



April 2017

PRINCIPAL'S PERSPECTIVE

Strong Academics

5th Grade REACH
5th Grade Force and Motion

Strong Character

Learning and Liberty Students of the Month
Pizza with the Principal
College Corner
Word of the Month

Strong Community

4th Grade Unicef Project
Characters In Action
Dates to Remember
Birchard Public Library

District Mission Statement:

The Mission of the Fremont City Schools is to develop well-educated life-long learners prepared to be responsible, productive and respectful members of their communities.

1. INCREASE STUDENT ACHIEVEMENT

2. District Goals: ADDRESS ECONOMIC, ETHNIC AND DISABILITY GAPS IN STUDENT ACHIEVEMENT

3. BUILD HOPE, TRUST AND RESPECT WITH OUR COMMUNITY

WWW.FREMONTSCHOOLS.NET

Attendance and Tardies

Being at school is the first thing that needs to happen for students to achieve great things! It is so important to establish this priority early on as attendance is a vital part of any career path. To do the work, earn the credit, get the paycheck—first you've gotta show up! While it is completely understandable that sickness happens and appointments sometimes need to be scheduled during to school hours, please make getting to school every day on time a family priority!

Third Grade Reading Guarantee

Any third-grade student that could be retained in grade 3 as mandated by the language of the Third Grade Reading Guarantee will be taking the Iowa* during the week of April 24th. A passing score on this assessment will allow for these be promoted to fourth grade. If you have any question please do not hesitate to contact the main office.

Important Test Dates

Unseasonable snow and fog put a wrench in our fifth-grade testing schedule. Let's hope that April weather is a bit more cooperative.

Grade 3

Math OST April 10 and 11

*Iowa Testing for select students April 24-28

Grade 4

Math OST April 6 and 7
Social Studies April 20 and 21

Grade 5

Math OST April 4 and 5
Science OST April 19 and 20

Yours in Education,

Mrs. Bridget L. Smith

STAMM ELEMENTARY

Thank you for an excellent **REACH** lesson on the topic of **Technology**. The students obviously were engaged in the matching game activity, and participated well in identifying technologies in use today versus those not available to their grandparents.



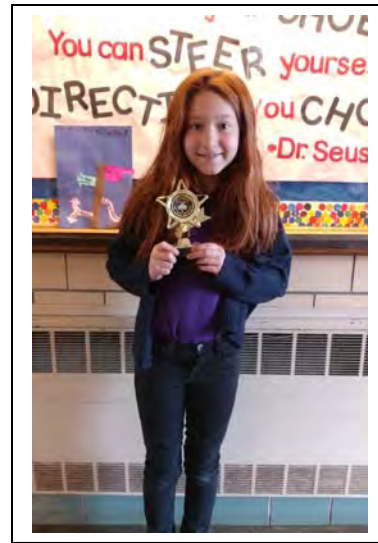
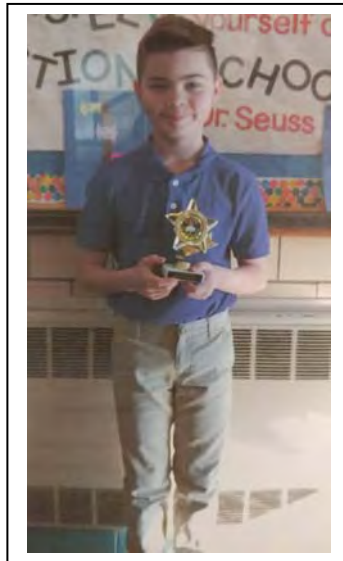
STAMM ELEMENTARY

Mrs. Hanson's students have been working on force and motion in 5th grade science. In this experiment, students discovered that the more force put on an object, the farther the object traveled. Students also used the metric system to measure the different distances their vehicles traveled.



BUILDING HOPE, TRUST & RESPECT WITH THE COMMUNITY

STRONG
CHARACTER



5th Grade-Ava Ermsberger

4th Grade Carter Rebitz

3rd Grade Makenzie Ferguson

Congratulations to our Learning and Liberty
Students of the Month!!



Pizza with the Principal

Students can earn a Pizza with the Principal Coupon for exceptional behavior in the classroom. The following Pizza with the Principal Drawing Winners for the Month of March are:

Kindergarten: Emma Doering-Perkins, Aalyrah Earhart, Eva Ramirez

First Grade: Dallas Reyna, Trenton Milton, Adrian Gutierrez

Second Grade: Eli Slaughter, Alejandro Parrez-Valenzuela, Shayla Zacarias-Joaquin

Third Grade: Ryder Rodriguez, Aiden Hall, Damarion Cooks-McKinney

Fourth Grade: Wyatt Taylor, Eliseo Jamison, Mary Campbell

Fifth Grade: Dominic Mauric, Libe Druckenmiller, Janiah Price

Bright Future

April

CAREER SPOTLIGHT--X-Ray Technician

Education: Associate's Degree from a two-year college.

Job Duties: My daily responsibilities include taking x-rays of people who are hurt or sick.

Your place of employment: I work in a hospital or in a doctor's office.

Salary: \$32,460 - \$49,770

April: Cooperation

Cooperation is necessary for teamwork and team play! April's word of the month is Cooperation. If you cooperate with others then you listen to their ideas, play fairly, and compromise when there is a disagreement. Cooperating with others makes for a peaceful learning environment. Some synonyms for cooperation are: Alliance, Assistance, Give-and-Take, Harmony, Helpfulness, Teamwork, and Unity. So what is teamwork? According to Andrew Carnegie,

"... The ability to work together toward a common vision. The ability to direct individual accomplishment toward organizational objectives. It is the fuel that allows common people to attain uncommon results."

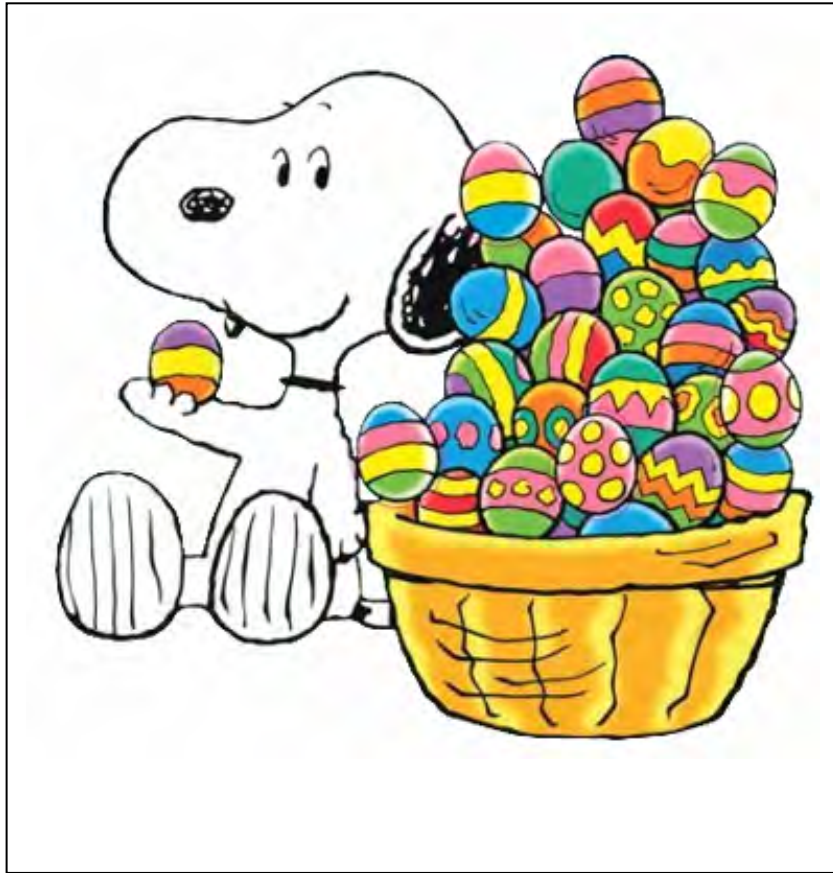
Cooperation is a very important skill to help you be successful in school, making friends, and in your future career.

Mrs. Unger

Professional School Counselor

STRONG COMMUNITY

Miss Chervenak's fourth graders are getting active, learning about other cultures, and helping to provide life-saving nutrition to kids in need. They are participating in The UNICEF Kid Power program. For every step they take, they are working towards unlocking funds that enables UNICEF to access special therapeutic food packets for severely malnourished children around the world. We are having a blast getting active, learning about other people and places, and helping other kids.



STRONG ACADEMICS + STRONG CHARACTER = STRONG COMMUNITY

Don't forget to send in your Box Tops 4 Education with your students!



www.BTFE.com

PTO will sponsor a monthly classroom competition and prize for the class who brings in the most. **Be SURE to check expiration dates!!!!**



PLEASE CONTACT THE OFFICE before 3:00 p.m. if you need to make changes in the way your child should go home.

CIA

CHARACTERS

IN

ACTION

DEMONSTRATING

&

SELF-CONTROL

Ava Simms
Chace Neugent
Stephany Noftz
Lylah Pollick
Eric Raby
Star Carter
Malaya Hughes
Maliyah Archie
Shayla Zacarias
Breyelle Biller
Lorenzo Campbell
Tessa Milton
Tyler Royster
Kya Moore
Andres Gutierrez
Kayla Willette
Lyndy Haar
Hope Riehl

April Dates to Remember:

April 4th – MLK Oratorical Contest
April 11th – 6:00 pm - Stamm PTO
April 13th – No School
April 14th – No School
April 17th – No School
April 28th – 7:00 pm to 8:30 pm Stamm PTO
Luau with Father/Daughter and Mother/Son
Dance

Birchard Public Library – Fremont

Bristle Bots

Grades 2 – 6th

Saturday, April 8th

2:00 – 3:30 pm

Come create your own robot made out of toothbrushes and experiment with them!

Space is limited so sign up soon!

Please call 419-334-7101 ext. 209 to register.

LEGO Challenge

Kindergarten – 6th Grade

4:30 – 6:00 pm

Thursday, April 26th

Drop in and bring your imagination. We'll supply the LEGOS.

Build as a group or on your own. Creations will be on display each month to allow patrons to vote for their theme favorite. Prizes will be awarded

No registration is required.

Ruff and Ready Readers

April

2nd & 4th Mondays of the month at 4:30 – 5:30 pm

2nd & 4th Saturdays of the month at 1:00 – 2:00 pm

Dogs are great listeners!

Please register your child at the children's desk for a 10-minute reading session.

Please call 419-334-7101 ext. 209 to register for a ten-minute slot.

Read Aloud Book Clubs

Fifth & Sixth Grade

4:30 - 5:30 pm, Tuesdays in April

Relax and get lost in a book as one of our librarians reads aloud.

No registration is required.

Thank You,

Birchard Public Library

Children's Department

419-334-7101 ext 209



Fremont City Schools Board policy of nondiscrimination extends to students, staff, job applicants, the general public and individuals with whom it does business and applies to race, color, national origin, ancestry, citizenship status, religion, sex, sexual orientation, gender identity, economic status, age, disability, military status or genetic 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

APRIL 2017

HIDDEN IN PLAIN SIGHT

Do you know where to look for drugs in your child's room? Do you know that teens sometimes use normal household items as drug paraphernalia? Fremont City Schools is hosting a drug awareness program, Hidden in Plain Sight, on April 2, 2017, at 3:00 pm at Fremont Middle School to raise awareness on these issues. The presentation, which will last approximately one hour, is a program that shows you where to look for various drug related items that may be stashed or hidden using a re-created teenager's room. This program may surprise you of what may be going on at home, right under your nose.

Thank you to the Mental Health and Recovery Services Board, Prevention Partnership of Sandusky County and the Sandusky County Health Department for sponsoring this event.



Hidden in Plain Sight

April 2, 2017

3:00 pm

Fremont Middle School

Child care will be provided!



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.

POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS - CROGHAN SCHOOL

Croghan Elementary School students know what is expected of them in the cafeteria. According to the school's Positive Behavior Interventions and Supports (PBIS) matrix, lunch room expectations include quietly standing in the lunch line, sitting appropriately, using good table manners, speaking with a partner voice, listening to the adults and cleaning up their area. At the beginning of each quarter, the teachers review expectations by having group discussions and having the students practice expected behavior. Croghan students take pride in demonstrating positive behavior and it shows.

Great job, Croghan Jets!



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

AUTISM AWARENESS DAY

The ninth annual World Autism Awareness Day is April 2, 2017. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events.

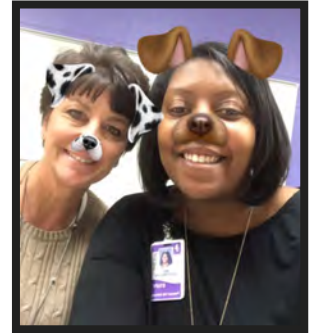
How will you celebrate? Use #LIUB to share your experience across social media and help light the world up blue this April! For more information, log on to www.Autismspeaks.org.



BEHAVIOR SUPPORT SPECIALISTS

Fremont City Schools is very fortunate to have such a positive and hard-working support staff. Our Behavior Support Specialists work hard to develop positive support plans for individual students, serve as a liaison between staff, students and parents, provide professional development to staff and help facilitate communication with outside community agencies.

Mrs. Paula Cullen works in our elementary buildings and Ms. Lyndsey Robinson serves our middle and high schools. Thank you, Mrs. Cullen and Ms. Robinson, for all of your hard work and dedication to our students!



HEALTHY MEATLOAF

Turkey and Quinoa Meatloaf - A great way to make a healthy switch in the meal plan!

Instructions:

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 -20 minutes. Set aside to cool. Preheat oven to 350 degrees F.
2. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute. Remove from heat to cool.
3. Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire sauce, egg, salt and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet. Combine the brown sugar, 2 tablespoons Worcestershire sauce and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.
4. Bake until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F.
5. Let the meatloaf cool for 10 minutes before slicing and serving.

Ingredients:

¼ cup quinoa
½ cup water
1 teaspoon olive oil
1 small onion, chopped
1 large clove garlic, chopped
1 (20 oz.) package ground turkey
1 tablespoon tomato paste
1 tablespoon hot pepper sauce
2 tablespoons Worcestershire sauce
1 egg
1 ½ teaspoon salt
1 teaspoon ground black pepper
2 tablespoons brown sugar
2 teaspoons Worcestershire sauce
1 teaspoon water

Prep Time:
30 minutes

SLEEP = SUCCESSFUL SCHOOL DAY



Sleep is one of the main ingredients to a successful day at school. The ideal amount of sleep for children in elementary school is 9-11 hours and teenagers 8-10 hours per night. When children do not get enough sleep, they may have difficulty concentrating, problems remembering things, become irritable and be more vulnerable to colds and illnesses.

Here are important things to do to ensure your child gets enough sleep:

- ✓ Set a regular time for bed each night and be firm about the time. The human body functions best on a regular schedule.
- ✓ Make the child's bedroom conducive to sleep; dark, cool and quiet. Turn off TV and electronics at least a half-hour before bedtime.
- ✓ Establish a relaxing bedtime routine, such as a warm shower or reading a book. Reading is a great way to help children drift to sleep.
- ✓ Avoid caffeine at least six hours before bedtime.

It's hard for children to function without enough sleep for one or two nights, and it is harder when sleep deprivation becomes a nightly habit. Children that sleep just one hour less than their bodies need each night lose an entire night's sleep every five days.

THE FCS WELLNESS CENTER



KNOW! TO STOP, DROP AND BREATHE

Even as adults, anger can be a difficult emotion to control, especially when it involves a child who continues to defy his or her parents. No one can push our buttons like our own children. However, the importance of exhibiting self-control in order to discipline a child appropriately, is monumental.



An angry parent is scary enough. An angry parent who is in the habit of yelling and screaming, swearing and/or calling their child names, is likely to cause even more harm, since a child's very sense of 'self' depends so greatly on mom and dad. As for hitting, slapping or other physical force toward a child; it is likely to not only cause fear and hurt in the present, but can leave lasting, negative impressions that follow the child into adulthood, including relationship problems, as well as increased risk for substance abuse, among other issues.

We love our children more than anything, but we all get frustrated and angry with them at times – that's human nature. We are the adult in the relationship, however, so we must behave like one to express that frustration and anger properly. We must also keep in mind that we are our children's role models. They, of course, get angry too. And how they handle their anger will depend a great deal on what they've learned by watching us. So think about the qualities and characteristics you want to create and nurture within your child, and the type of person you want your child to become. Dr. Laura Markham, clinical psychologist and author of *Peaceful Parents, Happy Kids*, offers these tips as effective, positive ways to discipline your child, that encourage better behavior, while keeping your emotions in-check:

- **Set limits and expectations BEFORE you get angry:** Make sure the rules are clear and clearly known.
- **Calm down BEFORE you take action:** Anger causes us to lose our ability to think clearly. So if your heart is beginning to race and your body is starting to tense, it is time to STOP, DROP (your agenda, just for a minute), and BREATHE. This is like hitting the pause button on the situation.
- **Take five or 10:** You may need to step away for a moment to gain your composure and harness your self-control. Exiting does not let your child win. Instead it lets them know how serious the situation is, plus it models self-control. Just say, as calmly as you can, "I am too mad right now to talk about this. I am going to take a moment and calm down."
- **WAIT before disciplining:** Make it a point NEVER to act while angry. Nothing says you have to hand out a punishment on the fly. In fact, when we do, it is more likely to be irrational. Give yourself time to think; you can say something like, "I want to think about what just happened, and we will talk about it later. In the meantime, I need to make dinner and you need to finish your homework, please." The suspense will be much more powerful than a list of empty threats that are not enforced because they were said in the heat of the moment.
- **AVOID PHYSICAL FORCE, NO MATTER WHAT:** This is an instance where hands-off parenting is a must. According to Dr. Laura, getting physical may make YOU feel better temporarily because it discharges your rage, but it is bad for your child, and ultimately sabotages everything positive you do as a parent.
- **Monitor your tone and word choice:** Nothing positive comes from swearing and/or speaking disrespectfully to children. It will only cause upset and further escalate the situation. Speaking in a calm tone, using appropriate language, helps us to remain calm and helps our children to respond more calmly.
- **Consider that you're part of the problem:** Angry parents are more likely to produce angry kids. Be open to emotional growth, take responsibility to manage your own emotions first, and seek assistance if needed. Your positive example will bring your child closer to you, make them want to please you more and it will set the foundation for them in knowing how to appropriately deal with negative emotions.

"Speak when you are angry and you will make the best speech you will ever regret."

— Ambrose Bierce