

February 2023

FMS Families,

We are more than halfway through the school year and I cannot believe it! As we press forward further into the second semester, it is imperative that we are all supporting our students with their social, emotional, and academic well being. We have several students who are not putting in 100% and doing everything they can to be academically successful! Please make sure you are checking your student's progress book grades frequently, and contacting their teachers with your concerns. Students who have failing grades will be made to participate in Summer School, and will be in danger of being held back to repeat the school year. Please reach out to their grade level counselor, or administrator, if you have any questions or are in need of assistance in any way, we are here to help!

Please also note that our **Ohio State Tests will take place April 11- May 12!** ALL students will be required to take these assessments, and any vacations taken during these dates will not be excused.

Mrs. Erin Parker
FMS Principal



Teens and social media use: What's the impact?

Social media is a big part of many teens' lives. However, it seems that many of our teens tend to use social media inappropriately. But what impact does social media use have on teens?

Social media benefits

According to the Mayo Clinic, social media allows teens to create online identities, communicate with others and build social networks. These networks can provide teens with valuable support, especially helping those who experience exclusion or have disabilities or chronic illnesses.

Teens also use social media for entertainment and self-expression. And the platforms can expose teens to current events, allow them to interact across geographic barriers and teach them about a variety of subjects, including healthy behaviors.

Social media harms

However, social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure.

The risks might be related to how much social media teens use. A 2019 study of more than 6,500 12- to-15 year-olds in the U.S. found that those who spent more than three hours a day using social media might be at heightened risk for mental health problems. Another 2019 study of more than 12,000 13- to-16 year-olds in England found that using social media more than three times a day predicted poor mental health and well-being in teens.

Other studies also have observed links between high levels of social media use and depression or anxiety symptoms. A 2016 study of more than 450 teens found that greater social media use, nighttime social media use and emotional investment in social media were each linked with worse sleep quality and higher levels of anxiety and depression.

How teens use social media also might determine its impact. A 2015 study found that social comparison and feedback seeking by teens using social media and cell phones was linked with depressive symptoms.

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Mrs. Kim Beardmore
Assistant Principal

Teens and social media use: What's the impact? (cont.)

Because of teens' impulsive natures, experts suggest that teens who post content on social media are at risk of sharing intimate photos or highly personal stories. This can result in teens being bullied, harassed or even blackmailed. Teens often create posts without considering these consequences or privacy concerns.

Protecting your teen

There are steps you can take to encourage responsible use of social media and limit some of its negative effects. Consider these tips:

Set reasonable limits. Talk to your teen about how to avoid letting social media interfere with his or her activities, sleep, meals or homework.

Encourage a bedtime routine that avoids electronic media use, and keep cell phones and tablets out of teens' bedrooms. Set an example by following these rules yourself.

Monitor your teen's accounts. Let your teen know that you'll be regularly checking his or her social media accounts. You might aim to do so once a week or more. Make sure you follow through.

Explain what's not OK. Discourage your teen from gossiping, spreading rumors, bullying or damaging someone's reputation — online or otherwise. Talk to your teen about what is appropriate and safe to share on social media.

Encourage face-to-face contact with friends. This is particularly important for teens vulnerable to social anxiety disorder.

Talk about social media. Talk about your own social media habits. Ask your teen how he or she is using social media and how it makes him or her feel. Remind your teen that social media is full of unrealistic images.

If you think your teen is experiencing signs or symptoms of anxiety or depression related to social media use, talk to your child's health care provider.



Mrs. Kim Beardmore
Assistant Principal

STAFF

I wanted to take this opportunity to compliment our FMS parents who drop off and pick up their students here, especially parents who pick their students up in the afternoon. Everyone has followed our request to only pick up in the curbside lane; they are not blocking the second lane of traffic. This not only makes it safer for our students, it allows police or emergency services to access the building quickly if there is a problem here. I am very impressed and thankful to our parents who are doing as we have asked and planned. Thank you! I would encourage parents in the morning to drop off only on the curb side so students don't have to cross a lane of traffic to get to the building. This is not a "mandate" but just a common sense suggestion for the safety of your child. Thank you!



Mr. Steve Anway
Assistant Principal



NURSE NEWS!!

GOT YOUR SHOTS?

Reminder for 6th grade parents:

Did you know that your child is required to receive both a **TDAP** (tetanus, diphtheria and pertussis) and a **MCV4** (meningococcal) vaccine **before they start 7th grade** in the fall? It isn't too early to get these done!

Please call your healthcare provider, your local pharmacy, or the Sandusky County Health department at (419) 334-6367 to make an appointment to have your child vaccinated.

These immunizations must be received prior to the start of next school year.

If you have any questions or concerns regarding immunizations, please contact:

School Nurse Ashleigh Swinehart at **(419) 334-5473** or by email swineharta@fremontschools.net



BGSU



Parent Teacher Conferences are coming up on Thursday, February 9th ,in the evening. A “Sign Up Genius” was sent out for parents to sign up to meet with the team. If you would like to request a conference, please sign up using the sign up genius link sent via email or contact the team at bgsu@fremontschools.net.

Mr. Schell (Freshman guidance counselor) will be visiting to talk to students about opportunities offered at Ross and then he will begin scheduling our students for their freshman classes! It is hard to believe that we are already at this point in the school year. Please be on the lookout for students to bring you this information, as it will need to be signed by a parent/guardian and returned to school.

It is only February, but state testing will be here before we know it. This year, 8th grade students have an Ohio State Test in English Language Arts, Math, AND Science. These tests assess our students’ knowledge of the content they have learned for the year. It is important that students take these seriously and try their best. Whether they know it or not, we are preparing daily, as the skills they are learning each day will most certainly be on the tests. That being said, this is a good time to remind our students the importance of a good night’s sleep every night, so that they are able to absorb the plethora of information and skills coming their way!



CINCINNATI



The first semester had come to a close. We are back for the 3rd Quarter of learning. As we get to the 3rd Quarter teachers are working really hard preparing students with all of the curriculum based skills, test taking skills, and stamina to take the Ohio State Test. In eighth grade students take the English Language Arts, Math, and Science Ohio State Test (OST).

Testing Dates

8th Grade ELA ~ April 17-18, 2023

8th Grade Science ~ April 26-27, 2023

8th Grade Math ~ May 4-5, 2023

Testing Tips

- Make sure to come to school and stay focused to gain as much knowledge as possible.
- Ask for assistance on material if you are not sure prior to the test.
- Get enough rest the nights before the test.
- Eat a good breakfast before coming to school.
- Bring a water bottle to have during the test.
- Try your best!

Benefits of School attendance

A consistent school attendance schedule will provide many unique benefits for your child's life, including:

- **Structure.** When your child regularly engages in the same activities, they will be more likely to develop structure. This structure instills a better sense of time management into your child that will be useful in many avenues of their life.
- **Achievement.** Students who regularly attend class are more likely to pass assessments. Children are more likely to keep up with daily assignments and homework, and be better prepared for tests and quizzes.
- **Language skills.** Students that are exposed to classes and activities that are crucial for developing language.



CINCINNATI (cont.)



- **Social skills.** Children will participate in many social situations that are vital for understanding the world around them. Socializing with peers helps them understand social cues, social etiquette, and how to express their thoughts.

How you can help your child

Some children may show signs of independence early on while others may need an extra push from their parents to complete their tasks. Don't hesitate to involve yourself in your child's academic life to understand how they are performing in school and social situations.

Some ways to help take part in your child's academic success is to:

- **Ensure your child is on time every day.** Coming late to school every day can put a strain on your child's ability to keep up academically. Work with your child on getting to sleep on time.
- **If your child is out for Absences.** If your child is out of school for an absence, encourage your child to email their teachers to communicate where best to find their work. It may be something given in paper form or something that can be given on Google Classroom. Encourage students once they return to school to see their teachers during Giant Time to collect work in paper form, ask questions, and to see when the absent work is due.
- **Check their homework.** Make sure your child has completed their homework on time and check to see if they have tried their best. Some children may try to quickly do their homework to be finished, it is important to stay firm and prevent access to their leisurely activities until everything is complete.
- **Stay involved with their academics.** Take an active role in your child's academic success. Ask your child how was your school day?

FINDLAY



Team Findlay students have an exciting opportunity coming up in March!

On Wednesday, March 8th, students will be traveling to the Ohio Theatre in Toledo to watch a series of mini short stories performed by the Chamber Theatre from Boston. Five plays will be performed, three of which are stories we have read in ELA class. Students will watch *The Tell-Tale Heart*, *The Monkey's Paw*, and *The Necklace* come to life. They will compare and contrast the two versions and make their case for which version was more effective.

Students are encouraged to dress up for the ultimate theater experience!



CAPITAL



As we approach spring and state testing, the use of technology is in full swing! All classes are utilizing the Chromebooks, whether it is for classroom projects, assignments, or online test practice. The great thing about technology is that any website can be used as a learning resource on a variety of devices. In language arts, students are practicing comprehension and vocabulary skills using iReady. Science quizzes and in-class assignments are completed in Google Classroom. In math, students are mastering topics in the ALEKS program once a week and are introduced to new topics that they have yet to cover in class. History has used Google Slides to complete projects on Greece, Rome, and Africa. Teachers will utilize the student practice questions released from the Ohio Department of Education to familiarize students with the format of the state test questions. If you are interested in viewing any of these websites, feel free to use the links below:

<http://oh.portal.airast.org/ocba/students-and-families/>

<https://login.i-ready.com/>

www.connected.mcgraw-hill.com



OHIO



As we approach the halfway point of the school year, team Ohio University will continue to educate students by implementing a variety of projects and assignments. Outside of academic topics, we have also been discussing important character traits during homeroom. Our school counselors have been sharing resources for us to discuss different character traits each month. Recently, the focus was on honesty. Our team also took time during homeroom to review expectations. We look forward to continuing to have a productive school year.

In History, we will be completing our unit over Africa where we will be presenting our Trans-Saharan Travel Guides to the class. We will then be comparing the Ancient Civilizations of Greece and Rome. In this unit, cooperative learning groups will be researching Greece or Rome. In this process, cooperative learning groups will investigate trade routes, religion, government systems and their achievements!

Advanced Math will be working on Transformations: Translations, Reflections, Rotations, and Dilations as well as Congruence and Similarity during the month of February. 7th Grade Math will be working on Probability and Statistics.

In English Language Arts we will continue examining nonfiction texts. As a class we will start to do our invention project where we will apply our knowledge of expository essays to write our own essay in groups. Later, we will develop our speaking and listening skills by presenting our inventions to the class with the same groups. These skills will prepare us for our argumentative essays we will write individually and present to the class in early March.

In Miss Williams' class, we will continue working on differentiated lessons to help fill in learning gaps alongside grade level lessons. We will also be focusing more heavily on Language Arts to improve our writing skills.

Mrs. Howell's Science class will be finishing up the unit over the hydrologic cycle and begin discussing Earth's atmosphere. Our discussions will allow students to discover the unique characteristics of Earth's atmosphere. Students will also learn how changes to the atmosphere can have a variety of effects.



TOLEDO



In order to be successful in life, two key statements are very important... WORK HARD and BE NICE!

WORK HARD

Every day, we spend approximately seven hours in the school building. We work, we interact, and we try to make ourselves better people. Make the most of the time that you are in your classes; Take notes, keep an open ear, ask questions, and own your mistakes (and learn from them). Turning yourself into an active learner, will not only make you a better student, but make the time feel as though it were passing more quickly. Now is the time to build healthy work habits that you will carry with you for the rest of your lives.

BE NICE

You have the ability to make your life and the lives of all those around you more enjoyable by being kind, helping others, and becoming the change that you would like to see in the world. If you see someone that has been knocked down, metaphorically or literally, reach out and give them a helping hand. You may not like everyone that you come in contact with, it's a fact of life, but it is your choice how you react to them. Being rude won't do either of you any favors, and unlike math class, meeting a negative with another negative WILL NOT BE POSITIVE!

Your middle school experience will go by way more quickly than you have anticipated. Pretty soon, you will look back and these will be nothing but life lessons and memories... **Now is your chance to do your best to make these years worth remembering!**



HEIDELBERG



Happy New Year from Team Heidelberg! We have refocused since our winter break and are working hard to prepare for the State Testing that is coming this spring. We were able to reschedule our field trip that we missed due to inclement weather, and will attend the Toledo Mud Hens game this spring. Here is a glimpse of what has been happening in our classrooms:

In **Social Studies** we have been studying Ancient Egypt. Students have worked to complete hands-on projects over pyramids, and hieroglyphics, and have researched various Gods and Goddesses. We will soon move into Ancient China!

In **Math** we are starting to learn about Algebra and how we can have letters in place of numbers in our problems. We are starting with how to write expressions and will transition into solving equations. Students begin to understand and make connections to prior knowledge, previous years come together while completing algebraic equations. We will also be continuing with our algebra focus and begin to look at formulas for volume and surface area, students will use these formulas to solve real life applications regarding these topics.

In **ELA**, the students are exploring the world of nonfiction. All of them will read about three real life people that have overcome struggles in their lives and how they have dealt with these struggles with grit. They will also take a close look at how text features help them navigate the articles, practice identifying central ideas and supporting details, and writing a complete summary of an article. At the end of the unit, the students will practice their essay writing skills by comparing and contrasting the experience of all the people they have read about.

In **Science**, students will be wrapping up their units about minerals and rocks. Students enjoyed learning how to identify them and their practical uses. Next, we will be learning about the periodic table and the elements that make up everything in our world. This unit always includes some fun hands-on activities for the students.



MIAMI



Team Miami is continuing its excellence during the 2022-2023 school year with some fine work in their classes. Mrs. Dye's Language classes are reading the book: "The Giver" and practicing writing 5 paragraph essays. Mr. Pursell's Social Studies classes are delving into Map Skills, while Mr. Plaunt's Mathematics classes are working with integers and comparing and ordering rational numbers. Ms. Bissett's Science classes are studying Minerals and their properties.



As the year progresses there has been a lot of growth within the Miami students in both academics and character. Team Miami is a diverse group comprised of about 100 individuals each with their own unique personalities and character traits. Though Team Miami is large, some individuals really stand out because they always seem to be displaying good character. A person that is considered to have good character when they exhibit attributes such as responsibility, honesty, courage, loyalty, fortitude, and other important qualities that promote good behavior and habits.



MIAMI (cont.)



The FMS administration, in cahoots with the Team Miami teachers, is working hard at trying to recognize individuals of good character! Each FMS team is allowed to select an overall Student of the Month and a Character – Student of the Month. So far this school year 6 students have been honored by our team, and these Students of the Month are then posted on the wall for all to see. Some honorees are Amaiya Gray, Olivia Szymanowski, Emilia Rhoades, Maliya Kennedy, Connor Valle, and Ximena Jimenez.

Additionally, Team Miami selects a student weekly to be the VIP. This "Positive Referral" is because they are thought to be a good example of positive behavior. To date twelve different students have been selected. They do things right because they think that it is just the right thing to do, and not because they are being influenced to do so by others. These students of good character can easily withstand peer pressure and we look to them as leaders.

Character is doing the right thing when nobody is looking.

-J. C. Watts



TIFFIN



The 2022-2023 school year is going great for Team Tiffin!. The students are working really hard in their classes and performing at a high level with their tests and quizzes. 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. Mrs. Rohrbacher's math students are hard at work learning about the fundamentals of number sense and algebra. Finally, Mr. Steinmetz is teaching the Social Studies students about the cultural and geographic accomplishments of Ancient Egypt. Tiffin University Student Teacher Miss Springer is also doing an awesome job developing lessons for our students.

Four 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: Easton Reineck, Brandi Stacy, Jocelyn Marsee, and Jamiria Moore. Great job students!

Quinn Griffith was further honored as Team Tiffin's second Student of the Month and her accomplishments were highlighted in the downstairs trophy case.

Finally, Lily Kiser won an award from the Guidance Office for her efforts with 'Gratitude.' Great job Lily!



FUNDRAISER INFO



Fremont Middle School has wrapped up our fall Stoller Fundraiser. It was very successful and all profits are going to the teams that earned them to use for classroom and team rewards. We will be using Stoller again next Fall.

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 scheduled to start the World’s Finest Chocolate fundraiser on **March 8th**. This has been a good fundraiser for us in the past and we hope it continue to be.

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

IMPORTANT DATES

February 9	Parent/Teacher Conferences 3:15 – 6:45
February 20	No School (President’s Day)
March 1	No School (Professional Day)
March 8	World’s Finest Chocolate Fundraiser starts
March 17	End of 3 rd Nine Weeks
March 22	No School for Students (Safety Day for Staff)
April 3-9	Spring Break
April 10	No School (Professional Day)
April 11	School Resumes
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

