

# Freeport Secondary Schools

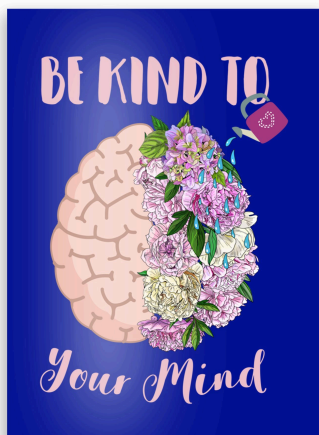
## End-of-Year 2024 Family Newsletter



### Self-Care Spotlight: Promoting Wellness as Summer Begins

As we approach the end of the school year, it is essential to highlight the importance of mental health awareness and self-care for our middle school and high school students. Transitioning to summer can bring about various emotions and stressors.

Some ways you could encourage positive self-care and provide support this summer include:



1. **Encouraging Open Communication:** give the space for them to express their feelings and concerns without judgment. Let them know it's okay to talk about their mental health and their feelings
2. **Promote Healthy Habits:** regular exercise, a balanced diet, and sufficient sleep to support overall well-being. Physical health and mental health are linked very closely
3. **Practice Mindfulness:** work on using different techniques such as deep breathing, meditation, or yoga to help manage stress and stay grounded.
4. **Set Boundaries:** Help them establish boundaries with technology and social media to prevent burnout and promote healthy screen time habits.
5. **Encourage Self-Care:** incorporate some self-care activities into your day/week, such as reading, hobbies, or spending time outdoors, to recharge and relax.

Encouraging open conversations about mental health, practicing self-care routines, and maintaining healthy habits can help students navigate this transition period successfully. Let's work together to promote a positive and supportive environment for our students as they prepare for a well-deserved summer break

**HAVE A GREAT SUMMER!!**

**See you next year,  
The School Counseling Team**

## Museum Field Trip



The 11th Grade AP World History Class took its annual field trip to the Carnegie Museum of Art and Natural History. The visit to the museum serves as a review and application of the students' Document Based Question Essay skills that they will need to earn college credits on their AP Test in May. The students used museum exhibits as documents in a DBQ essay style group presentation. The students enjoyed not just the museum experience but also had the chance to sample unique ethnic cuisines from the various eateries that surround the facility in Oakland. The Double Cooked Pork Belly was a big hit, the Cantonese Style Chicken Feet...not so much.

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## FHS Junior/Senior Prom – May 3, 2024

chasing fireflies



Questions? Email Mrs. O'Shell at [boshell@freeport.k12.pa.us](mailto:boshell@freeport.k12.pa.us)

**Helpful Info:**

Tickets were sold from April 16-18

Must be in school on 5/3/24 until at least 11:18am

Excuse from parent must be sent to

[fhsattendance@freeport.k12.pa.us](mailto:fhsattendance@freeport.k12.pa.us) if leaving at 11:18

Location: Pittsburgh Shrine Center, Cheswick from 6-10pm

Must be in attendance by 6:30pm

Car keys will be collected and returned at the end of the dance

Favors will be handed out as you leave for the night

No one is permitted to leave until 9:30pm except for emergency/parent phone call

Money is not needed while at Prom



## New Technology at Freeport Area Middle School

Thanks to the United Way of Southwest Pennsylvania, Freeport Area Middle School received a brand new laser engraver that will be utilized in Mr. Price's classroom! The United Way of Southwest Pennsylvania provided Freeport Area Middle School with a \$5000 grant to improve our STEM programs. With the new technology, students will now be able to engrave designs into various materials such as wood, acrylic, glass, metal, and plastics. Students will also be able to utilize programming skills to make these products!



The French and Spanish students took a trip to The Frick to experience the Vermeer, Monet, Rembrandt exhibit with Mrs. Chounet & Ms. Lincoln.

Spanish IV students returned to Mrs. Rumbaugh's first grade class to teach a lesson about Cinco de Mayo along with some Spanish phrases.



### **Microsoft Access Expert Certification**

Four students, Ava Schallenbrand and Kylie McConahy, Tyson Tresco and Isabella Grace Churley (not pictured) passed the Microsoft Access Expert certification exam. The MOS Access Expert exam consists of performance-based, real-world scenarios to test the user on their ability to use the software's key features. We are very proud of these students since this exam is extremely difficult.



## Freeport Area School District Advisory Council

### Advisory Council Members at the Spring Meeting



The purpose of the Advisory Council is to share information about the School Counseling Department, as well as make connections for career support and post-secondary planning within our district and community. Garnering support via job shadowing, internships, mentoring, jobs, etc. is essential. Member's input will be crucial to the future success of our students and the School Counseling Department. The Advisory Council will meet twice per year, during the fall and spring. Advisory council members include district school counselors, licensed professional counselors, principals, school psychologist, school services coordinator, district parents, and community business members. Below is more information about our community members and what opportunities they can bring to our school community.

**Morgan Rizzardi**

**Director of Admissions, Butler County Community College**

Campus Visits- group and individual, sitting in on classes, presentations. Visit [bc3.edu/visit](http://bc3.edu/visit) for BC3 Main Campus

Open Houses- twice per year with a \$25.00 application fee waiver

Pittsburgh Job Corps sponsorship through college program. Ages 17-24; Pell Grant eligible

Concordia Tuition Assistance sponsorship program for PN and RN program

High School Programs- for students 10th-12th grade, can take courses online or on a BC3 campus. GPA requirements, 3.25 sophomores, 3.00 juniors, and 2.75 seniors

**Kimberly Giovannelii, LSW**

**Director of Community Services, and Volunteer Resources at Allegheny Valley Hospital (Allegheny Health Network)**

Students can volunteer, shadow/observe, and tour Allegheny Health Network Hospitals and Offices.

Volunteering at age 16+ provides exposure to the healthcare and hospital environment. Also the opportunity to volunteer in a variety of healthcare professions including but not limited to nursing, medical imaging, emergency care, biomedical engineering, laboratory technologies, rehabilitation therapies, respiratory pulmonary care, cardiology and cardio rehabilitation and more.

Hospitals also have career tracks in the trades (plumbing, electricians, carpenters, stationary engineers, painters, HVAC, nutrition services and environmental services.

Career Observation and/or job shadow- students or adults age 16 or older can identify a profession, a person in that profession to shadow. Can shadow one or more professions for up to 16 hours per 12 month period.

Tours- available to both students and teacher groups to learn about healthcare professions. Tools used include meet the professional , hands on activities, and location tours.

**Ryan Mortimer**

**Vocational Rehabilitation Counselor, Office of Vocational Rehabilitation**

OVR offers support and services to eligible transition aged youth that supports post-secondary training and employment. We can support students with exploring job shadowing opportunities and college and trade school options that are in line with their career goals. While I am new to working with Freeport, I have been with OVR for 18 years and am excited to work with students in the district.

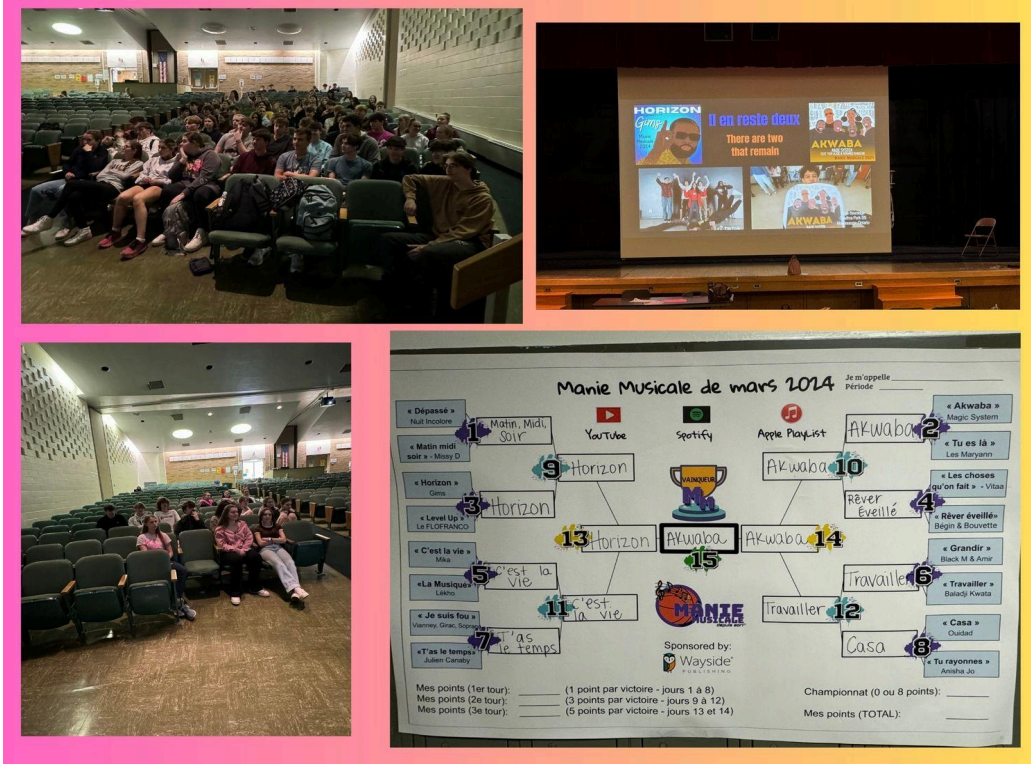
One of the benefits of getting connected with OVR is that we can continue to support students after graduation with their post-secondary and employment goals

**Jennifer Anderson**

**Director of IT, UPMC**

We support college and career day events, virtually or in-person. Career Exploration- learn more about various careers available in Healthcare IT. We offer a STEM workshop and class presentation which includes an overview of IT careers. Mentoring program (9th-12th grade)- an informal mentorship program, connecting with students via phone or email to provide direction on career questions/concerns.

# Manie Musicale 2024 comes to a close!



French students in Mrs. Chounet's French classes finished out this year's Manie Musicale competition on Wednesday April 10th during WIN time where the song «Akwaba» ([linked here](#)) by Magic System was crowned this year's vainqueur! The group, a well-known group formed in 1996 in the Cote d'Ivoire, was a part of the competition for the first time since it started in 2017. To learn more about the group, click [here](#). Manie Musicale is a French music competition that was started by two French teachers in Maine in 2017, and now has grown to include over 675,000 students in 37 different countries. To learn more about Manie, check out the website [here](#)





## **Pittsburgh Regional Science & Engineering Fair 2024**

Six Freeport students presented their science projects at PRSEF at the Carnegie Science Center this year. Eli Magness presented his project on April 2 during the middle school event. JJ Nicolls, Lexie Reesman, Maddi Ronge, Scarlett Sather and Jacob Franks presented their projects on April 3. Congratulations to Alexis Reesman for receiving a scholarship to Slippery Rock University for her project. Also, congratulations to Maddi Ronge for receiving a sponsor award from NIOSH/NPPTL(National Personal Protective Technology Laboratory (NPPTL) is a division of the National Institute for Occupational Safety and Health (NIOSH)).

## **Congratulations Mrs. Neigh**

Mrs. Neigh and her husband welcomed their first child, Jesse Noah Neigh, on Sunday, March 31, 2024. Jesse was born at 5:11 am, and he was 7 pounds 12 ounces and 22 inches long.



# FAMS Autism Awareness Walk

Students at Freeport Area Middle School had the opportunity to purchase Autism Awareness bracelets and tattoos in support of our Autism Awareness Walk on April 19. The students and staff “Lit It Up Blue” as they walked a couple of laps around the building. All money raised went to our community event, the Autism Awareness Conference, which was held on Saturday, April 27.



# FAMS Jackets Pride Network

The 8th grade girls that make up our JPN team made a video for JSP Manufacturing. Their video was entered into a contest to promote “What is cool about manufacturing?” They came away with the first place trophy for “Best Performance!”





## **FAMS Creative and Fine Arts**

Please consider supporting our students in both the creative and fine arts programs.

### ***FAMS Band Concert:***

Tuesday, May 7, 2024	6th Grade	6:00pm	FAMS
	7th & 8th Grade	7:30pm	FAMS

### ***FAMS Choir Concert:***

Wednesday, May 15, 2024	6th Grade	7:00pm	FAMS
	7th & 8th Grade	8:00pm	FAMS

### ***District Art Show:***

Tuesday, May 21, 2024	All Students	6:30pm	FAHS
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# Freeport High School Music Department Concerts

## *High School Chorus:*

**Tuesday, May 14, 2024 - 7:00 PM - Middle School Auditorium**

## *High School Band:*

**Tuesday, May 21, 2024 - 6:00 PM & 7:30 PM - High School Auditorium**



**FREEPORT  
AREA  
PERFORMING  
ARTS**

## Digital Media Arts Consortium Awards Ceremony



On April 18, 2024 at Robert Morris University, Broadcast Media and Creative Writing students were awarded a total of six awards, beating last year's total by one. Students submitted a series of videos to be judged by professionals in the field of media along with media teachers. This competition includes schools from the Tri-State area. Seniors Julia Simon, Audrey Gregori and Isabelle Emeloff won an Award of Excellence in the commercial category for their 60-second spot on 1883 Coffee. Senior Max Kruse won an Award of Excellence for black and white photography. Senior Sarah Reyer, a Creative Writing student, and the students of TV News Production period two won an Award of Excellence in the Digital Cinema category with Reyer's film "Class Menace" starring Noah Whitlinger, Miranda Boring, Tony Musico and Ed Hanna. Sophomore Ryan Suwan, and juniors Evan Michelini and Bryce Radio, won an Award of Excellence for their Feature Package on the high school's Travel Opportunities through Foreign Language Classes. Winning a Best in Category trophy for their Instructional video were seniors Abby DeJidas and Maddie VanDyke and junior Jeremy Furmahn. The video was a step-by-step process of achieving a *Simple Makeup Look*. And perhaps the most exciting win of the day came when Katelyn Hemphill, Max Kruse, Abby Walsh and Madi Burnheimer (Documentary Film students) won the 'live vote' in the Music Video category. Hemphill wrote and performed the song, "Let's Just Be," along with Walsh on bass and Kruse on drums. The video also starred Kaylenn Gerlowski and Brady Paga. Our high school's Broadcast Media program has competed in this student video competition since 1999, bringing home a total of 113 awards.



**Congratulations to the Cast and Crew of this year's musical**



**for the following Mancini Award nominations:**

- ★ *Best Choreography Execution Budget 1*
- ★ *Best Costume Design Budget 1*
- ★ *Best Ensemble Budget 1*
- ★ *Best Execution of Direction Budget 1*
- ★ *Best Lighting Design Budget 1*
- ★ *Best Scenic Design Budget 1*
- ★ *Best Student Orchestra*
- ★ *Best Musical Budget 1*
- ★ *Zack Kladny - Best Actor*
- ★ *Bella McKivigan - Best Actress*

*\*The awards will be presented on May 19th!\**

♥ Designed by Elizabeth Craven (11) & Nevea Thomas (12) ♥