

100 Ways to Show & Grow “Pretzel Pride”

Do one item on the list or challenge yourself to check off as many as you can!

1. High-five a student you know for working hard.
2. Attend parent-teacher conferences.
3. Wear the Pretzel with pride.
4. Attend a student music concert at an FSD school.
5. Volunteer your time in a school.
6. Shop at local businesses.
7. Learn about or make a donation to the [Freeport Community Public School Fund](#).
8. Educate yourself on how to protect your child from alcohol, tobacco, and drug addiction.
9. Join the [Pretzel Fans Club](#).
10. Cheer for a Pretzel victory at an [FHS or middle level sporting event](#).
11. Volunteer in your child’s classroom.
12. Tell your elected officials how important our public schools are.
13. Find out more about the [Greater Freeport Partnership](#) or other local efforts and events that support and grow our community.
14. Give a Pretzel shirt to someone you love.
15. Thank a school board member for his or her service to the district.
16. Nominate a teacher for recognition through a local “Teacher of the Week” program.
17. Say “yes” when you’re asked to help out with an event in your child’s school.
18. Tell your neighbors one thing you love about Freeport School District.
19. Ask a student you know what they like about school.
20. Download the FSD mobile app.
21. Learn more about the PBIS (Positive Behavior Interventions & Supports) program in our schools.
22. Tell a bus driver why you appreciate what they do for your student.
23. Place a Pretzel Pride yard sign in your yard.
24. Invite a district leader to deliver a short presentation about the great things happening in our district at your next community group meeting.
25. Tell three strangers why you love FSD.
26. Thank a local business owner who supports or partners with our schools.
27. Send a card to a special FSD staff member during National Education Week in November.
28. Just finished a great book? Donate it to one of our school libraries!
29. Help a local senior citizen attend a music or drama production featuring FSD students.
30. Tell a school nurse why you appreciate what they do for your student.
31. Volunteer to read a story at an FSD Elementary school.
32. Change your Facebook profile or cover picture to something that shows Pretzel Pride for a week.
33. Purchase something from the concession stand at a ball game.
34. Tell a student that you noticed his or her hard work in school and encourage them to keep it up.
35. Cheer on the FHS cheer team and band after their halftime performances.
36. Support the Public School Fund’s Culver’s Share Day fundraiser each October.
37. Gather three friends or neighbors for coffee and conversation about what you can do to show your pretzel pride.
38. Support fundraisers at the school of a student you know.
39. Congratulate a student who’s been recognized for their achievements by local media.
40. Donate new school supplies or uniforms to the Family Resource Coordinator at your child’s school for distribution to students in need.
41. Buy tickets to an FHS music or drama production, like Showtime or the Fall Musical.
42. Share a post you like from the FSD blog, “[Every Pretzel’s Voice](#)”, on your personal Facebook page.
43. Keep open the lines of communication between school and home.
44. Volunteer to pull weeds in a school flowerbed.
45. Find out what protects children from risky decisions, and what we can do to make a difference.
46. Line the streets for the Homecoming Parade.
47. Offer a friendly wave at the crosswalks before and after school.
48. Change your computer wallpaper to something Pretzel-themed for a week.
49. Explore our website at www.fsd145.org and learn about a district topic you’re unfamiliar with.
50. Use #PretzelPride when sharing your love of Freeport schools on social media.
51. Share your story about how services from a local community agency or school helped your child or family so that others can understand how important these partners are to Freeport.
52. Add “Pretzel Pride!” to your email signature.
53. Attend a school board meeting to learn more about district business.
54. Discover how Social Emotional Learning teaches children skills that prepare them for academics and life.

55. Email a teacher to thank them for working with a student you know.
56. Use your Facebook page to share content from the FSD Facebook page that you like or find particularly helpful.
57. Volunteer to work in a concession stand.
58. Attend a PTO meeting.
59. Tell a great teacher "thank you" during Teacher Appreciation Week in May.
60. Volunteer an hour of your time to work in a school library.
61. Tell a paraprofessional, custodian, bus driver, or nutrition & dining staff member they're appreciated.
62. Learn the words to the FHS alma mater song.
63. Subscribe to the [Pretzel Pride Network's Youtube channel](#).
64. Talk with your child about ways they can show Pretzel Pride by working hard and being respectful at school and in the community.
65. Email county agencies whose services and resources invest in the wellbeing of our community and ask if they have any needs you might be able to help with.
66. Help spread the word about Kindergarten Registration in the spring.
67. As a special treat, arrange with the school office to meet your child at school for lunch.
68. Become aware of the challenges facing our children so you can be an advocate for them.
69. Find out why early childhood education is an excellent investment and the ways local agencies are working together to strengthen this area of our community.
70. Visit the Freeport Public Library with your child to check out some books to read together at home.
71. Like the FSD Facebook page at facebook.com/fsd145 or Twitter account at [@ESD145](https://twitter.com/ESD145).
72. Attend an FSD public forum to learn more about what the district is working on and to share your feedback.
73. Read the posts on our FSD blog, "Every Pretzel's Voice".
74. Read the columns by Superintendent Schiffman and other district leaders in the Freeport Journal-Standard.
75. Help your child develop habits of punctuality and good attendance.
76. Encourage a student you know to try their best in all their schoolwork, and share why that made a difference in your own life and education.
77. Support the [United Way's](#) campaign, which funds many local programs that benefit our students.
78. Visit the FHS student farm and support their efforts during the summer by purchasing some fresh produce at their farm stand.
79. Learn about the entrepreneurship course at FHS.
80. Encourage a student you know to participate in extracurricular activities with a local community partner such as the Boys & Girls Club, YMCA, Little League, Freeport Art Museum, or Freeport Park District.
81. Become a United Way "It Takes a Village" volunteer to mentor a K-3rd grade student each week.
82. Attend the FSD World Arts Festival each spring and thank our talented arts and music teachers for their work in our schools.
83. Sign up to receive Peachjar eflyers to make sure you receive information about district activities and local community programs.
84. Help us keep our schools clean by picking up any litter you see when walking by or on our school grounds.
85. Say thank you to one of the secretaries in our schools or district office who work hard behind the scenes.
86. Introduce yourself to the Superintendent, a principal, or another administrator and share your connection to the district, something you appreciate about the district, and a suggestion.
87. Approach the high school about how your business could partner with them to provide career training, internships, or employment opportunities to students.
88. Gather a group of people for a clean-up event or other service project in your local neighborhood.
89. Follow the Facebook pages of our schools and extracurricular activities to learn what they're up to.
90. Explore the volunteer opportunities posted on [NonProfitTHRIVE](#) and consider giving your time to help.
91. Learn about the accomplishments of our Freeport High School Pretzel Navy JROTC cadets.
92. Consider running as a candidate in the next school board election.
93. Learn about the CareerTEC program and the opportunities it provides area high school students.
94. Donate to help fund a teacher's project at one of our schools through DonorsChoose.
95. Become a mentor to a young person in your neighborhood or community.
96. Support Highland Community College and the work they do to equip Pretzel alumni & other area students for future careers.
97. Become a substitute in our schools. Or, apply to join FSD as a member of our staff!
98. Help your student participate in summer learning opportunities or engage in community events.
99. Strive to be a community member that celebrates the positive, builds others up, and models behaviors of humility, care, respect, and collaboration for our students.
100. Support the Freeport community as a whole. When Freeport works together to thrive, we're all better off!