

Freedom Middle School



FROM THE MIDDLE

Mr. Ken Fisher, Principal

Phone 788-7945

January, 2019

IMPORTANT DATES

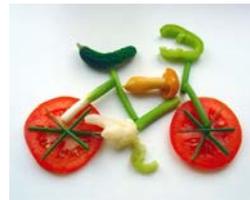
- Jan. 1 No school**
- Jan. 2 School resumes; welcome back**
- Jan. 3 8th grade – Youth Risk Behavior Survey**
- Jan. 7 STAR Math testing**
- Jan. 9 STAR Reading testing; ALICE training for Administration**
- Jan. 10 ALICE training for Administration**
- Jan. 11 Spelling bee**
- Jan. 14 MAPSS meeting**
- Jan. 16 PBS Incentive trip Wisconsin Herd Basketball game**
- Jan. 21 School Board meeting**
- Jan. 24 End of 2nd Quarter**
- Jan. 25 No school; Staff work day**
- Jan. 28 2nd Quarter report cards home; NHD preview night**
- Jan. 29 NHD exhibits/judging**

FROM THE PRINCIPAL MR. FISHER

MIDDLE YEARS/TEEN FOOD & FITNESS

The monthly articles in these two publications are always age appropriate and useful to the middle school students and the entire family. Middle Years talks about some of the daily challenges facing adolescent students related to academic,

social, and emotional health. Teen Food & Fitness promotes a healthy lifestyle during the developmental years in middle school. This publication offers advice on good nutrition and healthy physical activity for the entire family.



PBS INCENTIVE

On Wednesday, January 16, 2019 students and staff at the middle school will be traveling to Oshkosh, WI to attend a Wisconsin Herd Men's Basketball game. Complete details for this incentive were sent home to parents/guardians on Monday, December 17, 2018. The cost for students will include admission, a bag lunch, and bussing. If you have any questions regarding this event, please contact me at your convenience;

kfisher@freedomschools.k12.wi.us



2ND QUARTER ENDS

The half way point in the 2018-2019 school year is almost upon us and it seems as though we have just begun! It is very important that students work diligently to complete all assigned work, hand the work in on time, and study for all quizzes and tests. I will be sending a copy of the goal sheet that our 8th grade students completed in the fall as it is time to revisit those academic and behavior goals. The 2nd quarter officially ends on Thursday, January 24, 2019 and I strongly encourage parents/guardians to talk with your child regarding their daily effort and academic progress. The staff at Freedom Middle School expects all students to use their agenda books on a daily basis to record assignments, long term projects, and upcoming tests/quizzes.

VALUE A GOOD WORK ETHIC

As our students work to become college and career ready, they will need to understand that their knowledge and skills in the area of technology will be the expectation and the norm. Technical Colleges are also providing excellent training for those that choose a career in manufacturing or a related field. When I was growing up and still living at home my parents always told me that a little hard work never hurt anyone; I still live by that today. Please instill in your children a work ethic that will serve them for the rest of their lives. A strong work ethic is useful in all facets of a person's life at work and at home! As working adults I know that our middle school parents can attribute their success in part to a strong work ethic!

NO SCHOOL FRIDAY JANUARY 25TH

School will not be in session for students on Friday, January 25, 2019. Teachers will be at school to begin planning for the 2nd half of the current school year. I would encourage parents to use this time to help your child prepare as well. Report cards will be sent home on Monday, January 28, 2019 so parents/guardians please sit down with your child and review their report card. Showing an interest in your child's education will enable them to achieve at a higher level academically.

PRINCIPAL'S PEN AWARD

Four times each year students at Freedom Middle School are recognized for their special contributions to our positive school climate. Each student recognized will receive an award certificate with their special contributions listed, breakfast with the Principal, and a special Principal's Pen. The 2nd quarter Principal's Pen Breakfast will be held in the cafeteria on Tuesday, February 5, 2019 immediately following morning announcements. Parents should find a special place for the certificate that your child brings home on that day! Our special guest speaker for this event will be Mr. Tom Harke (FASD School Board President). Mr. Harke always looks forward to this event to spend time with the middle school award recipients!



ONLINE UPDATE

It seems that many students spend time on the Skyward online grading site checking their academic progress. I encourage parents/guardians to show the same interest as their children. My suggestion would be to view academic progress together from your home computer. You can log on our district website to access information regarding your child's academic progress and sit down with them to review their current status. This site will give you information regarding your child's daily attendance, discipline, current grade in all classes, assignments completed, assignments that are late or missing, scores on tests and quizzes, etc. Viewing your child's progress can be a positive motivator for them to keep working toward improvement. To view your child's academic progress; go to the Freedom Area School District home page www.freedomschools.k12.wi.us and click on Family & Student Access – Online Grading. If you are unable to reach this site, please contact the MS office at 920-788-7945 and we will assist you.

SCHOOL THEME IN ACTION

Our school theme for the 2018-2019 school year is REACH and we focus on each letter for several months at a time. During the months of January and February we will focus on the letter A for achievement. I would encourage all parents and students to look for special achievements that have occurred in your family and email me a photo of your child's accomplishments. I will post (with your permission) the photo on the district website middle school home page under the REACH tab. At the present time, some photos are from last year because I have not received any replacement pictures. Please talk about the school theme at home and we will do our best to promote it here!

NATIONAL HISTORY DAY

Thanks to the efforts of a dedicated social studies department, our 7th & 8th grade students are once again involved in the annual National History Day competition. Every year National History Day[®] frames students' research within a historical theme. The theme is chosen from the broad application to world, national, or state history and its relevance to ancient history or to the more recent past. This year's theme is *Triumph and Tragedy in History*. The intentional selection of the theme for NHD is to provide an opportunity for students to push past the antiquated view of history as mere facts and dates and drill down into historical content to develop perspective and understanding. Please support your child as they prepare to present at this year's National History Day event. National History Day Preview Night will be held in the field house on Monday, January 28th from 6:00pm-7:30pm. The judging will take place on Tuesday, January 29th from 8:00am-2:30pm. If parents/guardians are interested in judging for this event, please call Mr. John VanRossum at 920-788-7945 Ex. 2362 or follow this email link; jvanrossum@freedomschools.k12.wi.us

6TH GRADE SOCIAL STUDIES

Mr. Fellingner

We just finished studying about the Phoenicians and Hebrews. We learned about what influences both cultures had throughout history, as well as, what set them apart from each other. The students participated in an activity in which they identified characteristics of each culture in a comparison chart. We are currently learning about the great empires of the Assyrians, Chaldeans, and Persians. We're discovering that some strategies of maintaining an empire work better than others. After break, we are heading into the land of the Greeks!

We will be studying the early civilizations of Greece such as the Minoans and Mycenaeans. We will study the difference between Sparta and Athens, Greek religious practices, philosophers such as Socrates and Plato, the politics of their Republic, the war with Persia, the great Greek warriors such as Alexander the Great, and finally the contributions to science. This will be a great odyssey!

6TH GRADE ENGLISH LANGUAGE ARTS

Mrs. Erickson and Mrs. Kolakowski
We will begin the new year with a Non-Fiction unit.

We will review Non-Fiction text features, analyze many Non-Fiction writing pieces, and write 2 Non-Fiction pieces—one being an informative essay on wave comparison...the other being a Biographical Research project.

In the Biography portion of the Non-Fiction Unit, students will be reading biographies and completing a Biography project which includes a Biography Research Report. The goal is for students to select notable people who transcend history for making an impact, gather important details about their choice, and organize it into writing. We will have many books available here for the students to read. Most of the work on the Biography Project will be done in school; however, some work will need to be done at home. Please watch agendas and your emails for important updates about this unit.

Students will also be studying and writing Narratives to start the new year. Narratives are Small Moments about their lives with many details and description. Watch for your student to bring home their Writer's

Notebook as they work through the skills of writing this genre.

Thank you for making sure your child reads each and every night. Please contact us if your child is not bringing home a book to read. You can do so by email terickson@freedomschools.k12.wi.us skolakowski@freedomschools.k12.wi.us or by phone 788-7945.

Thank you for your support!



6TH GRADE MATH **Mr. Reed**



In 6th grade math we are using the area concepts that the students learned in Unit 2, along with their knowledge of decimals and fractions, to find the surface area of 3 dimensional shapes like prisms and pyramids. In the past, Unit 4 has been one of the more challenging units in the 6th grade curriculum. It is relatively short, but the idea of picturing a 3-dimensional shape and all of the sides that exist on that shape (even though some are not directly visible) can be difficult for some students. The next unit we start is algebra. (My favorite!) In advanced math we wrapped up our work with negative numbers and are also working on algebra. It's hard to believe that the school year is already half over!

6TH GRADE SCIENCE

Mr. Runyon



It's hard to believe that it's already the New Year. We have been working hard in science to complete our study of matter and its structure. We started this unit trying to figure out the question "How can I smell things at a distance?" This leads to a series of questions about the nature of matter and how particles are structured and move. As we finish out quarter 2 we will begin to turn our attention to unit 3. This will take us on an amazing journey that will ask questions about the nature of life and will be driven by the larger question, "Where have all the creatures gone?" Also during quarter three we will be joined by a student teacher from St. Norbert's College; Mr. Carlson. Please join in giving him a warm Irish welcome to the Freedom community.

7TH GRADE ENGLISH LANGUAGE ARTS

Mrs. Juelich and Mrs. Rankin

The month of January brings us back to a focus on the grammatical and writing side of ELA. We will be covering three units: verbs, clauses/sentence types, and informative writing.

Upon return from break, we will be covering one more concept in the Benchmark Test 3 (verbs and sentence types) unit. The Benchmark Test is tentatively scheduled for Tuesday, January 8th. The two previous days in class will be used to review. Like the previous two tests, students will need to earn a 75% in order to avoid a retake. Unlike the

other two, students will have the option to fill out and use a definition sheet on the test since it covers a good deal of information.

Benchmark Test 4 will be similar This unit covers independent and subordinate clauses and how these play into building compound, complex, and compound-complex sentences. This is a short, week-long unit. Since most of this information is new, students will again be allowed to fill out and use a definition sheet on the test if they so choose. This will be the last of the Benchmark Tests.

The informative writing unit consists of three essays. The first two come from the Performance Assessment workbook that accompanies our Collections textbook. The first essay we will do mostly together in the class and started before the break. This covers the Burmese Python. We will learn how the introduction and conclusion are somewhat similar to the narrative piece we did in October and how transitions are used the same way. Students will learn research strategies, how to take notes, and how to use sentence fluency to transform those notes in their own paragraphs. The second essay covers the Florida Everglades. This will be done partly together, partly with a partner of choice, and partly individually. For both of these essays, the students will earn a formal assessment grade for a final draft that they have typed, reviewed, and edited. To end January, students will write a final essay on the topic of Jackie Robinson on their own. Sources will be provided. Time in class will be given for reading the sources, planning, writing/typing, and revising. This essay's final draft will most likely spill into the beginning of February. If you wish to help your student proofread any of these essays, a good strategy is to, once an error is identified, put an "x" in front of the line where error appears and have the student

find and fix the error. This makes it more of a learning experience for your student.

Weekly spelling lists will continue as usual with pre- and post-tests on Tuesdays. The words do increase in difficulty, so please encourage and help your student to practice the words at home and complete the home activities each week provided in the resource packet. These tests are all formal assessment scores.

For second semester AR, we ask that books be a minimum of four points. The January test must be taken and passed by January 31st. Weekly Lit. Checks will still be in place, and students are asked to take and pass an AR test for the book they've signed up for for the month. If your student switches books for any reason during the month, it is imperative they let the teacher know of this change. Switching of books must be done before the mid-way point of the month. If your student finishes the chosen book early, we expect they have a new book to use for AR time in RtI and in class and to use for the Lit. Checks. Students have done well with this expectation thus far and with AR as a whole. Thank you for the support at home.

7TH GRADE LIFE SCIENCE

Mr. Atwater



We are now in our Physical Science unit. Currently we are taking a look at how mass and speed affect kinetic energy. We will be looking at several different forms of energy as we go through second quarter such as thermal, chemical, elastic and others. 3rd quarter will be on earth science where we will be investigating weather and climate.

4th quarter will be on biology where the focus is on cellular processes.

Wisconsin Bird of the Month: The Dark-eyed (Slate-colored) Junco. This purple/slate colored member of the sparrow family is a common feeder bird seen throughout the state through fall, winter and early spring. It mainly feeds off the ground so if you want to attract it to your yard, sprinkle some black-oil sunflower on the ground under your feeders.

Here's hoping your holiday is restful and full of family time. Happy holidays and see you in January.

7TH GRADE SOCIAL STUDIES

Mr. LeBrun

In social studies this month, the students have finished their oral presentations for NHD. The students have picked a variety of interesting topics. Now it is time to focus on creating the exhibit. Although we will be working on it in class quite a bit in January, it would not be a bad idea to put a little work in to it over the holiday break. The students will need to have their exhibit completed by January 28. Other things going on in social studies this quarter are the geography bee competition, and we will continue studying about colonization. Have a Merry Christmas and enjoy the break!!

7TH GRADE MATH

Mrs. Runyon

Prior to the break we will be finishing a difficult chapter on rational numbers. I think the kids are ready to put the fractions aside and work on something different.

Unit 3 is focused on expressions and equations. During the month of January, we will be developing a better understanding of

expressions and how they can be used to represent real-world situations. Students will be beginning to delve deeper into the world of algebra.

In Pre-Algebra, we will be finishing up chapter 5 dealing with ratios, proportions, and similar figures. After we finish this chapter, I hope we can spend a little time using what we learned in chapter 5 with some hands on experiences. Chapter 6 will focus on percents; specifically students will be finding percents, percent change, discount and markups, along with simple and compound interest.

If you get a chance, ask your child if they have all the supplies they need for class to make them successful – pencils, red pens, calculators, folder, and a binder.

8TH GRADE SOCIAL STUDIES

Mr. VanRossum

Happy New Year!!! In January we will be looking at the history, geography, and culture of Canada. We will also spend some time comparing the United States to our neighbors to the north. Even though we are only hours away, it seems that we are very naïve about life in Canada. Hopefully, we will become better informed about Canada and its people.

We are also continuing to work on our National History Day project. National History Day is coming fast. The final project is due January 11. The History Day at Freedom Middle School contest will be taking place on January 29 with the students showing their projects to parents & friends on January 28. Make a note that this year's contest will be held in the Green Gym. Please encourage your son/daughter to ask for help and guidance when it's needed. I hope you enjoy the Christmas season with your family!!!

8TH GRADE ENGLISH LANGUAGE ARTS

Mrs. Fogarty and Mrs. Lingnofski

Hopefully everyone enjoyed some well deserved time away from school and with your families! The end of the quarter will be here before we know it, so please remind your child to finish strong and reach their maximum potential after being renewed from break.

Our focus has been on understanding media this quarter. We have been reading news stories, watching videos, and looking at print media. Meanwhile, students have been reflecting on the issues presented to them through the different media. Throughout the unit, we've spent the most time discussing the issue of bullying. As a culmination of the media unit, students are writing a news story in journalistic style about what we covered in our bullying unit. Perhaps you can ask your child to see what he/she wrote and get an in-depth answer to the age-old question: "What are you learning in school?"

To wrap up the informative unit, students will spend the last weeks of the quarter writing short informational pieces. They will be working on formulating their thoughts and producing quality writing in a short time period. At the end of this brief unit, students will pick one of their pieces and turn it into an informative speech.

As preparation for the high school experience, we will take a semester final in class. Like high school, we will provide students with a review packet and time in class to review. Along with those opportunities, students should also plan to spend some time studying each night between the time they receive the review information and the day of the final.

As a reminder, students should be continuing with their nightly independent reading. They're independent reading deadline for January's AR test is January 31st. You can utilize the website AR Book Finder to determine if the book they are reading is AR. One day a week will be devoted to in class IR time or AR test taking.

Once we begin third quarter, our first focus will shift to persuasive writing and using sources correctly when writing. Students will work both in class and out to achieve certain academic goals.

Please feel free to contact us at any time if you have questions or concerns.

8th GRADE SCIENCE

Mr. Bins



Over the four months, it has been a true pleasure to work with the class of 2023 in Eighth Grade Science. They have demonstrated the ability to think abstractly, question the world around them, and have fun along the way!

Our last month took us into an exploration of human, animal, and plant traits. We will look at how we acquire these traits, how they are passed on, and how being able to predict these traits can help us as a society.

I am looking forward to seeing what the next five months have in store for our eighth grade students as they develop both scientifically and as leaders of our school!

8TH GRADE MATH

Ms. Kepler



Math 8

In December, Math 8 students continued to work on equations with two variables. They learned to find slope, write the equations of lines, and graph lines. They also learned how to solve systems of equations – two equations with the same variables. To solve the systems, they graphed lines and learned how to substitute to solve them algebraically. Math 8 students took the Chapter 3 test on Friday December 14th. In Chapter 4, students will learn all about Functions!

Algebra

On December 5th, Algebra students took the Chapter 4 test. This was the end to a long chapter on Linear Equations. Then they began Chapter 5, which is all about inequalities. In the first half of Chapter 5, the students are learning that inequalities have many of the same properties of equations and that they can solve them just as they would with an equation – with one exception (ask you student, they will be able to tell you the one difference)! In the second half of the chapter, students will learn about compound inequalities, inequalities involving absolute value, and finally, how to graph linear inequalities.

SPANISH

Ms. Drammeh

¡Feliz enero! I had a great time with pentemester 2 students until our last day on December 18th, and now I'm enjoying my time with pentemester 3 students. We are currently practicing our classroom routines such as daily cultural trivia and warm-up

conversations following various powerpoints all in Spanish. 7th and 8th grade will be doing a review unit before moving on to new topics. 6th grade is currently learning basic conversation. Pentemester 3 goes until our last day on February 19th. ¡Feliz año nuevo!

ART NEWS

Ms. Schultz



We've already kicked off the third Pentemester of the year! Sixth grade is learning how to create texture on both 2-D and 3-D surfaces. They are working on making clay pockets to hang on a wall, door, or in their lockers. The seventh grade art class has started learning about color mixing and will be creating their own color wheels. They will get to use their knowledge of color mixing later in the term to paint clay masks they will be making. Eighth grade is starting the term off learning about building clay mugs. They will be challenged with coming up with a leak-proof mug, designed to look like a monster/creature of their choosing.

Art Club:

Art club members got to spend the month of December creating clay projects of their choosing. A few chose to make a little snowman sculpture for the holidays, while others chose to make more personalized signs and figurines. Our January meetings will be the 8th and 22nd. We will be starting to work on painting book tiles for some of the ELA rooms.

PYHSICAL EDUCATION

Mrs. Stumpf and Mr. Springstroh

Here is what your son or daughter has been doing in their middle school physical education class. Our 6th grade classes are coming to the end of our volleyball unit. We had started with various lead up games, but we are now playing volleyball games using different types of volleyballs. The 7th grade class is currently playing Tchouk ball and Eclipse ball. Eclipse ball is played much like volleyball, but you use tennis racquets to hit a ball over the volleyball net. The 8th grade is also playing Tchouk ball. Tchouk ball is a fast paced game which requires you to throw a ball off a trampoline like net called a rebounder. After throwing the ball off the rebounder, a teammate must catch the ball to complete the score. As always we are having a lot of fun with all the classes. Happy Holidays!!

COMPUTERS

Mrs. Helmila

We have finished learning the entire alphabetic keyboard. Students took a timed test 4 on Monday, December 10 and completed their retake on Tuesday, December 11. The goal was 28 words per minute. Our final timed test will be on Monday, December 17. The goal will be 30 words per minute.

I have seen amazing progress so far! One student has increased his/her words per minute by 15! I have 15 students who have increased their words per minute by 8 or more! As we learned more keys, the tests only got harder. So, I am very excited about the results the class has seen!

If your child would like to practice keyboarding at home, they can log into EduTyping and work on the lessons we have covered in class. Students should know their username and password for

EduTyping. However, if there is a problem logging in, you can always contact me for help. My email address is bhelmila@freedomschools.k12.wi.us

HEALTH

Mr. Springstroh

Here is a brief explanation of what is taking place in our middle school health classes. We are currently in the middle of the second pentemester. The 6th grade is currently discussing our body systems unit. In this unit we will talk about many different body systems and how they are related. The 7th grade students are learning basic first aid skills and also how to handle emergency situations. They will also learn the proper techniques when treating a choking victim and also how to give hands only CPR. The 8th grade health class is currently in our human growth and development unit.

FACE (Family and Consumer Ed.)

Mrs. VanderBloomen

The 8th grade students taking FACE this pentemester have been busy working on a sewing project. The students are making pajama pants or shorts. As the students are working on their projects they are learning about different types of fabrics, sizing of the pattern, safe use of the sewing machine, reading patterns and ironing. If you ever have questions or concerns, please do not hesitate to contact me.

COMPUTER PROGRAMMING

Mr. Rusch

The students have learned a lot of skills in 8th Grade Programming. Work has been done to develop programming concepts, such as events, parallelism, looping (iterating), and reset. More than a few technical computer skills have also been picked up along the way. Look for the complexity of our work to start increasing to

match the skills and abilities that the young programmers continue to practice and develop. Some new programming concepts that we will soon begin to explore are modularization, conditional decisions, variables, and random behavior. We will continue to work with and refine the understanding of parallelism, reset, and looping. Your children have been having a lot fun in class using Scratch, but are also learning how to plan and problem solve the entire time. Ask to see their Party Invitation, or It's Alive! and see for yourself what they are up to.

CHOIR

Mrs. Maves



Singing is so much more than “just having a good voice”. We are working on developing our ear, or, inner voice, to “hear” the notes we see in front of us without any help from instruments. We are learning to focus and read the music independently, yet, stay together as a group. We are learning to count the time that passes while we sing. We are learning to listen, really listen, to those around us, and hopefully to the teacher in the room. We are learning to internalize the music, so the voice is an expression of our whole being. We are learning to encourage those around us, as we struggle to learn new things. We are learning that kindness matters, All. The. Time. And we are learning that respect is not an option. As we work on each of those pieces of that puzzle called singing, we are also changing our brains. We are becoming smarter, happier, healthier and more creative. We are being transformed as we work together in choir. Only then can we “Just Sing” and join together the beauty that lies within each of us.

INSTRUMENTAL MUSIC NOTES

Mrs. Delany



The band students have just performed their Winter Concert and they did an excellent job! I have received many compliments on how they sounded and how great their behavior was during the concert. Thank you for supporting our Freedom music students!

Several 8th grade band students marched with the high school band in the Freedom Christmas Parade. They were troopers as it was probably the snowiest parade they will ever have to perform in. We were soaked!

I hope you have a great Holiday season!

EXPLORING MUSIC

Mrs. Seibert

Exploring Music students are submerged in the world of exploration as they utilize the classroom instruments to experiment with the holiday season songs. We are also working in guitar ensembles, readying those that are partaking in Day of Guitar and to also prepare all for a good skill that will help them communicate with others as they go through life. Some of them are also helping with the script for the musical that will be performed in April. Ask and encourage your student to participate in the various means to get involved in class. There is something for everybody!

THE COUNSELOR'S CORNER

Mrs. Kielpikowski



We are near the most wonderful time of the year! I hope your family has a safe and healthy holiday season.

In 6th grade ACP, We are working a student learner portfolio that shares strengths, talents, and challenges they face. Ask your child to share their Google slides with you. It would be a great conversation piece between you and your student. Also, I encourage students to share what they have learned in our career unit, and show parents the career cruising website that we used. They had to save two careers they were interested in. Each has an e-mail with the link in it that they can access to show you. The website is called Career Cruising.

In 7th grade, we are winding down the pentemester. Seventh grade is now working on small group projects on the topic of mental health. Each group gets to research a topic and put together a presentation. Some topics include depression, eating disorders, ADHD, stress and bipolar disorder. They are learning a lot!

This time of year can be tough on some with the cold weather, holiday stress, and the long month of January. Encourage your son/daughter to keep up on rest, eat healthy and keep positive! Let me know if there is anything I can do. Happy 2019!

FMS LEGO LEAGUE

Congratulations to the FMS LEGO League team the IRISH BOTS on their tournament success! Team members include; Collin Spiegel, Gracie Cappaert, Hollie Wheeler, Isaac Dickrell, Jakob VandenHeuvel, Madeline VandeHey, Martin Ozzello and Nolan White. Not only did the team qualify for the sectional tournament in December, they also received the award for Strategy and Innovation. A big thank you to all the coaches and volunteers that support the Freedom Lego League team and good luck at the next level!



Freedom Varsity Dance Team to host Winter Pom Clinic:

The Freedom Varsity Dance team will be hosting their annual winter pom clinic Friday February 8th starting at 5:00pm. The cost of the camp is \$25.00 and is open to any child in 5K – 8th grade. The fee includes the clinic, entrance for the participant in to the Freedom vs. Little Chute basketball game starting at 7pm that night and a t-shirt. Participants will be performing at half time of the game.

Pre-registration is preferred and those pre-registered by February 1st, will be

guaranteed a t-shirt in the size they ordered.

The registration form can be downloaded from the dance team website: <https://freedomdanceteam.wixsite.com/fhsdance/events> Please mail your registration along with payment to Freedom High School, attn.: Coach Sheila by February 1st. Feel free to contact Coach Sheila if you have any questions at freedomdanceteam@gmail.com

Freedom Dance Team:

The Freedom Dance Team would like to welcome all 5K-8th grade students to join in the 2019 Freedom Winter Dance Clinic! Participants will engage in learning a variety of dance skills as well as learning a fun pom routine! Dancers will perform with the Varsity Dance team at halftime of the Basketball game that night!

When: Friday, February 8th, 2019

Where: Freedom High School – Green Gym
For: Grades 5K-8th (skill levels for all ages!)

Cost: \$25.00 registration fee includes entrance into the game for participant only and t-shirt

*Entrance into the game for parents is NOT included in this cost.

*Must be pre-registered to be guaranteed a t-shirt – extra shirts will be available that day.

Agenda 5:00 – 5:30 Registration and games

5:30 – 5:45 Warm-up, stretches, technique

5:45 – 7:00 Learn pom routine

7:00 Game starts

Halftime: Show off with the Varsity Dance Team!

Right after the halftime performance, you will need to pick up your child in the fieldhouse lobby.

ATTIRE: Please dress comfortably and wear some form of a shoe (please no sandals or just socks). Dancers who pre-register will have their t-shirt to wear during the clinic. To guarantee a t-shirt, order forms must be in hand by Friday, February 1st.

If forms will be late, please email: freedomdanceteam@gmail.com with dancer's name, grade and t-shirt size. Limited extra shirts will be available for late registrations.

Walk in registration is welcome, however it is suggested to pre-register to guarantee a clinic t-shirt. You must pre-register by Friday, February 1st, 2019. We apologize, but there will be no refunds due to illness or any other situation which may conflict with attendance.

If you do not receive a confirmation email by February 1st, your registration form may have not been received or the email on file was listed in error. Please contact: freedomdanceteam@gmail.com

Please visit our website:
<https://freedomdanceteam.wixsite.com/fhsdance>
Like us on Facebook: Freedom Dance Team, follow us on Instagram: [Freedomvarsity_danceteam](#) and Twitter: [@freedomdance17](#)



Please join us! DSAW Fox Cities is sponsoring two amazing opportunities to learn about inclusion.

Friday, January 25th and Saturday, January 26th

Located at Fox Valley Tech – use entrance 16 off the North parking lot. Seminars will be held in room A170 (campus map available: www.fvtc.edu/appleton)

GO HERE to REGISTER: dsawfoxcities.org/inclusion

Friday, 6:00pm-8:00pm – an inclusion seminar for parents/guardians

Achieving Inclusion: What Every Parent Should Know When Advocating for their Student

What do you do when your school isn't offering an inclusive placement? All students can be educated within the context of the general education setting with appropriate supports. This interactive session will provide strategies to parents and educators who wish to have students educated in the general education classroom, but have had limited success or are just beginning this journey. Our goal is to share specific strategies for working collaboratively with a school team to make inclusive education a reality.

Saturday, 8:00am-3:00pm (lunch on your own, 11:30-12:30)

Creating Successful Inclusion for All: Accommodations and Modifications that Work! What Every Parent and Educator Should Know

Students with disabilities can thrive in general education classrooms when curriculum is designed to allow access for all. During this interactive session, the speaker will both demonstrate strategies and teach participants to construct materials that can support students with disabilities to actively participate in the inclusive classroom.

**** A Certificate of completion will be available for professionals ****

Learning Objectives:

- Learn the roles of accommodations and modifications and the difference between them
- Understand the various accommodations and modifications strategies and tools that can assist teachers and parents
- Learn how Universal Design for Learning can be a foundation for designing curriculum that is meaningful and accessible

Christi Kasa, Ph.D. is an Associate Professor for the Department of Teaching and Learning and the Director of the Office of Inclusive Services in the College of Education at the University of Colorado. Her teaching, research, and consulting are guided by her passion to create successful inclusive schools for all students. Christi teaches both graduate and undergraduate classes focusing on differentiated instruction, best practice for inclusive schooling, and communication strategies for people with autism. Christi began her career teaching in the public schools of California as a general education teacher and special education teacher.



Christi's published works have appeared in *The Journal of the Association for People with Severe Handicaps*, *The International Journal for Inclusive Education*, and *the American Education Research Journal*.

January 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|-----------------------------------|-----|
| | | 1 No School Break | 2 School Resumes Welcome Back! | 3 8th grade—Youth Risk Behavior Survey | 4 | 5 |
| 6 | 7 FMS STAR Math | 8 | 9 ALICE training Administration FMS STAR Reading | 10 ALICE training Administration | 11 School wide spelling bee | 12 |
| 13 | 14 MAPSS Meeting Library 5:00pm | 15 | 16 PBS Incentive trip Wisconsin Herd BB Game 11:30am Oshkosh, WI Solo/Ensemble | 17 | 18 | 19 |
| 20 | 21 Board Meeting 7:15 | 22 | 23 | 24 End of 2nd Quarter | 25 No School Staff Work Day | 26 |
| 27 | 28 2nd Quarter Report Cards Home NHD Preview Night Field House 6:00- 7:30pm set up | 29 NHD Exhibits/Judging Field House 8:00am- 2:30pm | 30 | 31 | | |

Freedom Middle/High Breakfast Menu

* Menu Subject to Change

USDA is an equal opportunity provider & employer

January 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Student Breakfast \$1.15 Adult Breakfast \$1.70 Reduced Student Breakfast \$0.30 | 1 No School | 2 Stuffed Bagel Yogurt Fruit Choice of Milk | 3 Pancake Bites Fruit String Cheese Choice of Milk | 4 Assorted Cereal Cup Fruit String Cheese Choice of Milk |
| 7 Stuffed Bagel Yogurt Fruit Choice of Milk | 8 Muffin Fruit String Cheese Choice of Milk | 9 French Toast Bites Fruit Choice of Milk | 10 Waffle Sticks/Sausage Links Fruit Choice of Milk | 11 Assorted Cereal Cup Fruit String Cheese Choice of Milk |
| 14 Muffin Fruit String Cheese Choice of Milk | 15 French Toast Sticks Yogurt Fruit Choice of Milk | 16 Cheese Omelet Fruit Choice of Milk | 17 Stuffed Bagel Yogurt Fruit Choice of Milk | 18 Assorted Cereal Cup Fruit String Cheese Choice of Milk |
| 21 Stuffed Bagel Yogurt Fruit Choice of Milk | 22 Cinnamon Swirl French Toast Yogurt Fruit Choice of Milk | 23 Breakfast Pizza Yogurt Fruit Choice of Milk | 24 Waffle Sticks/Sausage Links Fruit Choice of Milk | 25 No School |
| 28 Muffin Fruit String Cheese Choice of Milk | 29 Cheese Omelet Fruit Choice of Milk | 30 French Toast Sticks Yogurt Fruit Choice of Milk | 31 Stuffed Bagel Yogurt Fruit Choice of Milk | |

Freedom Middle/High School Lunch Menu

Menu Subject to Change

January 2019

This institution is an equal opportunity provider.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| A la Carte Items Rice Krispy Bar \$1.25 Muffin/Granola Bar \$0.75 Dbl Ch Oatmeal Bar \$0.75 MEGA Meal \$1.50 Fresh Fruit \$0.65 Water \$1.00 | 1 Student Lunch \$2.80 Adult Lunch \$3.35 Extra Carton of Milk \$.30 No School | 2 Mini Corn Dogs OR Beef Tacos Applesauce Steamed Carrots Fresh Veggies Choice of Milk | 3 Rib Sandwich OR Chicken Patty w/Mashed Peas Green Beans Fresh Veggies Choice of Milk | 4 Chicken Wrap OR Quesadilla Mandarin Oranges California Blend Baked Beans Fresh Veggies Choice of Milk |
| 7 Philly Cheese Steak OR Corn Dog Mandarin Oranges Steamed Broccoli Fresh Veggies Choice of Milk | 8 Nacho's OR Chicken Nuggets Peaches Green Beans Fresh Veggies Choice of Milk | 9 Fish Sandwich OR Salisbury Steak w/Mash Peas California Blend Baked Beans Fresh Veggies Choice of Milk | 10 Baked Potato Bar OR Mini Corn Dogs Pineapple Steamed Carrots Fresh Veggies Choice of Milk | 11 Alfredo OR Hamburger Apple Slices Corn Fresh Veggies Choice of Milk |
| 14 BBQ Pork Sandwich OR Chicken Patty w/ Mashed Applesauce California Blend Fresh Veggies Choice of Milk | 15 Hamburger OR Beef Tacos Pineapple Broccoli Baked Beans Fresh Veggies Choice of Milk | 16 Corn Dog OR Grilled Cheese Mandarin Oranges Green Beans Fresh Veggies Choice of Milk | 17 Spaghetti & Meatballs OR Pizza Applesauce Steamed Carrots Fresh Veggies Choice of Milk | 18 Mandarin Orange Chicken OR Ham & Cheese Sandwich Peas Corn Fresh Veggies Choice of Milk |
| 21 Rib Sandwich OR Chicken Patty w/Mashed Peaches Green Beans Fresh Veggies Choice of Milk | 22 Nacho's OR Cheeseburger Pineapple Corn Baked Beans Fresh Veggies Choice of Milk | 23 Soup & Sub OR Chicken Sandwich Peaches California Blend Fresh Veggies Choice of Milk | 24 Sloppy Joe OR Chicken Wrap Pineapple Carrot Coins Fresh Veggies Choice of Milk | 25 No School |
| 28 Chicken Strips OR Hamburger Peas California Blend Fresh Veggies Choice of Milk | 29 Beef Tacos OR Sloppy Joe Peaches Green Beans Fresh Veggies Choice of Milk | 30 Spaghetti & Meatballs OR Fish Sandwich (Grill) Applesauce Steamed Carrots Fresh Veggies Choice of Milk | 31 Pizza OR Chicken Fajitas Pineapple Corn Fresh Veggies Choice of Milk | The Foodservice Department welcomes your questions or comments. Please call 788-7950 ext. 3301 |

Middle Years

Working Together for School Success



Short Stops

Wait a minute

Tweens are used to getting things quickly, from online information to fast food. Learning patience will help your child cope with stress and frustration when things *don't* happen fast. For example, if his computer crashes and won't reboot, he could take a deep breath or drink a glass of water before tackling the problem.

Eyes up front

How and where your middle grader sits in class may affect how well she pays attention. Suggest that she sit up straight and look at the teacher when he speaks. Also, encourage her to ask for a seat near the front if she finds herself distracted by other students.

DID YOU KNOW?

When your tween wears earbuds to listen to music, he should be able to hear what's going on around him. If he can't, or if his ears ring afterward, he may be damaging his hearing. Share the 60/60 rule: Keep the volume at less than 60 percent, and listen for no longer than 60 minutes at a time.

Worth quoting

"It isn't where you came from; it's where you're going that counts."
Ella Fitzgerald

Just for fun

Q: Why did the kid wear one boot?

A: Because there was a 50 percent chance of snow!



Everyday math

What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

Find the bargain

Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for \$15.99 or two 3-packs for \$8.99 each?

Make more space

Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She'll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in



her closet? Will her bed fit against the wall?

Finish the race

Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be ($30 \text{ minutes} \div 3.1 \text{ miles} = 9.67$, or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week. 👍

Lessons in assertiveness

Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

- Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.

- Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show confidence by looking the other person in the eye, speak clearly, and stay calm. ("The party sounds fun, but I have a big project due Monday.") 👍



Protect your privacy online

Even the most tech-savvy child can share sensitive information online without realizing it. Share these ways to help your tween keep personal details safe.

- **Only interact online with people you know in real life.** Your child shouldn't accept chat invitations or friend requests from strangers. He'll need to use privacy settings on websites and apps to control who sees his posts.
- **Guard accounts.** Tell your tween to set a different password for each device and account. When he uses a shared computer



Also have him opt out of location sharing so strangers don't know where he is. 👍

(say, at the library, in school, or at a friend's house), he shouldn't store passwords, and he should log out of websites and apps after he's finished.

- **Avoid posting identifying information.** This includes your middle grader's full name, school, phone number, home address, and email address.



Parent to Parent Motivated to learn

My younger daughter, Ava, seemed to care more about her social life than about learning and grades. I mentioned this to my older daughter, Erin. She thought a glimpse of college life might motivate her little sister in school, so on a recent Saturday, I took Ava to visit Erin on campus.

The girls had a great time. And Erin made sure to mention how much time she spends attending classes and studying so she can land a teaching job after graduation. Ava came home talking about how she wants to study business one day and open her own "doggy day care."



I'm happy Ava is thinking about the future. When she shows me her assignments, we talk about how what she learns will come in handy one day when she's running her own business! 👍

Family meals with tweens

Did you know that eating together can boost your tween's self-esteem and make her less likely to try risky behaviors? Consider these suggestions for making family dinners pleasant on busy days.

Plan ahead

Have meals ready to go so you're able to focus on each other rather than on what to cook. On weekends, you and your child could make double portions of casseroles or soups. Freeze them to pull out and reheat on weeknights.

Keep conversations light

While you eat, share an upbeat news story you heard or mention something funny your cat did that day. Save conversations about your tween's low test grade or missed curfew for another time. She'll look forward to coming to the table and chatting with you.

Tip: Put electronics in another room and silence them so you're not tempted to check messages or answer calls. 👍



Managing ADHD in middle school

Q My son started middle school this year. Now that he has had time to settle in, I want him to take more responsibility for managing his ADHD. What should I do?

A At this age, children start moving into the driver's seat when it comes to learning—and tweens with ADHD are no exception. Suggest that your son make a list of the accommodations included in his IEP (Individualized Education Program) or 504 plan, such as having extra time to complete tests. He could hang the list inside his locker or tape it inside the front cover of his

binder to remind himself to take advantage of them.

Also, discuss strategies he can use at home to help himself. For instance, he might call a friend to double-check on assignments each evening or take a homework break every 20 minutes. Have him experiment with ideas and see what works best for him.

Finally, organization is important for all middle graders. Your child should use a daily planner or to-do list, and sort through his backpack and locker on a weekly basis. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Teen Food & Fitness

Healthy Ideas for Middle and High School Students

January 2019

MAPSS - Freedom Middle School Association
For parents, students and staff



FAST TAKES

Breakfast for dinner

Switch things up on busy school nights with a family “brinner,” or breakfast for dinner. Try whole-grain waffles topped with scrambled eggs and diced tomatoes for a filling main dish. Complete the meal with sauteed apple slices sprinkled with cinnamon.

Did You Know?

Washing your hands is one of the best strategies for staying healthy. Remind your tween that it's especially important to wash up before eating or cooking and after going to the bathroom. He should use hot water and scrub with plenty of soap.



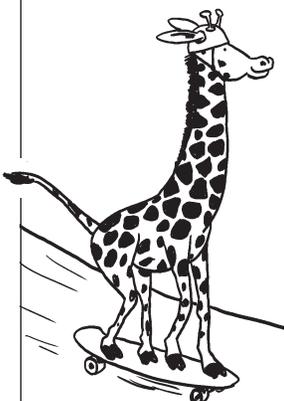
PE every semester

Is your teen looking for a convenient way to fit in more exercise? Encourage her to sign up for PE when she picks classes for next year—and every year. Working out with classmates can be a fun part of her day. Plus, she'll discover new activities to pursue outside of class.

Just for fun

Q: What has four legs, four wheels, a long neck, and spots?

A: A giraffe on a skateboard.



Make healthy habits stick!

The beginning of a new year is a great time to make healthy changes. Help your tween or teen resolve to eat better—and stick with it—using these ideas.

Start small

Suggest that your child tweak one aspect of her eating at a time. For example, she might decide to focus first on adding more vegetables, then on swapping in whole grains, and next on choosing more nutritious snacks.



Get specific

Rather than saying “I will eat more vegetables” or “I'll switch to whole grains,” your tween could plan specific actions. Maybe she will eat one serving of vegetables at every meal or replace white bread with whole wheat for her sandwiches.

Be consistent

Help your teen make her resolutions part of her regular routine. If she wants to add more fruit to her diet, keep fruits

like clementines and pears on hand. Or if she resolves to drink water instead of soda, give her a cute reusable water bottle to stash in her backpack.

Set up reminders

To keep the healthy habits on her mind, your tween could post reminders on the refrigerator (“Did you eat your veggies today?”) or set phone alerts (“Grab fruit on your way out the door!”). *Tip:* Suggest that she team up with a friend. They can remind each other to stick to their resolutions. ●

Mark your calendar

A personal fitness calendar can motivate your teen to stay active. Here's how he could set up and use one.

Design it. Start by printing out a free calendar from the internet, or look for one at the dollar store. For each day he's active, he can mark the date (blue sticker for push-ups, a heart symbol for jogging).

Review it. Encourage your teenager to glance back at his calendar after each week and month.

Has he been as active as he'd hoped? What activities did he do most often? He'll see what he likes best and how far he's come—and this will help him set goals. ●



How to limit added sugars

Some foods, such as fruit, are naturally sweet *and* healthy. But when sugar is added to a food, it adds calories without any nutritional benefits. Share these tips with your tween for reading food packaging and avoiding unnecessary sweeteners.

● **Know synonyms.** “Added sugar” won’t appear in a list of ingredients. Teach your child to spot synonyms, such as *molasses*, *syrup*, *nectar*, and words ending in *ose* (*sucrose*, *fructose*, *dextrose*). These are all forms of sugar.



and jarred pasta sauces contain added sugar. Encourage him to choose the variety with the least amount. ●

● **Look for amounts.** Some labels tell your tween how much added sugar is in one serving, while others list the total amount of sugar—natural *and* added—in the serving. Your child should have fewer than 25 grams (6 tsp.) of added sugar per day.

Note: Explain to your tween that it’s important to check foods he doesn’t think of as sweet. For example, many bottled salad dressings



ACTIVITY CORNER

Fitness-ball moves

A playground-style rubber ball is an inexpensive fitness tool. Have your teenager find one about the size of a basketball, and she can try these two exercises.

1. Twist and touch. Sit on the floor with your knees bent and heels on the ground, and lean backward slightly. With your arms straight, hold the ball above your knees and twist from side to side, touching the ball to the floor next to your knees each time. Work up to 3 sets of 10 repetitions each.

2. Leg lifts. On a kitchen chair, sit with your feet flat on the ground. Put the ball between your calves, and hold onto the seat. Raise and straighten your legs so they’re parallel to the floor. Squeeze for 5 seconds, holding the ball in place, and lower your feet to the floor. Do 3 sets of 10 reps. ●



Q & A

Work toward a healthy weight

Q: My son wants to lose a few pounds. How can I help him?

A: First, talk to your son’s pediatrician about whether he actually needs to lose weight. If he does, rather than focusing on dieting, help your child eat healthy meals and snacks in moderation.

Encourage him to eat breakfast every day. A morning meal will fill him up and make him less likely to overeat later. Also, have him eat at home as often as possible, since restaurants often serve large portions that are high in fat and calories. And avoid keeping junk food like soda and chips in the house.

Finally, consider joining him on his quest to eat better, regardless of whether you need to lose weight. Making it a family affair will motivate your son—and help everyone be healthier. ●



In the Kitchen

Recipes in a mug

Your teen can make these hot and tasty mug recipes in mere minutes!

Cup o’ lasagna

Break 2 uncooked lasagna noodles to fit into a mug. Add $\frac{3}{4}$ cup water, and microwave 3–4 minutes. Drain, and remove pasta. Put 1 tbsp. marinara sauce in the mug. Layer pasta pieces with 2 tbsp. marinara, 2 tbsp. ricotta cheese, and $\frac{1}{4}$ cup fresh spinach. Repeat. Finish with 1 tbsp. each marinara sauce and shredded mozzarella. Microwave 2–2 $\frac{1}{2}$ minutes.

Chicken “pot pie”

Melt $\frac{1}{2}$ tsp. butter in a mug, and stir in 1 tbsp. flour.

Add $\frac{1}{4}$ cup frozen mixed vegetables, $\frac{1}{3}$ cup chopped cooked chicken, $\frac{1}{4}$ cup skim milk, $\frac{1}{4}$ cup low-sodium chicken broth, and salt and pepper to taste. Microwave 2 minutes, stirring every 30 seconds until thickened.

Cheesy omelet

Lightly spray a mug with nonstick cooking spray. Crack 2 eggs into the mug, and whisk with 1 tbsp. nonfat milk. Stir in 1 tbsp. shredded cheese, and 2 tbsp. chopped bell pepper. Microwave 1–1 $\frac{1}{2}$ minutes, until set. ●



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