



Fremont
CITY SCHOOLS

WELCOME BACK!

FREMONT ROSS

I'm proud of all we accomplished during the last school year and excited for what this new year will bring for the students of Fremont Ross High School. High school is a time to grow, learn, and begin shaping who you will become as an adult.

Our dedicated staff is here to support and guide students and families as they explore their post-high school path, whether that be enrollment in college, employment in the workforce, or enlistment in the military. The partnership between home and school is essential, and we're committed to open communication to support each student's progress and goals.

As summer winds down, we are excited to share several updates at Ross. First, please join us in welcoming the newest members of our staff:

- Ms. Stacie Nagy (Health)
- Mrs. Devon Lacy (Science)
- Ms. Valerie Swedberg (Science)
- Ms. Mikayla Michaels (Business)
- Mr. Cameron Gessner (Business)
- Miss Natalie Brown (School Counselor)
- Ms. Hannah Mueller (Science)
- Mr. David Bowers (Science)
- Ms. Sarah Feick (Intervention Specialists)
- Mr. Chad Long (Social Studies/Credit Recovery)
- Mr. Travis Walker (Athletic Trainer)
- Mr. Jordan Mackey (Assistant Athletic Director)
- Ms. Cristina Aguilar (Paraprofessional)

Inside the building, we will continue with the cell phone policy that began last school year. Students may not have their phones or earbuds in their possession during class. Each classroom will have a designated area for students to store their phones during instructional time. Families are encouraged to review the policy in the student handbook, and if there are any questions, please contact the main office.

We also want to remind students and families that attendance matters. Regular attendance, defined as missing no more than one day a month, is directly linked to academic success and long-term opportunities. Poor attendance, whether excused or unexcused, can lead to lower GPAs, lower test scores, and a greater risk of falling behind or losing connection with school. We recognize that challenges arise, but we're here to partner with families to remove barriers and support consistent attendance. Your efforts to prioritize daily attendance are truly appreciated.

Enjoy the remaining days of summer. On behalf of the entire staff at Fremont Ross, we look forward to welcoming you back soon. The new school year begins on Tuesday, August 26 for freshmen, and Wednesday, August 27 for all students. Let's start the year strong, bring your best with purpose, pride, and the heart of a Giant!

Take care,
Ryan Norris
Principal



STUDENT ORIENTATION & OPEN HOUSE

Thursday, August 21

Orientation: 4:00 – 5:30 p.m. (Freshmen & New Students)

Open House: 5:30 – 7:00 p.m. (All Students)

FIRST DAY OF SCHOOL & HOURS

- The first day of school for students in **Grade 9** is **Tuesday, August 26th**
- The first day of school for students in **Grades 10-12** is **Wednesday, August 27 (9th graders also attend)**

The school day for Ross High will remain 7:30 a.m. - 2:30 p.m.

- Schedules will be available on ProgressBook beginning August 20!
- Update your FinalForms for the 2025-2026 School Year



From now on, you'll receive district, school, and classroom updates here, right where you can easily access everything from your phone or computer. Whether it's event reminders, forms, schedule changes, or classroom news, ParentSquare keeps all your school communication in one place.

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STUDENTS

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DAILY SCHEDULE

Regular Schedule			2 Hour Delay		
Period	Time	Minutes	Period	Time	Minutes
1st period	7:30-8:22	52	1st period	9:30-10:05	35
2nd Period	8:26-9:18	52	2nd Period	10:09-10:44	35
3rd Period	9:22-10:16 (HR)	54	3rd Period	10:48-11:24 (HR)	36
4th Period	10:20-10:46 (Lunch)	26	4th Period	11:28-11:54 (Lunch)	26
5th Period	10:50-11:12	22	5th Period	11:58-12:03	5
6th Period	11:16-11:42 (Lunch)	26	6th Period	12:07-12:33 (Lunch)	26
7th Period	11:46-12:08	22	7th Period	12:37-12:42	5
8th Period	12:12-12:38 (Lunch)	26	8th Period	12:46-1:12 (Lunch)	26
9th Period	12:42-1:34	52	9th Period	1:16-1:51	35
10th Period	1:38-2:30	52	10th Period	1:55-2:30	35
AM Activity Period			PM Activity Period		
Period	Time	Minutes	Period	Time	Minutes
1st period	7:30-8:14	44	1st period	7:30-8:14	44
2nd Period	8:18-9:02	44	2nd Period	8:18-9:02	44
3rd Period	9:06-9:50 (HR)	44	3rd Period	9:06-9:50 (HR)	44
Activity	9:54-10:48	54	4th Period	9:54-10:20 (Lunch)	26
4th Period	10:52-11:18 (Lunch)	26	5th Period	10:24-10:38	14
5th Period	11:22-11:36	14	6th Period	10:42-11:08 (Lunch)	26
6th Period	11:40-12:06 (Lunch)	26	7th Period	11:12-11:26	14
7th Period	12:10-12:24	14	8th Period	11:30-11:56 (Lunch)	26
8th Period	12:28-12:54 (Lunch)	26	9th Period	12:00-12:44	44
9th Period	12:58-1:42	44	10th Period	12:48-1:32	44
10th Period	1:46-2:30	44	Activity	1:36-2:30	54
Pep Assembly			SEL Schedule		
Period	Time	Minutes	Period	Time	Minutes
1st period	7:30-8:18	48	SEL	7:30-7:56	26
2nd Period	8:22-9:10	48	1st period	8:00-8:48	48
3rd Period	9:14-10:02 (HR)	48	2nd Period	8:52-9:40	48
4th Period	10:06-10:32 (Lunch)	26	3rd Period	9:44-10:32 (HR)	48
5th Period	10:36-10:54	18	4th Period	10:36-11:02 (Lunch)	26
6th Period	10:58-11:24 (Lunch)	26	5th Period	11:06-11:24	18
7th Period	11:28-11:46	18	6th Period	11:28-11:54 (Lunch)	26
8th Period	11:50-12:16 (Lunch)	26	7th Period	11:58-12:16	18
9th Period	12:20-1:08	48	8th Period	12:20-12:46 (Lunch)	26
10th Period	1:12-2:00	48	9th Period	12:50-1:38	48
Pep Rally	2:04-2:30	26	10th Period	1:42-2:30	48

PICTURE DAY IS COMING!

**FRIDAY,
SEPTEMBER 5, 2025**

How it Works:



Pre-order today on
mylifetouch.com.
Create an account or login
with your Picture Day ID:
EVTFHJD29



Students are
photographed on
Picture Day.



Orders will be sent home
with your picture after
Picture Day.

Cómo funciona: Encarga de manera anticipada en mylifetouch.com. Crea una cuenta o inicia sesión con tu identificación del Día de la Foto.
Los estudiantes son fotografiados el Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de la Foto.

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