutes.
6. Garnish with parsley and serve immediately.



Ingredients:

- 1lb. (4-5 chops) bone-in pork chops
- 16 oz. baby red potatoes, cut into 1" pieces
- 16 oz. green beans, trimmed
- 2 Tbsp. olive oil
- 1 Tsp. thyme
- 5 garlic cloves, minced
- 1/4 Tsp. pepper
- 1/2 Tsp. salt
- 2/3 c. grated Parmesan cheese
- 2 Tbsp. chopped fresh parsley leaves

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

MAY IS MENTAL HEALTH AWARENESS MONTH

Each year, millions of Americans face the reality of living with a mental health condition. According to the National Alliance on Mental Illness (NAMI), 1 in 5 Americans will be affected by a mental health condition in their lifetime. During Mental Health Month, the mental health community reiterates their commitment to building understanding of mental illness, to increasing access to treatment, and to ensuring those who suffer they are not alone by offering new and updated resources to those who are impacted.

Fremont City Schools takes the mental health needs of our students very seriously. We offer services such as behavior specialists, school counseling, school nursing and social work. We also have a counselor at Ross High School dedicated to servicing these needs. Mrs. Carmen Curran, School Counselor, works closely with our students, families and mental health providers to ensure our students' needs are considered in the educational setting.

Mental Health Facts CHILDREN & TEENS

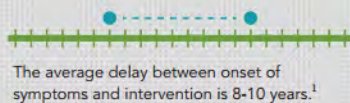
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



Impact



50% 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



50% Approximately 50% of students age 14 and older with a mental illness drop out of high school.¹

70% 70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90% 90% of those who died by suicide had an underlying mental illness.¹

Warning Signs

- ! Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- ! Trying to harm or kill oneself or making plans to do so.
- ! Out-of-control, risk-taking behaviors that can cause harm to self or others.
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- ! Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- ! Severe mood swings that cause problems in relationships.
- ! Repeated use of drugs or alcohol.
- ! Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- ! Extreme difficulty in concentrating or staying still that can lead to failure in school.
- ! Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

For more information, visit www.nami.org

SUMMER SUN - PROTECT YOURSELF

Melanoma is the most dangerous form of skin cancer. Melanoma are cancerous growths that develop when damaged skin cells' DNA mutates and begins to multiply rapidly into malignant tumors. Melanoma often resemble moles, sometimes developing from existing moles. Melanoma is caused mainly by intense, occasional UV exposure (frequently leading to sunburn), especially in those who are genetically predisposed to the disease.

If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. The American Cancer Society estimates that at present, about 120,000 new cases of melanoma in the U.S. are diagnosed in a year. **Melanoma kills an estimated 8,790 people in the U.S. annually.**

A black ribbon is used to designate Melanoma Awareness. An excellent way to show your support for a loved one with melanoma cancer is by wearing a black ribbon.

You can reduce your risk of melanoma if you:

- Avoid the sun during the middle of the day.
- Wear sunscreen year-round.
- Wear protective clothing.
- Avoid tanning lamps and beds.
- Become familiar with your skin so that you will notice changes.



THE FCS WELLNESS CENTER



KNOW! TO SECURE, MONITOR AND PROPERLY DISPOSE

'Tis the season for spring cleaning. As you're working hard to get your home decluttered, organized, spotless and sparkling, be sure to include the clearing out of old, unused or unwanted medicines – it's a vitally important task.

Families are continuing to be devastated and destroyed as children end up in the ER, become addicted, suffer physical pain and emotional turmoil, and some lose their lives altogether - all in the name of prescription drug abuse. Medicine abuse among youth continues to trend at an alarming rate and for what? According to youth, they use to get high, treat pain, sleep, stay awake, fit in or do better in school. And the majority say they can get these drugs easily and for free, from unknowing, unsuspecting family members and friends through unlocked medicine cabinets.

The most commonly abused prescription drugs fall into three categories: Painkillers, Depressants and Stimulants. Because so much attention, nationwide, has been drawn to the dangers of prescription pain pills (and rightfully so), many people are now aware of the hazards they present and are hopefully more vigilant in keeping them properly stored and monitored. However, many people are not aware of the risks other prescription and over-the-counter drugs, and how common the abuse of these medications have become. Doctor-prescribed stimulant medications used to treat anxiety, for instance, are common drugs of abuse, as well as doctor-prescribed depressants, like sleep medications. Young people typically abuse stimulants to stay awake or get ramped up for a night of partying, while depressants may be later used to then come back down, help users relax or to induce sleep.

Some teens are known to grab pills from home, or from the homes of relatives and friends, not knowing what they are or what they do, with the intention of taking them to teen "Skittles" parties, where everyone brings pills, dumps them in a bowl, and pops them in their mouths like candy. In this situation, users have no idea what they're ingesting or the side effects that might accompany any one particular pill, let alone the outcome of mixing with alcohol or multiple other drugs.

Then there's cough medicine; the sticky, syrupy stuff that most children turn their nose up to when they're actually sick, because of the bitter taste...both the prescription strength that contains codeine, as well as the over-the-counter version that contains DXM, are both being abused by teens. Mixed typically with sprite (or other soda) and a Jolly Rancher, this nasty-tasting medicine, often referred to as Purple Drank, Syrup, Sizzurp and Lean (because it literally causes users to lean over), becomes a candy-flavored cocktail that produces a relaxed, euphoric high, when taken in high doses.

ADHD medicines are also popular drugs of abuse among youth, frequently being abused for purposes of weight loss or academic performance enhancement. And as youth get older, parents are more likely to entrust them to handle and self-administer their own medications. But far too often, these pills end up in the hands of unintended users, like friends or classmates.

The side-effects and drug interactions of these medicines can be highly dangerous, and even deadly. It is immensely important for parents, grandparents and other adults to eliminate the ease of access of these drugs by removing medications from nightstands, kitchen cabinets and any other unsecured location, and to then follow these three simple steps:



SECURE: Safeguard all your prescription and over-the-counter medications in a locked cabinet, drawer or safe that is inaccessible to your teens and their friends.



MONITOR: Make note of how many pills or the amount of liquid in each medicine bottle you have in your home. Keep track of refills and be sure you control any medication that is prescribed to your child.



DISPOSE: Take advantage of the many drug drop boxes and drug take-back days that are available across the country. Otherwise, follow these guidelines for proper drug disposal of unused, unwanted and expired medications.

Immunization Reminder

Students entering 7th grade are required to have a Tdap (tetanus, diphtheria and pertussis) booster and a MCV4 Meningococcal vaccine prior to the first day of school.



Students entering 12th grade are required to have a MCV4 Meningococcal vaccine prior to the first day of school.

Please contact the Sandusky County Health Department (419-334-6367) or your family physician to schedule an appointment. You must take your child's immunization record with you to the appointment. If you need a copy of your child's record, please contact your school nurse prior to the end of the school year.