



January 2017

PRINCIPAL'S PERSPECTIVE

Strong Academics

Students of the Month

Strong Character

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 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:

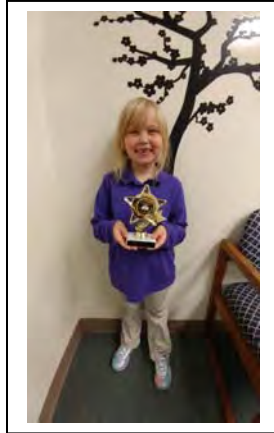
The Mission of the Fremont City Schools is to develop well-educated life-long learners prepared to be responsible, productive and respectful members of their communities.

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

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STAMM ELEMENTARY



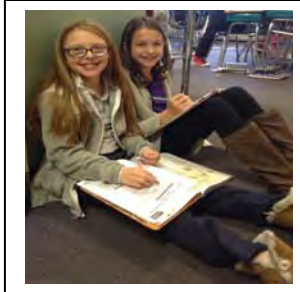
Danica Gamblin
1st Grade
And
Donovyn Ayers
2nd Grade

Learning & Liberty

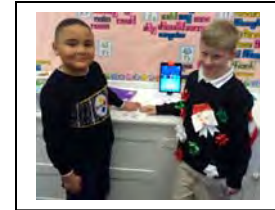
Students of the Month



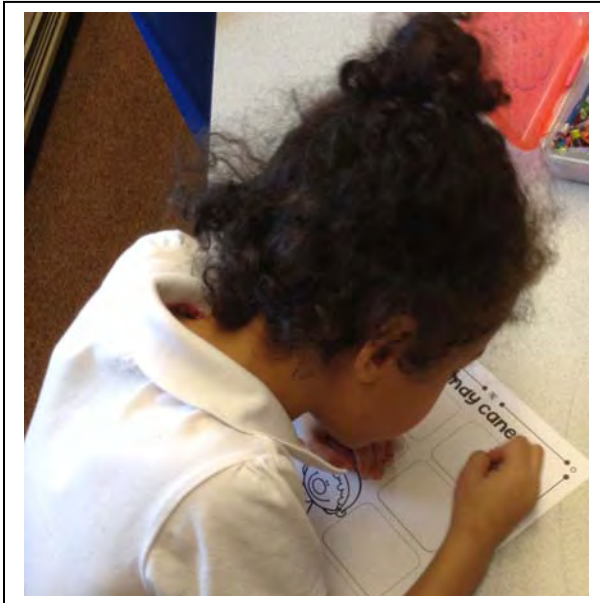
*Camdin Lagrou and Antonio Cortez participate in a discussion about the novel *Bridge to Terabithia* in Mrs. Almroth's 5th grade ELA class.*



Lily Szymanowski and Macy Root work on a science assignment together in Mrs. Kern's 4th grade science class.



Michael Deneau and Michael McKeen practice math facts using an iPad app for morning work in Mrs. Hetrick's 2nd grade classroom.



Amaris Shorty in Mrs. Schrader's 1st grade class writes her sight words with "invisible" white crayon to reveal them with black marker.

STAMM ELEMENTARY



In December, the fourth graders traveled to The Rutherford B. Hayes Presidential Center. The students were able to tour the 31 room mansion and were guided through the museum. Students loved learning about our 19th president and learning about the 1800's. They enjoyed looking at the house and searching for "Lucy blue," the president's wife's favorite color that was all around the house. In the museum, students loved the artillery room and interacting with the train. The fourth graders learned a lot through this experience.

(Top Picture: Makai Lee and Brenda Mejia)

(Bottom Picture: Students behind a replica of the president's desk. Brenda Mejia, Ben Sabo, Garrett Snyder, Jayce Frymire, Jensen Estep, Adriel Benavidez, Makai Lee, Gavin Trautwein. Gage Noftz, Jalil Gasby, Cecilia Gonzalez, and Arya LaValle)

It is that time of year again, and students are flocking to the Santa Shop. Addyson White checks out with her purchase as Karsen Rau patiently waits in line. These two know that it feels just as good to give as it does to receive.



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 December are:

Kindergarten: Ayva Fox, Annabella Riley, Jaimen Gonzales

First Grade: Gabriella Gibson, Kendra Kromer, Jonelle Ottney

Second Grade: Kylee Johnson, April Hussell, Antonio Dayringer

Third Grade: JT Myers, Layla Brown, Jewel Akers

Fourth Grade: Adriel Benavidez, Aidan Thompson, Emilee Whitcomb

Fifth Grade: Sofia Sanchez, Isabella Benavidez, Zyairr Bulger

Bright Future

Not all careers require the same amount of postsecondary education. Some careers require a training or certification program that typically last 6 months to 1 year, while some require 2 years of college to earn an Associate’s Degree. Other careers require a Bachelor’s degree which is 4 years of college or a Graduate’s Degree which takes more than 4 years of college. Can you match the career to the correct degree? Turn in your answers to Mrs. Unger for a prize.

Sign Language Interpreter Bachelor’s Degree

News Reporter Associate’s Degree

Electrician Graduate’s Degree

School Counselor Training/Certification Program

January - Fairness

FAIRNESS is the Character Word of the Month for January. Being fair shows good character. Do you always play by the rules? Do you take other people’s feelings into consideration? It isn’t fair for other people to always have to do things your way, and if you aren’t fair about this, people will stop wanting to be your friend.

Here are some ways students can be fair at home:

1. Please encourage your child to settle disagreements fairly:

Role-play voting, using rock, paper, scissors, or flipping a coin to decide what to do.

Role-play taking turns.

Role-play listening to both sides of a story.

Set a timer and when it beeps it is the next person’s turn.

2. When playing a game with your child, play by the rules and don’t ignore cheating.

3. If they want to quit in the middle of the game because they are not winning encourage them to finish even if they do not win.

4. Teach them the importance of being a good sport.

5. Remember you are a powerful role model for your child. If you treat people fairly, that is what your child will learn from you.

**Mrs. Unger
Professional School Counselor**



Elementary League Basketball Season Schedule

Girls' Coach—Scott Ewing

Boys' Coaches—Jarvis Jones and Edmund Peters



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



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

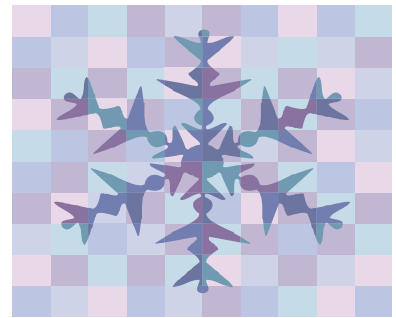


www.BTFE.com

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.



January Dates to Remember:

December 22-January 4: Winter Break

January 5: School Resumes

January 6: Grade Cards for 2nd Nine Weeks, Stamm Honors Assembly

January 6: at 8:20 a.m. Perfect Attendance Breakfast

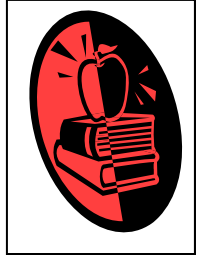
January 16: No School – Martin Luther King Day



Birchard Public Library – Fremont

Children's Movie Day
Saturday, January 14th
2:00 – 3:30 pm

Every wonder what your pet does all day? This movie will show you!
Come enjoy popcorn, crafts and a movie! Registration is required.
Please call 419-334-7101 ext. 209 to register.

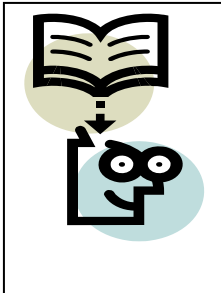


Pancakes and PJs
Kindergarten – 6th Grade
Saturday, February 11th
10:00 – 11:30 am

Enjoy pancakes, stories, games and crafts. Come in your PJs! Registration is required.
Please call 419-334-7101 ext. 209 to register.

LEGO Challenge
Kindergarten – 6th Grade
4:30 – 6:00 pm
Thursday, January 19th
Thursday, February 16th

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



Read Aloud Book Clubs
Kindergarten – Second Grade
4:30 - 5:00 pm Wednesdays, February 1 – March 29
Third & Fourth Grade
4:30 - 5:00 pm Wednesdays, February 1 – March 29
Fifth & Sixth Grade
4:30 - 5:30 pm Tuesdays, January 10 – February 28

Relax and get lost in a book as one of our librarians reads aloud.
No registration is required.

Ruff and Ready Readers
January & February
Mondays, January 9th, 23rd & February 13th, 27th at 4:30 – 5:30 pm
Saturdays, January 14th, 28th & February 11th, 25th at 1:00 – 2:00 pm
Dogs are great listeners!

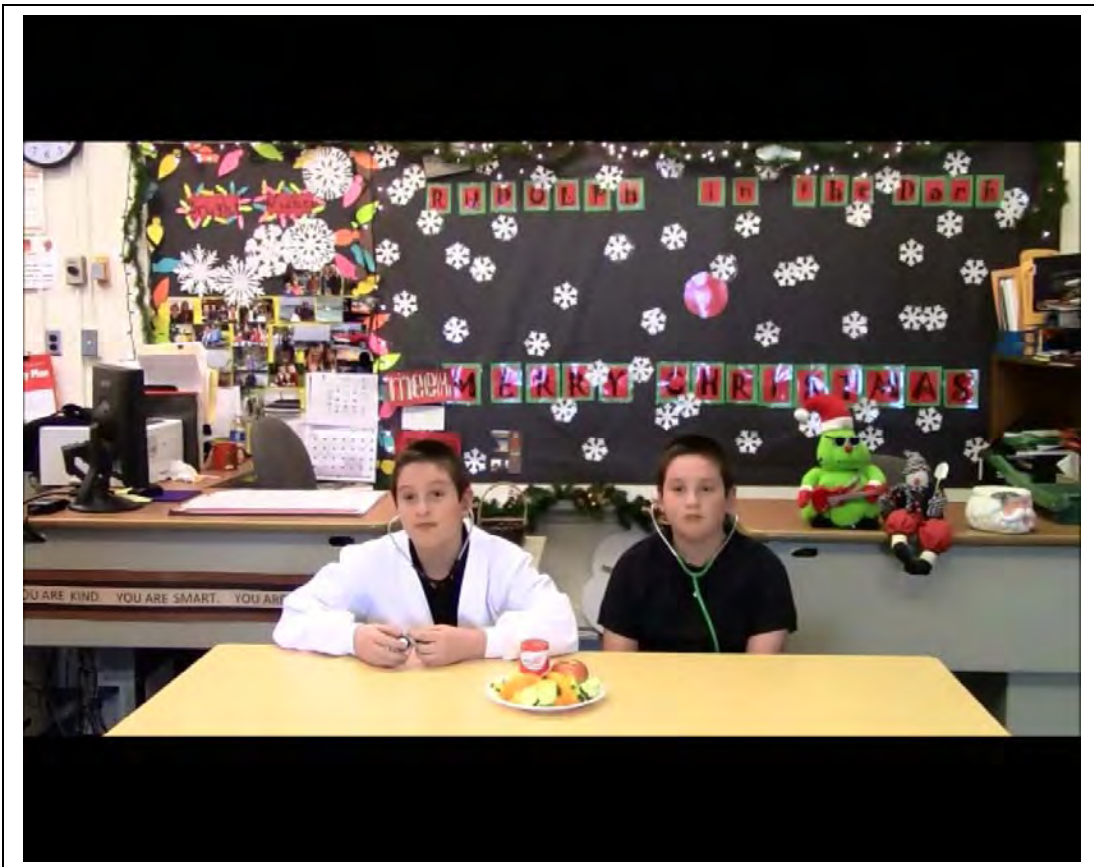
Please register your child at the children's desk for a 10-minute reading session.

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

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.

Our awareness activity for second quarter is #2. Dominic and Derek Mauric of Tiger TV News portrayed Dr. Mauric and Dr. Mauric emphasizing eating healthy snacks. Following their report, the student body watched "Fruit and Veggie Sway" a video about eating healthy habits.

We showed a graphic of "My Healthy Plate" and took a poll before and after the Tiger TV broadcast. 54% of the students chose unhealthy snacks before watching the broadcast and 73% chose a healthier snack after watching the video.





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

JANUARY 2017

TOO SICK FOR SCHOOL? HOW TO KNOW

As a parent or caregiver it can be difficult to know when a sick child should stay home from school. Preventing the spread of illness in schools is critical to keeping everyone as healthy as possible. We recommend that sick children stay home until they're recovered enough to go back to school, typically about 24 hours after symptoms improve. This helps not only to protect the child's health, but also to prevent the spread of the illness to other children.

Keep your child home if they have any of the following:

- Are too sick to participate fully in normal activities, including physical activity. Are they pale, unusually fatigued, or have no appetite? They are unlikely to benefit from sitting in class all day. Make sure your child stays hydrated and let him or her rest.
- Diarrhea or vomiting - your child should remain home until symptoms are resolved for 24 hours.
- Fever at or above 100.5 It is best to keep him or her home with a fever as it is a sign that the body is fighting off infection, which means your child is vulnerable, and can also spread the illness to others. Wait at least 24 hours after the fever has come down and stabilized (without fever reducing medication) to consider sending your child back to school.
- Flu like illness including fever, cough, headache and sore throat.
- Unexplained rash or sore - this could be a condition that is contagious to others and should be checked by your doctor or healthcare provider before returning to school.
- Pink eye (conjunctivitis) is easily spread. Keep your child at home until your doctor or healthcare provider says that they can return or they have been using their prescription eye drops for 24 hours.

When your child stays home due to illness, please call the school and report all of the symptoms. Schools carefully track the number of students that are absent. The total number and type of illness may be reported to the public health department as they monitor disease in our community.

Plan ahead! Parents do their best to keep kids healthy, but sometimes even the most vigilant preventive measures can't always stand up to illness. Have a backup plan for when you have to work, in the event that your student is sick, or gets sick at school and has to go home.

⇒ Do you have extended family, neighbors, or trustworthy friends that can help out?

⇒ What about splitting the day with your spouse or significant other so one stays home in the morning and one stays home in the afternoon?

⇒ Please make sure that someone is available that answers their phone during the school day and update the emergency medical form as needed. We really do need to have this information available so that we can get ahold of someone to care for your child if they get sick at school. Call or send a note with your child if there are changes.

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.**



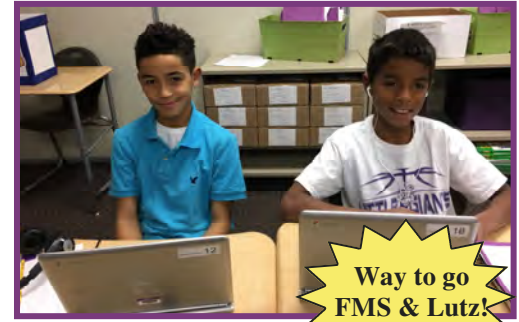
The Wellness Center will feature monthly wellness facts, tips and articles that correspond to the District's five student wellness goals. We hope our Fremont families find the wellness information beneficial.

THE FCS WELLNESS CENTER

POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS

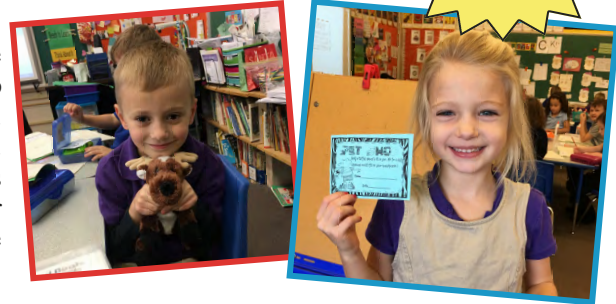
FMS

At Fremont Middle School, PBIS is the talk of the building and both students and staff are excited about the initiative. Students in Mrs. Davis's math class are able to earn Giant Bucks for doing what is expected of them. Students explain they can use the Giant Bucks to purchase items such as candy, erasers, pencils and raffle tickets. Each raffle ticket allows the student a chance to earn one of the building's larger prizes like an X-Box or a night at Kalahari with their family. The students at FMS participated in a fundraiser in order to purchase their larger rewards. Overall, the students in Mrs. Davis's class like having the PBIS system in their school.



LUTZ ELEMENTARY SCHOOL

In Mrs. McAfee's first grade classroom at Lutz Elementary School, the students use their tickets to trade for reward coupons. The most popular coupon is for a pet shop day. On this day, the student is able to bring his/her favorite stuffed pet to school. Other coupons include slipper day and a no homework day. Next door in Mrs. Reynolds's room, the students also earn coupons for staying on the positive colors of the color chart: green, blue, purple and pink. The coupons can also be traded for super-duper classroom supplies like markers or colored pencils. Students also like the trade places day coupon - a day they can choose where they sit in the classroom.



MAINTAIN, DON'T GAIN

We hope all of our FCS families have a happy and healthy holiday season. Here are a few strategies to use during the winter months to maintain a healthy lifestyle.

Bring Your Own Food: Contribute a healthy dish to a gathering to ensure there's something you can indulge in.

Don't Go Hungry to the Mall: To cut down on the lure of the food court, never go to the mall on an empty stomach.

Keep Track of What You Eat: Maintain a food diary to help you stay committed to your goals during this risky eating period.

Keep Healthy Snacks with You: Stash healthy foods in your desk, locker, book bag so you're not as tempted by the treats piling up.

Manage Portion Size: Take sensible portions so you don't end up eating too much.

Control Your Environment: Plan to use sheer willpower during large family dinners.

Keep Up the Exercise: Be determined to squeeze in at least one or two workouts a week, no matter how busy you get.

Choose Your Indulgences: Intend to stave off feelings of deprivation by allowing yourself a "cheat" day a week.

WARM UP WITH SOUP

Cold winter days make a great time for warm and hearty soup!

Southwestern Three-Bean & Barley Soup

Instructions: Heat oil in a Dutch oven over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat.



Ingredients:

1 tablespoon extra-virgin olive oil
1 large onion, diced
1 large stalk celery, diced
1 large carrot, diced
9 cups water
4 cups water
4 cups (32 ounce carton) reduced sodium chicken broth
½ cup pearl barley
1/3 cup dried black beans
1/3 cup dried northern beans
1/3 cup dried kidney beans
1 tablespoon chili powder
1 tablespoon ground cumin
½ teaspoon dried oregano
¾ teaspoon salt

Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1 ¾ to 2 ½ hours (adding more water, ½ cup at a time, if necessary or desired). Season with salt.

Slow-Cooker
Variation

Make it even easier!

Use 2 cups water (instead of 9 cups) and combine all ingredients in a 5-6 quart slow cooker. Cover and cook until the beans are tender, about 4 hours on high.

