



FREMONT MIDDLE SCHOOL
January 28, 2008 Newsletter

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From the Principal's Desk:

Please mark your calendars now for the Parent/Teacher conferences on Monday, February 18, and Tuesday, February 19. Most conferences will be held from 3:30 p.m.-8:00 p.m. Mrs. Homsher, Mrs. Whittle, Mr. Breza, Mrs. Derks, Mr. Grabill, Mr. Ewing, Mr. Zerfas, Mr. Schappert, Mrs. Kallenbach, and Mrs. Thomas have responsibilities in other buildings, so they will adjust their schedules. In case your child has one of these teachers, I have asked them to send home a note with your child to let you know their availability. Sixth and 7th grade conferences are scheduled for specific times. As in the past, you will travel to the classrooms for the 8th grade teachers who you wish to visit. Sixth grade teachers Mrs. Vandenberg, Mr. Brokaw, and Mrs. St. Peter also have an 8th grade class as do 7th grade teachers Miss Knoll, Mrs. Maike, Mr. Kosztowny, and Mr. Welch. Mr. Parkhurst an 8th grade teacher also has a 7th grade class. If your child has one of the above teachers, you may want contact them to schedule a time. If you prefer a phone conference or email communication, please let the teachers know. It is our goal to reach as many parents as possible.

MEAP Results:

As of last week, we were able to check out our scores on a secure website, but have not yet received the parent reports to send home to you. At this time, we do not have access to see how we compared with other schools across the state. More information will be available soon. (Some areas increased while other test scores declined as compared to last year.) With the breach of security in another part of the state last year, the state has determined specific days when the testing must take place in October. Unless permission is granted

otherwise, we must administer according to the state. I am concerned that their schedule is not friendly for make-up testing. I'm sure we will hear much more about next year's MEAP testing as well as our recent results.

Geography Bee:

Congratulations to Karli Zuchowski for winning this year's Geography Bee contest. In addition to runner-up Brianna Blamer, other finalists included Felipe Agurto, Alexander Gates, Sarah McGinn, Jaden Sella, Ashley Taylor, Kellie White, and Brittany Willett.

Music Honors:

Nick Voyt, an 8th grade violinist, was one of 60 students selected to participate in the Michigan All State Orchestra. Over 1800 students from across the state auditioned! Band member Allison Rusco will travel to other countries this summer with the Blue Lakes International Band. Congratulations to both Nick and Allison for their accomplishments.

Sporting News:

Our boys' basketball teams just completed successful seasons under the direction of Coach Goebel for the 7th grade team and Coach Hansen with the 8th grade team. Members of the 7th grade team include: Michael Siegal, Dakota Pletcher, Troy St. Peter, Andy Zimmerman, Jared Meeuwenberg, Jordan Anzures, Jared Bacon, Johnathan Boeskool, Ryley Bradley, Ethan Brummel, Jacob Deur, Jesse Fuller, Tyler Green, Kaleb Houskamp, Mike Maclean, Billy O'banion, Kavan Russell, Robert Schouweiler, Ryan Swenson, Colton Tibbe and Eric Welch.

The 8th grade teams consisted of Alex Lubbers, AJ Reinhold, Nick Boltz, Jaden Sella, Robbie McPherson, Tim Palmer, Travis Bennett, Zacc Snow, Calvin Crowley, Alexander Gates, Adam Hunt, Derrick McCombs, Cody Pell, Jesse Reichle, Tyler Silvernail, Alecs Spotts, Colt Thompson, Palmer Walters, and CJ Wilks.

Coach Pekel and Coach Brown congratulate their hard working swim team members: Mahlia Beattie, Brianna Blamer, Jenna Bumb, Emily DeBlake, Logan Essebaggers, Dusty Grabill, Elisha Hanson, Zoe Harmon, Miranda Hayes, JonPaul Hills, Carrie Jewett, Annie Niquette, Maria Perla, Laurel Pulsipher-Garvey, Annelise Raquet, Adam Robinson, Graciela Sanchez, Madelynne Sergent, Sarah Sikanas, Nicole Springstead, Kendra Stacey, Elexis Terrell, Sabrina Titman, Erica Vandermeer, Theresa Wierenga, and Karlie Zuchowski.

Wrestling and Girls' volleyball are the current sports taking place for FMS 7th and 8th graders.

Inclement Weather:

In case there is a snow day, the announcement will be on TV channels 13, 8, 2 and 9/10 as well as on the following FM radio stations: 105.7, 107, 96.9 and 97.9 as on 1300 AM. You may also call the school closing hot-line at 924-7317.

Illness:

With the cold and flu season still here, if your child is not feeling well and may be contagious, please keep him/her home so as not to spread germs! Continue to remind your child of the importance of hand-washing.

Traffic Pattern Study:

FPS has been looking at options for the current drop off/pick up area for students. If you would like to be part of a group to review the options, we would love to have your input. If you are interested, please contact Dr. Kingsnorth at 924-2350.

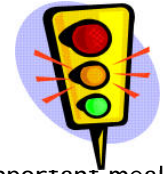
Upcoming Dates:

February 11 – Early Release (12:55 dismissal)
February 18, 19 – Parent/Teacher Conferences



Amy Robinson, RD

READY, SET, BREAKFAST!



“Eat breakfast. It’s the most important meal of the day!” Why are people always saying that? ...Well, imagine you’re a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

Why should you eat breakfast? Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all of the time. They’re high in calories, sugar, and fat. They also don’t contain the nutrients people really need. And if you have a doughnut for breakfast you will not feel full for long. Just like other meals, try to eat a variety of foods so your body gets the nutrients it really needs including: grains (breads and cereals, especially whole grains), protein (lean meats, beans, and nuts), fruits and veggies, and low-fat milk, cheese, and yogurt.

Skipping Breakfast?? Some people skip breakfast because they sleep too late or because they think it’s a way to stay thin. But skipping breakfast doesn’t help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories through out the day

Need more convincing? Just in case you need more evidence that eating breakfast is the way to go, people who don’t eat breakfast are not able to learn as well, tend to be less productive, and get less iron in their diets (an important nutrient our bodies need). People who skip breakfast are more likely to overeat during the day as well as have a higher body mass index, which is a sign they may be overweight. On the other hand, people who eat breakfast are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don’t run out the door on an empty stomach. Fuel up with a healthy breakfast!