

FREMONT

CITY SCHOOLS

OTIS ELEMENTARY



Important Dates

- Oct. 3 Bullying Prevention Day
Blue Shirt Day/Uniform Bottoms
- Oct. 4 Lutz Open House 5:00
- Oct. 6 No School-Professional Day
- Oct. 7 Fifth Grade Field Trip
- Oct. 7 Pink and Jeans Day-Breast
Cancer Awareness
- Oct. 7 Homecoming Parade
- Oct. 8 High School Open House 4:00
- Oct. 10 Croghan Open House 6:30
- Oct. 13 PICTURE DAY!
- Oct. 13 First Box Tops Collection Day
- Oct. 13 Otis Open House 6:00
- Oct. 17 – 21 Book Fair**
- Oct. 18 Stamm Open House 6:00
- Oct. 19 **Grandfriends Day!**
- Oct. 20 Make A Difference Club
- Oct. 20 PTO 6:00
- Oct. 24 – 28 Red Ribbon Week**
- Oct. 24 Hayes Open House 6:00
- Oct. 25 Atkinson Open House 5:00
- Oct. 28 Mobile Dentist
- Oct. 31 Halloween Parade to Bethesda

Dear Parents,

CELEBRATING HISPANIC HERITAGE MONTH: We have been celebrating Hispanic Heritage month at Otis with several different activities. Today, we had an assembly in which we enjoyed a Mariachi Band. As a special treat, Mayor Sanchez was at Otis to kick off the assembly and say a few inspiring words to students. He encouraged students to give their best effort and keep working hard for their dreams.

HOMECOMING: Make-a-Difference Club members will be marching in the Homecoming parade on October 7th. Any student who is not in Make-a-Difference Club is welcome to join us. Parade line-up is at 5:45 p.m. at Ross High School. Students must be accompanied by an adult. All parade participants will enter the Ross Homecoming football game for free. It is the “Pink-Out” night for Breast Cancer Awareness. Everyone is encouraged to wear Little Giants, Otis or pink apparel.

CHANGES IN STATEWIDE ASSESSMENTS: I just want to give you an update if you have a child in grades 3-5 who will participate in Ohio’s State Tests this year. The option to apply for a paper/pencil waiver is no longer available to us. Therefore, all state testing will be done online this year. Teachers are working with students to get them familiar with the Chromebooks as much as possible. Necessary skills will include clicking and dragging, typing and other tasks to manipulate information on the screen. Students will be allowed the choice between using a mouse or using the key pad on the device. The more exposure as you can allow your child to have with a desktop or laptop computer this year outside of school will be to their advantage. Third grade will take a Reading State Test in November. All students in grades 3-5 will test in April as well.

PLANNING FOR LEARNING: As a school, we make lots of plans. We plan for safety, daily lessons and even create an inside recess plan each year. However, no plan is more important than planning for learning. This is done on a building-wide level through a document called our Building Continuous Improvement Plan (CCIP). This plan allows us to set achievement goals and outlines the steps we will take to get there. Our plan this year entails 14 action steps that are customized to the needs of Otis. The Building Leadership Team is finalizing the details of the plan now, which I will share with you in upcoming newsletters.

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

STRONG ACADEMICS

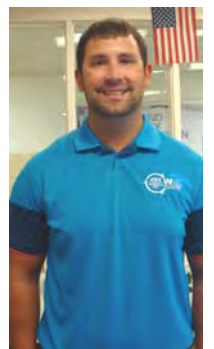
Delylah and Taelin show off their "Brag Tags"



Mrs. Heberling's Third Grade Happenings!

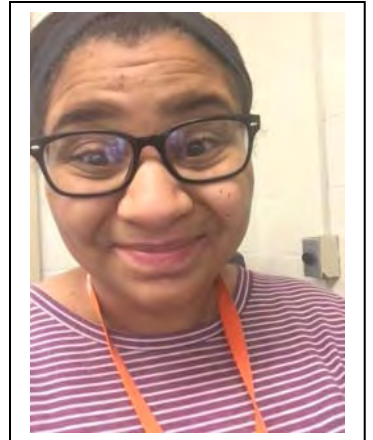
We are off to a great start in Third Grade this year! We have many new things that we are working on and incorporating with the old. This year we are working on becoming better students and people. We are setting academic and behavior goals. With that we have a growth mindset and are constantly improving. Another thing that we are working on is having positive behaviors and choices. One way that students can see the improvements they are making is with our Brag Tags!

Brag Tags are something that students can earn every week, and usually more than 2 per week! Throughout the week I write down things I notice students are doing and then on Friday they earn a Brag Tag for it! Some examples of Brag Tags we have earned this year are: Super Clean Desk, Being Responsible, Being Respectful, Super Speller, and Centers Role Model. There is a Brag Tag for many different behaviors or academic achievements. As the year goes on students accumulate their Brag Tags on a necklace that they are able to wear every Friday and take home at the end of the year!



Miss Zeller and Mr. Rohrbacher
Focus Tutors

LOOK WHO'S NEW



Miss Babb
Student Teacher in Ms. Garn's
Intervention Room



Courtney Schnitker & Katlyn Johnson
Student teachers in Miss Binkley's preschool class



Toni Laird & Melanie Laughlin
Student teachers in Mrs. Zellner's preschool class

TRUSTWORTHINESS is the Character Word of the Month for October. Trustworthy people tell the truth, respect others' property and do their own work. People who are trustworthy follow through with their promises, care for others, and can be counted on to do what they are supposed to do. When you are trustworthy, you can be trusted with important tasks, others will respect you, and you will build a good reputation. We will be celebrating Red Ribbon Week this month please talk with your child about trusting them to do the right thing and say no to drugs. This will show that they can be trusted and are a leader rather than a follower.

Help your child to be a trustworthy person by:

- Encouraging him/her to admit mistakes or poor choices, even if he/she will get in trouble.
- Having him/her keep promises and get the job done-Others are relying on him/her!
- Praising him/her for following the rules!

Mrs. Hatfield

Professional School Counselor

CAREER SPOTLIGHT-- Chemical Engineer

Education: Bachelor's Degree from a 4 year college

Job Duties: Develop safety procedures to be employed by workers operating equipment or working in close proximity to on-going chemical reactions. I conduct research to develop new and improved chemical manufacturing processes. I evaluate chemical equipment and processes to identify ways to optimize performance or to ensure compliance with safety and environmental regulations. I troubleshoot problems with chemical manufacturing processes.

Salary: I can earn anywhere from \$50, 380 - \$156, 980

RED RIBBON WEEK

October 24 – 28



Monday-October 24-Follow your dreams-Don't do drugs!

Dress up as your dream character!

Tuesday-October 25-I am a "Jean"ius because I am drug free!

Wear jeans with a uniform shirt.

Wednesday-October 26-I know I am "Red"dy to say NO to drugs!

Wear a red shirt with uniform bottoms.

Thursday-October 27-Voting for my future to be DRUG FREE!

Wear red, white and blue tops with uniform bottoms.

Friday-October 28-Slam Dunk Drugs!

Wear your favorite team shirt with uniform bottoms.

Birchard Public Library
Read Aloud Book Clubs
Kindergarten – 4th grade
4:30 – 5:00 Wednesdays 10/19 – 11/30
5th & 6th grades
4:30 – 5:00 Tuesdays 10/18 – 12/13

District Open House Tours
Come See Our Buildings

Lutz October 4th at 5:00 p.m.

Ross High School October 8th at 4:00 p.m.

Croghan October 10th at 6:30 p.m.

 Otis October 13th at 6:00 p.m.

Stamm October 18th at 6:00 p.m.

Hayes October 24th at 6:00 p.m.

Atkinson October 25th at 5:00 p.m.

PINK OUT!

On Friday, October 7th, students can wear pink for Breast Cancer Awareness. They can also wear jeans that day!

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

Oct. 20 (conference room)
Nov. 10
Dec. 8
Jan. 12
Feb. 9
March 9
April 20
May 18

We'd love for you to join us.

Grandfriends Day
Wednesday
October 19, 2016
Preschool-Kindergarten-2nd Grade
11:40
Grades 1 & 3
12:10
Grades 4 & 5
12:40

Arrive 15 minutes before the scheduled lunch time!

FCS BOARD OF EDUCATION MEETINGS

Please join us at an October Board of Education Meeting:

October 3, 2016* Fremont Middle School
5:30 p.m.

*Will include a presentation on the District Report Card

October 17, 2016 Fremont Middle School
5:30 p.m.

Please visit the FCS website, www.fremontschools.net, for a complete list of meetings, meeting minutes and other pertinent information.



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

OCTOBER 2016

STOMP OUT BULLYING!

October is National Bullying Awareness Month. The goal is for communities to work together to stop bullying by raising awareness of the prevalence and impact it has on children of all ages. Fremont City Schools provides bullying awareness training to staff members at employee meetings and in-service presentations. For more information on National Bullying Awareness Month, please visit stompoutbullying.org.



- 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.

Anti-bullying activities include:

Run, Walk, Roll against Bullying 5K on Saturday, October 1, 2016 at Fremont Recreation Center (sponsored by Sandusky County Family and Children First Council) - **18 and younger are free to participate!**

Blue Shirt Day® World Day of Bullying Prevention™ on October 3, 2016 (STOMP Out Bullying™'s signature campaign) - **Wear blue in support of bullying prevention!**

SAFETY CAN BE FUN!

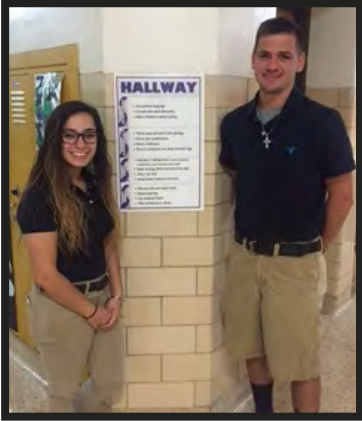
Thank you to the Ross Leadership Class and National Honor Society students who volunteered at the Lowe's Safety Fair:

- Kirsten Baker
- Arianna Bustos
- Savannah Krueger
- Paige Risch
- Alison Rupp
- Hailey Taylor
- Kristen Widman
- Sarah Widman



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 RESPECTFUL, BE RESPONSIBLE, BE SAFE

PBIS is a tiered system of behavioral support for all students. It is a proactive program based on prevention and uses a problem solving approach. Fremont City Schools has high standards for student behavior. All students are expected to: Be Respectful, Be Responsible, and Be Safe. These high expectations promote safety and learning for all students. At Ross High School, the PBIS team agreed to increase the expectations and add an additional standard, "Be More". This just adds a level of expectation because we do expect more from our Little Giants.

The goal of PBIS is to truly focus on the positive things our students are doing rather than continually pointing out the negative. We have seen very positive results in Ross High School this year. Watch for how PBIS is being implemented in other schools in future The FCS Wellness Center inserts!

It Takes More to be a Little Giant and More is Expected!

SCHOOL COUNSELORS



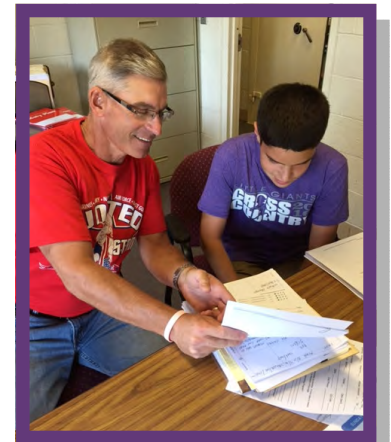
Fremont City Schools employs eleven school counselors to provide services for our students. Our counselors provide services such as assistance with academic needs and social-emotional needs, both individually and in small groups. Our counselors also provide support for students and parents in planning post-secondary options. Please see below for contact information.

Elementary Counselors

Kari Hatfield	hatfieldk@fremontschools.net	419-332-6371
Linda Overstreet	overstreetl@fremontschools.net	419-332-1511
Nicole Unger	ungern@fremontschools.net	419-332-5361

Fremont Middle School Counselors

Sarah Roper	ropers@fremontschools.net	6 th Grade	419-334-6735
Magdalena Laughlin	laughlinm@fremontschools.net	7 th Grade	419-334-6737
Jodi Moss	mossj@fremontschools.net	8 th Grade	419-334-6736



Fremont Ross High School Counselors

Bill Schell	schellw@fremontschools.net	9 th grade	419-334-5467
Lesley Blanton	blantonl@fremontschools.net	10 th grade	419-334-5473
Melissa Joerg	joergm@fremontschools.net	11 th grade	419-334-5495
Emily Huth	huth@fremontschools.net	12 th grade	419-332-4390
Carmen Curran	curranc@fremontschools.net	9-12 th grade	419-334-5459
Carrie Hoffman	hoffmancb@fremontschools.net	Terra Access Advisor	419-332-8221

ATTENTION PARENTS!

All 7th and 12th grade students must have the meningococcal vaccine. The vaccine protects against meningococcal disease, a serious illness, and is required for school entrance. If your student has not scheduled an appointment to receive the vaccination by October 7, 2016, he/she will be excluded from school attendance starting on October 10, 2016. Please contact your health care provider or the Sandusky County Health Department (419-334-6367) today to schedule an appointment. If your student does not have insurance, the vaccine is available through the Vaccines for Children Program (VFC). Check with your health care provider or local health department to see if your student is eligible.



THE FCS WELLNESS CENTER

Ingredients:

12 bacon strips
2 medium onions, chopped
6 celery ribs, sliced
12 medium potatoes, peeled and cubed
1/3 cup butter
1 cup all-purpose flour
8 cups milk
2 medium carrots, chopped or shredded
1 T salt
1 T pepper

Prep Time:
30 minutes
Cook Time:
40 minutes

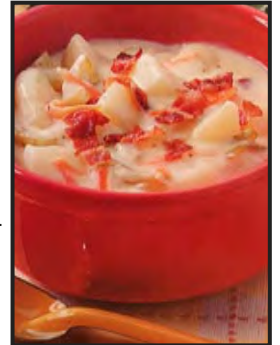
BACON POTATO CHOWDER - YUM!

Fall is the perfect season to get outside and enjoy the crisp weather and nothing warms you up after like a delicious bowl of soup. Here's an easy and healthy recipe that the whole family will love!

In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 3 tablespoons dripping. Sauté onions and celery in the reserved drippings until tender; drain.

Place potatoes in a large pot (or crock pot) and cover with water. Bring to a boil. Reduce heat; cover and cook for 20 minutes or until tender. Drain; set potatoes aside. In the same pan, melt butter. Stir in flour until smooth; gradually stir in milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.

Reduce heat; add onion mixture, potatoes, carrots, salt and pepper. Cook for 10 minutes or until heated through. Sprinkle with bacon.



RED RIBBON "SPOOK" TACULAR



WHO: Sandusky County families with elementary school children. Bring your family and friends and join the fun and activities. Children may dress in costumes but are not required. The Sandusky County school with the greatest percentage of attendees will receive a \$75 donation for their school's prevention activities!

WHAT: The Red Ribbon "Spook" tacular is a family fest to raise awareness of the dangers related to alcohol, tobacco, and drug use; provides families with information related to healthy lifestyles, prevention and treatment; and to create a venue for parents to discuss these important issues with their children. Drawings and giveaways will be held throughout the evening.

WHEN: Thursday, October 27, 2016
6:00-8:00 pm

WHERE: Terra State Community College



GRADES K-5 CELEBRATE RED RIBBON WEEK

Monday, October 24 - Dress up as your dream character

Follow your dreams - Don't do drugs!

Tuesday, October 25 - Wear jeans

I am a "Jean"ius because I am DRUG FREE!

Wednesday, October 26 - National Wear Red Day

I know I am "Red"dy to say no to drugs!

Thursday, October 27 - Wear red, white & blue

Voting for my future to be DRUG FREE!

Friday, October 28 - Wear your favorite team shirt with campus wear bottoms

Slam Dunk Drugs!

#YOLO Be Drug Free!

PROMEDICA MEMORIAL HOSPITAL

FAMILY FEST, FAMILY FUN!

Fremont City Schools participated again this year in the ProMedica Memorial Hospital Family Fest on Sunday, September 25th. The Family Fest is an afternoon of fun with a focus on family physical, mental and social wellness and healthy activities.

Pictured are some children having fun while being active!



THE FCS WELLNESS CENTER



KNOW! TO SEND THEM TO BED

School is back in session, or will be soon, depending on where you live and your specific school district. The joy of staying up late and sleeping in has come to a screeching halt for students, and parents are faced with the daunting task of dragging tired teens out of bed each weekday morning. Chances are, your students won't be getting enough sleep, especially once the homework and after-school activities kick into high gear. Sleep patterns naturally shift toward later sleeping and waking times during adolescence, so teens' bodies will likely fight an earlier bedtime, making it even more difficult for them to get the 8-10 hours of sleep they desperately need for developmental health and well-being.

Lack of sleep not only leaves students cranky, but it can negatively impact mental health and substance use. In a National Sleep Foundation (NSF) study, a significant number of teens who said they weren't getting the recommended amount of sleep, reported feeling unhappy, sad or depressed; felt hopeless about the future; felt nervous or tense; and/or said they worried too much. The research clearly showed that lack of sleep affects mood, and a depressed mood can lead to further sleep deprivation.

Sleep deprived youth are also at greater risk for turning to substances for "help." Exhausted teens who constantly struggle to get moving in the morning may try popping a "wake-up" pill or may go for a highly caffeinated energy drink. A few of these pills or beverages to keep them going throughout the day will then lead to problems falling asleep at night. What then? Unfortunately many will then turn to alcohol or sleeping pills. It becomes an unhealthy, vicious cycle that can then lead to additional mental health issues and addiction.

According to Nationwide Children's Hospital, sleep deprivation has a number of other negative consequences that students need to be aware of as well:

- **Mood** - Sleep deprivation causes teens to be moody, irritable and cranky, making it difficult for them to regulate their mood, thereby causing them to become frustrated and more easily upset.
- **Behavior** - Teenagers who are sleep deprived are also more likely to engage in risk-taking behaviors, such as drinking, driving fast and engaging in other dangerous activities.
- **Cognitive ability** - Inadequate sleep can result in problems with attention, memory, decision making, reaction time and creativity.
- **Academic performance** - Studies show that youth who get less sleep are more apt to get poor grades in school, fall asleep in school and have school tardiness/absences.
- **Drowsy driving** - Teens are at the highest risk for falling asleep at the wheel. Drowsy driving is most likely to occur in the middle of the night (2-4 AM), or mid-afternoon (3-4 PM).



In fact, a sleep-deprived person who gets behind the wheel is said to be equally as dangerous as a driver whose blood/alcohol level is .08 – which is the illegal level for the operation of a motor vehicle in all 50 states; and at a .08 BAC level, a person is 11 times more likely to be involved in a fatal crash. You can also share with your students that not getting enough sleep makes them more prone to pimples and other skin issues as well as weight gain – that might grab their attention.



How much sleep should children get? The National Sleep Foundation recommends:

Preschool (3-5 years)	10-13 hours
School Age (6-12)	9-11 hours
Teenager (14-17)	8-10 hours
Young Adult (18-25)	7-9 hours

