## FREMONT - STUDENTS STAFF City Schools - COMMUNITY





Holidays Greetings to the Otis Family -

One of my favorite Holiday books is "The Precious Present," by Spencer Johnson. In this time of the year with presents and gifts I try to remind myself of this book and its message of knowing what the precious present is and what it is not...

The precious Present has nothing to do with wishing...

When you have the precious present you will be perfectly content to be where you are...

The richness of the precious present comes from its own source...

The precious present is not something that someone gives to you, It is something you give yourself.

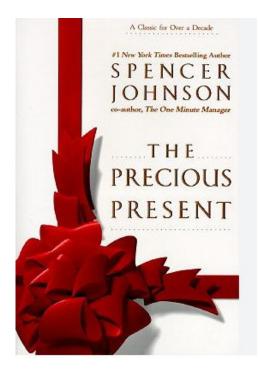
The precious present is not the past... it is not the future... it is the Precious Present.

Knowing the power of making each moment in our lives the best it can be for ourself and for others around us is the lesson I take from this book. No gift from a store can ever match the time we spend with family and friends over the holidays. I also know from the book that I personally have the power to make those moments the best they can be.

To all of the Otis Family... Make it a Happy Holiday!

Mr. Matz

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Caring in the Classroom...

#### Show your teeth some LOVE!

Healthy habits begin at home.

- Brush twice a day
- Floss daily
- Limit sugar
- Drink water
- Visit the dentist for a routine check up & cleaning
- Be sure to Smile!

THE MOBILE DENTIST IS COMING ON JANUARY 21 & 28th. FORMS HAVE BEEN SENT HOME. PLEASE RETURN AS SOON AS POSSIBLE IF YOU WANT YOUR STUDENT TO BE SEEN.

#### What is the Mobile Dentist???

Every year, the Mobile Dentist visits Otis with dentists & dental hygienists who are local & state licensed. A form is sent home a few weeks prior to the visit & once completed, signed, & returned, your student can be seen (if not already seen within the previous 6 months)! After the visit, a copy of their report is sent home and explains in detail what was done as well as recommendations. Bapafits of the Mabile Deptist include:

Benefits of the Mobile Dentist include:

- Complete dental exam including X-rays, fluoride, & sealants
- No need to take time off of work to take your student to the dentist
- No travel expense
- Limited time away from class
- Kids are comfortable in their surroundings of school
- Accepts Medicaid, CHIP, Private Insurance, & a highly discounted rate if Self Pay. There is also a grant program to help with payment.

Any questions please let me know, Brooke Huber, RN LSN BSN 419-332-8964 huberb@fremontschools.net





# **Dates to Remember**

End of 2nd 9 Weeks : December 20 Winter Break : December 21st - January 5th Yearbook Sales begins : January 7th MLK Day No School : January 20th





TUDENT



As parents, one of the most meaningful gifts you can give your child is the ability to understand and care for others. Empathy not only strengthens relationships but also helps children navigate social situations with understanding and kindness, setting them up for success in school and life.

Parents can nurture empathy by encouraging open conversations about emotions. When your child experiences a situation involving others, ask questions like, "How do you think they felt?" or "What would you have wanted if you were in their shoes?" Modeling empathy in your interactions, whether it's showing kindness to a neighbor or listening attentively to your child, also teaches valuable lessons.

Creating opportunities for perspective-taking is another great way to practice empathy. For example, if you're reading a story together, pause to ask how the characters might feel and why. Engaging in acts of kindness as a family, like writing thank-you notes or donating to a cause, helps children see the impact of compassionate actions. Over time, these small, consistent efforts create an environment where empathy thrives.

-Mrs. Jordan, Otis School Counselor

### **Empathy Quotes**

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another

**Alfred Adler** 













