



FSD145

Freeport School District

Superintendent Newsletter

February 7, 2025



Hello FSD Staff, and Parents/Guardians,

In the past week, we have seen a dramatic increase in absences due to illness. We have seen a significant spike in flu cases among our students (and teachers/staff), and we need your cooperation to help prevent further spread of the illness.

Key Information About Influenza A:

- Common symptoms include fever, cough, sore throat, body aches, fatigue, and sometimes vomiting or diarrhea
- The virus is highly contagious and can spread quickly in school settings
- Students are most contagious in the first 3-4 days of illness

To protect our school community, we ask that you:

1. Keep your child at home if they show any flu symptoms
2. Wait until your child has been fever-free for at least 24 hours (without fever-reducing medication) before sending them back to school
3. Encourage good hygiene practices, including frequent handwashing and covering coughs/sneezes
4. Contact your healthcare provider if your child develops flu symptoms
5. Notify the school nurse if your child is diagnosed with Influenza A

We understand that keeping a sick child at home can be challenging for working parents. However, sending ill students to school puts other children and staff at risk and can prolong the spread of the virus throughout the building. Our custodians will continue to use preventive measures using safe disinfecting agents, where necessary.



National School Counseling Week

FEB. 3-7
2025



National School Counseling Week 2025 (#NSCW25) is celebrated annually to focus public attention on the unique contribution of school counselors within U.S. school systems. The theme this year is: **School Counseling: Helping Students Thrive**. National School Counseling Week, presented by American School Counseling Association, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

On behalf of the Board of Education and myself, I would like to express our sincere appreciation to our counselors for their dedication and the contributions they make to our district. While we honor you during National School Counseling week, please know that our gratitude is extended year-round.

Freeport High School: Paul Heimer, Danielle Jackson, Katies Ries, Sara Shockey

Freeport Alternative High School: Jeff Lawfer, Deb Scott

Freeport Middle School: Lynn Dunn

Carl Sandburg School: Shaneka Collier, Lisa Swank

CELEBRATING BLACK HISTORY

Black History Month 2025

The 2025 theme for Black History Month (BHM) is "African Americans and Labor" with a focus on the various and profound ways that work of all kinds intersects with the collective experiences of Black people. Throughout the month our schools will honor BHM by integrating black history resources into the classroom, and with special celebrations and programs in their buildings.



We believe understanding our shared history strengthens our community and prepares our students to be thoughtful, informed citizens.

Click Each Link For Information 

[Upcoming Events](#)

[Eventos comunitarios](#)

[Notable Dates](#)

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Freeport Athletics App

Big news, Pretzel Nation! Our new Freeport Athletics App is LIVE! Get updates for HS & MS teams, access athlete registration, view schedules, scores, and so much more—all in one place! Remember to enable notifications so you can get live updates!



Download now on:

App Store & Google Play: <https://fhspretzels.app.link/download>



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