



April/May, 2023

April, 2024

Dear Ross Families and Students,

As we have moved into the fourth quarter of this school year, it is expected that our Fremont Ross community will embrace all of the traditions that go along with finishing this school year. Our accomplishments have been awesome, but our goal will be to continue to improve and strive to be our best. It is extremely important that all students set goals for this final quarter of school and utilize sound practices that will help them achieve their goals. Fourth quarter grades are relevant to student's GPA, semester grades and Fall eligibility for athletes.

To achieve these 4th quarter goals, it is critical that students are at school. Data shows that if a student misses less than three days per quarter, they improve their chances of passing classes. They also develop habits that will make them more successful in life. As the nice weather approaches, it is imperative that students remain committed to their schedule and attend classes.

Fourth quarter also brings high stake End-of-Course testing, which we know as Ohio State Testing (OSTs). Spring testing at Ross will begin on April 11th and runs through May 10th. State testing not only shows student growth in the content area, but can assist students in earning their graduation seals. This year we will utilize an early release schedule rather than a late arrival schedule. Students who are not testing will be dismissed from Ross at 11:26am for each day of testing. The testing schedule is included in this newsletter.

Senior graduation information has been and will continue to be sent home through Final Forms. Students will be picking up their cap and gown orders on Friday, May 3rd. Some students still need to complete their diploma order and sign the graduation contract. Please talk to your senior about these important documents. All seniors must have a signed graduation contract on file in order to participate in the commencement exercise.

By now, underclassmen should have completed their class requests for the 2024-2025 school year. If your student has not completed their schedule for next year, please contact their school counselor. Please feel free to schedule a meeting with the grade level counselor to ask questions, review your child's schedule request, or discuss a particular situation. All counselors are happy to work with you and your student.

Fourth quarter allows us the opportunity to recognize the successes of Fremont Ross students and programs. Our schedule is filled with concerts, athletic events, banquets, and recognition celebrations. Please join us for the multitude of activities that embrace our pride and enthusiasm for our students and the Fremont Ross community.

Yours in education,

Christine Oravets
Principal



OST

Spring State Testing - April 11, 12, 16, 23, 25, 30 & May 1

During this time we will be administering State Tests to freshman and sophomores and select upperclassmen. Those students scheduled to take a test will begin testing right at 11:30 in their assigned rooms.

Thursday, April 11 & Friday, April 12	ELA II	10 th grade & retakes for 11 th grade
Tuesday April 16	Geometry	10 th grade
Tuesday April 23	American Gov't	11 th grade
	American History	10 th grade & Retakes for 11 th grade
Thursday April 25	Biology	10 th grade & retakes for 11 th grade
Tuesday April 30	Algebra Part 1	9 th & 10 th grades & retakes for 11 th grade
Wednesday May 1	Algebra Part 2	9 th & 10 th grades & retakes for 11 th grade

Make-up testing will be on other dates. Watch parent & student emails for more details.

*****Mr. Hintze will be contacting students to let them know what tests they will need to take based on the courses they are taking or have taken.*****

**Students who do not have a test will be following a 3 hour early release schedule!
Please see the schedule below!**

3 Hour Early Release- FOR STUDENTS NOT TESTING

Period	Time	Minutes
1st period	7:30-7:56	26
2nd Period	8:00-8:26	26
3rd Period	8:30-8:56 (HR)	26
9th Period	9:00-9:26	26
10th Period	9:30-9:56	26
4th or 4/5 Period	10:00-10:26 (Lunch)	26
6th or 5/6 or 6/7	10:30-10:56 (Lunch)	26
8th or 7/8	11:00-11:26 (Lunch)	26

April 11
April 12
April 16
April 23
April 25
April 30
May 1

**If you have an OST scheduled for any of the above dates, you MUST be at school, in your testing room at 11:30 a.m.
Watch your school email for your testing dates!**

Be sure to be well rested &
bring your **charged** Chromebook



FREMONT CITY SCHOOLS MUSIC SHOWCASE

On Saturday, May 18, 2024 the music department will be hosting the Fremont City Schools Music Showcase and will feature all music students from grades 6-12 that are in band, orchestra, and choir. The Showcase will be held at Fremont Middle School and have continuous music from 11:00 a.m. until 2:30 p.m. on three performance areas.

The Fremont Ross Music Boosters will have concession stand type items for sale. Chicken Sandwiches, hot dogs, pop, and water will be available. Also, back by popular demand, the Kona Ice Truck will be at the event.

The Fremont Ross Music Boosters are also asking for baked goods donations that they can sell these during the Showcase. If you love baking, please bring baked goods the day of the Showcase and find a Music Booster and they will direct you to the baked good table. We are asking to not bring anything with peanuts or peanut oils in the baked goods.

For more information please contact FR Music Booster President Marc Beardmore mbeardmore1@yahoo.com or your Band/ Orchestra/ Choir Director.



Attention Seniors –

Be Sure to Fill Out your Senior Scholarship Questionnaire on Google Forms Check your school e-mail, it's there!

Caps & Gowns, & other graduation items ordered through Jostens will be available for pick-up during lunch periods on Friday, May 3! Watch your school email for detailed instructions!



Rotary Club of Fremont Four Way Test Speech Contest

3rd place: Kamiya Harmon

2nd place to Maylin DeWalt

1st place to Rylann Fox

Ava will go on to represent the Fremont Rotary Club at the District competition on April 27th in Van Wert, Ohio.

Congratulations to all!!

Alivia Ernsberger - Eagle Scout

Congratulation to Alivia Ernsberger, who became the first female Eagle Scout in Sandusky County on March 17, 2024. Alivia took her pledge and received her Eagle Scout pin after completing her project to restore the pond at the Ottawa County Wildlife Refuge.

We are so proud of Alivia and her commitment to our environment.



ACADEMIC BOOSTERS



Fremont Ross Academic Boosters, a 501-3c organization, welcomes donations from individuals in the community. Our organization sponsors various academic awards and the annual Top 25 Banquet. To donate, or for more information, please contact Kimberly Beardmore at 419-334-5430 or email her at beardmorek@fremontschools.net or mail a donation to: Fremont Ross Academic Boosters; Brooke Huber, Treasurer; 1100 North St, Fremont OH 43420.

The Fremont Ross Academic Boosters support our students throughout the year with various awards and items for the school.



SCHOLARSHIP OPPORTUNITIES

Several scholarship opportunities are being offered by local organizations to Ross seniors. Included are scholarships sponsored by elementary schools, service-learning organizations, and many, many more. Lists are available in the guidance office, in the senior Google classroom, and online at <http://www.fremontschools.net/Schools/Ross-High-School/> (right-hand side, under Scholarship Info. Scholarship running list).

Most applications are available within the scholarship descriptions, so please check them out! See Ms. Shinaver for any help or questions. Don't miss out on these opportunities.

ProgressBook



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 email Ross Secretary, Patty Dummer (dummerp@fremontschools.net) or Stephanie Hetrick (hetricks@fremontschools.net) with your student's name, and they will send you the information needed.

Low Grade/Low Assignment Alert! Parents can receive an email notifying them when a low grade/assignment is entered into ProgressBook by the student's teachers. To select this feature, you will need to go to the parent website (<https://parentaccess.noeca.org>), click the Little Giant icon, then click on the "Manage Alerts" section displayed in the banner under the "My Account" tab. If you need help setting this up, click on the help tab located in the right hand corner.

Fremont City Schools ACE Mentoring Program (Assisting Children to Excel)

We are fortunate to live in a community that cares for its children. ACE Mentoring is designed to help students establish career goals, plan for their future, and succeed. Community mentors volunteer to help make a positive difference by encouraging school success. They meet with their mentee in person during non-core classes, study halls or at home to listen, talk, laugh, and share their experiences or profession. Mentors are unsung heroes who represent multiple ethnic and sociological backgrounds. As a result, most ACE students improve their grades and continue their education. During the 2022-2023 school year, the one ACE senior graduated and continued his education.

Funding for ACE Mentoring Program is provided by the United Way of Sandusky County.

For more information, contact: Mrs. Susan Frye, email at fryes@fremontschools.net or office: at 419.334.5484



****Be sure students check their school email and parents/guardians check the email that you registered with in Final Forms daily for important information!****

3RD QUARTER HONOR ROLL***Little Giant Pride Honor Roll-4.0****SENIORS**

Jonathan Baum, Evan Beardmore, Alexander Brewer, Tyler Fellhauer, Allison Gazdecki, Aricelli Gutierrez, Derek Haeusser, Adriane Halbisen, Brooklyn Holland, Jena Humbert, Keyana Jones, William Kiser, Isabel Kreilick, Xander Louiselle, Kaelib Metcalf, Sevanna Myers, Quentin O'Brien, Ryan Petitti, Mariah Reed, Alexis Reiter, Destiny Robinson, Cyle Schwochow, Briyana Simms, Jelissa Sims, Ella Smith, Jocelyn Sturgeon, Ella Szabo, Adam Taylor, Allison Young

JUNIORS

Lillian Anderson, Emiley Barickman, Adriel Benavidez, Katie Berger, Zachary Bishop, Jadrian Brown, Parker Brown, Rianna Collins, Lucy Colvin, Rileigh DeAnda, Maylin DeWalt, Mia Durnwald, Rylann Fox, Ava George, Ariyanna Good, Kamiya Harmon, Elizabeth Johnson, Tansy Kidd, Logan Kilgore, Kamryn Krieger, Sydney Miller, Brianna Ross, Isaac Sanchez, Reese Smith, Michael Stover, Kenna Tooman, Adelaide Weiker, Christopher Wilson, Lyndi Wolf

SOPHOMORES

Aidan Autullo, Brook Baacke, Breyelle Biller, Violet Boonie, Eleanor Boroff, Addalyn Calhoun, Ciera Crum,, Alison Durbin, Alivia Ernsberger, Brandon Fry, Michelle Garlock, Madelyn Hammer, Lindsey Heishman, Braxtyn Jordan, Braylon Jordan, Madillyn Kinkaid, Ella Lozano, Ashtyn Marsee, Aubrey Martin, Jaydy Martinez, Aniya McNeal, Jace Miller, Lincoln Ollom, Alexis Ordaz-Lorenzo, Aubrey Pfothenauer, Briley Pickard, Stephen Reiter, Kayla Schwochow, Megan Sherman, Jersey Smith, Reagan Smith, Abigail Stachowiak, Logan Tucker, Ainslee Waggoner, Gabriel Wensinger

FRESHMEN

Rubi Almaguer, Valeria Andres, Donovan Ayres, Lyla Brandon, Myles Carroll, Kenneth Collins, Ava Cover-Liggins, Dane Denman, Max Durnwald, Mason Englund, Elijah Fisher, Lyla Franks, Lauren Gazdecki, Isaac Gerner, Elizabeth Gilbert, Adin Guerra, Eva Harger, Lydia Hicks, Cloie Hotz, Lyzelle Humburg, Heidi Jahns, Kshema Kanji, Tyson Kelsner, Charlie Kramer, Daniel Leeth, Janessa LeGrant, Jaxson Mackey, Layla Mendoza, Sophia Metcalf, Analeigha Michaels, Norah Myers, Chrislynn Nelson, Alejandro Parraz-Valenzuela, Colin Rich, Brayden Ruhlen, Kenzie Schwochow, Jerrell Sims, Nolan Smith, Ruby Smith, Madalyn Solis, Bryceson Ward, Leah Wasserman, Savannah Witmer

LITTLE GIANT HONOR ROLL**SENIORS**

Natalia Alejandro, Hala Al-Riyalat, Julyan Arreola, Matthew Black, Collin Booher, Dominic Brown, Zyairr Bulger, Abigail Cahill, Sebastian Collins, Dominik Cruz, Alivia Davis, Audrey Decker, Decedrick Dumas, Jayden Fryer-Willoughby, Emma Gutierrez, Taeva Hampton, Samantha Hardy, Kyleigh Harrison, Jalissa Henry, Samuel Hershey, Rhien Hottinger, Jaden Isaacs, Camdin Lagrou, Lily LeJeune, Kytana Lutes, Kaelyn Marroquin, Jasmine McKeever, Ciana Meza, Ayden Moore, Zom Ngamjarassrivichai, Jenna Ollom, Kenneth Pierce, Addison Potter, Braiden Rapp, Christian Rawlins, Logan Robarge, Sofia Sanchez, Molly Scott, Hailey Sebetto, Ava Sekulski, Auston Sewell, Rueya Sel Soenmez, Evan Updike, Kimberly Weber, Taylor Zimmerman

JUNIORS

Broderick Barth, Madison Bassett, Avaya Bates, Destiny Bates, Isaias Becerra, Melody Brown, Zavion Bulger, Mary Campbell, Joshua Cooper, Brooklynne Decker, Maddox DeCoursey, Tommy Diaz, William Eastham, Essence Edwards, Imajah Elkins, Zavior Esquivel, Bryce Estep, Karleigh Firstenberger, Kira Fox, Evan Franks, Erik Garlock, Ariana Garner, Sara Gross, Austin Halbisen, Zalen Harris, Isabella Harrison, Jasmin Heidelberg, Maleah Hill, Colby Inks, Zoe Kaczmarek, Evan Kindred, Cole Kinsey, Jace Lee, Makai Lee, Kayla Lewis, Mariah Lopez, Brooklynn Martin, Kaden Mayle, Brenda Mejia, Kyras Messer, Kya Moore, Robert Moreno, Landon Ortiz, Talia Parker, Taylor Parker, Aryal Patino, Kylie Peck, Dolores Perez, Vansh Rajput, Liliana Rakay, Mariska Rakay, Karsen Rau, Amari Rice, Robert Rich, Beionka Rodriguez, Breona Rodriguez, Douglas Saam, Isaac Sartin, Jaylee Scherer, Addison Schoch, Ezekiel Sekulski, Marcus Shetehelm, Marieanna Shinkareva-Griffith, Milynda Shorty, Amaya Showman-Williams, Anastasia Sipperley, Robert Smith, Jaheim Stratton, Nathaniel Sweney, Aidan Thompson, Jessica Thompson, Alejandro Vasquez, Anthony Wallace, Ava Watson, Emilee Whitcomb, Kayleb Wright, Elijah Ysaguirre, Sergio Zacarias

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



3RD QUARTER HONOR ROLL*

Little Giant Honor Roll (con't)

Sophomores

Kadyn Alaniz-Scott, Rayanna Alsept, Corrine Anderson, Julius Andrade, Jackson Ball, Morgan Batey, Kayd-Nichalus Berger, Jayci Billow, Mason Blodgett, LaQuan Boyd, Layla Brown, Tallon Brown, Tyress Brown, Jackson Busold, Athena Butler, Ellie Chumley, Sharissa Collins, Ellenisa Cooley, Kayne Cover, Maleah Crow, Briel Culbertson, Chase Culbertson, Blake Dymond, Paradise Eddy, Savannah Fitz, Mason Flores, Logan Gibson, Keyon Golff, Lilly Halbeisen, Riley Halbeisen, Andrew Hanes, Adriana Hansen, Justin Haralson, Santino Harvey, Dylan Hayes, Sophia Hintze, Christian Holladay, Mason Holskey, Jonathan Hunt, Scott Jenkins, Andres Jimenez, Cameron Joseph, Jessalyn Julian, Paige Justinger, Kilee Kidd, Anisa Killian, Maranda Langley, Malise Lee-Garrett, Nicholas Lindenberger, Emily Linder, Jaiden Long, Elisa Madell, Alexander Marker, Karen Martinez, Eder MoralesOrtiz, JT Myers, Kole Myers, Teryn Nelson, Sheila Nord, Forrest O'Brien, Chase Overmyer, Cole Palmer, Dominic Palomo, Brenah Parker, Arianna Pool, Javaiah Powers, Kaidence Preston, Cayden Reamer, Brooklyn Reau, Cade Reineck, Devin Riddell, Braelyn Robertson, Cayden Rodriguez, Ryder Rodriguez, Gracie Rohde, Anthony Salazar, Daniel Sanchez, Luis Sandoval, Noah Sellen, Miley Sheidler, Bryce Shiets, Jayden Slater, Catherine Smith, Elyse Smith, Anthony Sorg, Kara Sweeney, Jackson Swinehart, Dominic Turpin, Landon Wallace, Ryan Weidmann, Marquez Williams, Anakin Wisniewski, Peyton Zeiter

Freshmen

Ava Amarante, Maliyah Archie, Jimena Arrazola-Perez, Sofia Arreola, Aiden Benson, Aiden Bernard, Hailey Binkley, Jocelyn Boltz, Canaan Bower, Alyssa Branham, Noah Broshious, Alayjah Bulger, Norah Bush, Jordyn Carter, Sadie Chavarria, Alexander Cooper, Nathan Craig, Lillian Crowell, Ngun Cung, Caesar DeLaTorre, Michael Deneau, Cohen Dickman, Aiden Dunn, Andres Esquivel, Breylen Garza, Logan Garza, Lucas Garza, Paton Gibbs, Alexia Gibson, Johnathan Goehring, Allison Gonzalez, Cameron Gonzalez, Dezaray Gonzalez, Kaelynn Graves, Elayna Gray, Aiden Green, Ellie Grove, Madison Gurley, Morgan Hay, Karina Hensinger, Ariana Hinojosa-Williams, Ryleigh Houser, Brady Huber, Cassidy Isaacs, Zayne Jacobs, Maggie Jensen, Anell Johnson Lewis, Kylee Johnson, Savannah Johnson, Xyaire Johnson, Ava Jones, Kevin Jones, Clayton Kempton, Claire Killian, Rhayana Lather, Carson Lewis, Ava Lopez, Janessa Lozano, Alberto Martinez, Dylan McDonald, Shaniyah McDuffy, Kaleb Meadows, Amber Medina-Casanova, Emilio Mendez, Abril Munoz, Elizabeth Nease, Cody Overmyer, Bailey Parker, Tierra Parker, Madelyn Piczko, Liliana Pizana, Robert Preston, Ava Price, Tayziye Pugh, Leonardo Ramirez, Justice Ramsey, Zander Reamer, Breanna Rhea, Zoey Rhoad, Adilene Rivera Ramirez, Ava Rohde, Corbyn Root, Megan Royster, Rahnia Ruiz, Autumn Sanchez, Camilla Sanchez, Piper Sartin, Jessalyn Schadwil, Alanna Scherer, Adelynn Scherer-Feighner, Casen Schwochow, Eliza Semer, Ashlyne Sharp, Jesus Sierra, Nathan Sims, Eli Slaughter, Jaeana Smith, Shelby Steinberger, Sienna Steinberger, Kaiden Swint, Julissa Toledo, Andrew Tooman, Angel Torres, Allie Trickett, Benjamin Waggoner, Bo Waggoner, Kennedy Walker, Samantha Walker, Logan Wensinger, Robert Williamson, Lillian Wilson, Aidan Wolf, Peightyn Wolf, Quinn Wolf, Maci Wonderly, Paige Wott, Shayla Zacarias-Joaquin

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

CONGRATULATIONS TO OUR HONORED STUDENTS

Rotary: February – Aiden Klein
March – Blake Schoch

Lions Club: February – Saige Tolman, Zachary McDaniel
March – Aiden Klein, Maraina Gaunt



STAFF



LITTLE GIANT PATHWAY JOB FAIR/MOCK INTERVIEWS

On March 27, nearly 165 Little Giant Pathway students participated in a job fair/mock interview session in the Ross competition gym with 25 local employers. Students attended two 10 minute interviews of their choice and were required to dress professionally, have copies of their resumes, and arrive on time.

The interviews were a culmination of a unit on how to find a job. The unit required students to complete job applications, create three different styles of resumes, and answer common interview questions.

From the feedback received, the employers were impressed with students and multiple students were offered jobs. Student feedback was exceptional, and it proved to be a beneficial learning experience and real life lesson.

Little Giant Pathway teachers Gregg Gallagher and A.J. Mehlow would like to thank Gera Durbin, Heidi Gallagher's Teen Leadership students, Lisa Zimmerman, Charmaine Smith, Karen Semer, Ross Principals, Chad Berndt, and Tom Hudson for their assistance in making this a great event.

Important Senior Graduate Information -

Caps & Gowns will be delivered at school during lunches on May 3. If you cannot get it then, they will be in the Ross office beginning May 6.

Senior Awards will be May 16 in the PAC at 6:30 p.m. Please be sure the graduates fill out the form sent to them so we can recognize any scholarships & awards that evening.

Baccalaureate will be held on May 24 at 6:00 pm at Hayes United Methodist Church. All graduates are invited!

Kente Cloth Draping Ceremony will be held on Friday, May 31 at 6:00 p.m. at a location to be announced.

Mandatory Commencement Practice is scheduled for Thursday, May 30 at 9:00 a.m. at Ross. All school fees must be paid before the start of practice to participate in Commencement.

Commencement will be Sunday, June 2 at 2:00 pm at Don Paul Stadium – In case of inclement weather, will be held at 6:00 p.m. Sunday night, if still inclement weather, will be held at 7:00 p.m. Monday Night, June 3



COMMUNITY



COFFEE WITH GIANTS

The Teen Leadership Corps Class holds Coffee with Giants on the second Tuesday of every month in room 1103 at Ross. This is where TLC students help people with any questions they have about their electronic devices. Students answer questions about apps, ringtones, emojis and Facetime. The remaining date for this year is May 14.

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

LUNCH WITH GIANTS

Lunch with Giants took place at Ross on February 16th and March 27th where business community representatives have lunch with juniors and seniors with interest in the fields.

We thank the following businesses for their participation:

Promedica Bellevue Hospital PT Therapy Services
Fremont Federal Credit Union Crown Battery Motion Controls



Immunization Requirement for 12th Grade

Parents and Guardians of Juniors –

Ohio law requires students entering 12th grade be vaccinated against meningococcal disease. The students are required to have the MCV4 immunization prior to the first day of 12th grade.

Please contact the Sandusky County Health Department at 419-334-6367 or your family physician to schedule an appointment. Students not in compliance with the immunization requirements are to be excluded from school attendance no later than the 15th day of the school year.

If you have questions, please contact the nurse, Nichole Mendoza, R.N. at 419-334-5469, or by email at mendozan@fremontschools.net. Please provide documentation to the nurse as soon as possible after your student receives the required immunization. Additional information can be found at the Ohio Department of Health (ODH) website or by calling the Sandusky County Dept of Health.



PROM SPIRIT WEEK

April 29 - May 3

Monday - Tailgate Dad & Stadium Mom
Dress as a tailgating/ bbq dad or a stadium/ soccer mom

Tuesday - Spotify Wrapped Day
Dress as your favorite singer/rapper, favorite album or song

Wednesday - Meme Day
Dress as your favorite meme, vine, or tiktok

Thursday - Throwback Thursday
Dress in an outfit from the 70's, 80's, or 90's

Friday - No Effort
No Effort before you put in effort on Saturday :)



WWW.FREMONTSCHOOLS.NET



From the desk of Dr. Knight, School Psychologist @ Fremont Ross...

[What If Your Family Went Screen-Free for a Week? Here's How...and What It Could Do...](#)

What would happen if your family committed to just one week of going screen-free? Would you or your child experience panic, anxiety, unease, resentment? Most parents and teens spend **about nine hours a day in front of screens** and agree that limiting their screen time to just school or work would be a major challenge. Eighty-three percent of the nine hours in front of screens typically has nothing to do with work or school and is spent texting, listening to music, watching shows and movies, playing video games, browsing websites, and using social media.

Why try a screen-free week?

A healthy diet of moderate screen time can be helpful and educational and contribute to better mental well-being, but there are many drawbacks to overconsumption. **Over consuming can literally lead to addiction, poor sleep, and unhealthy weight gain.**

Addiction

Playing video games can release dopamine, the “feel good” hormone that is part of the brain’s reward and pleasure circuits. There is an American Psychiatric Association diagnosis given to people who are addicted to online gaming: **impulse control disorder**. The negative effects of this disorder can be both physical and emotional. It is generally characterized by social isolation, feeling restless or irritable, preoccupied with previous or upcoming games, fatigue, poor personal hygiene, and migraines from eyestrain. While the short-term effects include isolation and poor self-care, the long-term effects can lead to financial, academic, and occupational consequences.

Sleep Deprivation

Sleep hygiene is essential for all humans, but it is especially critical to the developing teen brain. The use of screens in the evening has been correlated with the decreased number of hours of sleep teens get and can make the process of falling asleep more challenging. Screens have this effect is because **most of them emit a blue light that interferes with the body’s natural ability to release melatonin, a hormone that causes one to feel sleepy at night**. This delayed release tends to throw off the body’s natural biological clock and circadian rhythms.

Weight Gain

It is no surprise that weight gain is also associated with the use of screens. There are several contributing factors that can lead to unhealthy weight. The most obvious reason for weight gain is the lack of physical activity when sitting in front of a screen. The lack of sleep when screens are overused can also affect our body’s ability to regulate weight. And last, unhealthy foods are often marketed on screens, as well, which leads to poor food choices. Some screen-free advocates will go as far as to say that sitting is the new smoking.



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Steps to Starting Healthy Screen Consumption

1. Identify screen-free time.

The goal is not to eliminate all use of screens but to set limits on it. It can be easiest to do this when there are clearly defined windows of time when screens are not available for use. For some families, mornings are a time when screen use is prohibited because most teens are rushing out the door to make it to school on time. There has also been research showing that screen use can have a negative effect on executive functioning (memory and attention). Not a great way to start the day! The dinner table and time in the car are also great opportunities to limit screen use. With the busy lives that teens lead these days, parents now have limited opportunities to connect with their children. These windows of time can be made sacred by setting hard limits on making them screen-free zones.

2. Get busy.

When kids are busy outdoors or engaged in extracurricular activities, they get the bonus of face-to-face communication. The American Academy of Pediatrics suggests that all kids get at least 60 minutes of activity a day. Explore their interests and get them signed up for weekly activities that reflect their interests.

3. Turn it off.

Set a deadline for when screens and technology get turned off. This can take the form of turning off a Wi-Fi router at a certain time each night or collecting phones, iPads, and computers to be charged in a place that is not visible. Your child's health, development, and well-being are dependent on sleep. Encouraging healthy sleep habits sets your teen up for success in all aspects of their lives.

4. Be a role model.

Don't think for a second that your child will alter their behavior if you aren't making changes to the way you use screens. We cannot expect our children to regulate their screen use if we are not able to do so ourselves. Be mindful that the expectations you set for your child should be adhered to by everyone in the family.

5. Be a partner.

When approaching the subject of weaning your family from screens, make sure you take a collaborative approach. By developing these policies and rules together, you will have greater buy-in, and your teen will be more likely to adhere. When you are forming the policies, be clear that they apply to everyone in the family and that everyone is accountable. This approach often feels more respectful and collaborative, which will encourage your child to cooperate in the effort.

The use of screens and technology is inevitable in all of our lives. As parents, we need to be responsible users and help our teens to do the same. It takes some time and patience to make these changes, but they pay off by making parenting a whole lot easier, allowing more opportunities for connection with your child, and ensuring your child has the greatest opportunity to learn and grow.

Source website: *Heysigmund.com*



One-Pot Garlicky Shrimp & Broccoli

Ingredients:

- 3 tablespoons extra-virgin olive oil, divided
- 6 medium cloves garlic, sliced, divided
- 4 cups small broccoli florets
- ½ cup diced red bell pepper
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound peeled and deveined raw shrimp (21-30 count)
- 2 teaspoons lemon juice, plus more to taste



Directions

1. Heat 2 tablespoons oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, about 1 minute.
2. Add broccoli, bell pepper and 1/4 teaspoon each salt and pepper.
3. Cover and cook, stirring once or twice and adding 1 tablespoon water if the pot is too dry, until the vegetables are tender, 3 to 5 minutes.
4. Transfer to a bowl and keep warm.
5. Increase heat to medium-high and add the remaining 1 tablespoon oil to the pot. Add the remaining garlic and cook until beginning to brown, about 1 minute.
6. Add shrimp and the remaining 1/4 teaspoon each salt and pepper; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes.
7. Return the broccoli mixture to the pot along with lemon juice and stir to combine.

Originally appeared: EatingWell.com, September 2021

Nutrition Facts:

Serving Size 1 cup
 Calories 214 total fat 11g saturated fat 2g cholesterol 183mg sodium 441mg total carbohydrate 6g dietary fiber 2g total sugars 2g protein 25g potassium 525mg

**Enjoy this recipe from our
 Nutrition Instructor – Mrs. Durbin!**

