

From the Principal

What is a quarter grade?

In one semester, students receive two 9-week quarter grades (40% each) and one final exam grade (20%). These three grades make up the semester grade (January and June).

How are transcript grades different from report card grades?

Though parents see quarter, exam and semester grades during the year, only the semester grade is posted on the transcript. A transcript is the high school's official record of a student's grades and is the document requested by colleges to verify high school graduation, courses taken and semester grades earned.

What is the difference between a weighted and unweighted GPA?

Unweighted grade point averages (GPA) are based averaging the grades of each course and calculated on a 4.0 point scale. The + and – attached to a grade are not included in the calculation. The weighted GPA is calculated with honors, accelerated and advanced placement courses having more value than other courses. Colleges and applications differ on whether weighted or unweighted GPA's should be included.

What grade expectations should I set for my son or daughter in high school?

Families should have discussions as to the expectations they have of their children in terms of grades. If you have not had these discussions with your child, the quarter grades can be a great starting point for creating expectations and setting goals for the next quarter.

Fremd has a minimum expectation that all students should earn C-s or higher in every course. From an academic standpoint, for a student not to earn a C- or higher, he or she has to truly choose to not engage in the class. Families should set grade goals unique to each child and above the minimum as appropriate.

Please communicate with individual teachers and your child's counselor for suggestions and areas that may need improvement if your child is not progressing as you would expect. There are many support systems available for your child during and after school. Some students take advantage of these opportunities on their own. Others need more help choosing wisely during their optional time. Either way, we are still early in the year and there is still time to improve if necessary.

How does Viking Advisory and Mentoring Program (VAMP) change for freshmen second semester?

At the end of semester one, freshman students who achieve all C-s and higher will earn the privilege of an additional 25 minute of option time during lunch. Freshmen who have not yet met the minimum expectations will continue to meet during half of their option time during lunch in more of a guided study setting. It is vital that students consistently exhibit good academic habits early in their high school career as our coursework and expectations tend to become more comprehensive each year of high school.

Sincerely,

Kurt Tenopir
Principal

Fall Reminder

Now that it is getting colder, please make sure your child keeps a sweater or sweatshirt in his/her locker in case some room temperatures are occasionally cooler than normal. The School Board policy regarding "no coats and/or jackets" is in effect all year.

Viking Booster Club Dinner Dance

Dinner Dance 2014 is fast approaching! A fabulous evening is planned for this year's Fremd Viking Booster Dinner Dance. Saturday, November 22, 2014, is the date, so mark your calendars and make your reservation! This year's event will be held at the Cotillion. The Dinner Dance is a wonderful evening of fun, great food, excellent entertainment and an opportunity to purchase auction items all generously donated by our Fremd family, friends and local business community. All Fremd students benefit from the Dinner Dance proceeds! We hope to see you there!

Go to the Fremd website to register online.

Tutoring Center

The Viking Tutoring Center is a perfect place for students to come throughout the day for extra support in academic areas. Students are welcome to drop in during their lunch or any free period. Academic teachers in mathematics, science and English are available. The English department has instituted a writing remediation for students needing assistance to improve their writing skills. The science department is also using the tutoring center for science remediation in biology and physics. The center is also staffed with peer tutors who have been trained to work one-on-one with students. Our student athletes are using the tutoring center anywhere from three to five times a week to fulfill the eligibility requirements established by D211 and IHSA.

The Tutoring Center offers several academic resources including computers, textbooks, calculators and other supplies. Students can easily find our facility in Room 2, which is near Fremd's main entrance. We are open daily from 7:00-2:45, and then again from 3:00-5:00 p.m. on Tuesdays, Wednesdays, and Thursdays.

Students are encouraged to utilize the tutoring services during their lunch hours, free periods, or study halls. For more information, please feel free to contact the Tutoring Center Coordinator, Mrs. Grossman, at egrossman@d211.org, or extension 2653. Additional information can be found on our website at: <http://fhs.d211.org/info/services/tutoring-center/>

College Financing Seminar to be held

On Wednesday, November 19 at 7 PM in the Auditorium, Fremd's Student Services Department will sponsor "Conquering College Costs" for the parents of all high school students. Frank Palmasani, author of "Right College, Right Price" and creator of the "financial fit online program" will deliver a seminar that highlights 30 steps you can take to save thousands of dollars in college costs and pay for college without excessive debt. His newly developed seminar will combine the latest information about scholarships, financial aid, student loans, and the college search process when financial issues are a factor. All parents are encouraged to attend!

Frank Palmasani has been interviewed by WGN, WTTW, WBBM in Chicago and CNN Headline News nationally. He has also been interviewed by radio stations across the country about the student debt crisis. He has spoken at counselor conferences for the National Association for College Admissions Counseling, the Illinois Association for College Admissions Counseling, the Iowa Association for College Admissions Counseling, and the College Board.

THERE'S SOMETHING IN THE WATER AT FREMD HIGH SCHOOL! Students, parents, and community members: please join us **Wednesday, November 5 at 7:00 pm in the CONANT HIGH SCHOOL student cafeteria** to learn about an exciting new opportunity to “invest” in our students! We are looking for guest speakers, mentors, and potential investors for our new course, the Small Business Incubator (SBI). SBI will partner the classroom teacher with community experts and resources to provide students an opportunity to create and start a small business. Students will then have a chance to receive REAL FUNDING from community “sharks!” In addition to local funding, student businesses will compete to represent Fremd at a regional and national competition for additional funding!

Find out what’s circling in the water! Learn more at <http://tinyurl.com/D211Sharks> or contact Chad Jonas at cjonas@d211.org. Follow us on Twitter @D211SBI

Viking Pride Award Program

The Viking Pride Recognition Program is beginning its eighteenth year at Fremd High School. Approximately 30-35 students are recognized weekly during 2nd and 4th quarter on the school's public address system based on nominations from our faculty. Each teacher has the opportunity to nominate two students per year for this honor. The reason we call this Viking Pride is that P.R.I.D.E. is an acronym for Personal Responsibility In Developing Excellence. Under this broad criteria, teachers can recognize those who achieve at a high level of academic excellence; have turned a personal setback from a negative to a positive; or whose behaviors reflect respect and empathy.

When names are read, students come down to the principal's office and learn what special comments a teacher has made about them. The principal then presents them with a certificate as a remembrance of their efforts.

Reporting Absences – College Visits, Extended Family Vacations/Emergencies

Please call the Attendance Office (847.755.2670) two school days prior to a college visit or vacation absence from school. A pre-excused pass will be issued. The student should pick up the pass the following morning in the Attendance Office and procure the signatures of all instructors. The signed pre-excused pass is returned to the Attendance Office at the end of the same school day. All college visits need to be cleared as a pre-excused absence. Failure to do so will result in the absence being counted as a regular excused absence. When calling the Attendance Office, please have the STUDENT IDENTIFICATION NUMBER readily available.

Kudos to Staff and Students:

- Congratulations to the following Semifinalists in the 2015 National Merit Scholarship competition: **Justine Chee, Nathan Cornwell, Soumyaa Mazumder, Ellen Ni, Walter Panfil, Sanjana Shah, Jeemin Sim, and Jennie Yang.**
- Congratulations to Coach **Lauren Hall** and the Fremd Girls Tennis Team on their 3rd place finish at the Fremd Invite. **Kate Randall** (2nd singles) won 3rd place, **Julia Smiarowska** (3rd singles) won 2nd place, and **Maggie Hanna** and **Kate Bodensteiner** (1 doubles) won 3rd place.
- Congratulations to Coach **Darius Sanchez** and the Boys Varsity Cross Country Team on finishing 3rd at the Crystal Lake South Invite.
- Congratulations Fremd High School, Newsweek Top High Schools - #5 in Illinois and #113 nationally.
- Congratulations to Applied Technology Teacher **Steve Elza** on being named as one of the 12 finalists for 2015 Teacher of the Year in the 2014-2015 Those Who Excel education awards program.

- Congratulations to Coach **Andrew Kittrell** and the Girls Swim Team on taking 3rd place at the Lyons Township Relays. The top three event winners were: 200 yard Medley Relay: **Grace Grzybek, Shae Taylor, Jennie Yang** and **Grace Kneller**--3rd; 500 yard Cresendo Relay: **Erika Veenbaas, Grace Kneller, Emily Bolger, Julia Portmann**--3rd; 300 yard Individual Melay Relay: **Saki Takumiya, Grace Grzybek, Jiamin Huang**--2nd; 300 yard Backstroke Relay: **Grace Grzybek, Loretta Stelnicki, Saki Takumiya**, 1st.
- Congratulations to Coach **Joe Marcin** and the Girls Cross Country Team on winning the Warren Invite. **Ayako Higuchi** was the individual champion with a new course record of 17:12.16.
- Congratulations to Coach **Lou Sponsel** and the Varsity Viking Football Team on their 49-0 victory over Buffalo Grove.
- Congratulations to Band Director **Matt Moore** and the Viking Marching Band on taking 4th place at the AA Stagg HS "Marching Jamboree" AAA Division and 8th place at the Chicagoland Invitational Concert Band Festival AAA Division.
- Congratulations to the Junior Class on winning the Powder Puff game 26-14.
- Congratulations to **Darius Sanchez** and the Boys Cross Country Team on placing 3rd at the Bartlett Flyin' Hawk Invite. Medal winners include: **Danny Peterson** 8th, **Matt Fossing** 12th, **Joe Smaga** 15th and **Jack Buban** 17th.
- Congratulations to Coach **Lou Sponsel** and the Viking Varsity Football Team on their win over Hoffman Estates High School 48-17.
- Congratulations to the following debaters who competed at the Hersey High School Student Congress Invitational: **Madisen Hursey**, 1st Place Chamber Award, Varsity Division; **Praneet Dara**, 1st Place Chamber Award, Novice Division; **Nabeela Syed**, 2nd Place Chamber Award, Varsity Division; and **Leonard Lee** and **Amulia Nambiar**, Best Presiding Officers, Varsity Division.
- Congratulations to Coach **Ryan Moreau** and the Fremd Boys Golf Team on taking a 3rd place finish in the MSL Conference Tournament. **Payton Kim** shot a 77 (6th place medal), and **James Feng** and **Jason Doering** both shot 81 (top 20 medals).
- Congratulations to golfer **Jaehee Hur** on winning 4th overall at the Conference Golf Meet.
- Congratulations to **Jaehee Hur** on winning Regionals with a score of 76 and moving on to Sectionals. Congratulations also to junior **Haezi Jung** and sophomore **AnnMarie O'Sullivan** on qualifying for sectionals in the top 10 .
- Congratulations to Coach **Steve Keller** and the Boys Soccer Team on their 5-0 victory over Elk Grove High School on Senior Night.
- Congratulations to the following award winners at the Conant Swimming & Diving Meet: senior **Saki Takumiya** won the 200 meter and 100 fly; **Erika King** won the 200 and 400 free style and **Emily Kini** won the 50 free.
- Congratulations to the following students on being inducted into the International Thespian Society: **Blythe Baird, Lauren Berryhill, Nocile Calvaresi, Angela Cornwell, Mackenzie Cox, Colleen Francis, Katie Haggett, Chiranth Kishore, Dean Koumoutsos, Aman Madani, Kay Petrie, Amy Sedlak, Colleen Sweeney, Tyler Miles, Vanessa Balis, Connor Bradshaw, Sebastian Chlopecki, Nathan Cornwell, Kelly Fahey, Andrew Ha, Patrick Haugh, Emilie Kouatchou, Christine Latourette, Samantha McPherrin, Angela Rublaitus, Aiden Stadler, and Cara Ward.**
- Congratulations to Coach **Martin Zacharia** and the speech and debate program on being recognized by the National Speech & Debate Association as one of the top 10% of schools nationwide and earning membership in the Association's prestigious 100 Club.
- Congratulations to the English Student of the Month for October **Adam Bieda**.
- Congratulations to Coach **Ryan Moreau** and the Boys Golf Team on advancing to the Sectionals. Congratulations to junior **Eric Schaeffer** with a score of 82; senior **Jason Doering** with a score of 83; and junior **Tommy Peterson** with a score of 86.

- Congratulations to Coach **Jerry Moon** and the Fremd Chess Team on sweeping the Hoffman Estates Chess Team with 8 victories on 8 boards! This is the first & only sweep so far this year in MSL chess, and FHS is currently the only undefeated team in MSL chess.
- Congratulations to the following swimmers who were winners at the Palatine meet: **Saki Takumiya** - 100 fly; **Erika King** - 200 free and 400 free; **Grace Grzybek** - 200 IM; and **Sydney Plichta** - diving.
- Congratulations to Coach **Curt Pinley** and the Girls Volleyball Team on their victory over Barrington. Senior **Lane Hindenburg** put down 15 kills.
- Congratulations to Coach **Lauren Hall** and the Girls Tennis Team on taking 3rd place at the Conference Meet.
- Congratulations to Cross Country runner **Anita Grudzien** on winning a 9th place medal at the West Aurora Stampede.
- Congratulations to Coach **Andrew Kittrell** and the Girls Swimming/Diving Team on taking a 3rd overall in the White Division, 3rd overall in the Orange Division and 2nd overall in the Blue Division at the Naperville North Invite. Congratulations to the top finishers: 3 Divisions (white, orange and blue): **Sydney Plichta, Emily Zukowski** and **Sarah Mctague** - 2nd place in the blue, white and orange divisions of diving; **Erica King** won the 200 and 500 free in the blue division; **Grace Kneller, Emily Kini** and **Becca Rutkowski** won the 50 free and 100 free in the blue, orange and white divisions; **Emily Kini, Becca Rutkowski, Saki Takumiua** and **Nicole Degla** won the 200 free in the orange division; **Jiamin Huang, Saki Takumiua** and **Grace Grzybek** won the 100 back in the white, orange and blue divisions; **Emily Bolger, Jiamin Huang, Rebecca Ballo,** and **Shae Taylor** took 2nd in the 400 free relay in the orange division; **Erica King, Emily Kini, Saki Takumiya** and **Julia Portmann** took 2nd in the 400 free relay in the blue division; **Grace Grzybek** set the meet record for her time in the 100 back at 59.18.
- Congratulations to the following winners at the Tennis Conference Tournament: 1 Doubles: **Kate Bodensteiner/Maggie Hanna** - 2nd place; 2nd Doubles: **Caroline Freeman/Alice Zhang** - 1st place Conference Champs and 3rd Singles: **Julia Smiarowska** - 2nd place.
- Congratulations to Girls Golfers **Haezi Jung** and **Jaehee Hur** on qualifying for the State tournament.

Dates to Remember

October 28	Halloween Fest (All-school 4:30-6:00 p.m. through grade 6)
October 30- Nov. 1,6,7	Musical, “Shrek” (Kolze Auditorium, 7:00 p.m.)
November 3	Teacher Institute – No School
November 4	Late Start / Morning Work Sessions (8:50 a.m. start)
November 18	Fall Sports Awards (Gymnasium, 7:00 p.m.)
November 18	Late Start / Morning Work Sessions (8:50 a.m. start)
November 19	College Financing Seminar (Kolze Auditorium, 7:00 p.m.)
November 25	Blood Drive (7:30 a.m. – 2:00 p.m.)
November 26	Non-Attendance Day
November 27, 28	Thanksgiving Break - No School
December 2	Late Start / Morning Work Sessions (8:50 a.m. start)
December 4-6	Variety Show (Kolze Auditorium, 7:00 p.m.)
December 6	Midterm reports mailed
December 6	Incoming Freshmen Testing – 8:00 a.m.-12:00 p.m.
December 9	Choral Concert (Kolze Auditorium, 7:00 p.m.)

December 11	Orchestra Concert (Kolze Auditorium, 7:00 p.m.)
December 13	Booster Craft Fair (Throughout school, 9:00 a.m.-4:00 p.m.)
December 16	Band Concert (Kolze Auditorium, 7:00 p.m.)
December 19	Dance Team Holiday Show (Kolze Auditorium, per. 4-7)
December 22	Winter Vacation begins
January 5	Opening Day of School after Winter Break