



December 2016

## PRINCIPAL'S PERSPECTIVE

### **Strong Academics**

1<sup>st</sup> Quarter Honor Roll

### **Strong Character**

Responsible 3<sup>rd</sup> Graders

Pizza with the Principal

College Corner

Word of the Month

### **Strong Community**

Elementary Basketball League

Reminders

Characters In Action

Dates to Remember

Birchard Public Library

As I settle more into my new role as the principal of Stamm, I continue to be impressed with the courtesy and respect shown by so many Stamm students. Being greeted first by students as I pass them in the hallway always brightens my day.

We have some new faces among our Stamm support staff:

Mrs. Cook--Secretary

Mr. Batey--Custodian

Mrs. Berry—Focused Intervention Tutor

Mrs. Laird—Cook

Welcome to the Stamm Family!

Now that Mrs. Cook is working in our main office, you can expect weekly parent email announcements beginning next week! If you did not submit your email at the beginning of the year, please email Mrs. Cook at [cookc@fremontschools.net](mailto:cookc@fremontschools.net) if you would like to receive email announcements.

Parents, I encourage you to check your students' backpacks and pockets regularly to make sure things that shouldn't come to school stay at home.

Electronics (phones, iPads, iPods, tablets, etc.) should NOT come out of your child's backpack when they are at school. The first offence will be for them to retrieve the device at the end of the school day. The second offense will require a parent to pick up the device in the office.

Please have conversations with your children about their choice of words at school. Inappropriate language and threats by students are not tolerated regardless if they are "joking around" or "don't really mean it." Spoken words cannot be taken back...this is a valuable lesson for all to learn! The word of the month for December is caring...help to teach your child to care for both themselves and the well-being of others.

Yours in Education,

Mrs. Bridget L. Smith

### 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.

### District Goals:

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](http://WWW.FREMONTSCHOOLS.NET)

## First Quarter Honor Roll

### High Tiger Honors

#### Grade 3

Justin Haralson  
Paige Justinger  
Aubrey Pfothenauer  
Taylor Werling

#### Grade 4

Brody Barth  
Adriel Benavidez  
Jayce Frymire  
Elizabeth Johnson  
Makai Lee  
Wyatt Taylor  
Mary Campbell  
Cameron Grace  
Kamiya Harmon  
Akira Haun  
Matthew Severs  
Alana Velasquez-Hush  
Emilee Whitcomb  
Arrayah Witmer  
Jeremiah Albrechta  
Jadrian Brown  
Sara Gross  
Jasmin Heidelberg  
Zavier Lopez  
Nygel Morris  
Karsen Rau  
Carter Rebitz  
Collin Turner

#### Grade 5

Keyana Jones  
Dominic Mauric  
Hope Riehl  
Lyndy Haar  
Kaitlyn House-Lanto  
Stefany Paredes-Gutierrez  
Mena Wylykanowitz

### Tiger Honors

#### Grade 3

Pierre Alridge  
Breyelle Biller  
Ellie Chumley  
Brooke Cooper  
Makenzie Ferguson  
Savannah Fitz  
Mikajah Flynn  
Jaila Frymire  
Jazlynn Gomez  
Julia Gutierrez  
Santino Harvey  
Bre' Asia Jones

Kilee Kidd  
Logan Kirkpatrick  
JT Myers  
Gabriel Reyescruz  
Ryder Rodriguez  
Alyssa Stumbo  
Selena Valencia

#### Grade 4

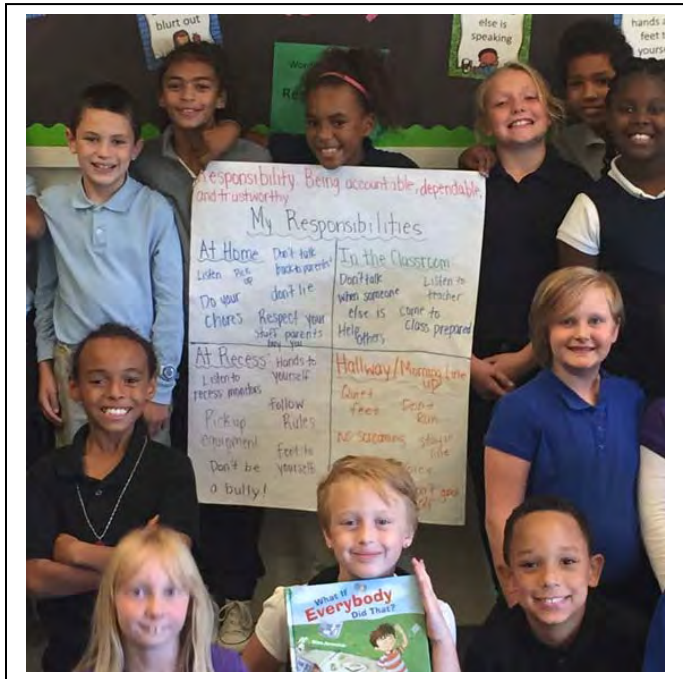
Alyiana Bradford  
Aubrey Brady  
Melody Brown  
Zavion Bulger  
Ethan Dillon  
Jalil Gasby  
Cecilia Gonzalez  
Andres Gutierrez  
Brandon Hottinger  
Eliseo Jamison  
A.J. Kelser  
Evan Kindred  
Kaiden Koebel  
Cole Matousek  
Brenda Mejia  
Jakye Moore  
Kya Moore  
Dazavier Poole  
Macy Root  
Ben Sabo

Milynda Shorty  
Jaedyn Smith  
Meadow Skutt  
Lilly Szymanowski  
Aidan Thompson  
Jessica Thompson  
Ava Watson  
Aiden Weber  
Mark Willette  
Jayden Withrow

#### Grade 5

Natalia Alejandro  
Saphyre Brown  
Michael Damron  
Alyssa Dillon  
Libe Druckenmiller  
Ava Ernsberger  
Brooklyn Holland  
Rhien Hottinger  
Carma Johnson  
Summer Lagrou  
Aryia Lather  
Aaliyah Magee  
Marchantia Magee  
Derek Mauric  
Mariah Reed  
Mariah Ramirez  
Hadley Rios  
Hannah Rios  
Sofia Sanchez  
Owen Shanahan  
Alivia Taylor  
Kayla Willette

During their classroom meeting, Mrs. Neisler's 3rd grade class talked about ways they can be responsible. They read a book called *What if Everybody Did That?* The class discussed the importance of responsibility and making wise choices. Students were then placed in small groups and brainstormed how they can show responsibility at home, in the classroom, at recess, during morning line-up, and in the halls.



## 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 November are:

**Kindergarten:** Bryley Howey, Quinn Griffith, Logan Holland

## Bright Future

Having a bright future takes some planning! Another way to help your child get a postsecondary education is to have a financial plan. Different colleges/training programs cost varying amounts of money. For this reason, Ohio offers a savings plan, called a 529 plan, to help with educational costs. Go to [www.collegeadvantage.com](http://www.collegeadvantage.com) for more information about how you can start saving. The first 5 students to match the mascot with the school and turn it into Mrs. Unger will get a prize.

Bowling Green State University

Buckeyes

Heidelberg University

Falcons

Tiffin University

Student Prince

## **December - Caring**

Caring is the word of the month for December. Having caring and thoughtful students creates a caring classroom which will enhance the learning environment. Practicing empathy and understanding about how others feel will help children make and keep friends. The research shows children who are socially adjusted and have friends do better academically as well. Since younger kids developmentally are egocentric and focus on themselves, it is important care and compassion are taught and modeled at home.

Ways to help your child caring and show compassion:

- Teach and model showing care, concern, and understanding of others. (empathy)
- Give to charity or donate your time and include your child. i.e. Help an elderly neighbor or donate some of your child's old toys.
- Shovel the neighbor's sidewalk.
- Acknowledge others who speak to you.
- Teach your child to share and take turns.
- Use manners like please, thank you and excuse me regularly.
- Treat people with respect to show you care about others.
- Keeping good hygiene shows you care about yourself.
- Visit a nursing home and have your children write letters to the residents.

Mrs. Unger  
Professional School Counselor





**Elementary League Basketball Season Schedule**

**Girls' Coach—Scott Ewing**

**Boys' Coaches—Jarvis Jones and Edmund Peters**



<b>Girls' Basketball</b>	<b>Boys' Basketball</b>
<p><b>January 7th @ Ross High School</b> Stamm v. Washington 1:30</p> <p><b>January 14th @ Ross High School</b> Hayes v. Stamm 2:30</p> <p><b>January 21st @ FMS</b> Stamm v. Croghan 1:30</p> <p><b>January 28th @ Ross High School</b> Otis v. Stamm 11:00</p> <p><b>February 4th @ FMS</b> Atkinson v. Stamm 12:30</p> <p><b>February 11th @ Ross High School</b> Stamm v. Lutz 12:30</p>	<p><b>January 7th Games @ FMS</b> Stamm (1) v. Washington 2:30 Otis (2) v. Stamm (2) 4:30</p> <p><b>January 14th Games @ FMS</b> Hayes v. Stamm (2) 12:30 Stamm (1) v. Otis (1) 2:30</p> <p><b>January 21st Games @ Ross</b> Stamm (1) v. Croghan 12:30 Stamm (2) v. Lutz (1) 2:30</p> <p><b>January 28th @ FMS</b> Otis (1) v. Stamm (2) 12:00 pm Stamm (1) v. Lutz (1) 1:00 pm</p> <p><b>February 4th @ Ross</b> Atkinson v. Stamm (2) 1:30 Stamm (1) v. Lutz (2) 3:30</p> <p><b>February 11th @ FMS</b> Stamm (2) v. Lutz (2) 1:30 Stamm (1) v. Otis (2) 4:30</p>
<p><b><i>Girls' Practice Schedule:</i></b> <b>4:00-5:00 @ Stamm Gym</b> <b>December 6, 7, 14, 15, 20, 21</b> <b>January 10,11, 17, 18, 24, 25, 31</b> <b>February 1, 7, 8</b></p>	<p><b><i>Boys' Practice Schedule</i></b> <b>4:00-5:00 @ Stamm Gym</b> <b>December 1, 5, 8, 12, 15, 19</b> <b>January 5, 9, 12, 19, 23, 26, 30</b> <b>February 2, 6, 9</b></p>



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



[www.BTFE.com](http://www.BTFE.com)

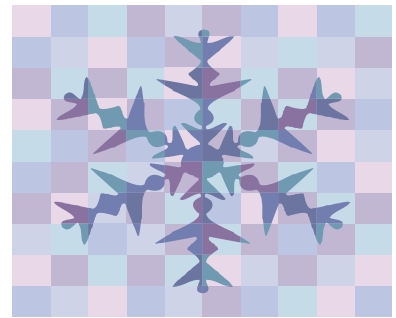
**PTO will sponsor a monthly classroom competition and prize for the class who brings in the most. Be SURE to check expiration dates!!!!**

**CIA!  
Characters  
in Action**

The following students have been selected by their classmates for displaying the character trait of Citizenship throughout the month of November!

Olivia Szymanowski  
Sofee Reyescruz  
Billy Jones  
Dyelon Britner  
Mia LeJeune  
Emma Thompson  
Lillian Wilson  
Kole Pollick  
JayLeeanna Akers  
Nevaeh Raypole  
Xavier Kwiatowski  
Tessa Milton  
Melody Brown  
Karsen Rau  
Cameron Grace  
Brooklyn Holland  
Arianna Ferguson  
Jayda Castillo

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



**December Dates to Remember:**

- December 2: Preschool Screening
- December 5-9: Santa Shoppe
- December 7: 4<sup>th</sup> Grade Hayes Presidential Center Field Trip
- December 9: RED (Remembering Everyone Deployed) Shirt Friday with Campus Wear Bottoms
- December 15: Grade 4 Winter Program 6:00 p.m.
- December 20: Grade 5 Holiday Readers' Theatre (Times TBA)
- December 21: Spiritwear (Fremont or Stamm tops with Jeans or Campus Wear Bottoms)
- December 22-January 4: Winter Break
- January 5: School Resumes



## Birchard Public Library Fremont

### Ornament Fun

Kindergarten – 6th Grade

Saturday, December 3rd

2:00 – 3:30 pm

Get into the holiday spirit! Enjoy an afternoon of fun as you choose several holiday ornaments to make and take home. Music and holiday story included.

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

### LEGO Challenge

Kindergarten – 6th Grade

4:30 – 6:00 pm

Thursday, December 15th

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

December 10th at 1:00 – 2:00 pm

December 12th at 4:30 – 5:30 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.



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

**DECEMBER 2016**

## FLU SEASON

Flu season has arrived. Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the U.S. every year.

### What can you do if your child gets the flu?

If your child is 5 years or older and does not have other health problems and gets flu symptoms, including fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea, he/she might have the flu. Make sure your child gets plenty of rest and drinks enough fluids.

### What if your child seems very sick?

Even previously healthy children can get very sick from the flu. Consult your doctor as needed if any of the following occur:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (and not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes or asthma) and develops flu symptoms, including a fever and/or cough.

### Can your child go to school, daycare or camp if he/she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children.

### When can your child return to school after having the flu?

Keep your child home from school for at least 24 hours after their fever is gone (without the use of a fever-reducing medicine).

### 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.**

### Cold or flu?

**Sudden Symptoms = Flu**  
Severe and without warning

**Tiredness, Aches & Chills = Flu**  
Sudden and extreme

**Fever = Flu**  
100 degrees or greater

## LITTLE GIANT PATHWAY

Fremont City Schools is in the second year of implementation of the Little Giant Pathway (LGP) portfolio. The LGP assists students in grades K-12 to become college and career ready upon graduation. Kindergarten classrooms are learning about the importance of taking turns with classroom jobs. Middle school and high school students are setting up bank accounts, understanding the importance of finances and exploring possible careers after high school.



Recently our grade 9 students participated in the Sandusky County Manufacturers’ Career Showcase at Terra State Community College. This amazing event allowed our students to investigate local manufacturing options that await them after high school graduation. Over 15 businesses and 70 volunteers worked collaboratively to educate students on the varied career opportunities that are available in manufacturing. Each station highlighted the need for teamwork and problem-solving in the workplace, as well as the need to keep learning once you are employed. It was a great experience for our freshmen students and they learned a lot!



**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 INTERVENTION & SUPPORT OTIS ELEMENTARY SCHOOL

At Otis Elementary School, Mrs. Kelly Axe's second grade classroom is full of bright-eyed and eager students. They are ready to learn and know their teacher's expectations of their behavior: **Be Responsible, Be Respectful, and Be Safe.** Similar to other Fremont elementary schools, the students in Mrs. Axe's class earn punches on a punch card as a positive incentive. Once students fill their cards, they get to pick a reward. Those rewards include sitting with a buddy or eating lunch with Mrs. Axe.

Otis Elementary School also has weekly and monthly rewards for positive behaviors. Students can earn positive rewards from teachers, paraprofessionals, Principal Mrs. Bryant, support staff and bus drivers. Daily rewards are blue tickets that can be turned in for an immediate acknowledgement, weekly rewards are small prizes, and the monthly reward includes 15 students having pizza with the principal.

**Congratulations to Otis Elementary School  
on a job well done!**

**BE RESPECTFUL, BE RESPONSIBLE,  
BE SAFE**



### Ingredients:

1 ½ lbs boneless skinless chicken breasts  
5 medium carrots, peeled and chopped (1¾ cups)  
1 medium yellow onion, chopped (1½ cups)  
4 stalks celery, chopped (1¼ cups)  
3-5 cloves garlic, minced  
3 Tbsp extra virgin olive oil  
6 cups low-sodium chicken broth (3 -15 oz cans)  
1 cup water  
¾ tsp dried thyme  
½ tsp dried rosemary, crushed  
½ tsp celery seed, finely crushed  
2 bay leaves  
Salt and freshly ground black pepper, to taste  
2 cups uncooked wide egg noodles  
¼ cup chopped fresh parsley  
1 Tbsp fresh lemon juice  
Saltine crackers or parmesan cheese, for serving (optional)

## SLOW COOKER CHICKEN NOODLE SOUP

Soup is a great way to warm up during the cold winter months. This recipe for delicious homemade chicken noodle soup is easy and healthy and the slow cooker does all of the hard work!

To a slow cooker, add chicken (uncut), diced carrots, onion, celery and garlic. Drizzle olive oil over the top then add in chicken broth, water, thyme, rosemary, celery seed, bay leaves and season with salt and pepper to taste. Cover and cook on low heat 6-7 hours.

Remove cooked chicken and allow to rest 10 minutes, then dice into bite sized pieces. Meanwhile, add egg noodles and parsley to slow cooker. Increase temperature to high, cover and cook 10 minutes longer (or until noodles are tender). Stir in lemon juice and toss in cooked, diced chicken. Serve warm with saltine crackers or top with Parmesan cheese if desired.

**Easy and  
delicious!**

## DECEMBER 1ST IS WORLD AIDS DAY

World AIDS Day is held on the 1st of December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day is a global observance and not a public holiday.

AIDS stands for "Acquired Immune Deficiency Syndrome" or "Acquired Immunodeficiency Syndrome" and denotes a condition which results from the damage done by HIV (Human Immunodeficiency Virus) to the immune system. The condition was first identified in 1981 and the name "AIDS" was first introduced on July 27, 1982.

World AIDS Day is the focal point of the World AIDS Campaign, which is active all year round. On December 1st, there are many health education campaigns that promote the day. Anti-discrimination and awareness activities are also launched on or around this date. For more information and area events, log on to [AIDS.gov](http://AIDS.gov).



# THE FCS WELLNESS CENTER



## KNOW! TO RECOGNIZE AND RESPOND TO BULLYING

Bullying touches the lives of at least one out of every four children in the U.S. In this year alone, approximately 13 million youth from preschool to high school will experience it. Yet, many parents do not even know their child is a victim. One study revealed that as many as 64% of youth who were bullied did not tell a parent, teacher or any other adult about it. **Will your child be one of them? Would you recognize it and know how to respond?**

Bullying can take various forms. While the schoolyard bully who pushes around smaller children or steals their lunch money still exists, the term “bullying” includes several other negative behaviors.

Bullying can be physical, verbal, sexual, emotional, cyber bullying or combinations of the five. In any case, according to Pacer Center’s Teens Against Bullying, it’s considered bullying if:

- The person is being hurt, harmed or humiliated with words or behavior.
- It can be behavior that is repeated, or it can be a single incident.
- It is being done intentionally.
- The person being hurt has a hard time defending him/herself from the behavior.
- Those who are doing it have more power, meaning, they are older, physically stronger, have a higher social status, or if multiple youth “gang up” on another child.

Any student who has been the target of bullying can tell you the pain it causes. Sometimes the pain is physical, but many times it is emotional agony. In addition to decreased self-confidence and self-esteem, students who are bullied may develop anxiety and depression, increased feelings of sadness and isolation and/or a change in sleeping and eating patterns; they are more likely to miss, skip or drop out of school; these students are at increased risk of suicide, as well as increased risk for tobacco, alcohol and other drug use. These are devastating effects that can follow a student well into adulthood.

Educators, coaches and anyone else who works with adolescents are encouraged to discuss bullying with them, helping them to understand what it is and what it can do to a person. Young people must also be told: Bullying is never ok. No one deserves to be bullied. All youth have the right to feel and be safe. And everyone deserves to be treated with respect.

StopBullying.gov shares the following tips for you to keep in mind when responding to bullying:

**STOP BULLYING ON THE SPOT:** Intervene immediately; separate those involved; make sure everyone is safe; be calm and model respectful behavior. Avoid trying to sort out all the facts on the spot, asking others to publically share what they witnessed and/or forcing the students involved to apologize while emotions are still high.

**FIND OUT WHAT HAPPENED:** Whether you have just stopped bullying on the spot or a student has come to you for help, listen carefully without judgment to gather the facts and then reach out to get the story from other sources (both students and adults). If it is a situation of bullying, refer to school policy for guidelines.

**SUPPORT THE KIDS INVOLVED:** Reassure the student being hurt that the bullying is not their fault and they are not alone. But keep in mind that typically, a child who shares their bullying experience with a teacher, parent or other adult isn’t looking for that adult to fix it, they’re more likely wanting support and guidance on creating an action plan to help stop the bullying. Work together with the student, his/her parents and school officials to resolve the situation and protect the bullied student.

Sharing with students what bullying is and the hurt it can cause is the first step in spreading awareness and aiming for prevention. Knowing how to immediately intervene to stop bullying on the spot or help a student who has come to you for guidance is essential to the well-being of all students involved.

