### FREMONT: STUDENTS STAFF City Schools · COMMUNITY



### January/February, 2025

Dear Fremont Ross Families and Students,

As we begin the second semester of the school year, Fremont Ross has the opportunity to build on the lessons, experiences, and momentum from the first semester. Together, we can continue to grow as a student body and strengthen our sense of school pride.

While the cold, snow, and ice might make us all want to stay home in the mornings, daily school attendance remains essential. We encourage parents and families to continue playing an active role in supporting both our school and your child's journey toward graduation. Please remind and help your child attend school regularly, and seek help from teachers and counselors when needed.

As we approach February, students will begin selecting courses for the 2025-26 school year. Counselors will deliver their annual presentations to review course offerings, and all scheduling will be completed online. For student-athletes aiming to continue their athletic careers in college, it is crucial to enroll in NCAA approved courses. Encourage your athletes to consult with their counselors to ensure they are on the right track.

State testing season kicks off in February. Juniors will take the ACT exam on Tuesday, February 25th. End-of-Course exams are scheduled to begin in March. These exams are critical for meeting graduation requirements, and we encourage students to give their best effort on all assessments they are scheduled to take. Additional information about testing can be found in this newsletter.

Graduation information was shared with seniors during the second quarter. If a senior missed this meeting, please encourage them to reach out to Ms. Shinaver, their school counselor, or Mr. Hintze, their grade-level principal. It's important to discuss this information with your senior, as meeting deadlines plays a key role in maintaining a smooth graduation process. To participate in the commencement ceremony, all seniors must have a signed graduation contract on file with the Main Office. Additionally, diploma order forms must be submitted by the designated deadline.

Finally, each day is a fresh opportunity for our students to grow, learn, and reach for their best. The Fremont Ross community grows stronger with each passing day, thanks to the continued commitment and support of our students, staff, families, and community. Together, we are building something truly special.

Take care,

Ryan Norris Principal

Parent-Teacher Conferences – Thursday, February 13 3:15-6:45 p.m. – See information inside!

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No School for students - Friday, February 14 Staff will be available for parent/student meetings.

## STUDENTS

### PARENT/TEACHER CONFERENCES

Thursday, February 13 3:15-6:45 p.m. & Friday February 14 7:30 a.m. - 2:30 p.m

Parent-Teacher conferences will be Thursday, February 13 from 3:15 p.m. – 6:45 p.m.

Please email your child's school counselor or one of their teachers to set up an appointment. Walk-Ins are also welcomed.

Additional times are also available during regular school hours on Friday, February 14.

The school counselors are listed below If you have any other questions, please feel free to call the main office at 419-332-8221 or the guidance office at 419-334-6781

9th Grade - William Schell - schellw@fremontschools.net - 419-334-5467

10th Grade - Lesly Blanton - blantonl@fremontschools.net - 419-334-5479

11th Grade - Melissa Frizzell-Joerg - joergm@fremontschools.net - 419-334-5495

12th Grade - Caitlin Shinaver - shinaverc@fremontschools.net - 419-332-4390

Mental Health Counselor - Carmen Curran - curranc@freontschools.net - 419-334-5459



College Credit Plus (CCP) is a program that allows high school students to take college classes for free and receive high school as well as college credit for those classes.

Our College Credit Plus meetings will be held in the Ross Performing Arts Center on the following dates:

Thursday, January 16 at 6:00 pm in the Performing Art Center

Thursday, February 20 at 4:00 pm or 5:30 pm at the Media Center Learning Stairs

Thursday, March 20 at 4:00 pm on the Media Center Learning Stairs

If you would like to take college classes next school year, please plan on attending with a parent. Those in attendance will receive the College Credit Plus Consent form that MUST be filled out and turned into Mrs. Hetrick in the Guidance Office **by April 1st** to be eligible to participate for the 2025-26 school year.

If you have any questions, contact your School Counselor!

### 2025-2026 Scheduling Begins!

Scheduling for the 2025-26 school year will begin during the first two weeks of February. As was the case the last few years, scheduling will be done online using a one time access code for each student. Access codes will be provided by the counselors, when they visit the classrooms. Students can log in and schedule their classes using their school issued Chromebooks.

Mr. Schell will be scheduling the current 8th grade and Freshman students. Ms. Blanton will be scheduling the current sophomores and Mrs. Frizzell-Joerg will be scheduling the current Juniors. Parents with questions regarding scheduling should contact their child's current grade level counselor.

### **ProgressBook**

FC5 (5)

Monitor your student's day-to-day progress!! ProgressBook is again available for all parents/guardians who have internet access. The parent log-in/password is the same as last year, unless you have changed it. If you cannot remember your information, please e-mail Ross Secretary, Patty Dumminger -(dummingerp@fremontschools.net) with your student's name, and she will send you the information needed.





### **STATE TESTING UPCOMING**

### ACT TEST FOR ALL JUNIORS – FEBRUARY 25, 2025

On Tuesday, February 25, 2025, the state-funded ACT testing will take place at Ross for students in the Junior class. This opportunity allows all juniors to take the ACT free of charge.

The school day will remain a normal day of instruction for all students in grades 9, 10, and 12. 11th grade students will have the time and opportunity to complete the ACT test during the normal school day. Juniors who are not at Ross during the school day will be given a time to report to take the ACT. Those juniors who are not interested in taking the ACT, may opt out of the testing by emailing Mrs. Frizzell-Joerg at <u>joergm@fremontschools.net</u>

### Before the exam ...

On a date before the testing, all Juniors must complete the ACT Prep for Testing forms. Students attending Ross will complete this in their English/Language Arts 11 class. If you are a Junior at Vanguard, Ross administration will come to Vanguard and you will complete the forms at Vanguard. If you are a CCP student, (without an ELA 11 class at Ross) you will need to come to Ross to complete these forms. These forms must be completed prior to taking the ACT. It usually takes each student 60-75 minutes to complete! CCP students, watch your school email for the dates to come to Ross to complete these forms!

Any questions, please contact the Ross office.

### Spring 2025 Ohio State Tests - STATE MANDATED END OF COURSE TESTING

Plans and schedules are being prepared for the upcoming Spring 2025 OST - End of Course Testing. These assessments determine competency and seals towards your graduation requirements. Please watch for emails from Final Forms to the student and family emails for more information. ELA II testing will take place sometime during the window of March 24-April 11.

The Math, Science, and Social Studies assessments will be taking during the April 21 -May 9, 2025 testing window. These dates are just a tentative general timeframe. Specific dates for each test will be announced via email closer to the testing dates.

### Seniors – Have you?...

- •Filled out your Diploma order form/contract in Google? If you need it resent to you, contact Mrs. Harman in the Main Office or email her at <a href="harmans@fremontschools.net">harmans@fremontschools.net</a>.
- •Ordered your cap & gown for graduation? Log on to www.jostens.com
- •Applied for college, trade school, trainings or applied for jobs?
- •Remembered to apply for scholarships? Log on to <a href="www.fremontschools.net">www.fremontschools.net</a> and go to the Ross page. Scholarship information will be found on the right side of the page. The list is also available in the Senior Class Google Classroom.
- •Paid your school fees? Participation in commencement will be denied and transcripts will not be sent until fees are paid. See Mrs. Mohr in the Finance Office to set up a payment plan.

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If you have questions, see Ms. Shinaver in guidance or email her at shinaverc@fremontschools.net

### **Grow Your Own Teacher Scholarship for Seniors**

The Grow Your Own Teacher Scholarship Program is designed to help school districts across Ohio recruit their own students and staff to become teachers within the district. Recipients of the Grow Your Own Scholarship agree to teach for a minimum of four years at their home school district in exchange for a scholarship of up to \$7,500/year for four years.

Application periods will be set by the Ohio Department of Higher Education as funding is available. Leadership staff at <u>qualifying schools</u> are expected to pro-actively recruit their own students and employees to participate in this program. Each school district interested in participating in the Ohio GYO Teacher Scholarship Program must attest that it has difficulty recruiting and retaining qualified classroom teachers.

The scholarship application will be open to the following:

- Individuals employed at a qualifying school who hold an educational aide permit, educational paraprofessional license, or substitute license (this includes educational service center employees who are assigned to the qualifying school); and
- Low-income high school seniors attending a qualifying school.

As part of the application, the district in which GYO Scholarship applicants are employed or enrolled must attest to an intent to hire the GYO Scholarship recipient as a teacher after his or her graduation and licensure.

Ohio's Grow Your Own Teacher Scholarship Program is authorized by Ohio Revised Code sections <u>3333.393</u> and <u>3333.394</u>.

Frequently Asked Questions

### **How to Apply:**

A streamlined, secure application portal will be available to accept applications on March 31, 2025. A preview of the applications is available here.

Student application



### **Vanguard Sentinel and Tech Center Remote Week**

All students who attend Vanguard for classes and labs need to know they are scheduled for a remote week the week of February 10-14th. Vanguard students need to make plans on where they will go for their remote learning because they are not able to stay at Fremont Ross because we do not have supervision for these students. Vanguard students also must log into their classes every day during the remote week to earn credit for their classes.

### 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, e-mail 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 Final Forms from Ms. Dumminger
- Copies of custody papers must be included in your child's file. Please send us any updated papers.
- Remember, this newsletter as well as calendars of events can all be found at www.fremontschools.net





ONTACT: Scan the QR code to the right or see Mr. Walker, Mr. Mehlow or Mr. Gallagher to reserve your spot! "This event will be postponed if FCS has a cancellation/delay"

Open to the first 25 students to register by January 31

First Floor Rooms 1101, 1102 & 1103

### 2ND QUARTER HONOR ROLL\*

### **Little Giant Pride Honor**

### **SENIORS**

Emiley Barickman, Broderick Barth, Jadrian Brown, Mary Campbell, Dilafruz Chamanova, Rianna Collins, Brooklynne Decker, Evan Franks, Ava George, Sara Gross, Kamiya Harmon, Jasmin Heidelburg, Elizabeth Johnson, Zoe Kaczmarek, Adriana Lape, Kyrah Messer, Khloe Michaels, Sydney Miller, Constantin Nicolaescu, Liliana Rakay, Mariska Rakay, Karsen Rau, Isaac Sanchez, Ashlynn Scully, Matthew Severs, Michael Stover, Lanae Tucker, Adelaide Weiker, Emilee Whitcomb

### **JUNIORS**

Tyress Brown, Addalyn Calhoun, Chase Cullbertson, Alivia Ernsberger, Michelle Garlock, Lindsey Heishman, Jonathan Hunt, Scott Jenkins, Braxtyn Jordan, Braylon Jordan, Madillyn Kinkaid, Ashtyn Marsee, Aubrey Martin, Jaydy Martinez, Aniya McNeal, Jace Miller, Forrest O'Brien, Alexis Ordaz-Lorenzo, Luis Sandoval, Jersey Smith, David Vasquez, Madeline Weiss, Gabriel Wensinger, Marquez Williams

### **SOPHOMORES**

Valeria Andres, Donovan Ayres, Lyla Brandon, Ava Cover-Liggins, Lauren Gazdecki, Isaac Gerner, Elizabeth Gilbert, Elayna Gray, Samara Hernandez, Lydia Hicks, Cloie Hotz, Lyzelle Humburg, Heidi Jahns, Maggie Jensen, Rhayana Lather, Daniel Leeth, Jaxson Mackey, Layla Mendoza, Norah Myers, Alejandro Parraz-Valenzuela, Colin Rich, Kenzie Schwochow, Nolan Smith, Madalyn Solis, Bella Stout, Leah Wasserman, Savannah Witmer, Peightyn Wolf

### **FRESHMEN**

Ethan Anderson, Jalyce Anderson, Lylah Barnett, Madison Barriere, Brooklyn Berndt, Audrianna Blodgett, Brooklyn Boatman, Aubrie Cantu, Caleb Conine, Leila Davidson, Dylan Ellerbrock, Tai'yona Escobedo-Meekins, Cali Eversole, Austin Felhauer, Elina Franks, Landyn Gabel, Faith Gallagher, Zoey Gerwin, Nyzir Greene, Jack Hanes, Mason Harder, Madison Hay, Isabella Hintze, Isabella Kendrick, Alexis Kilgore, Lacey Kilgore, Abigail Lindenberger, Joel Pickard, Victoria Rhea, Arrianna Richards, Evan Ritter, Ebon Root, Alyahna Rozzell, Jaxson Rusch, Jalaiah Sanchez, Stone Schoch, Olivia Searight, Sarah Slater, Ryla Smith, Mari'yah Solis, Eli Tommer, Natalie Vititow, Chloe Whittekind, Elijah Wisniewski

### LITTLE GIANT HONOR ROLL

### **SENIORS**

Ava Adkins, Mason Albright, Avaya Bates, Destiny Bates, Isaias Becerra, Katie Berger, Alyiana Bradford, Kay Brito, Melody Brown, Dominac Burkett, Estella Contreras, Maddox DeCoursey, Tommy Diaz, Nalani Dumas, William Eastham, Imajah Elkins, Zavior Esquivel, Kira Fox, DeKentre Hardin, Morgan Harris, Isabella Harrison, Dontrell Heard, Leadiana Jean Gilles, Gavin Jones, Tansy Kidd, Logan Kilgore, Kaiden Koebel, Makai Lee, Mariah Lopez, Zavier Lopez, Brenda Mejia, Avary Monak, Jakye Moore, Kya Moore, Brisseira Moreno, Robert Moreno, Adrian Ontiveros, Dolores Perez, Jacob Ratliff, Paula Rios Vasquez, Macy Root, Isaac Sartin, Jaylee Scherer, Alexis Seamon, Ezekiel Sekulski, Milynda Shorty, Geovoni Sims, Anastasia Sipperley, Nathaniel Sweeney, Izzabella Tavarez, Aidan Thompson, Jessica Thompson, Ryniah Tucker, Alejandro Vasquez, Christopher Wilson, Jayden Withrow, Elijah Ysaguirre, Zebediah Zucker.

### **JUNIORS**

Pierre Alridge, Jermel Anderson, Julius Andrade, Braedon Arbelo, Aidan Autullo, Morgan Batey, Connor Billock, Jayci Billow, Raegan Blackburn, Mason Blodgett, Eleanor Boroff, Layla Brown, Tallon Brown, Iris Burmeister, Jackson Busold, Samuel Byers, Ellie Chumley, Ellenisa Cooley, Kayne Cover, Maleah Crow, Ciera Crum, Briel Culbertson, Samara Dumas, Alison Durbin, Adalynn Fairbanks, Makenzie Ferguson, Kollin Frasure, Richard Friedberg, Brandon Fry, Ava Gonzalez, Tristina Goodsite, Julia Gutierrez, Edwin Guzman, Lilly Halbeisen, Riley Halbeisen, Andrew Hanes, Adriana Hansen, Dylan Hayes, Sophia Hintze, Nathanuel Horning, Andres Jimenez, Cameron Joseph, Jessalyn Julian, Paige Justinger, Anisa Killian, Malaise Lee-Garrett

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

Honor Roll is based on quarter grades; College Credit Plus students do not receive quarter grades, so are not included.

### 2ND QUARTER HONOR ROLL\*

### Little Giant Honor Roll (con't)

Kylie Leugers, Nicholas Lindenberger, Emily Linder, Jaiden Long, Ella Lozano, Elisa Madell, Alexander Marker, Allen Monday, Allison Myers, Reagan Myers, Teryn Nelson, Sheila Nord, Chase Overmyer, Cole Palmer, Brenah Parker, Krish Patel, Juliez Perez, Aubrey Pfotenhauer, Aidan Pitts, Nevaeh Raypole, Briallen Reau, Brooklyn Reau, Cade Reineck, Stephen Reiter, Devin Riddell, Briley Roach, Juelz Robinson, Ryder Rodriguez, Daniel Sanchez, Kayla Schwochow, Destinae Scott, Kalel Serrano, Azriel Sewell, Megan Sherman, Bryce Shiets, Jayden Slater, Catherine Smith, Elyse Smith, Reagan Smith, Anthony Sorg, Abigail Stachowiak, Ava Stallad, Kara Sweeney, Jackson Swinehart, Olivia Thompson, Logan Tucker, Domanic Turpin, Keyonna Vann, Ainslee Waggoner, Landon Wallace, Anakin Wisniewski, Makenna Wolf

### **Sophomores**

Urijah Alaniz-Scott, Alekzander Albrecht, Ava Amarante, Maliyah Archie, Jimena Arrazola-Perez, Serenity Bartram, Aiden Benson, Aiden Bernard, Brianna Bingle, Canaan Bower, Alyssa Branham, Noah Broshious, Alayjah Bulger, Daisha Bulger, Myles Carroll, Jordyn Carter, Sadie Chavarria, Kenneth Collins, Alexander Cooper, Nathan Craig, Lillian Crowell, Ngun Cung, Adalyn Davis, Caesar DeLaTorre, Michael Deneau, Dane Denman, Aiden Dunn, Max Durnwald, Mason Englund, Andres Esquivel, Aaron Farrier, Elijah Fisher, Lyla Franks, Breylen Garza, Logan Garza, Paton Gibbs, Kaelynn Graves, Elle Grove, Adin Guerra, Madison Gurley, Eva Harger, Kira Hetrick, Alexis Hill, Ariana Hinojosa-Williams, Cassidy Isaacs, Zayne Jacobs, Anell Johnson Lewis, Kylee Johnson, Kevin Jones, Kshema Kanji, Clayton Kempton, Tyson Kieffer, Brooklyn Koebel, Charlie Kramer, Janessa LeGrant, Carson Lewis, Ava Lopez, Janessa Lozano, Alberto Marinez, Dylan McDonald, Amber Medina-Casanova, Emilio Mendez, Sophia Metcalf, Roman Meza, Analeigha Michaels, Jordyn Mikolajczyk, Elizabeth Nease, Chrislynn Nelson, Bailey Parker, Tierra Parker, Adian Peck, Ava Price, Jesse Quinones, Breanna Rhea, Zoey Rhoad, Adilene Rivera Ramirez, Corbyn Root, Brayden Ruhlen, Autumn Sanchez, Camilla Sanchez, Piper Sartin, Adelynne Scherer-Feighner, Ashlyne Sharp, Jesus Sierra, Eli Slaughter, Jaeana Smith, Ruby Smith, Sienna Steinberger, Kaiden Swint, Violet Tennison, Andrew Tooman, Allie Trickett, Amanda Tyren, Rubens Utile, Bo Waggoner, Kennedy Walker, Samantha Walker, Ta'Shia Washington, Logan Wensinger, Lillian Wilson, Aidan Wolf, Quinn Wolf, Paige Wott, Shayla Zacarias-Joaquin

### **Freshmen**

Jhadyn Abdoo, Cahlyse Adcock, Raelyn Baskey, Matthew Biddle, Kynzlee Biller, Hailey Billow, Henry Boroff, Reese Boukissen, Preston Brauer, Tyriq Brooks, Evan Butler, Liam Clowers, Bella Coleman, Chloey Cooley, Elyviana Cooley, Noah Crawford, Gael DeLaTorre, Maden DeWalt, Nathanael Dickman, Emma Dillon, Adriene Duke, Ethan Duncan, Jackson Durbin, Leah Durbin, Bella Eddy, Gabriel Esquivel, Bria Estep, Brenden Fisher, Aiden Flores, Javier Fonseca Escobar, Danica Gamblin, Josephine Garner, Gracie Gerber, Kendall Gladieux, Mark Good, Tearney Hardin, Jazzel Heidelburg, Tanner Hetrick, Hailey Holman, Ethan House-Lantto, Jabriana Howell, Lilly Hunt, Ayden Inman, Austin Jones, Logan Jones, Milanna Jones, Aaric Jurovcik, Estrella Kaylor, Addyson Kidwell, Kensington Krieger, Kendra Kromer, Cyrus Kunkle-Paredes, Hanna Layne, Mia LeJeune, Olivia Levario, Marcus Lewis, Kailani Long, Aliana Lopez, Bentley Lopez, Romello Lopez-Scott, Morganne Lozano, Emilio Madrid Valois, Mario Marquez, Brody Martin, Jacob Martinez, Madelyn Meyer, Trenton Milton, Keeyaris Nason, Cayden Nelson, Collinn Ollom, Ian Ortiz, Graciella Overmyer, Garin Parker, Leah Phillips, Shelby Pollard, Lylah Pollick, Raelynne Potridge, Kylie Price, Griffin Reineck, Aracely Reyes Vidals, Aubreyana Reyna, Reyna Roca, Reece Sawdo, Caleb Seibert, Abryis Sewell, Camdyn Shiets, Amaris Shorty, Landon Simms, Carleigh Slane, Naveah Smith, Emma Thompson, Nayeli Vasquez, Laniya Watkins, Lillian Weakley, Daiyon Webb, Mason Young, Katelyn Zilles, Zane Zweifel

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

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### **ATTENTION Families of Class of 2026 - Immunization Requirement for 12th Grade**



The Ohio Department of Health is requiring all students entering 12th grade to be vaccinated against meningococcal disease. The students are required to have the MCV4 immunization prior to the first day of 12th grade.

Students need to be up to date with the Meningococcal vaccine or provide a completed exemption form to the school nurse. Objection forms for medical or religious/philosophical grounds are available in the school health clinic. Mandatory exclusion periods set forth by the Ohio department of health for outbreaks of vaccine preventable illness will be strictly enforced. Please let me know if you are not planning to vaccinate your child and need an objection form.

Please contact the Sandusky County Health Department at 419.334.6367 or your family physician to schedule an appointment. Consider making your child's appointment soon because summer appointments are in demand and sometimes unavailable. According to the Ohio Revised Code, students not in compliance with the immunization requirements are to be excluded from school attendance no later than the 15th day after the start of school.

Please provide documentation to the school nurse as soon as possible after your child receives the required immunization.

Please contact our school nurse, Ms. Briana Ringenbach, BSN, RN, LSN at 419-334-5469 if you have questions. Additional information can be found at the Ohio Department of Health (ODH) website or by calling the Sandusky County Health Department.

### ABSENCES, TRUANCIES, and OFF SCHEDULE

We firmly believe that your child's attendance and proper behavior is critical to their classroom success and their graduation pathway. Resources are available at Fremont Ross to support your child in most situations. Please encourage your child to reach out to their grade level counselor to learn about these resources.

Students marked as excessively absent, truant, or off-schedule will be scheduled for intervention meetings with Mr. Jason Smith, our Attendance Coordinator and the grade level principal and counselor to create a plan that will assist your child in their school attendance.

Excessive absences, truancies, and off-schedules will impact a students ability to attend the Fremont Ross Prom on Saturday, May 3, 2025. Students who have accumulated six (6) or more unexcused absences, three (3) truancy/off-schedule incidents or seven (7) or more tardiness violations during the time period between the start of the second semester and the Thursday before prom tickets go on sale, will be excluded from attending the prom.

Students who have violated the student code of conduct, resulting in out of school suspension days in excess of three (3), are ineligible to participate in prom.

### Morning Drop off & Dismissal

We have cars in the morning dropping off students behind FMS. Some Ross students drop off siblings behind FMS, and then drive through the bus loop to the Ross parking lot. While this practice is time saving for our student drivers, it is a safety hazard for cars, buses, and students crossing between buses. All FMS students must be dropped off in the front of FMS, or the FMS students allow the Ross student to park and walk over to FMS. Please encourage your students to follow this routine so we can keep everyone safe during morning drop-off at both schools.

Also, NO ONE should be driving through the private property of Hayes Memorial Church & YMCA parking lots to exit on to North Street. All vehicles must exit via Fangboner Rd. Police are present and will issue tickets for offenders.



### **Course Electives**

Fremont Ross offers a college feel with not only the new building layout but the classes that are being offered as well. As it has been throughout the history of Ross, standard classes such as the required mathematics, English, science, social studies, and physical education continue to be the main starting point for scheduling classes, however, there are many more opportunities for course electives. As schools around the area look to reduce course offerings for many different reasons, Fremont Ross continues to expand their list of course offerings to provide meaningful, real-life classes. See your grade level counselor to schedule classes for 2025-2026. If you see a course title that may interest you, check out our link to our course description guide! <a href="https://shorturl.at/dyzY8">https://shorturl.at/dyzY8</a>

### Family and Consumer Science

Healthy Cuisine Nutrition for Athletes Personal Development Yoga

### The Arts

Drawing and Painting 1 and 2 Photo 1 and 2 Art 2D Art 3D Sculptures 1 and 2 Advanced Design Art III Studio



### **Agriculture**

Agriculture Business Livestock Greenhouse Management Agriculture Food and Natural Resources Animal and Plant Science Mechanical Principles



Woods 1 and 2 Introduction to Advanced Engineering

### Music

Orchestra
Jazz Band
Mens and Womens Chorus
Show Choir
Band



Introduction to Business Accounting

### **World Languages**

Spanish I, II, III, IV French I, II, III, IV American Sign Language Publications











Do you find yourself getting behind in a class? Then come take advantage of our free drop in tutoring program.

### **Our Services:**



PERSONALIZED LEARNING



**TEACHER AND PEER TUTORING** 



**FLEXIBLE SCHEDULES** 

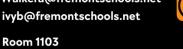


**HOMEWORK / CLASS REMEDIATION** 

**CONTACT US** 



Walkera@fremontschools.net





**Days and Times** Monday -Thursday 2:30pm - 4:00 p.m.



# COMMUNITY

### **ACE Mentoring Program (Assisting Children to Excel)**

January is National Mentoring Month and January 21, 2025, is #ThankYourMentor Day. We take this opportunity to thank our community mentors for their dedication and commitment to our students at FMS and Ross. Our mentors represent many careers, with both professional and occupational backgrounds, and serve as another positive role model. This school year there are new mentors and many seasoned mentors that have returned again to be matched with students.

Mentors play a vital role in student success. They encourage their mentee to make positive choices despite social pressures and issues that they may be experiencing. They also assist academically by encouraging good grades and attendance. They help their students establish career goals and help them reach their goals. Each school year 90+ students at FMS and Ross are served through the ACE Mentoring Program and most students improve their grades, graduate, and go on to further their education.

ACE is supported by United Way of Sandusky County and Sandusky County Family & Children First Council, and contributions offer an opportunity for all community members to share our children's success. The program is available to any student at FMS and Ross who requests a mentor. For more information you may contact: ACE Mentoring Coordinator, Mrs. Susan Frye at: (419) 334-5484 or fryes@fremontschools.net





Vanguard Career and Technology Center is an excellent opportunity for students to gain hands-on career experience while in high school. There are 16 different labs to choose from, including labs that have college classes embedded in them. Students need to apply by **February 7** for the best opportunity to be accepted into their first choice of program. The application can be found online at <a href="https://www.vscc.k12.oh.us">www.vscc.k12.oh.us</a>.

If you have any questions, please contact Ms. Blanton at 419-334-5479 or blantonl@fremontschools.net

### **CONGRATULATIONS- Voice for Democracy Essay Winners from Fremont VFW Post 2947.**

1st Place-Logan Kilgore 2nd Place-Logan Wensinger 3rd Place- Samara Dumas



Logan Kilgore also placed 2nd in the District Competition

### **CONGRATULATIONS TO OUR HONORED STUDENTS**

Rotary: November - Emiley Barickman

December – Jadrian Brown January – Isaac Sanchez

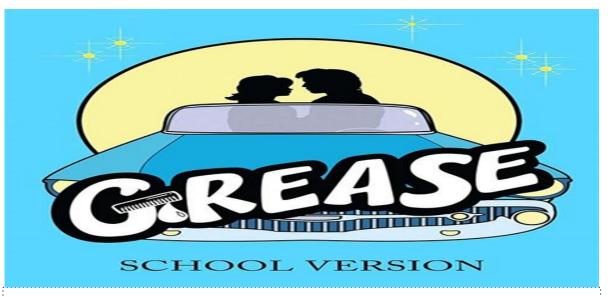
Lions Club: November - Reese Smith, Isaac Sanchez

December – Ella Durbin, Bryce Estep January – Kenna Toman, Karson kayden









We are excited to announce the upcoming spring musical... Grease: School Version (rights pending). The musical performance will captivate and entertain people of all ages.

Auditions for the musical will be held on Wednesday, January 22, 2025 and Thursday, January 23, 2025 from 3:00-5:00. More information was sent to the students' emails regarding the tryouts!

The show dates are March 21-23, 2025. Watch for upcoming information in February sent to your emails and on Social Media regarding ticket purchasing

Please encourage your children to step out of their comfort zone and join us for the show. It is going to be a great one!

### **Ground Turkey Sweet Potato Skillet**

Ingredients:

1 pound ground turkey

1 medium onion, chopped

1 shallot, finely chopped

3 garlic cloves, minced

1/4 cup tomato paste

1 medium sweet potato, peeled and cubed

1 cup chicken broth

2 teaspoons smoked paprika

1/2 teaspoon salt

1/4 teaspoon pepper

3 cups chopped fresh kale

Dash crushed red pepper flakes

1 medium ripe avocado, peeled and sliced

Minced fresh mint, optional

Delicious Recipe from our Family & Consumer Science Instructor -Mrs. Gera Durbin



### Directions:

- 1. In a large skillet, cook turkey, onion, shallot and garlic over medium heat until turkey is no longer pink and vegetables are tender, 8-10 minutes, breaking up turkey into crumbles; drain. Add tomato paste; cook and stir 1 minute longer.
- 2. Add sweet potato, broth, smoked paprika, salt and pepper. Bring to a boil; reduce heat. Simmer, covered, until sweet potato is tender, about 10 minutes, stirring occasionally. Add kale and red pepper flakes; cook and stir until kale is wilted, about 2 minutes longer. Serve with avocado and, if desired, mint.

Nutrition Facts -1-1/3 cups: 318 calories, 14g fat (3g saturated fat), 76mg cholesterol, 628mg sodium, 24g carbohydrate (8g sugars, 5g fiber), 26g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1-1/2 starch.

