

# SCHOOL MATTERS

A publication of Fremont Public Schools \* For more information visit [www.fremont.net](http://www.fremont.net) \* Fall 2012

## A School Tax With a TWIST

By Jim Hieftje, Superintendent



I must say I am surprised at the way our state funds public education. One of the more interesting twists has to do with Proposal A.

It was in 1993 that the big Proposal A tax reform passed. The idea was to do away with using property taxes to fund schools.

So why, you may ask, is Fremont schools asking you on November 6 to renew a property tax millage?

It's because that 1993 law held a few twists.

School funding did change greatly after Proposal A. It shifted the primary burden of financing schools away from property tax millages and to the state.

But the twist is that it only required the state to pay the majority of the costs for public education. To receive their full share of state funding, local schools must levy millage on all non-homestead property in their district.

Let me write that again: if you, the voter, do not support this non-homestead millage, we cannot collect all of our state aid payments.

**The unusual part about this non-homestead millage: while the local homeowner votes on the tax, you do not pay it. Homeowners are exempt.**

This tax is paid only by people who have second homes in the school district - like a cottage - and by those who own apartments, rental homes, vacant land, and commercial and industrial properties.

If land is being actively farmed, the property owner is allowed an Agriculture Exemption, which is the same as a Principal Residence Exemption. Farmers with an Agriculture Exemption do not pay the non-homestead 18 operating mills.

It is important to understand two points:

- 1 This is a renewal, not a new tax. We have asked you to renew it every 5 years since 1994, and you have;
- 2 It is a tax that homeowners vote on, but do not pay.

### What the Tax Means to our Budget

Fremont's revenue from the non-homestead tax is about \$2.145 million, or 11 percent of our budget. The rest of our funding for general operations comes from the state on a per-pupil basis, called the Foundation Allowance. This year we will receive \$6,966 from the state for each student:

Student Count . . . . .	2,250
Foundation Allowance/Student . . . . .	\$ 6,966
Total Allowance . . . . .	\$15,673,500
Less Non-Homestead Tax . . . . .	\$ 2,145,000
Total State Payment . . . . .	\$13,528,500

The state assumes we will collect this local money. Their payments to us factor this in. It is why it is so important for us to collect a non-homestead millage for a portion of our budget. It represents funding that is crucial to our students and the programming we are able to provide. ■



# SCHOOL MATTERS



Fremont Public Schools Newsletter

Providing you with important information about your schools.

Address comments and suggestions to:

Jim Hieftje, Superintendent  
450 E. Pine Street  
Fremont, MI 49412  
Phone: 231-924-2350

## Board of Education

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## Facilities

Administration: 231-924-2350  
High School: 231-924-5300  
Middle School: 231-924-0230  
Daisy Brook Elementary: 231-924-4380  
Pathfinder Elementary: 231-924-7230  
Pine Street Primary Center: 231-924- 2350  
Quest High School: 231-924-0470  
Athletic Office: 231-924-7329  
Bus Garage: 231-924-4390  
Maintenance Building: 231-924-8829

The Board of Education holds its regular meetings on the second and fourth Mondays of each month. Meeting dates are subject to change. Please check the school district web page - [www.fremont.net](http://www.fremont.net) - for meeting locations and times.

# Preschool Enjoys Sights and Sounds of Fall

By Allison Alderton

Autumn is such a delightful time of year. Most of our children are happy to be back at school and excited to learn new things.

All of our senses kick into action. We can smell the damp leaves and hear the geese flying south. The leaves this year seem extra bright and are fun to rake and jump in, throw in the air, and use in decorating.

*Shhh!* Don't tell Mr. Hieftje that we made a scarecrow and placed it by his window to scare him.

We also took a long walk to collect leaves and look for signs of fall. Autumn also means wonderful indoor smells, after we visit the Gentleman Farmer, by way of hay wagon, and buy pumpkins and apples for pies and applesauce. Oh, and of course, carve our classroom Jack O' Lanterns.

During summer, Packers' Pride was filled with fun and adventure for the newly formed 6- to 12-year-old group. Led by Miss Micci, they ventured to the Arboretum Park to hunt for frogs (16 one day). They also joined the fun at the summer reading program at the library.

While the group did some baking and cooking, they really enjoyed picking berries and making cool smoothies on the hot summer days. The highlight of each day was walking to the school pool for a cool swim.

Anyone who needs care during the holiday break and next summer, please call 924 8108 to register. ■

*Finger painting and learning what red and yellow make.*



*Enjoying fall outdoors.*

# Spider Webs and Apple Orchards

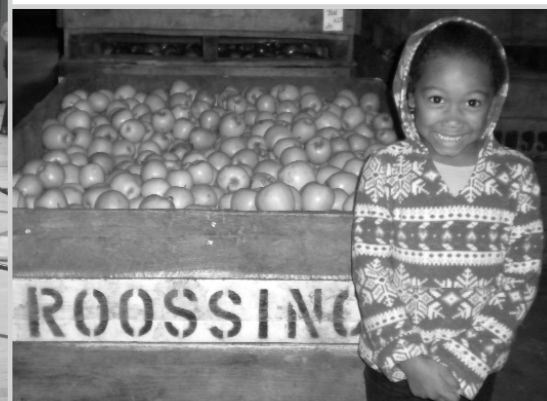
This fall Developmental Kindergarten and Kindergarten students have been busy at work in the gym with Mr. Lindsay learning how to follow instructions, work with others, move their bodies, and have fun!

One of the DK kids' favorite physical education activities has been the Spider Web. Students use colorful cones and jump ropes to create a large web in the center of the gym floor. Students move creatively around, over, under and across the web. As they engage in this activity, students are practicing and beginning to master a number of important outcomes.

During October, Developmental Kindergarten students at Pine Street Primary learned about the fabulous fall harvest fruit, the apple. We shared many facts and opinions,



*Having fun with the Spider Web.*



*DK students visit Roossinck Orchard.*

discussed the apple lifecycle, and took a trip to Roossinck Orchard to see how apples get from seed to store.

We each brought in an apple and compared and described color and size. We examined the seeds with some of our scientist tools. And we even cut our apples up for a tasty treat of applesauce. *Yum!* ■

## A Whole New Attitude

Pathfinder Elementary has taken on a new look and a new attitude!

Perhaps you've seen our students and staff in their red "Wolfy" shirts on Fridays. "Be Part of the PACK" is our motto.

Pathfinder staff felt we needed a common set of behavior expectations for our students. Our intention is to focus on the positive and teach children how "to do school." With this goal in mind, we formed a behavior committee to put a plan into action. Using our school colors and mascot, we put "Wolfy" together with a set of positive expectations.

On Friday, Sept. 7, our high school marching band came to our kickoff assembly and played the school fight song. Students were excited and inspired by the spirit of the band! Our students were engaged in an assembly that taught them the expectations and helped them commit to be "Part of the PACK."

Each Pathfinder student has signed a "Wolfy" paw print, making a pledge to follow the "Wolfy" expectations and



*The marching band helped Pathfinder Elementary get in the spirit.*

keep our school safe and a fun place to be. In the halls, students can see paw prints with expectations listed.

Our energetic PTO was willing to purchase "Wolfy" T-shirts for all students and staff, with some help from **T-Shirts & More**. Many parents also made a donation. Ryan Ransom, a first grade teacher, designed our "Wolfy" logo. Students and staff are encouraged to wear their red "Wolfy" T-shirt on Fridays to show our spirit and pride.

Members of the behavior committee who orchestrated this plan are Principal Nancy Sparks, Counselor Dave Wojcicki and teachers Annie Nestle, Ryan Ransom, Dorinda Abendroth, Brenda Morse, Sue Bowman and Judy Chandonnet.

**PACK: Pride • Attitude • Citizenship • Kindness** ■

# Notebooks Show Creative Touches

One assignment during the first week of school in Mrs. Heft's class was to decorate our new Writer's Notebooks.

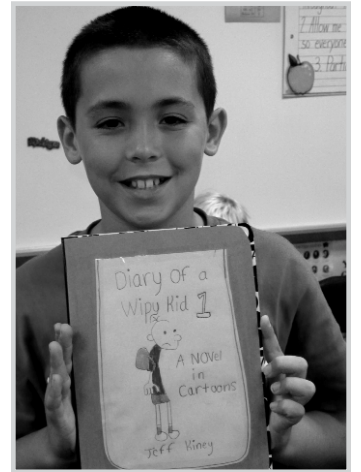
Since we will use the notebook every day of the year, it makes sense to decorate it with items we think are special. Every student in the class took their Writer's Notebook home and creatively came up with a way to make their notebook uniquely theirs.

Some students used pictures of friends and family. Others taped special cards they had received from family

members. A few students drew pictures of a favorite memory and taped it to the cover. We are amazed to see how creative kids can be with duct tape!

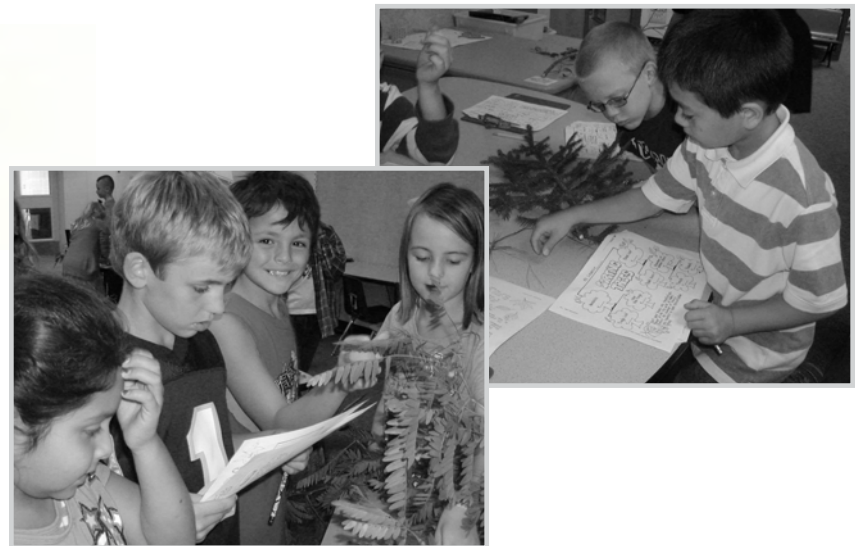
As we continue to work on our personal narratives, the students will be able to look at their Writer's Notebooks for inspiration. Great job, class! ■

Getting creative in  
Mrs. Heft's class.



# Every Leaf Has a Story

Third Grade students in Mrs. Miller's and Mrs. Delia's classrooms are classifying plants by their venation: parallel, pinnate, or palmate leaves. They are also looking at deciduous compared to conifer trees. ■

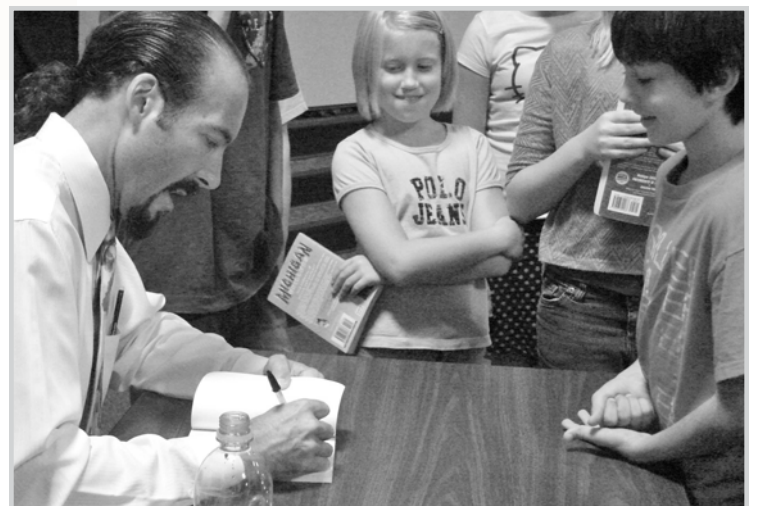


# Author Visits Daisy Brook

Johnathan Rand visited Daisy Brook Elementary September 25 and gave everyone quite a treat.

Johnathan is the author of the popular series *Michigan Chillers* and *American Chillers*. He spoke to the students about the importance of reading and writing well for any career they choose, and how reading opens doors to different places and times.

Johnathan also told students how he comes up with his ideas and why he has chosen the genre that he writes. What a privilege to have a real author in our presence! ■



Johnathan Rand autographs books for students.

# Our Journey to the Amazon Rain Forest

by Lynn Thomas

On the first morning of summer vacation, a group of students and two teachers from Fremont set off for an adventure in the Amazon Rainforest of Peru. Fremont Rainforest group had been working toward this goal for more than a year.

We began last spring with fund raisers and continued throughout the school year with meetings to learn about the ecosystem and culture of the area. Fremont Rainforest works with Global Explorers to create an experience for students designed to inspire them to become responsible global citizens. We focused on science, culture, leadership, and service. Our goal is to help students understand that they are part of a much larger, interconnected world, and that their actions have an impact on that world.

Our journey began in Iquitos, Peru, a city of 500,000 in the middle of the Amazon rainforest only accessible by plane or boat, 2,000 miles from the mouth of the mighty Amazon River. From Iquitos we traveled to a series of lodges, each one more remote than the last.

We were enchanted by the seven species of monkeys we saw at Monkey Island and marveled at the care and dedication we witnessed at Butterfly Island. Each day brought new challenges and discoveries. Dr. Phil Whitman was our climbing instructor and canopy expert. He shared his love for insects from tiny ants to gigantic walking sticks, beetles and tarantulas. We discovered the wonders of the rainforest thanks to our expert local guides, Cliver and Cesar. We traveled along the rivers and trails from first light in the morning as the jungle awakened to long after sunset to observe sleeping hummingbirds, wide-eyed kinkajous and owl monkeys. The canopy walkway located at ACTS - Amazon Conservatory of Tropical Studies - allowed us to view the rainforest along a series of suspension bridges and platforms connecting 14 trees and rising to a height of 118 feet.

By far the most rewarding day was shared with the tiny village of Tres de Mayo. We adopted this small village school and helped to pay for their supplies for the year through the Conapac organization. We traveled to the village and set to work side by side with the local people to paint the school inside and out. The Amazon River rose

*This spider monkey has taken a liking to Makala Mongar.*

*Mackinzie Woodrum with a new friend from our service project at Tres de Mayo.*



higher than ever recorded in history this year and many villages and towns suffered because of it. We built new book shelves, painted desks, and donated some new books to replace those damaged by flood waters. We shared songs, soccer, and lunches with our new friends. Before we left, we were invited to visit one of their homes to discover how they live in such a remote place.

After spending the week in the jungle we returned to Iquitos and city life in a third world country. We toured the outdoor market where fish, caimen, monkeys, fruits, vegetables and natural cures were for sale. Megan Thomas, who first traveled to Iquitos with Fremont Rainforest in 1998, and now lives and works with Conapac and Explorama Lodges, shared her home in the city and at the lodge.

Our journey began more than a year ago and through working together and serving others, we have become a family of adventurers and learned much along the way. We have at least one more service project we are planning here in our own community before our journey comes to an end.

Finally, we need to say thank you to all of you who supported us along the way, especially the **Fremont Area Community Foundation**, without which this opportunity would only be for a select few. Thank you also to **Rachel Jaunese**, whose dedication and joy of teaching was a shining example to our students.

Want to learn more? <http://www.globalexplorers.org/>  
<http://www.conapac.org>

Fremont Rainforest has been taking students to the Amazon since 1998. Over 350 students, teachers and parents have benefited through this program. ■

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# We Want S'More Education!

The Middle School Student Council participated in Fremont's Harvest Festival Hay Art contest with the title, "We Want S'more Education!"

Student Council members and advisor Wendy St. Peter created the giant treat, with the assistance of local farmer Andy Sparks, who donated needed materials. ■



## FMS SECOND ANNUAL TASTE OF NATIONS

Wednesday, November 7, 2012

Food, music, and entertainment from around the world.  
Everyone is welcome! Come and meet our guests from Yahaba, Japan.

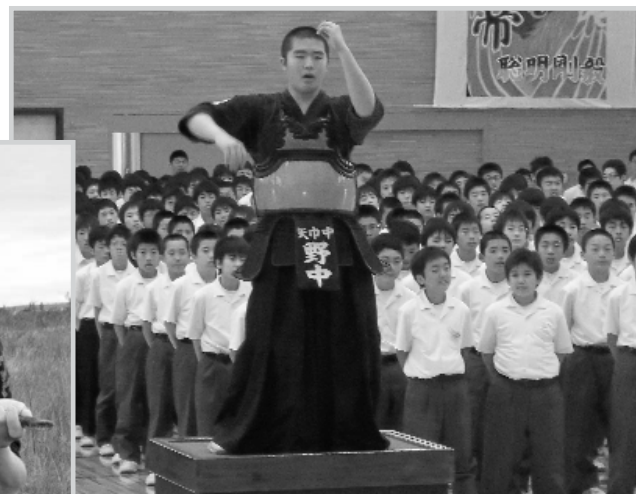
# What Did You Do Last Summer?

If you ask that question of a former Fremont Middle School student, you might hear some very interesting answers. Last summer nearly 80 eighth and ninth grade students participated in some fantastic summer opportunities.

For two decades, students from FMS have been involved in an exchange program with Yahaba, Japan. Preparation starts early in the year with weekly lessons in culture and language. Students prepare cultural presentations for Yahaba middle school classes that help to explain what life is like here in Fremont.

In June students travel to the ancient city of Kyoto, where they visit beautiful temples and shrines before continuing to Yahaba and their host families for a week of cultural immersion.

Since 1999, students have been exploring the wonders of nature at the Central Michigan Biological Research Station on Beaver Island. Students are engaged in hands-on learning with researchers studying the flora and fauna of this beautiful island. From astronomy to zoology, students interested in science find their niche in "BIG," the Beaver Island Group.

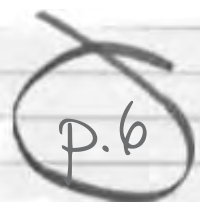


*Learning something of the culture in Japan.*

*What is it with guys and snakes?!*

Fremont Rainforest offers both a cultural experience and an opportunity to explore nature. Since it began in 1998, over 350 students, parents and teachers have traveled to the Amazon rainforest of Peru.

All three of these fantastic opportunities are provided to students through the efforts of the dedicated staff of the middle school. These programs are supported in part by grants from the Fremont Area Community Foundation. Contributions from our local community, businesses, and the hard work of parents and students also help to make these programs possible. ■



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## New Bike Means New Skills

Students in the ISP classroom at the middle school are enjoying a new bike they received through a grant from the **Eva Houseman Endowment Fund**.

Riding the bike helps students improve fine and gross motor skills, provides opportunities for sensory integration and exercise, and increases mobility opportunities.

The program is in the process of exploring art and music opportunities, hoping to open new pathways of communication and accommodate sensory needs of the students. ■

*New bike helps ISP students develop skills.*



## Birds and Nature Target of Young Photographers

The middle school and high school are collaborating with a new bird/nature-watching and photography club that is taking advantage of the beautiful lake and wetlands that border our new gem of a high school.

Whether the student interest is in bird watching, photography or drawing, the opportunity is available to get up-close and personal with nature.

Trips to other excellent bird/nature watching areas will be available. The new club meets each Wednesday right after school and is facilitated by teachers **Topher Hansen, Terry Grabill and Teresa Caliguri**. ■



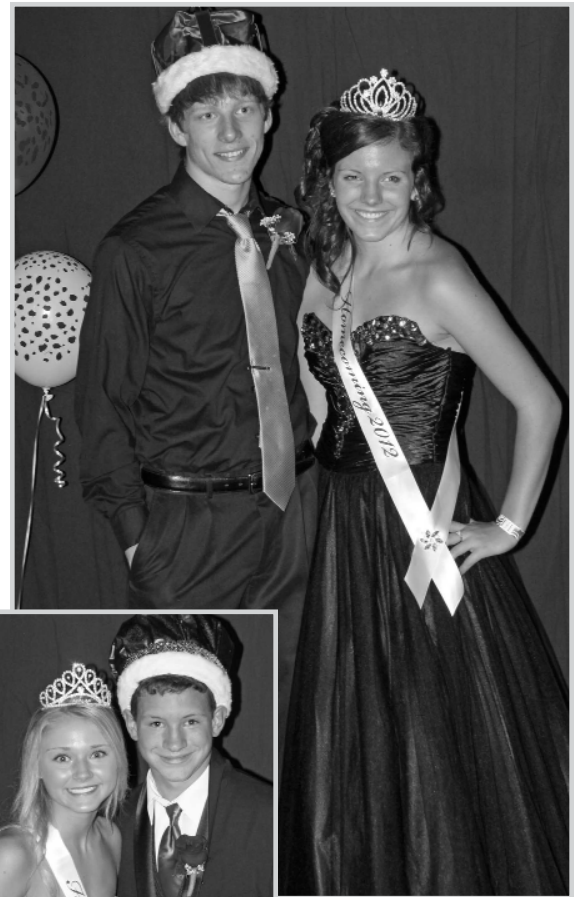
## Prayer at the Pole

Several staff members and students of Fremont High School participated in Prayer at the Pole at 7 a.m. This national student-led prayer event takes place the fourth Wednesday of September. Students are encouraged to pray for their nation, military and school. ■



# Homecoming Court & Royalty

**King Jake Deur,  
Queen Brittney Pekel**



*2012 Homecoming Court*

*Princess Brooke Wahl,  
Prince Chris McPherson*



<b>2012 Court:</b>	Ethan Brummel	Shelby Karnemaat	Jared Meeuwenberg	Jordan Schutt
	Jake Deur	Karly Krim	Ben Niquette	Frank Struble
	Dezmond Hanna	Chris McPherson	Brittney Pekel	Brooke Wahl
	Katie Harrington	Serena May	Jessica Pell	Joselyn Walsworth

# Empty Bowls Raise Hunger Awareness

High school art students recently fashioned ceramic bowls to donate to the annual TrueNorth "Empty Bowls" fund raising event.

The event raises awareness of hunger in Newaygo County.

During their art classes, students formed their bowls out of clay and imprinted a word into each surface. Once fired, students glazed their bowls with their favorite colors and fired them again.

More than 60 handmade bowls were ready for the luncheon in a great blend of school and community joining together for a great cause. ■



*Proud of their bowls are (front): Samantha Mayworm, Austin Peake, Jonathan Herioux, Ryan Vanderwall and Michael DeVries. Back: Valerie Bulow, Brittney Willett, Shelby Young, Joselyn Walsworth, Theresa Wierenga and Marie Klank.*

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## H.S. Parent/Teacher Conferences:

January 15 & January 17, 2013

# A SCHOOL TAX WITH A

# TWIST

## NON-HOMESTEAD MILLAGE RENEWAL ON NOVEMBER 6 BALLOT

### A LITTLE BACKGROUND

Proposal A, passed in 1993, changed the way public schools are funded. It shifted the primary burden of financing schools away from property tax millages and to the state.

But there was a catch. The state is only required to pay the majority of the costs for public education. For Fremont schools to receive its full share of state payments, we must collect millage on non-homestead property in the district.

The unusual part about this non-homestead millage: while the local homeowner votes on the tax, they do not pay it. Homeowners are exempt.

This tax is paid only by people who have second homes in the school district--like a cottage--and by those who own apartments, rental homes, vacant land, and commercial and industrial properties.

It is important to understand two points:

1. **This is a renewal, not a new tax.** We have asked you to renew it every 5 years since 1994, and you have;
2. **It is a tax that homeowners vote on, but do not pay.**

### WHAT THE TAX MEANS TO OUR BUDGET

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This year we will receive \$6,966 from the state for each student. Here's how all of this affects our operating budget:

Student Count . . . . .	2,250
Foundation Allowance/Student . . . . . \$	6,966
Total Allowance . . . . .	15,673,500
Less Non-Homestead Tax . . . . .	2,145,000
Total State Payment . . . . .	\$13,528,500

The state assumes we will collect this local money. Their payments to us factor this in.

It is why it is so important for us to collect a non-homestead millage for a portion of our budget.

### NON-HOMESTEAD TAX FACTS

- 1 Homeowners vote on the tax. But homeowners don't pay it.
- 2 The tax is on non-homestead properties. It is paid only by people who have second homes here and by certain businesses: apartments and rental homes, vacant land, and commercial and industrial properties.
- 3 If land is being actively farmed, the property owner is allowed an Agriculture Exemption, which is the same as a Principal Residence Exemption. Farmers with an Agriculture Exemption do not pay the non-homestead 18 operating mills.
- 4 The amount of this tax can never exceed 18 mills.
- 5 This is not an added tax or a new tax. It reinstates the tax on businesses and second homes that was approved in 1994. That's when businesses and industry received a substantial reduction in their tax rate.
- 6 At the same time, Proposal A reduced property taxes for homeowners. This is when we saw the change in the state sales tax.
- 7 The non-homestead 18 mills generates \$2.145 million per year for the district--11% of the district's budget.

STUDENT-CENTERED | LEARNING-FOCUSED  
WORLD-READY

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# Photography Students Benefit from New Technology

Technology available at the new high school is presenting photography students with endless opportunities to create tomorrow and live in the future.

From new Nikon cameras to MacBook Airs, students have endless possibilities right at their fingertips. Photography students are now able to take many photos without worrying about taking a bad picture. They are able to edit flaws in a picture and adjust color tones.

The technology isn't just great for students. It's great for the community, too. Students are learning skills that will benefit them in future careers and job possibilities. This school and the technology is part of the future of Fremont. ■



*A photography student gets a close-up of nature.*



*Photo editing on new Mac Book Airs.*

# ArtPrize Trip Inspiring Fun

Art students were treated to the fun and creativity at Grand Rapids' ArtPrize competition, thanks to the sponsorship of **TrueNorth** and **Rosemary Tittle**.

Students spent their day moving through buildings, parking lots, city streets and park ways viewing the amazing array of projects in every media imaginable. The day was inspiring, fun, and memorable. ■

*Enjoying ArtPrize creativity!*



# Re-use and Re-do

The high school fall painting classes found ways to re-use outdated chairs from the old building by giving them a face lift.

Masterpieces were recreated by art students as they studied, transferred and painted the images onto the old chairs, creating new art pieces of their own.

*Hannah McDowell captured smiles with Dr. Seuss' "Cat in the Hat."*

The project was a big hit. About 50 chairs were finished in time to line the downstairs hallway for parent/ teacher conferences, where folks could admire the work as they moved from class to class.

For two weeks the chairs lent a sweet touch to our new building. ■



# High School Hosts College Applicants

Fremont High School has been selected as a host for College Application Week, an event that runs from October 29 to November 2.

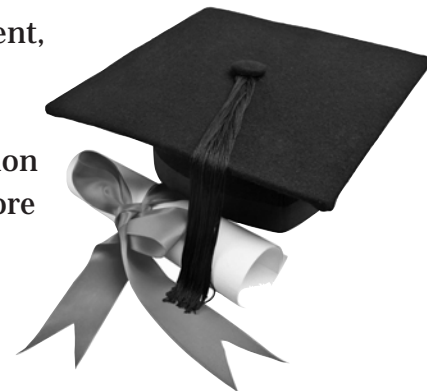
The goal is to provide all seniors the opportunity to apply to college.

While the focus of College Application Week is especially on first-generation college students and students who may not otherwise apply to college, we encourage all students to participate, even seniors who may have already applied to college. The goal is to continue to develop and build a college-going culture at Fremont High School.

Seniors will be given the resources and time during the school day to complete an application on-line or on paper with the help of trained volunteers, senior counselor **Steve Mull** and college advisor **Derek Flint**.

College Application Week is an initiative of the Michigan College Access Network (MCAN). As the leader in the

state's college access movement, MCAN's mission is to dramatically increase Michigan's college participation and completion rates. For more information, visit [www.micollegeaccess.org](http://www.micollegeaccess.org).



To further develop this mission, Mr. Mull was awarded a generous grant from the **Fremont Area Foundation** entitled "Check It Out, Campus LIVE."

This grant will allow juniors and seniors the opportunity to travel to university and college campuses in Michigan, meeting with college advisors, touring campuses, and getting a taste of the university they might be interested in attending.

The first trip is scheduled for Monday, October 15, at Ferris State University. This trip includes a walking tour of the campus, complimentary lunch at one of their dining halls, and an admissions presentation.

Students can sign up for this campus visit in the Counseling Office or see Mr. Mull for more information. ■

# Swim Team Shows Great Improvement

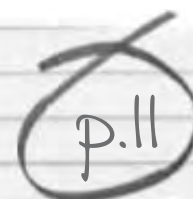
The Fremont Girls' Swim Team has had a great 2012 season, showing huge improvement, hard work, teamwork, and dedication to swimming.

The girls swam in 15 meets this season, which ends November 3 with the Coastal Conference Relays. The highlight of the season was their last home meet vs. Muskegon Catholic Central on October 2, when every girl on the team set at least one personal record and the team set an incredible 29 personal records.

**Nicole Zerfas** has led the team with 17 individual wins, followed by **Graciela Sanchez** with 11 individual wins. ■



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# Teen Leadership Develops Important Skills

The fall 2012 Teen Leadership Class is underway, a high school elective that focuses on helping students develop better leadership and relationship skills.

Students learn to take responsibility, express themselves, and handle problems and decisions as they arise. They work together to develop a social contract, an agreement on how they want to treat each other. Once signed, students are expected to follow this plan and help make sure everyone else in the class follows the plan as well. The goal is for the students to lead the course and the teacher to guide them.

Some activities that help the process include speeches, to gain public speaking skills, and activities like trust walks, to learn to work together as a team.

Wednesdays are known as "Warm Fuzzy Wednesday." To initiate this day, the class wrote over 800 affirmations, one for each student. These affirmations were placed on student lockers during class so when the students were released for the day, they were greeted with a positive ending to their day.



*Class members participate in the trust walk.*

The curriculum and skills this course addresses are a crucial supplement to the school's academics. Reading, writing and arithmetic will help our students get a job. Teen Leadership will help them keep it. ■



# New Federal Guidelines for School Lunches Explained

by Denise McDaniel, Food Service Director

New federal school meals guidelines, which became effective July 1, were initiated by the First Lady Michelle Obama to fight childhood obesity and to totally revamp the federal lunch program requirements.

I would like to explain what these new guidelines entail and how they have, and will, affect Fremont Public Schools food service offerings.

In the past, school lunch prices were determined by the school district to cover food and labor expenses and could vary greatly between school districts.

One requirement of the Healthy Lunch initiative is to increase paid lunch prices to more closely resemble the reimbursement monies received by the school district for Free and Reduced price meals. This means that over the next few years, the average price for school lunch needs to reach \$2.55.

Prices for elementary and secondary meals were increased 25 cents this year, to \$2 for elementary and \$2.25 for secondary, and prices will gradually be increased to reach the \$2.55 mark.

## Other Changes in the Food Service Regulations

- 1/2 cup of **fruit or vegetable** must be taken by students for a complete lunch
- 3/4 cup of **orange/red vegetables** must be served each week (squash, carrots, sweet potatoes, tomatoes, pumpkin)
- 1/2 cup **dark green vegetables** must be served each week (broccoli, dark green lettuce, romaine, spinach)
- 1/2 cup of **beans/legumes** must be served each week (black, kidney, garbanzo, lentils, navy, pinto, white, etc.)
- There is also a maximum limit on the amount of **bread** that can be served per week; half must be whole grain. This includes rice and pastas. Previously we had a minimum serving at each level but not a maximum: K-5 - 8 to 9 breads per week, reduced from 12 minimum; 6-8 - 8 to 10 breads, reduced from 12 minimum; 9-12 - 10 to 12 breads, reduced from 15 minimum.

- There is a limit on the amount of **protein** served each week (meat and cheese). There was a minimum of 2 oz. for most grades, now that is the maximum.

Current **calorie/sodium** ranges:

- K-5: 550-650/230 mg
- 6-8: 600-700/1360 mg
- 9-12: 750-850/1420 mg

**Saturated fat** must be less than 10% of total calories.

**No trans fats** are allowed.

School food service directors throughout the country are struggling with these new regulations and are required to submit menus to the state that meet these guidelines at all levels. The state will analyze the menus according to the guidelines. If any menu does not pass analysis, the school district will forfeit some reimbursement monies.

## How Fremont Lunches are Affected

- Students will be required to take a fruit or vegetable for a lunch, whether they want it or not.
- An orange/red, dark green, and bean product will be offered each week.
- Romaine lettuce and spinach will be used instead of iceberg lettuce.
- Most bread for hot dogs, hamburgers, etc. will be whole grain; likewise for many of our pizza, pasta and other grain products.
- Most vegetables are low sodium; we do not add any salt.
- Because of the bread limit, smaller buns will be used and no extra bread will be offered at the end of the serving line, such as breadsticks and rolls.
- Because of the protein limit at different levels, extra protein cannot be added to buffet bars, sub sandwiches, or pizza toppings.

Although the fruit and vegetable requirement definitely promotes good eating choices, I fear some food will be wasted. The limit on breads and protein will cause some smaller serving sizes, particularly at the HS/MS level.

Buffet-style meals will be affected, where students were able to add some extra items of their choice. Secondary students like meals of higher carbs and proteins to sustain them through the day, so this is an adjustment for them.

Hopefully this information will explain some of the changes and adjustments the food service department is dealing with this year. If you have any questions, please contact me. ■

A publication of Fremont Public Schools  
For more information visit [www.fremont.net](http://www.fremont.net)

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# New Coaches Welcomed

The Fremont Athletic Department is happy to introduce two new varsity coaches, softball coach **Mark Bridges** and baseball coach **Jeff Foster**. Congratulations to both of these very qualified coaches. Plan to see them on the fields when the snow melts.

As we prepare for another exciting winter season of Fremont Athletics, it is our pleasure to welcome members of the community to experience the new Fremont High School. This new facility is state-of-the-art and built to host our Packers and guests in an environment that is first-rate.

We hope you and your family are able to join us and cheer for our Fremont Packers! ■

## Winter Sports Coaches

### Girls' Basketball- Starts Nov. 5

Varsity - Bill Karnemaat

JV - Jeff Foster

Freshman - Katie Smith

### Boys' Basketball - Starts Nov. 12

Varsity - Pete Zerfas

JV - Keith Swanson

Freshman - Adam Bowen

### Wrestling - Starts Nov. 12

Varsity - Bruce Rought

JV - Chris Graham

### Boys'/Girls' Bowling - Starts Nov. 12

Varsity - Dan Moon

### Boys' Swimming - Starts Nov. 19

Varsity - Mary Pekel/Brett Blamer

# Winter Sports Schedule

## BASKETBALL

### Boys' Varsity BB • Pete Zerfas, Coach

Tuesday	12/04/12	Shelby	Home	7:30PM
Friday	12/07/12	Fruitport	Home	7:30PM
Friday	12/14/12	Orchard View	Away	7:30PM
Tuesday	12/18/12	Mona Shores	Away	7:00PM
Friday	01/04/13	Tri-Co.	Away	7:30PM
Tuesday	01/08/13	Cadillac	Home	7:00PM
Friday	01/11/13	Ludington	Away	7:30PM
Monday	01/14/13	Montague	Away	7:00PM
Friday	01/18/13	Grant	Away	7:30PM
Tuesday	01/22/13	Spring Lake	Home	7:00PM
Friday	01/25/13	Fruitport	Away	7:30PM
Tuesday	01/29/13	Sparta	Away	7:00PM
Friday	02/01/13	Orchard View	Home	7:30PM
Friday	02/08/13	Tri-Co.	Home	7:30PM
Monday	02/11/13	Manistee	Home	7:30PM
Friday	02/15/13	Ludington	Home	7:30PM
Tuesday	02/19/13	Whitehall	Home	7:00PM
Friday	02/22/13	Grant	Home	7:30PM
Tuesday	02/26/13	Reed City	Away	7:30PM
Thursday	02/28/13	Spring Lake	Away	7:00PM

### Boys' JV BB • Keith Swanson, Coach

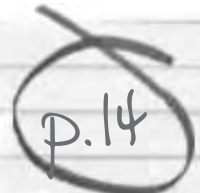
Monday	12/03/12	Shelby	Away	6:00PM
Thursday	12/06/12	Fruitport	Away	5:30PM
Thursday	12/13/12	Orchard View	Home	7:00PM
Tuesday	12/18/12	Mona Shores	Away	5:30PM
Thursday	01/03/13	Tri-Co.	Home	7:00PM
Tuesday	01/08/13	Cadillac	Home	5:30PM
Thursday	01/10/13	Ludington	Home	7:00PM
Monday	01/14/13	Montague	Away	5:30PM

Thursday	01/17/13	Grant	Home	7:00PM
Tuesday	01/22/13	Spring Lake	Home	5:30PM
Thursday	01/24/13	Fruitport	Home	5:30PM
Tuesday	01/29/13	Sparta	Away	5:30PM
Thursday	01/31/13	Orchard View	Away	7:00PM
Thursday	02/07/13	Tri-Co.	Away	7:00PM
Monday	02/11/13	Manistee	Home	5:30PM
Thursday	02/14/13	Ludington	Away	7:00PM
Tuesday	02/19/13	Whitehall	Home	5:30PM
Thursday	02/21/13	Grant	Away	7:00PM
Tuesday	02/26/13	Reed City	Away	6:00PM
Thursday	02/28/13	Spring Lake	Away	5:30PM

### Boys' Freshman BB • Adam Bowen, Coach

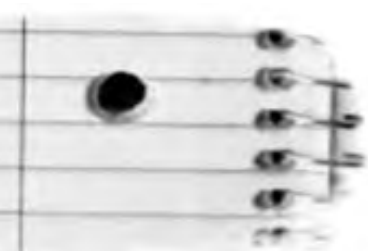
Tuesday	12/04/12	Newaygo	Home	4:00PM
Thursday	12/06/12	Fruitport	Away	4:00PM
Tuesday	12/11/12	N. Muskegon	Home*	5:30PM
Thursday	12/13/12	Big Rapids	Home*	5:30PM
Tuesday	12/18/12	Mona Shores	Away	4:00PM
Thursday	01/03/13	Tri-Co.	Home*	5:30PM
Tuesday	01/08/13	Cadillac	Home	5:30PM
Thursday	01/10/13	Ludington	Home	4:00PM
Tuesday	01/22/13	Spring Lake	Home	4:00PM
Thursday	01/24/13	Fruitport	Home	4:00PM
Tuesday	01/29/13	Sparta	Away	4:00PM
Thursday	01/31/13	Newaygo	Away	4:00PM
Tuesday	02/05/13	North Muskegon	Away	4:00PM
Thursday	02/14/13	Ludington	Away	4:00PM
Thursday	02/21/13	Big Rapids	Away	4:00PM
Tuesday	02/26/13	Reed City	Away	4:30PM

\*Contest will be held in our Auxiliary Gym.



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For more information visit [www.fremont.net](http://www.fremont.net)



# Winter Sports Schedule, continued

Thursday	02/28/13	Spring Lake	Away	4:00PM
<b>Girls' Varsity BB • Bill Karnemaat, Coach</b>				
Tuesday	11/27/12	Coopersville	Away	7:00PM
Friday	11/30/12	Spring Lake	Home	7:00PM
Tuesday	12/04/12	Shelby	Home	6:00PM
Friday	12/07/12	Fruitport	Home	6:00PM
Tuesday	12/11/12	Montague H	Home	7:00PM
Friday	12/14/12	Orchard View	Away	6:00PM
Friday	01/04/13	Tri-Co.	Away	6:00PM
Monday	01/07/13	Whitehall	Home	7:00PM
Friday	01/11/13	Ludington	Away	6:00PM
Tuesday	01/15/13	Muskegon CC	Away	TBA
Friday	01/18/13	Grant	Away	6:00PM
Monday	01/21/13	Mason Co Central	Away	7:30PM
Tuesday	01/22/13	Spring Lake	Away	7:00PM
Friday	01/25/13	Fruitport	Away	6:00PM
Tuesday	01/29/13	Manistee	Away	7:30PM
Friday	02/01/13	Orchard View	Home	6:00PM
Tuesday	02/05/13	Coopersville	Home	7:00PM
Friday	02/08/13	Tri-Co.	Home	6:00PM
Friday	02/15/13	Ludington	Home	6:00PM
Friday	02/22/13	Grant	Home	6:00PM

## Girls' JV BB • Jeff Foster, Coach

Tuesday	11/27/12	Coopersville	Away	5:30PM
Friday	11/30/12	Spring Lake	Home	5:30PM
Monday	12/03/12	Shelby	Away	7:30PM
Thursday	12/06/12	Fruitport	Home	5:30PM
Tuesday	12/11/12	Montague	Home	5:30PM
Thursday	12/13/12	Orchard View	Home	5:30PM
Thursday	01/03/13	Tri-Co.	Home	5:30PM
Monday	01/07/13	Whitehall	Home	5:30PM
Thursday	01/10/13	Ludington	Away	5:30PM
Thursday	01/17/13	Grant	Home	5:30PM
Monday	01/21/13	Mason Co Central	Away	6:00PM
Tuesday	01/22/13	Spring Lake	Away	5:30PM
Thursday	01/24/13	Fruitport	Away	5:30PM
Tuesday	01/29/13	Manistee	Away	6:00PM
Thursday	01/31/13	Orchard View	Away	5:30PM
Tuesday	02/05/13	Coopersville	Home	5:30PM
Thursday	02/07/13	Tri-Co.	Away	5:30PM
Thursday	02/14/13	Ludington	Away	5:30PM
Thursday	02/21/13	Grant	Away	5:30PM

## Girls' Freshman BB • Katie Smith, Coach

Tuesday	11/27/12	Coopersville	Away	4:00PM
Friday	11/30/12	Spring Lake	Home	4:00PM
Tuesday	12/04/12	Greenville	Home*	4:00PM
Thursday	12/06/12	Fruitport	Home	4:00PM
Tuesday	12/18/12	Big Rapids	Away	4:00PM
Thursday	01/10/13	Ludington	Away	4:00PM
Tuesday	01/15/13	Calvin Christian	Home	4:00PM
Thursday	01/17/13	Big Rapids	Home*	5:30PM
Tuesday	01/22/13	Spring Lake	Away	4:00PM
Thursday	01/24/13	Fruitport	Away	4:00PM

## WRESTLING

### Boys' Varsity Wrestling • Bruce Rought, Coach

Wed.	12/05/12	Mason Co Central (Quad-FPT/Whitehall/MCC)	Away	5:30PM
Saturday	12/08/12	Mason Co Central (MCC Invitational)	Away	9:30AM
Wed.	12/12/12	QUAD- Chip. Hills/ Lakeview/Alma	Home	5:30PM
Saturday	12/15/12	Chip. Hills (Inv)	Away	TBA

Tuesday	12/18/12	Mona Shores (QUAD-Coops/Shores/Union)	Away	5:00PM
Saturday	12/22/12	Chip. Hills (Inv)	Away	8:30AM
Wed.	01/09/13	Tri-Co. (League Mt)	Away	5:30PM
Saturday	01/12/13	Fruitport (Inv)	Away	9:00AM
Wed.	01/16/13	Ludington (League Meet)	Home	5:30PM
Saturday	01/19/13	Lakeview (Inv)	Away	TBA
Wed.	01/23/13	Spring Lake (League Meet)	Away	5:30PM
Saturday	01/26/13	Whitehall (West MI Duals)	Away	9:00AM
Wed.	01/30/13	Grant (League Meet)	Away	5:30PM
Saturday	02/02/13	Orchard View (Conference Meet)	Away	TBA
Thursday	02/07/13	Team Districts	Away	TBA
Saturday	02/09/13	Individual Districts	Away	TBA
Wed.	02/13/13	Team Regionals	Away	TBA
Saturday	02/16/13	Individual Regionals	Away	TBA

### Boys' JV Wrestling • Chris Graham, Coach

Saturday	12/15/12	Mona Shores (Inv)	Away	9:00AM
Thursday	12/27/12	G.R. Christian (Inv)	Away	8:30AM
Friday	01/18/13	Lakeview (Inv)	Away	4:30PM

## SWIMMING

### Boys' Varsity • Mary Pikel/Brett Blamer, Coaches

Saturday	12/01/12	Ludington (Relays)	Away	9:00AM
Tuesday	12/04/12	G.R. Union	Away	6:00PM
Tuesday	12/18/12	Ludington	Home	6:00PM
Thursday	12/20/12	Ottawa Hills	Away	TBA
Tuesday	01/08/13	Thornapple-Kellogg	Away	6:00PM
Thursday	01/10/13	Muskegon CC	Home	6:00PM
Thursday	01/17/13	Manistee	Away	6:00PM
Thursday	01/24/13	Ludington	Away	6:00PM
Thursday	02/07/13	Spring Lake	Away	6:00PM
Tuesday	02/12/13	Ludington	Home	6:00PM
Friday	02/22/13	Spring Lake (Conf)	Away	3:00PM
Saturday	02/23/13	Spring Lake (Conf)	Away	9:00AM

## BOWLING

### Coed Varsity • Dan Moon, Coach

Saturday	12/01/12	Mona Shores (Inv @ Sherman Bowling Center)	Away	11:00AM
Saturday	01/05/13	Fruitport (Inv)	Away	12:00PM
Wed.	01/09/13	Fruitport	Away	3:00PM
Monday	01/14/13	Fruitport	Away	3:00PM
Wed.	01/16/13	League @ Fr. Lanes	Home	3:00PM
Monday	01/21/13	Ludington	Away	3:00PM
Wed.	01/23/13	Spring Lake	Away	3:00PM
Monday	01/28/13	Ludington	Away	3:00PM
Wed.	01/30/13	Orchard View	Away	3:00PM
Monday	02/04/13	Orchard View	Away	3:00PM
Wed.	02/06/13	Tri-Co.	Away	3:30PM
Monday	02/11/13	Tri-Co.	Away	3:30PM
Wed.	02/13/13	League @ Fr. Lanes	Home	3:00PM
Monday	02/18/13	Spring Lake (Conf)	Away	2:00PM
Friday	02/22/13	Regionals	Away	TBA
Saturday	02/23/13	Regionals	Away	TBA
Friday	03/01/13	State Finals	Away	TBA
Saturday	03/02/13	State Finals	Away	TBA

\*Contest will be held in our Auxiliary Gym.



**FREMONT RECREATION DEPARTMENT**

204 E Main, Suite 3, Fremont, MI 49412 – 231-924-3750  
 Now located in the South end of the High School  
 Website: <https://communityed.fremont.net>  
 On-line signup available with credit card.

**POOL SCHEDULE** Lane - Adults only Open Swim  
 AM Swim now offered 5 days a week! New Open Swim on Tues., from 7-9pm. Sunday Open Swim from 2-4pm.  
 Swim cost \$2.00/person  
 Call 924-7318 for pool times 24 hrs a day  
 \*\*\*\*\*

**ADULT EXERCISE**

No.	Class	Days	Dates	Times	Fees
4001c	Water Exercise	M/W/F	4/16-5/25	7:30-8:15am	\$35
4001d	Water Exercise	M/W/F	6/04-7/20	8-8:45am	\$35
4001e	Water Exercise	M/W/F	7/23-8/31	8-8:45am	\$35
4002c	Water Exercise	T/TH	4/17-5/24	7:30-8:15am	\$30
4002d	Water Exercise	T/TH	6/05-7/19	8-8:45am	\$30
4002e	Water Exercise	T/TH	7/24-8/30	8-8:45am	\$30
5001b	Senior Aerobics	M/W/F	4/9-5/25	9:00-10am	\$35

Water Ex. held in shallow end of the pool. Instructor: Corine Murphy

**SHAPE-UP CLASSES**

No.	Class	Days	Dates	Times	Fees
6001c	Basic Training	M/W	4/16-5/23	7-8pm	\$45
6005a	Power Yoga	W	4/18-5/23	12n-1pm	\$35
6008a	Workitout Mix	T/TH	4/17-5/24	8:30-9:30am	\$45

**Basic Training** is for all ages! 1-min. intervals of weight training using light weights. Class helps you lose weight, sculpt & tone muscles. Location: FHS Fitness Ctr. Instructor: Tracey Crowley  
**Power Yoga**- a series of flowing yoga postures that will build endurance, strength and flexibility. Instructor: Kim Makin  
**Workitout Mix**- Circuit training, strength training and core exercises. Instructor: Kim Makin

**KARATE**

No.	Class	Days	Dates	Times	Fees
8006	Kid's Karate	M/Th	4/9-5/24	6:00-6:45pm	\$25
8007	Adult Karate	M/Th	4/9-5/24	6:30-8:30pm	\$40

Study the ancient art of Tae Kwon Do. Learn discipline, respect & self-esteem. Instructor: Frank Ferrier

**SELF DEFENSE CLASS**

No.	Class	Days	Dates	Times	Fees
8005	Self Defense	Tues.	5/15	6-8pm	\$20

Instructor Master Frank Ferrier will teach basic self-defense techniques. Classes held in PF Gym. Open to ages 12 – adult.

**VIOLIN CLASS**

No.	Class	Days	Dates	Times	Fees
700a	Violin Class	W	4/18-5/23	3:30-4:00pm	\$35

For ages 5 & 6. Cost includes CD. No instrument needed. Students will learn proper form & posture for playing the violin. They will learn to keep a steady beat and basic rhythms using a miniature bow & box violin. Location: PF Stage Instructor: Lucille Spinner

**LIFEGUARD TRAINING CLASS**

No.	Class	Days	Dates	Times	Fees
9801a	Lifeguard Training	Th/F/Sat	4/19-5/5	varies	\$175
9801b	Waterfront Module	Sat	5/5	8:00am	\$25

Min. age 15 by 1<sup>st</sup> day of class. Call for details.

**F.A.S.T.**

No.	Class	Days	Dates	Fees
9900	FAST (Age 5-17)	Sun/M/Th	Begins 5/21	\$135

The Fremont Area Swim Team provides instruction in the sport of competitive swimming. Individual instruction, 25 practices, 4 meets High level of Team Competition. Coached by current & past varsity swimmers. Includes FAST t-shirt.

**SUMMER CLASSES**

Watch for flyer with upcoming summer classes. Swim lessons, Briar Hill Golf lessons, Bumper Bowling, Equestrian lessons, Tennis lessons, Church-League Slo-Pitch, Disk Golf League, Detroit Tiger Charter Bus Outing and more!

 Please call 924-3750 for information. 

Sign-up on-line at: <https://communityed.fremont.net>



**Building Bridges Preschool Programs**



**No Fee – State Funded**

Classrooms located in Fremont, Grant, Hesperia, Newaygo, and White Cloud

**GSRP – Great Start Readiness Program**  
 State funded program which requires that a child be 4 years old by December 1 of the year they begin school, live within the School District providing services, and that a family meet two or more factors to be eligible.

Children must have at least two eligibility factors that are required by the State. Factors which can qualify a child for the program include things such as child's development or challenging behavior, certain family circumstances (including age of parent at child's birth, single parent, unemployed parent, school achievement of family member, loss of family member, etc.), housing status, family health factors, prior eligibility for Early On®, etc. Income can also be a qualifying factor. Screening is provided free by the Newaygo County Regional Educational Service Agency Early Childhood Staff. (All qualifying factors will be explored at screening appointments.)

**Parent Paid Tuition**

Classrooms located in Fremont, Grant, and Newaygo

Our tuition based program offers the same services as GSRP for those students who do not qualify as at risk. Parents are offered a low cost tuition based preschool experience for their 3 or 4 year old child.

Sessions are scheduled depending on the over-all needs of the preschool population each year.

**The Learning Environment**

In all of our programs the learning environment and curriculum is presented to help children achieve their individual Preschool Learning Outcomes through active play-based learning. These outcomes cover the areas of Language Arts, Math, Science, Social Studies, Social Skills, and Technology, which are aligned with state and national standards.



**Attending a high-quality early childhood program prepares children for success in kindergarten and beyond.**

Experts agree that children who have quality early childhood learning experiences are better prepared in school and throughout life. Preschool is the essential first step in your child's lifelong education.

Building Bridges Preschool uses a research based curriculum to prepare children both academically and socially for success in school and in life. Support is also provided for parents and caregivers, as well as access to community programs and services.

Call 652-3683 to put your name on the mailing list.

Enrollment application packets and screening appointment letters will be mailed to you.

**PRESCHOOL OR INFANT/TODDLER SCREENING:**

Are you concerned about your child's health or development? All children develop at different rates but if you have concerns about your child's development, call us.

**NC RESA - Neway Center 652-3683 or 652-3843**

**Play-based Assessment** Screens for preschoolers are held in local school districts in the spring (by appointment) and as needed at other times (also by appointment).

**Early On®** is for qualifying infants and toddlers under the age of three and their families.

**Children 0-6 with suspected delays/disabilities can be referred at any time.**

Agnes and Stages Questionnaires, a parent-completed, child monitoring system, can also be sent upon request to any family. It may be useful to a family who wants more information on their child's development.



RURAL ROUTE BOX HOLDER  
 POST OFFICE BOX  
 OR OCCUPANT

Fremont Public Schools  
 450 E. Pine Street  
 Fremont, MI 49412

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