

April 01, 2022

Dear FSD Staff and Parents/Guardians,

Snow after Spring Break? It's to be expected in Illinois! Hopefully, spring weather finds us soon. I hope that everyone enjoyed the well-deserved time off last week and that you were able to find some "down time" during the week.

Last night was my first time to see **SHOWTIME** as the Superintendent of FSD. The last production was in April of 2019, well before my entry to FSD. Well, all I can say is it was worth the wait.

What a treat to listen to our Jazz Ensemble as the opening act, under the direction of Mr. Bill Petersen. The FHS Music Department reminded us of what we have been missing in the past two years. Derek Simons, Director of FHS Show Choir and Britney Kieselhorst, Assistant Director, plus the S.T.A.R.S (choir parents) deserve much credit for their hard work and support of our student performers. The band, production staff, and crew were all hard at work to make sure the show went on without a glitch.



Many thanks to the families and friends who applauded and supported our musicians and performers last night. We very well know what it takes to put together a production that has been a strong part of the FSD 145 tradition in the past 42 years.

Tickets for Showtime 42 are still available. The remaining performance dates are tonight and tomorrow night at 7 PM, and a 2 PM matinee on Sunday. This band and choir production are a must-see for all ages. ([view flier](#))

Kindergarten & New Student Registration

Registration is now open for incoming kindergarten students and new students (not currently enrolled in FSD) for the 2022-23 school year. Please see the attached [flyer](#) for more information. Online registration is available on our [website](#) or you may register in-person at our Enrollment & Transportation Center, located at 2037 W. Galena Ave.

Assistant Principals Week!



National Assistant/Associate Principals Week is April 4–8, 2022! Join FSD in honoring the enormous contributions of assistant principals to student success. This year, our celebration takes on even greater significance as we recognize all that assistant principals have conquered amid the pandemic and consider what their ever-expanding and evolving role might look like moving forward. Through it all, America's assistant principals have demonstrated unwavering leadership—becoming a source of strength and inspiration for us all.

Thank you to FSD's amazing Assistant/Associate Principals:

| | |
|---------------|----------------|
| Ramon Viveros | Chad Carty |
| Brian Lamm | Sarah Hasken |
| Sarah Swords | Dana Dinderman |

Jones-Farrar 6th Grade Exhibition

How do you create a better world? Sixth graders at Jones-Farrar investigated important global issues and explored small ways they can take action to make the world a better place. Over the course of 6 weeks, students worked collaboratively to design questions, demonstrate learning skills, and take responsible action as global citizens. The IB Primary Years Program Exhibition marks the end of this challenging experience and is a day to celebrate and share their learning with the learning community. On March 18th, students shined as they presented on a variety of topics such as global hunger, health and wellness, and the preservation of life on land and in the oceans to very proud members of the learning community. Throughout this process students discovered the complexities of being part of a global community but more importantly, that they each have gifts and attributes to make the world a better place, one small action at a time.

[view photos](#)

C.H.O.I.C.E.S. Black History Program

On March 19, FHS students who are members of **C.H.O.I.C.E.S.** (*Choosing Healthy Options in Careers, Education & Success*) presented a spirit-filled celebration of Black History, before a near capacity audience at the Winneshiek Theater. Led by FMS teacher, LaFrancine Baker the students paid tribute to various individuals and events in Black History & Culture. The program also featured FHS alumni and former CHOICES members from as recent as last year, to more than a decade ago. KUDOS to Ms. Baker and the amazing team of talented volunteers that assisted her in the production of the program. Enjoy this [clip from the performance](#).

FHS Sponsors Mobile Museum of Tolerance

Today FHS was the host site for the Mobile Museum of Tolerance, sponsored by the Simon Wiesenthal Center out of Chicago. 9th grade students had the opportunity to go through the

educational program, focused on the Power of Ordinary People which is described as exploring "how ordinary people have the power to create change in their communities, but also understanding that they can become the enforcers of hate and violence." This was an amazing opportunity for our students. [View the photo gallery of this event here.](#)

Athletic Recognitions

FHS Rising Star 🏀

Rock Valley College has announced that FHS Senior, Kaleb Dixon (*pictured below, center*) has been selected to participate in the 23rd Annual Rising Stars All-Star Basketball Classic to be held on Saturday, April 16. Kaleb was selected by the sports media panel from the Rockford Register Star, Freeport Journal Standard, local sports broadcasters and area coaches. Kaleb was a senior standout on the boys' basketball team this season. The game will be played at Rock Valley College and begins at 7:00 p.m. **Congratulations Kaleb!**

FHS Senior Basketball Players Sign to University of Dubuque 🍷🏀🍷❤️

Seniors Alyjah Baker (*left*) & Kaleb Dixon (*center*) signed this week, committing to play basketball and attend the University of Dubuque. **Congratulations to these Pretzel Athletes and their families and good luck at the next level!**



Stress Awareness Month



April is Stress Awareness Month, a time to shine a spotlight on the deep pervasiveness of stress and how to spread awareness about healthy ways to cope. This month is a great opportunity for everyone to revisit and reprioritize healthy and productive stress relief strategies. Stress can happen to anyone at any time, regardless of current circumstances or situations. Stress can also cause physical health problems from headaches and stomach aches to stroke and heart disease. With healthy coping mechanisms, however, we can all take better care of ourselves. [Read helpful ways you can self-manage stress, from Care Solace](#)

2021 Child Tax Credit Information - Tax filing deadline is April 15


[This link](#) contains important information about the 2021 Child Tax Credit, and what families need to know when filing their taxes.


COVID-19 Infection Rates Update


Here are the current [case and quarantine counts for students by school](#) for FSD. There are currently 0 positive staff members.


~Upcoming Events~


The organizations & events listed below are not sponsored by or affiliated with FSD 145

 **Blood Drive** - State Senator Brian Stewart is hosting a blood drive on Wednesday, April 13 in Freeport! [event flier](#).

 **Freeport Community Easter Egg Hunt, Drive-Thru**, April 9th - [Learn more about this event](#), sponsored by Crossroads Community Church.

 **Freeport Park District Bunny Trail**, Saturday, April 16th, 11:00 to 12:30 - Hippy hop over to Krape Park for this family friendly event. Trail begins by the carousel.

 **Pretzel Fest**, Saturday April 23, 11:00 - 4:00 PM in downtown Freeport, this second annual event features food, fun and entertainment. Be sure to visit FSD's booth for our free giveaways and to get information about Summer Learning and community summer learning events.

 **Camp Jorn YMCA** takes place in Manitowish Waters, WI and is offered to students ages 8-17 in one to three-week programs. For additional information see the attached [flyer](#).

REMINDERS

FSD Employment Opportunities

FSD offers many employment opportunities. **We currently have openings for subs in multiple roles.** For more information on job openings and to apply visit our website, fsd145.org/employmentopportunities.

Care Solace

Freeport School District 145 partnered with Care Solace to support the well-being of students, staff and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs regardless of circumstance. If you or a family member are looking for help with mental health or substance use and would like to use Care Solace to help you find a provider:

- Call 888-515-0595. Support is available 24/7/365 in any language.

- Visit www.caresolace.com/fsd145 and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.

Upcoming Notable Dates: 

April 1 - End of the 3rd Quarter

April 15 & 18 - Special Holidays (Good Friday & Easter Monday) - FSD Closed

We have completed the 3rd quarter, and our year of being “Ready to Engage” is quickly coming to an end. We are pushing for a strong finish in the 4th quarter and already preparing for the next school year. The year, of course, has had its challenges, but your support has been unwavering. Please know that I, the Board of Education, and our staff appreciate all that you do. Have a great weekend!

With gratitude

Dr. Anna Alvarado,

Superintendent of Schools