



SCHOOLS

April 2023

Dear FMS Parents,

We are quickly approaching the end of the 22-23 school year, and even though we are all excited for Summer, we still have lots of learning left! Students and parents need to make sure that academics are still a focus throughout the 4th quarter. The grades students earn will determine whether they are eligible for Fall athletics, and in some cases, will also determine whether or not students will be attending summer school, or whether they are promoted to the next grade. Please make sure that you are supporting them by frequently checking ProgressBook and also making sure that students are attending school on time and everyday!

When we return to school after Spring Break, we will be taking our Ohio State Tests as well. Please make sure that you do not have Doctor's appointments, or trips scheduled during the days that your student is testing (see below.) These tests are mandatory for students! Please make sure they are present, well rested, and have eaten a good breakfast on their testing days. I am excited for our students to show what they know on their OSTs!

It has been a great year FMS, so let's finish strong!

The 2023 Spring Testing Dates are:

- Apr. 13: 7th Grade ELA, Part 1
- Apr. 14: 7th Grade ELA, Part 2
- Apr. 17: 8th Grade ELA, Part 1
- Apr. 18: 8th Grade ELA, Part 2
- Apr. 19: 6th Grade ELA, Part 1
- Apr. 20: 6th Grade ELA, Part 2
- Apr. 26: 8th Grade Sci, Part 1
- Apr. 27: 8th Grade Sci, Part 2

- May 2: 7th Grade Math, Part 1
- May 3: 7th Grade Math, Part 2
- May 4: 8th Grade Math, Part 1
- May 5: 8th Grade Math, Part 2
- May 9: 6th Grade Math, Part 1
- May 10: 6th Grade Math, Part 2



Mrs. Erin Parker
FMS Principal

STAFF

Attention FMS Families:

The **FMS PTO** is having a fundraiser selling FMS Spirit Wear. It is so simple, just click on the link below, pick out your items, and order.

The FMS Spirit Wear is shipped directly to your front door!

If you have any questions, please contact Crystal Walker at walkerc@fremontschools.net or Kim Beardmore at beardmorek@fremontschools.net.

<https://1stplacespiritwear.com/schools/OH/Fremont/Fremont+Middle+School>

<https://1stplacespiritwear.com/schools/OH/Fremont/Fremont+Middle+School>

Current sales incentives include:

25% off your order

\$5.00 for shipping and free shipping on orders \$75 or more

Mrs. Kim Beardmore
Assistant Principal



NURSE NEWS!!

The health office is already preparing for the 2022-2023 school year, a few reminders:

IMMUNIZATIONS

Please be aware that if you have an upcoming, **7th grader**, immunizations are due before starting school in August.

MEDICATIONS

Medications that your child needs at school must have a medication form completed by you and your healthcare provider. This form is used to authorize prescription medication and over-the-counter medications (such as Tylenol, Tums, allergy medication etc.) There are **NO** exceptions to this rule.

These forms can be found on the Fremont city schools website under student services or just ask and we can send one home with your child. Every year, new forms must be completed.

HEALTH CONCERNS

If your child has **ANY** new health concerns, updates on old health concerns, or new medications that need to be listed on their emergency medical form, please inform the health office and update final forms. It is often helpful to have your child's doctor send in a statement especially if they require specific restrictions or have special needs at school.

As always-please let me know if you have any questions or concerns.

Yours in health

Sincerely,

Ashleigh Swinehart RN/BSN/Licensed School Nurse

Fremont Middle School

Nurse's clinic: (419) 334-5473

Fax (419) 334-5494

swineharta@fremontschools.net





Spring break is here! We hope everyone either has something fun planned, or uses the week to rest and recharge to finish out the year on a positive note. It will be here before we know it.

As we enter testing season, here are some dates to note that our eighth graders will be testing. It is important that students are not only at school on time on these days, but also well rested and fueled with a good breakfast.

April 17 and 18: ELA state test

April 26 and 27: Science state test

May 4 and 5: Math state test

On **May 3rd**, we are scheduled to attend a **Toledo Mud Hens** game. This is the make-up field trip for our canceled Walleye game due to a calamity day. The team will send out more information as it gets nearer to the date. *Please remember this field trip is one that has to be earned.* Grades and incidents of discipline will be factors for participation.

This month is also Mrs. Ciacelli's last with us before she goes on maternity leave. Here is a little farewell (for now) note from her before she takes her leave beginning April 17th:

Dear BGSU students and parents,

As most of you know by now, I am expecting a baby near the end of April and will not be returning to finish out the school year, so my goodbye to you must come early. I want to **thank you** all for an extraordinary year. It is bittersweet to have to leave it before it truly ends. In fact, April/May is my favorite time of year for so many reasons. From the content that I have the opportunity to share with students to the fact that I've gotten to know these students so well. I love to see how much they have grown. Not just physically, but in maturity and the way they handle themselves, in the knowledge they gained and in the way their personalities bloomed throughout the year. This is a special group of students and I have sincerely enjoyed getting to know them and working closely with them for the past seven months. **It is hard to say goodbye.** Please know that students are in the **very best of hands** with my replacement. I do plan to visit (with the baby) at the end of the year so that I can give you a proper goodbye and send off to your next adventure. I wish you all the absolute best, especially as you move on to Ross. **It was a gift and a pleasure to have you in my life this year.**

Mrs. Ciacelli



CINCINNATI



Test-Taking Tips

8th Grade OST Dates are around the Corner:

ELA ~ April 17-18, 2023

Science ~ April 26-27, 2023

Math ~ May 4-5, 2023

Do you sweat, chew your pencil, and feel butterflies in your stomach as your teacher hands out a test? A lot of people (adults included) get freaked out when it's time to take a test.

It's natural to feel some stress about taking tests. In fact, sometimes a little adrenaline (a hormone made by your body during times of excitement or stress) is a good thing to jump-start you.

Here are some tips for taking tests:

First, be sure you've studied properly. It sounds like a no-brainer, but if you're sure of the information, you'll have less reason to be worried.

Get enough sleep the night before the test. Your memory recall will be much better if you've had enough rest. In a scientific study, people who got [enough sleep](#) before taking a math test did better than those who stayed up all night studying.

Listen closely to any instructions. As the teacher hands out the test, be sure you know what's expected of you.

Read through the test first. Once you have the test paper in front of you, read over the entire test, checking out how long it is and all the parts that you are expected to complete. This will let you estimate how much time you have for each section and ask the teacher any questions. If something seems unclear before you start, don't panic: ask.



CINCINNATI (cont.)



Focus on addressing each question individually. As you take the test, if you don't know an answer, don't obsess over it. Instead, answer the best way you can or skip over the question and come back to it after you've answered other questions.

Relax. If you're so nervous that you blank out, you might need a mini-break. Of course you can't get up and move around in the middle of a test, but you can wiggle your fingers and toes, take four or five deep breaths, or picture yourself on a beach or some other calm place. As we all know, it can be easy to forget things we know well — like a locker combination. The difference is we know we'll remember our locker combination because we've used it hundreds of times, so we don't panic and the combination number eventually comes back. During a test, if you blank out on something and start to get tense, it suddenly becomes much more difficult to remember.

Finished already? Although most teachers will let you hand a test in early, it's usually a good idea to spend any extra time checking over your work. You also can add details that you may not have thought you'd have time for. On the other hand, if you have 5 minutes until the bell rings and you're still writing, wind up whatever you're working on without panicking.

These tips should help most people, but some can get serious [test-taking terror](#). If you're one of them, you may need to talk to a parent, teacher, or counselor for help.

Good luck!

Reviewed by: [D'Arcy Lyness, PhD](#)

Date reviewed: September 2016

FINDLAY



On Wednesday, March 8th, Team Findlay students attended a performance of several short stories at the Ohio Theatre in Toledo. In ELA class, students read *The Necklace*, *The Tell-Tale Heart*, and *The Monkey's Paw*, all of which were performed live. Although not read in class, students also watched *The Raven*, *The Legend of Sleepy Hollow*, and *The Celebrated Frog of Calaveras County*. This was a wonderful opportunity for students to not only compare what was read in class to the live performance, but also to experience what it means to attend the theater. The majority of the students dressed up in their best "theater clothes" and were able to earn a few extra credit points for the class of their choice in doing so.

We were incredibly proud of the students' behavior at the theater and it was an experience Team Findlay plans to continue in the years to come!



CAPITAL



Welcome, Spring! As FMS enters the final quarter of the 2022-2023 academic year, we would like to remind parents/guardians and students that academic performance during the fourth quarter impacts eligibility for the upcoming 2023-2024 fall sports season (this includes cross country, football, and volleyball). At the end of quarter four, students must obtain a grade point average of a 1.5 or higher and have no more than one F to be eligible for the fall sports previously mentioned.

We would like to share the advice of the United Local School District. It suggests 'Ten Study Tips for Middle School Students', which are not only applicable for a successful finish of this school year, but for the remainder of students' academic careers. The following information was obtained from <https://www.united.k12.oh.us/article/719792> if you would like to read further into these tips. The website also includes a video of study skills for middle school students.

10. Select a consistent place to study.
9. Don't wait until the last minute.
8. Buy an agenda book and use it
7. Dedicate a space for every class in your book bag.
6. Stay organized throughout the year.
5. Make study cards.
4. Make your own study guide.
3. Talk about assignments with friends.
2. If you are struggling, ask for help.
1. Make academics a focus in your life.

Team Capital teachers wish their (and all) students a strong finish to the school year!



OHIO



The OST is approaching and we have been preparing students by continuing to provide valuable instruction and review.

Students will be completing tests over two subject areas, ELA and Mathematics. The first test will be over ELA and consists of two parts. Part one of the test will be on **April 13th** and part two will be on **April 14th**. The second test will be over Mathematics. This test also consists of two parts. Part one will be completed on **May 2nd** and part two will be on **May 3rd**.

Our team shared test prep strategies to help students with testing. We recommend that students are sure to get plenty of rest. We also discussed the benefits of eating a healthy breakfast. We had a discussion and shared ideas on how students can study better. Students can practice these study habits for all subject areas. We understand that tests may cause anxiety for students. Therefore, our team also shared strategies for how students can cope with test taking anxiety. Our team reminded students that we don't want them to stress, but we do want them to show what they know and to try their best!

Team Ohio University recently reviewed our team expectations. Overall, our expectations relate to respect and responsibility. These expectations align with the student handbook as well. With our expectations, we also discussed our discipline policy. Students that do not follow the expectations will receive lunch detentions for the first three incidences. After three lunch detentions, the next consequence will be an after school detention or an office referral.



TOLEDO



As state testing inches closer and closer, we would like to take a moment to remind all FMS students that their success on state testing, as well as life, can start by making some small changes in your daily routine.

Get plenty of sleep! American Academy of Sleep Medicine suggests that teenagers aged 13–18 years should sleep 8–10 hours per 24 hours, which is dramatically more than we have heard many of our students get per night. Give yourself a bedtime each night and try to stick with it, and chances are you will wake up feeling more refreshed and ready to handle the rigors of the day.

Eat something in the morning! Several studies through Johns-Hopkins Children’s Center suggest that eating breakfast may help children do better in school by improving memory, alertness, concentration, problem-solving ability, test scores, school attendance, and mood. Eating a regular breakfast has also been shown to fight obesity and instill lifelong healthy eating habits.

Practice mindfulness! We all know that middle school is a rough time in our lives, why not practice a little mindfulness to help adapt and destress to a variety of situations. According to WebMD, Mindful meditation and breathing techniques have been proven to keep your mind calm and emotions in check. Like anything else, it can require a little practice to master, but the benefits will be worth the effort.

Sometimes the best changes that we make in our lives are the changes that we make for ourselves, everyday striving to be the very best version of us that we can be!



HEIDELBERG



Happy Spring from Team Heidelberg! It is hard to believe we are now in the 4th Quarter. As we return from Spring Break we are working hard to prepare for the State Testing. We were able to reschedule our field trip that we missed due to inclement weather, and will attend the Toledo Mud Hens game April 26. Here is a glimpse of what has been happening in our classrooms:

In Social Studies we have started to learn about the major religions in the world. Our goal is to compare and contrast Hinduism, Buddhism, Judaism, Christianity, and Islam. We will then move on to Government and Economics to finish out the year.

We are continuing to learn about algebra and how we can solve problems with variables. We have started to look at areas of 2 dimensional shapes and will continue this with 3 dimensional shapes when we return from spring break.

In ELA, the students in periods 1, 3, and 7 are finishing reading *The Watsons Go to Birmingham*. This book has taught us a lot about the civil rights movement. Period 6 students just finished reading *The Devil's Arithmetic*, where they learned about WWII and the Holocaust. They will be moving on to reading *Refugee*, a story about three teens across time and space and the struggles that they face.

In science, students are finishing learning about different types of energy. Next, we will be studying living things. We will focus on the differences between plant and animal cells and also the levels of organization of living things. Students will have the opportunity to see several specimens under a microscope and possibly dissect owl pellets.



MIAMI



Team Miami is continuing its excellence during the 2022-2023 school year with some fine work in their classes.

In Science, students have been learning about atoms, elements, molecules, and compounds. The students are focusing on the Ohio Content Standards in Physical Science. Students should have an understanding that matter is made up of small particles called atoms. Matter has mass, volume and density. Elements are a class of substances composed of a single kind of atom. And finally, molecules are the combination of two or more atoms that are joined together chemically.

To understand the difference between elements, molecules and compounds, students were given an in class assignment using Play Dough to create examples of each. Students did a great job on these Content Standards!!! See the work of future chemists below!



Logan Hall



Emilia Rhoades



Adrianna Ewing



Front: Kaiden Garza, Emmanuel Heidelberg,
Back: Sydney Olivera, Sydney Ebert



TIFFIN



The 2022-2023 school year is going great for Team Tiffin!. The students continue to amaze us with their spirit, knowledge, and day-to-day greatness. What a great start for these students! In Language Arts, the students are developing their reading and writing skills with Mrs. Roth and Mrs. Kroll while further building their skills of analysis through a novel study of the book *The Crossover* which uses poetry to express the narrative. This book relies heavily on figurative language and the students are coming up with some awesome things in their own poetry. Mrs. Rohrbacher's math students are hard at work learning about the formulas associated with surface area and the basics of geometry. The science students are working on kinetic potential energy and its impacts on the world. Finally, Mr. Steinmetz is teaching the Social Studies students about the cultural and geographic characteristics of various world religions like Hinduism, Buddhism, Judaism, Christianity, and Islam. Tiffin University Student Teacher Miss Springer is also doing an awesome job developing lessons for our students.

A handful more Tiffin students have won the weekly VIP Student-of-the-Week award (given each week to a Team Tiffin student in recognition for their excellent behavior and academic efforts). The winning students are: Carley Crispen, Corynne Wetzel, Kendall Lejune, Sophia Sherman, Malachi Davis, Lily Kiser, Quincy Smith, Cole Hilt, and Landon Ward. Great job students!

Easton Reineck, Jarek Mackey, and Joceyln Marsee were further honored as Team Tiffin's Student of the Month and their accomplishments were highlighted in the downstairs trophy case. Finally, Jackson Keegan won an award from the Guidance Office for his efforts with 'Honesty' while Cole Hilt won his award for 'Kindness' Great job Jackson and Cole.



FUNDRAISER INFO



Fremont Middle School will be using Stoller Fundraising in the fall. It has been a very successful money maker and all profits go to the teams that earned them to use for classroom and team rewards.

Go to <https://teamlocker.squadlocker.com>



Go to "Find Your Store" on the upper right and type in Fremont Middle School to bring up the clothing you can purchase. A percentage of all sales comes back to the school to help fund school activities. This is available all year.



We are wrapping up our World's Finest Spring Fundraiser now. We sold a lot more cases than we did last year! We still have money that needs to be turned in. The kids earned a lot of prizes which should arrive sometime in April. Thank you for your continued support of FMS.

NOTE: Many of our clubs may also be running their own small fundraisers to earn money for club activities.

IMPORTANT DATES

- | | |
|-----------------|------------------------------|
| April 3-9 | Spring Break |
| April 10 | No School (Professional Day) |
| April 11 | School Resumes |
| April 13-May 10 | OST (Ohio State Tests) |
| May 29 | No School (Memorial Day) |
| June 1 | Last Day of School |



FINAL FORMS

Please remember to update Final Forms on their website whenever there is a change to you or your child's information. This includes address, phone number, contacts, custody, transportation or medical. Please change this info for all of your children in the school system. If you have yet to complete Final Forms for this school year, please do so as soon as possible. We use Final Forms for communications such as daily announcements, newsletters and building-wide letters.

ATTENDANCE MATTERS!

Please call the school attendance desk at **419-332-5569** (press option 1) any time you know your student will not be in attendance for the day. A voicemail can be left for the office 24/7 and will be received at 7:00 a.m. Monday through Friday. Please remember to include: **your name**, your **student's name**, **reason for absence**, and a **phone number** to contact you if we have any questions. Please remember to speak slowly and clearly so we can record the information accurately.

Students may also bring a note from a parent/guardian to the office before classes begin to obtain a building pass. The note should contain the date, student name, parent name with signature, reason for leaving school, and time student needs to be released. With advance notice, we are able to have your child waiting for you in the school office when you arrive to sign them out.

The school day begins at **7:30 a.m. sharp!** Students should be ***seated in their homeroom before 7:30 a.m.*** to avoid being counted tardy.

EVERY
SCHOOL DAY
COUNTS

