



October/November, 2024

Dear Ross Families,

It's hard to believe we're already into the second quarter and fast approaching the end of the first semester! The start of this school year has brought with it a sense of excitement and positivity that can be felt throughout our building. Our staff and students are working together to maintain this positive energy, and we will continue to build on this climate as the year progresses.

One of our early successes this school year has been our significant improvement in attendance. After reviewing the September data, I'm excited to share that our high school students have improved their attendance by an impressive 14.15% and reduced tardies by an outstanding 33.33% compared to last September. This represents an overall attendance improvement of 20.42% from last year! Regular attendance is crucial to your child's academic success and overall experience in school. If your child is absent, I encourage them to review their Google Classroom assignments to stay on track. Also, staying in communication with your child's teachers is key to ensuring their success in the classroom.

After Thanksgiving Break, Ross students who need to retake Ohio State Tests for competency scores will have the opportunity during the OST window from December 2nd to December 20th. It's important that students give their best effort, as these tests play a role in their graduation pathway.

The first semester will officially end on December 20th. Semester exams will begin on December 18th, and a detailed testing schedule is included in this newsletter. The schedule will also be shared through Final Forms and our school announcements.

This quarter is packed with exciting events for the Fremont community. From October 24th to 27th, we will present our fall play, and on November 7th, we will host the American Red Cross Bloodmobile. We encourage you to consider donating blood to support those in need. On November 8th, Fremont Ross High School will hold its annual Veterans Day celebration. December will bring concerts, parades, and other events showcasing many of our students. For more details, please check our school calendar or website. Additionally, our winter sports season kicks off on December 1st, and we are proud to support our talented student-athletes.

As we enter this festive season, the Ross school community extends our warmest holiday wishes to all. It's truly a great time to be a Little Giant!

Take care,

Ryan Norris
Principal

November 1st - Parent-Teacher Conferences

It's not too late to sign up to attend conferences for your child(ren). Just email their teachers or their grade level counselors. The counselors emails are below:

9th - William Schell - schellw@fremontschools.net

10th - Lesly Blanton - blantonl@fremontschools.net

11th - Melissa Frizzell-Joerg - joergm@fremontschools.net

12th - Caitlyn Shinaver - shinaverc@fremontschools.net

**Remember there is no school for Fremont City Schools on November 1
Vanguard is in session as normal**



STUDENTS

CONGRATULATIONS TO THE STUDENTS OF THE MONTH

Rotary Club -	September -	Cole Kinsey
	October -	Kamiya Harmon
Lions Club –	October -	Karsen Rau, Logan Kilgore



SOPHOMORES' VANGUARD VISITATION

On November 6th the sophomores will have the opportunity to visit Vanguard Tech Center. Each student will follow a schedule to visit the labs they chose to explore. This is a great opportunity for sophomores to begin the career exploration process and to see what Vanguard Tech Center has to offer them. The students have 16 labs from which to choose at Vanguard Tech Center, some of which prepare students to go directly into the workforce while others give them a college experience while still in high school. **Vanguard Tech Center's priority deadline will be shortly after winter break! Applications can be found on their website: www.vsc.k12.oh.us**

ACE Mentoring Program

(Assisting Children to Excel)

ACE Mentoring at Ross High School is off to a positive start for the school year. Many relationships are being established along with exceptional mentoring happening.

ACE is a career based mentoring program that is designed to help students establish career goals, plan for their future, and succeed in school. Mentoring is held in person during a study hall, or non-core classes, and students have an opportunity to talk about the social pressures and issues that they may be experiencing. Students are encouraged to succeed in school and have good attendance.

Throughout the school year, mentors and mentees have talking points they talk about during the mentoring sessions. Topics are organizational skills, skills for smart studying, graduation, career and what their future brings. Each mentoring session always encourages academic success.

We are currently serving 9th-12th grade students at Ross High School and 6th-8th grade students at Fremont Middle School. Any Fremont City School student is eligible to participate, but students are required to complete an application and parent permission is necessary.

For more information you may contact the ACE Mentoring Coordinator, Mrs. Susan Frye at 419-334-5484 or by e-mail: fryes@fremontschools.net

VERY IMPORTANT – EMAILS

Perhaps never before has communication been so important between schools, parents/guardians & students!

Parents & Guardians - Please check your email that you used to fill out the FinalForms paperwork. If you need to change that email, give us a call and we can help you with that! You can also email your child's teachers, guidance counselors or principals with any questions or concerns you may have. Find their email addresses at www.fremontschools.net.

Students – Please check your school email at least once a day to stay up to date with important information! You can also use email to send questions and concerns to your teachers, counselors & principals. If you have any questions, contact the Ross office or your guidance counselor!





1ST QUARTER HONOR ROLL*

Little Giant Pride Honor Roll

SENIORS

Emiley Barickman, Broderick Barth, Avaya Bates, Mary Campbell, Dilafruz Chamanova, Rianna Collins, Brooklynne Decker, William Eastham, Makaela Finley, Kira Fox, Evan Franks, Sara Gross, Kamiya Harmon, Morgan Harris, Zoe Kaczmarek, Tansy Kidd, Adriana Lape, Khloe Michaels, Sydney Miller, Avary Monak, Kya Moore, Constantin Nicolaescu, Mariska Rakay, Karsen Rau, Isaac Sartin, Alexis Seamon, Ezekiel Sekulski,, Matthew Severs, Anastasia Sipperley, Nathaniel Sweeney, Aidan Thompson, Lanae Tucker, Alejandro Vasquez, Adelaide Weiker, Emilee Whitcomb, Jayden Withrow

JUNIORS

Aidan Autullo, Jayci Billow, Layla Brown, Tyress Brown, Addalyn Calhoun, Chase Culbertson, Alison Durbin, Alivia Ernsberger, Michelle Garlock, Lindsey Heishman, Jonathan Hunt, Andres Jimenez, Braxtyn Jordan, Braylon Jordan, Ella Lozano, Ashtyn Marsee, Aubrey Martin, Aniya McNeal, Jace Miller, Forrest O’Brien, Alexis Ordaz-Lorenzo, Brenah Parker, Briley Pickard, Brooklyn Reau, Daniel Sanchez, David Vasquez, Gabriel Wensinger

SOPHOMORES

Valeria Andres, Donovan Ayres, Lyla Brandon, Kenneth Collins, Ava Cover-Liggins, Michael Deneau, Max Durnwald, Lyla Franks, Lauren Gazdecki, Isaac Gerner, Elizabeth Gilbert, Elayna Gray, Adin Guerra, Eva Harger, Lydia Hicks, Cloie Hotz, Lyzelle Humburg, Heidi Jahns, Maggie Jensen, Rhayana Lather, Daniel Leeth, Jaxson Mackey, Layla Mendoza, Sophia Metcalf, Norah Myers, Alejandro Parraz-Valenzuela, Beanna Rhea, Piper Sartin, Kenzie Schwochow, Nolan Smith, Ruby Smith, Bell Stout, Samantha Walker, Savannah Witmer , Peightyn Wolf

FRESHMEN

Ethan Anderson, Jalyce Anderson, Madison Barriere, Raelyn Baskey, Brooklyn Berndt, Kynzlee Biller, Brooklyn Boatman, Henry Boroff, Aubrie Cantu, Caleb Conine, Cali Eversole, Austin Fellhauer, Aiden Flores, Elina Franks, Landyn Gabel, Faith Gallagher, Zoey Gerwin, Nyzir Greene, Mason Harder, Tearney Hardin, Isabella Hintze, Ethan House-Lantto, Jabriana Howell, Ayden Inman, Isabella Kendrick, Alexis Kilgore, Lacey Kilgore, Hanna Layne, Abigail Lindenberger, Morganne Lozano, Collinn Ollom, Joel Pickard, Victoria Rhea, Ebon Root, Alyahna Rozzell, Jaxson Rusch, Stone Schoch, Sarah Slater, Ryla Smith, Mari’yah Solis, Eli Tommer, Natalie Vittitow, Lillian Weakley, Chloe Whittekind

LITTLE GIANT HONOR ROLL

SENIORS

Ruba Abdelrahman, Ava Adkins, Mason Albright, Kamari Alridge, Madison Bassett, Destiny Bates, Isaias Becerra, Katie Berger, Jadrian Brown, Melody Brown, TaeDen Brown, Dominac Burkett, Estella Contreras, Maddox DeCoursey, Tommy Diaz, Alice Diop, Nalani Dumas, Imajah Elkins, Zavior Esquivel, Ava George, Ariyanna Good, Andres Gutierrez, DeKentre Hardin, Zalen Harris, Isabella Harrison, Dontrell Heard, Jasmin Heidelberg, Leadiana Jean Gilles, Elizabeth Johnson, Gavin Jones, Logan Kilgore, Makai Lee, Mariah Lopez, Zavier Lopez, Brenda Mejia, Kyras Messer, Jakye Moore, Brisseira Moreno, Robert Moreno, Adrian Ontiveros, Kylie Peck, Dolores Perez, Jayceon Pool, Liliana Rakay, Soledad Resendez, Isaac Sanchez, Lindsey Sayre, Jaylee Scherer, Bruce Schermerhorn, Geovoni Sims, Jaedyn Smith, Robert Smith, Michael Stover, Jessica Thompson, Ryniah Tucker, Christopher Wilson, Elijah Ysaguirre, Zebediah Zucker

Juniors

Kadyn Alaniz-Scott, Pierre Alridge, Corrine Anderson, Jermel Anderson, Julius Andrade, Alec Apsey, Braedon Arbelo, Isabella Baptista, Morgan Batey, Kayd-Nichalus Berger, Raegan Blackburn, Mason Blodgett Eleanor Boroff, LaQuan Boyd, Tallon Brown, Iris Burmeister, Jackson Busold, Athena Butler, Ellie Chumley, Ellenisa Cooley, Kayne Cover, Maleah Crow, Ciera Crum, Briel Culbertson, Samara Dumas, Adalynn Fairbanks, Mackenzie Ferguson, Mason Flores, Kollin Frasure, Richard Friedberg, Brandon Fry, Jaila Frymire, Emma Garza, Logan Gibson, Tristina Goodsite, Julia Gutierrez, Edwin Guzman, Lilly Halbeisen, Riley Halbeisen, Andrew Hanes, Adriana Hansen, Samaria Harris, Dylan Hayes, Sophia Hintze, Christian Holladay, Dominick Holman, Meriah Homler, Nathaniel Horning, Scott Jenkins, Cameron Joseph, Jessalyn Julian, Paige Justinger, Anisa Killian, Madillyn Kinkaid, Marlise Lee-Garrett, Nicholas Lindenberger, Emily Linder,

**Students are not listed whose Final Forms requested no release of information.*



1ST QUARTER HONOR ROLL***LITTLE GIANT HONOR ROLL (CON'T)****Juniors (con't)**

Noelle Lomax-Young, Jaiden Long, Evan Luc, Elisa Madell, Alexander Marker, Jaydy Martinez, Allen Monday, Allison Myers, JT Myers, Kole Myers, Reagan Myers, Teryn Nelson, Sheila Nord, Chase Overmyer, Cole Palmer, Juliez Perez, Aubrey Pfotenhauer, Aidan Pitts, Javaiah Powers, Destiny Preston Swan, Nevaeh Raypole, Briallen Reau, Cade Reineck, Stephen Reiter, Devin Riddell, Briley Roach, Braelyn Robertson, Juelz Robinson, Ryder Rodriguez, Luis Sandoval, Kayla Schwochow, Desinae Scott, Megan Sherman, Bryce Shiets, Jayden Slater, Catherine Smith, Elyse Smith, Jersey Smith, Reagan Smith, Anthony Sorg, Abigail Stachowiak, Ava Stallard, Kara Sweeney, Jackson Swinehart, Marque Taylor, Olivia Thompson, Logan Tucker, Lucius Tucker, Domanic Turpin, Keyonna Vann, Ainslee Waggoner, Landon Wallace, Dazaiya Webb, Madeline Weiss, Marquez Williams, Anakin Wisniewski, Makenna Wolf, Aubree Wood

Sophomores

Alekzander Albrecht, Rubi Almaguer, Ava Amarante, Maliyah Archie, Jimena Arrazola-Perez, Serenity Bartram, Anna Bauer, Aiden Benson, Aiden Bernard, Hailey Binkley, Canaan Bower, Alyssa Branham, Noah Broshious, Alayjah Bulger, Jocelyn Butler, Myles Carroll, Jordyn Carter, Sadie Chavarria, Jose Contreras, Alexander Cooper,

Nathan Craig, Ngungung, Adalyn Davis, Antonio Dayringer, Caesar DeLaTorre, Dane Denman, Jayden Dimond, Aiden Dunn, Mason Englund, Andres Esquivel, Aaron Farrier, Elijah Fisher, Breylen Garza, Logan Garza, Paton Gibbs, Cameron Gonzalez, Kaelynn Graves, Ellie Grove, Madison Gurley, Mariah Hammer, Alexis Hill, Ariana Hinojosa-Williams, Brady Huber, April Hussell, Cassidy Isaacs, Zayne Jacobs, Braydon Jenkins, Anell Johnson Lewis, Kylee Johnson, Xyaire Johnson, Kevin Jones, Kshema Kanji, Tyson Kelsner, Clayton Kempton, Tyson Kieffer, Brooklyn Koebel, Charlie Kramer, Janessa LeGrant, Carson Lewis, Ava Lopez, Janessa Lozano, Alissa Martin, Dylan McDonald, Amber Medina-Casanova, Emilio Mendez, Roman Meza, Analeigha Michaels, Jordyn Mikolajczyk, Abril Munoz, Elizabeth Nease, Chrislynn Nelson, Bailey Parker, Tierra Parker, Adian Peck, Liliana Pizana, Robert Preston, Ava Price, Jesse Quinones, Leonardo Ramirez, Lilyana Reyes-Rodriguez, Zoey Rhoad, Colin Rich, Adilene Rivera Ramirez, Beaux Romero, Corbyn Root, Jay Ross, James Roth, Brayden Ruhlen, Autumn Sanchez, Camilla Sanchez, Adelynn Scherer-Feighner, Casen Schwochow, Jesus Sierra, Eli Slaughter, Jaena Smith, Landen Smith, Madalyn Solis, Sienna Steinberger, Mina Stiltner, Kaiden Swint, Violet Tennison, Julissa Toledo, Andrew Tooman, Angel Torres, Allie Trickett, Landon Turner, Amanda Tyren, Rubens Utile, Bo Waggoner, Kennedy Walker, Ta'Shia Washington, Leah Wasserman, Logan Wensinger, Robert Williamson, Lillian Wilson, Aidan Wolf, Quinn Wolf, Jalen Wolverton, Paige Wott, Kyndra Yates, Shayla Zacarias-Joaquin

Freshmen

Jhadyn Abdo, Cahlyse Adcock, Alyiah Alridge, Gage Babcock, Lylah Barnett, Matthew Biddle, Hailey Billow, Merek Bliss, Audianna Blodgett, Reese Boukissen, Tyriq Brooks, Evan Butler, Addilynn Campbell, Bella Coleman, Catelynn Collins, Chloe Cooley, Arianna Crawford, Noah Crawford, Leila Davidson, Gael DeLaTorre, Maden DeWalt, Nathanael Dickman, Emma Dillon, Adrienne Duke, Ethan Duncan, Jackson Durbin, Leah Durbin, Angelina Dyson, Bella Eddy, Dylan Ellerbrock, Tai'yona Escobedo-Meekins, Bria Estep, Royce Faulds, Brenden Fisher, Javier Fonseca Escobar, Lucas Frey, Patrick Friedberg, Danica Gamblin, Josephine Garner, Gracie Gerber, Kendall Gladieux, Roemellia Gomez-Garcia, Mark Good, Jack Hanes, Madison Hay, Jazzel Heidelberg, Tanner Hetrick, Hailey Holman, Lilly Hunt, Austin Jones, Cordell Jones, Milanna Jones, Aaric Jurovcik, Estrella Kaylor, Addyson Kidwell, Draven Knisley, Kensington Krieger, Kendra Kromer, Cyrus Kunkle-Paredes, Mia LeJeune, Olivia Levario, Marcus Lewis, Kailani Long, Romello Lopez-Scott, Emilio Madrid Valois, Camaron March, Mario Marquez, Brody Martin, Jacob Martinez, Madelyn Meyer, Trenton Milton, Terence Moore, Keeyaris Nason, Cayden Nelson, Hanna Nickel, Piper Niese, Nicole Ollom, Ian Ortiz, Graciella Overmyer, Randi Owsley, Maritza Palacios, Jayden Parish, Garin Parker, Jordan Perez, Leah Phillips, Ryleigh Pocock, Shelby Pollard, Lylah Pollick, Kylie Price, Levi Provard, Ricardo Ramirez, Etzio Reamer, Griffin Reineck, Aracely Reyes Vidals, Aubreyana Reyna, Arrianna Richards, Evan Ritter, Reyna Roca, Jalaiah Sanchez, Reece Sawdo, Mahayla Schafer, Olivia Searight, Abryis Sewell, Amaris Shorty, Landon Simms, Carleigh Slane, Isabella Slayton, Gage Snell, Emma Thompson, Nayeli Vasquez, Laniya Watkins, Daiyon Webb, Elijah Wisniewski, Mason Young, Katelyn Zilles, Zane Zweifel

**Students are not listed whose Final Forms requested no release of information.*



STUDENTS

Dear Parent/Guardian:

Fremont Ross High School will be conducting semester exams on December 18, 19 & 20. During these days, Ross will operate on an open exam schedule, which means students are required to be present only for their scheduled exams. Unless permission is **denied** by a parent/guardian by sending back the form below, students are allowed to leave school property when not taking an exam. Study areas will be available for students who wish to stay, and the buses will run at their normally scheduled times. Parents/Guardians must submit a signed form (see below) to **deny** your student permission to leave school property when not taking an exam. The form must be completed and turned in to the main office by December 13, 2024. Contact the school at 419-332-8221 if you have any questions.

This information will also be sent to students and parents via a separate email.

First Semester Exam Schedule

Wednesday, December 18	Thursday, December 19	Friday, December 20
7:30 - 8:45 am Period 1 Exam	7:30 - 8:45 am Period 4 /5 or 5/ 6 Exam	7:30 - 8:45 am Period 9 Exam
8:50 - 10:05 am Period 2 Exam	8:50 - 10:05 am Period 6/ 7 or 7/ 8 Exam	8:50 - 10:05 am Period 10 Exam
10:10 - 11:25 am Period 3 Exam	10:10 - 11:25 am Make Up Exam	10:10 - 11:25 am Make Up Exam
11:30 - 12:55 pm Student lunch, Staff lunch and responsibilities	11:30 - 12:55 pm Student lunch, Staff lunch and responsibilities	11:30 - 12:55 pm Student lunch & Staff lunch and responsibilities
1:00 - 2:30 pm Make Up Exam	1:00 - 2:30 pm Make up Exam	1:00 - 2:30 pm Make Up Exam

Two Hour Delay Schedule (if needed)

9:30 – 10:45 Exam
 10:55 – 12:10 Exam
 12:10 – 1:15 Lunch
 1:15 – 2:30 Exam

- Exams are not to be given early.
- Students must stay in the classroom the entire exam period.
- Students tardy to an exam must arrange to make up the exam with their teacher during a make-up time. No late student will be admitted to an exam.

I **DO NOT** give _____ permission to leave school property
 (please print student name)

when he/she is not taking an exam on December 18, 19, & 20.

Parent/Guardian Signature _____ Date _____

*Students on an IEP will have an adjusted exam schedule that will be sent home later.



STUDENTS



VERY IMPORTANT INFORMATION-SENIORS!!

DIPLOMA ORDER FORM & CONTRACT

By now Seniors have received a Google Form via your school email to fill out for your Diploma Order and Graduation Contract. If you haven't already, please be sure the graduate and parent/guardian sit down together to fill it out entirely. There is a place for the student and for the parent/guardian to sign.

This is due December 6!

Information on cap & gown ordering was given at the Senior Meeting. We have some packets left in the main office & in guidance, or you can go to www.jostens.com to order.

SENIORS WILL NOT BE PERMITTED TO PARTICIPATE IN COMMENCEMENT AND Final Transcripts will not be sent for Seniors who have financial obligations.

All financial obligations, including lunch charges, must be paid by Wednesday, May 28, 2025. Per FCS board policy JN, a letter was sent in October to parents/guardians of students with outstanding fees and fines. A payment schedule may be arranged with the Ross finance office with full payment to be received by June 13. Any payment schedule not up to date on May 30, 2025 will result in non-participation in graduation exercises.

Please call the Finance Office at 419-334-5426 to make a payment.

COLLEGE REPRESENTATIVES

College reps. will be visiting Ross. Meetings will take place in the cafeteria during lunches. College reps. will be able to answer questions about completing the enrollment process, financial aid, scholarships, housing, orientation, majors, and DEADLINES for all of the above!

This is an opportunity for interested students to get assistance in exploring their future plans. The College Rep visit list is posted in the SENIOR CLASS Google Classroom.



\$\$ FINANCIAL AID INFORMATION FOR SENIORS \$\$

Looking Ahead....Seniors and their parents/guardians will be invited to attend a Financial Aid information session in January or February. Valuable information will be provided on financial aid for further education, as well as the opportunity to receive help filling out the FAFSA form. Please bring your student's laptop if you would like to fill out the application while in attendance. Watch your email for more information and seniors check the Senior Class 2025 Google Classroom regularly. Questions, contact Ms. Shinaver at shinaverc@fremontschools.net

Seniors – Watch your school email! You will be receiving emails with surveys, ballots and other graduation information from now until graduation time.

Some of the items include:

- Diploma Order/Contract form
- Senior Awards information, including survey for scholarships you have received
- Ballots for Citizens of your class
- Survey for your after graduation plans
- Many important details for the commencement ceremony
- MUCH MORE!



WWW.FREMONTSCHOOLS.NET



STUDENTS

BLOOD MOBILE:



PARENTS & GUARDIANS -

What a better way to give back to the community than through service to others. Ross High School, in cooperation with the American Red Cross sponsors [3 blood mobiles](#). The first one is NOVEMBER 7TH, 2024.

Sign up is going on NOW! Encourage your student to go to redcrossblood.org and sign themselves on the schedule if they are 17 years and older. If they are 16, they must pick-up and return a signed parent permission form that they can get from Mr. Hershey in the high school in room #2130.

Anyone in the community that wishes can go to the app and sign-up also, as it is open to the public. We appreciate and need your guidance and help .



YEARBOOK UPDATE

Yearbooks are selling fast! Reserve your 2025 Edition today! Books will arrive in the middle of May. NEW this year is a Spring Supplement Edition that will cover all of the Spring events, including Spring Sports, Prom, Graduation and much more! This Spring edition will be mailed directly to your home in late June. This is automatically included in the original book price. Buy now, save later and preserve that peace of mind that your yearbook is guaranteed. Buy online at yearbookforever.com or contact Mrs. Mohr in the Finance Office.

SENIORS / SENIOR PARENTS:

The last chance to get your **senior portrait** taken will be **Friday, November 15th**. There will be **NO EXCEPTIONS**. If you missed the first opportunity, **sign up** today in the **Main Office**. When you have your portrait taken, you will also submit your senior quote and signature.

Send a **Senior Shoutout** through a **Senior Baby Ad!** You may purchase and design your special senior's message online at yearbookforever.com or contact Mrs. Mohr in the Finance Office. Senior Baby Ad forms were distributed at the first Senior Portrait session in mid October. The **deadline** to order and submit a Senior Baby Ad is **Friday, November 15th- NO EXCEPTIONS!**

THE WORLD OF ART

Young artists from Mr. Scherzer's advanced photo classes and Mr. Vassar's advanced sculpture class have used photography and art to share their real experiences of how vaping and nicotine use has impacted their world. Their images and stories shed light on vaping's risks, offering a personal perspective to raise awareness and inspire change. Come see the impact of big tobacco through their eyes and join the conversation!

Event Details:

Date: October 22, 2024

Time: 6:00PM-8:00PM

Location: Sandusky County YMCA, Fremont, OH



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CLOUDED FUTURES
YOUTH PHOTOVOICE
EXHIBIT

SPOTLIGHTING FREMONT ROSS HIGH SCHOOL ART STUDENTS

Young artists use photography and art to share their real experiences of how vaping and nicotine use has impacted their world. Their images and stories shed light on vaping's risks, offering a personal perspective to raise awareness and inspire change.

Come see the impact of big tobacco through their eyes and join the conversation!

FEATURED AT THE RED RIBBON SPOOKTACULAR

Date : October 22, 2024
Time : 6:00PM - 08:00PM
Place : Sandusky County YMCA
Fremont, OH

Taught by Mrs. Gera Durbin

Crockpot Chicken and Rice

Ingredients

- 1 ½ cup long grain white rice
- 2 pounds boneless, skinless chicken breast trimmed and cubed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup white onion diced small - 1/2 a large onion
- 3 cloves garlic minced
- 1 cup celery chopped - 3 large celery ribs
- 2 cups frozen peas & carrots mix 16 oz
- 3 sprigs fresh thyme
- 3 cups chicken broth low/no salt
- ½ cup non fat greek yogurt
- ½ cup parmesan cheese
- ¼ cup milk any type



Instructions

1. Rinse rice in a fine mesh strainer under hot running water until water runs clear.
2. Spray the slow cooker with olive oil.
3. Layer the rice in the bottom of the pot, followed by the chicken and season with salt and pepper.
4. Place the onion, celery, peas and carrots, garlic and thyme on top of the chicken. Add the broth and push the veggies down into the broth to make sure they are covered.
5. Cover and place the slow cooker on low for 3-3.5 hours.
6. Start checking at 2.5 hours, and continue to cook until rice is cooked through and broth has been soaked up. Keep in mind that every time you lift the lid, you add about 15 minutes to the cook time.
7. Once the rice is cooked to your liking, in a small bowl stir together the greek yogurt, parmesan cheese, and milk.
8. Stir the yogurt/milk/cheese mixture into rice and chicken gently with a large fork to fluff the rice. Taste and adjust seasoning to taste, serve immediately, garnished with fresh parsley if desired.

Nutrition

Serving: 1.5cups | Calories: 423kcal | Carbohydrates: 46g | Protein: 42g | Fat: 7g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.02g | Cholesterol: 104mg | Sodium: 457mg | Potassium: 820mg | Fiber: 3g | Sugar: 2g | Vitamin A: 4639IU | Vitamin C: 9mg | Calcium: 176mg | Iron: 2mg

<https://thecleaneatingcouple.com/crockpot-chicken-and-rice/>

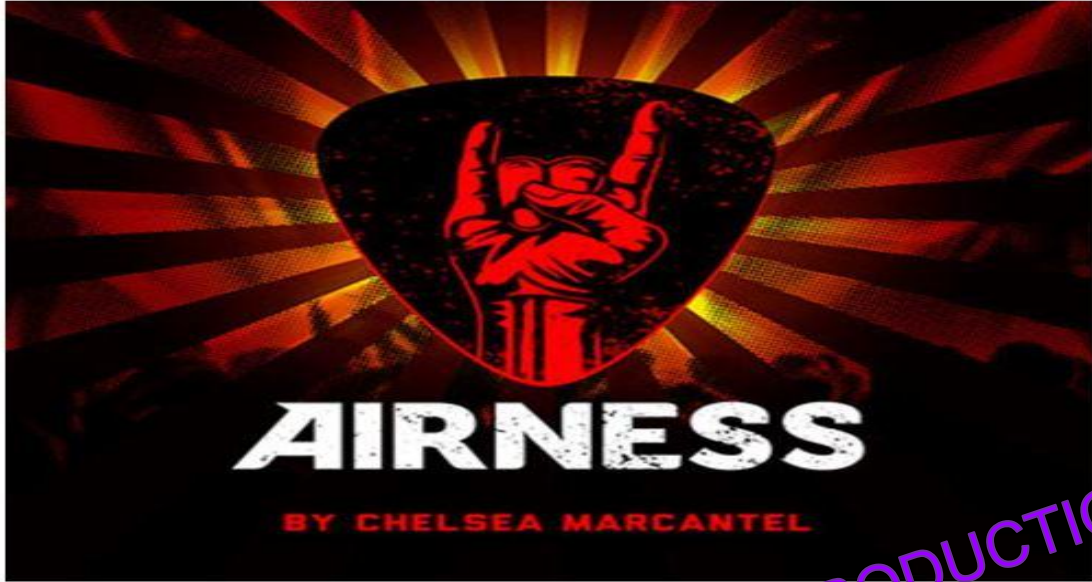
FRIENDLY REMINDERS FOR PARENTS/GUARDIANS

- Attendance Matters, All Day, Every Day -Remember to call the attendance office when your child is absent-419-334-2742
- .-Building passes are required to allow a student to leave school before the end of the day.
- Parents MUST come in the school to sign students out for building passes.
- Important emails are sent often via FinalForms to both students & parents/guardians.
- Be sure your FinalForms are kept up to date with all information regarding your student. – this includes any address changes, phone number changes, etc.
- Notes from the doctor/dentist are required when a student returns after being gone for an appointment.
- Be sure to know the PCD (Personal Communication Device) Policy
- Announcements are sent daily through an e-mail, via FinalForms from Ms.Dumminger
- Copies of custody papers must be included in your child's file. Please send us any updated papers.
- OST re-takes will take place the first 2 weeks of December, please plan appointments accordingly.
- Remember, this newsletter as well as calendars of events can all be found at www.fremontschools.net



COMMUNITY

Fremont Ross High School
presents:



Saturday, October 26, 2024 7pm|
Sunday, October 27, 2024 2pm

Adults \$10 Students/Seniors \$5

All tickets available via
<http://www.fremontschools.net/Schools/Ross-High-School/Event-Tickets/>



AIRNESS (HIGH SCHOOL EDITION) is presented by special arrangement with Broadway Licensing, LLC servicing the Dramatists Play Service collection (www.dramatists.com) Fremont City Schools will present the Broadway musical, Airness on October 26-27.

Through special arrangement with Broadway Licensing, LLC servicing the Dramatists Play Service collection (www.dramatists.com) Fremont City Schools will present the Broadway musical, **Airness** on October 26-27.

When Nina enters her first air guitar competition, she thinks winning will be easy. But, as she befriends a group of charismatic enthusiasts all committed to becoming the next champion she discovers that there's more to this art form than playing pretend.

Introducing the All Star Cast!

Jakara Bradley as *Golden Thunder*
Micheal Caldwell as *D Vicious*
Maleah Hill as *Cannibal Queen*
Cameron March as *Shreddy Eddy*
Macy Warner as *The Nina*
Chloe Whittekind as *Facebender*

The Ensemble consists of:
Rylee Roca-Wonder
Jessalyn Schadwil
Nikolai Schadwil
Olive Wright
Ethen Zucker

TO RESERVE SEATS -Tickets are now available at www.fremontschools.net

Adults-\$10; Students/Senior Citizens-\$5.

Senior Citizens with an athletic pass must stop in the finance office during school hours prior to Friday opening night to reserve a seat.

TICKETS WILL ALSO BE AVAILABLE AT THE DOOR

WWW.FREMONTSCHOOLS.NET



Additional Upcoming Events...

Jazz Night
November 21 at 6:30 pm.
Performing Arts Center



Ross Orchestra Concert
October 29 & Dec 2
6:30 pm.
Performing Arts Center.

Ross Choir, Select Vocal & Show Choir Concerts
December 5th at 6:30 pm.
Performing Arts Center.



Fremont Community Christmas Concert
December 17 at 3:00 pm
Performing Arts Center



COFFEE WITH GIANTS

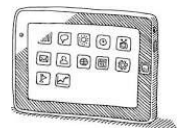


The Teen Leadership Corps Class holds Coffee with Giants on the 2nd Tuesday of each month in room 1111 at Ross. TLC students help people with any questions they have about apps, ringtones, emojis and Facetime. The dates for this year are:

The Coffee with Giants is at 3:00 pm on the following dates:

November 12, December 10, January 14, February 11, March 11, April 8 & May 13.

If you have any questions, please email Heidi Gallagher at gallagherh@fremontschools.net



Be sure to check the schedules for Little Giant Athletic Events on the website -

www.littlegiantathletics.com

