

Report to Our Community

SEPTEMBER 2018

SPECIAL EDITION

Small Schools, Big Futures

LANCER & LETTER

AMESVILLE & COOLVILLE ELEMENTARIES • FEDERAL HOCKING MIDDLE & HIGH SCHOOL



Saluting the Action-Packed Class of 2018

The Class of 2018 will be remembered as one whose senior year began and ended with a call to action. When their school year was starting, Hurricane Harvey slammed into Houston, Texas. Rather than just focus on the beginning of their final year in school, the class jumped into action and created the "Fill the Bus" initiative, sending almost two school bus loads of emergency supplies to families in the path of the storm.

At the end of the year, when tragedy struck a student at FHHS, the class again went into action. They created a "Lancer Support Group" that will reach out to new students in the school and make sure they find a home here. As Cliff Bonner, Middle and High School Principal put it in his commencement speech, "This class is one that not only thoughtfully helps their neighbors, but also puts their nose down to get things done."

Of course these graduates had some outstanding individual accomplishments as well: thirteen are members of the Federal Hocking National Honor Society, two are members of the National Career and Technical Honor Society, there are five National Art Honor Society Members, and there are four International Thespian Society Members. Two students had their artwork chosen for

the Governor's Show in Columbus, two received the Tri-County Superintendent's Award, one placed 3rd and the other 7th at the National BPA Competition in Texas (see page 6), and three of them placed 10th in the state competition for Ag Mechanics. They raised the Reserve Market Steer and the Grand Champion Market Chickens at the Athens County Fair, two have earned their State FFA degrees, and two have achieved the rank of Eagle Scout. Athletically, this class brought three Sectional Volleyball Titles, two Sectional Girls' Basketball titles, and a district runner-up/state qualifying wrestler to Federal Hocking.

It's definitely worth noting that this small class of 63 students amassed over \$150,000 in scholarship funds to support them as they pursue post-secondary education. Clearly the class is well-prepared for what comes next!

As we salute the achievements of the Class of 2018, we are happy to provide this report on the overall health of your school district. We provide this annual report on student achievement and involvement, school district facilities and finances, and new staff and programs to help you judge how well we are doing. Thanks for taking the time to read it.



Report to Our Community

Each September we send to all residents of the Federal Hocking School District this report on how our schools are performing. We have included in this report information that parents and residents often ask us about, such as how many of our children are involved in school activities, indicators of academic success, district finances, personnel and school facilities.

This is a broad picture of how your schools are doing. Of course, we can always do better, and we welcome your suggestions and ideas. We also want to make sure this report gives you information you want. If you have any suggestions for improvements in our program, this report, or want to provide any other input on the district, please feel free to email Superintendent George Wood at gwood@fhlanders.com.



HOW DO WE MEASURE UP?

Report on Academic Achievement

The most important statistic for any school district is the graduation rate. Every study conducted about success after school demonstrates that having a high school diploma is vital when it comes to employment and quality of life (such as health) measures. A lot goes into helping a child graduate—some of the key indicators include whether or not s/he learns to read, attends school regularly, and moves through each grade on time. In this section of our annual report we run down the numbers on progress to graduation, with a special focus on reading.

(Note: Another big factor is how involved students are in school activities. Student involvement indicators are in the second part of this report.)

Graduation Rate

The Federal Hocking graduation rate continues to be one of the best in the State. While the overall Ohio graduation rate hovers near 80%, our rates approach 100%, which is our target. (Note: Graduation rates are always reported one year behind, so the following are for the classes of 2016 and 2017).

- Class of 2016 Graduation Rate: 92.8%
- Class of 2017 Graduation Rate: 96.4%

Progress to Graduation

One of the best indicators of graduating on time is moving through the grades on time. Sometimes retaining a child in a grade is in that young person's best interest, and it does not automatically lead to dropping out. But we are pleased with our high 'progress to graduation' rates in the 2017-18 school year:

- 97% of elementary students advanced to the next grade on time.
- 100% our middle and high school students advanced to the next grade on time.



Attendance

It's simple, it is hard to do well in school if you don't show up. Our students do show up, and we appreciate the effort parents and guardians make in getting kids to school. Attendance rates for 2017-18 were:

- Elementary School Attendance Rate: 93.5%
- Middle School Attendance Rate: 92.5%
- High School Attendance Rate: 93%

Reading Levels

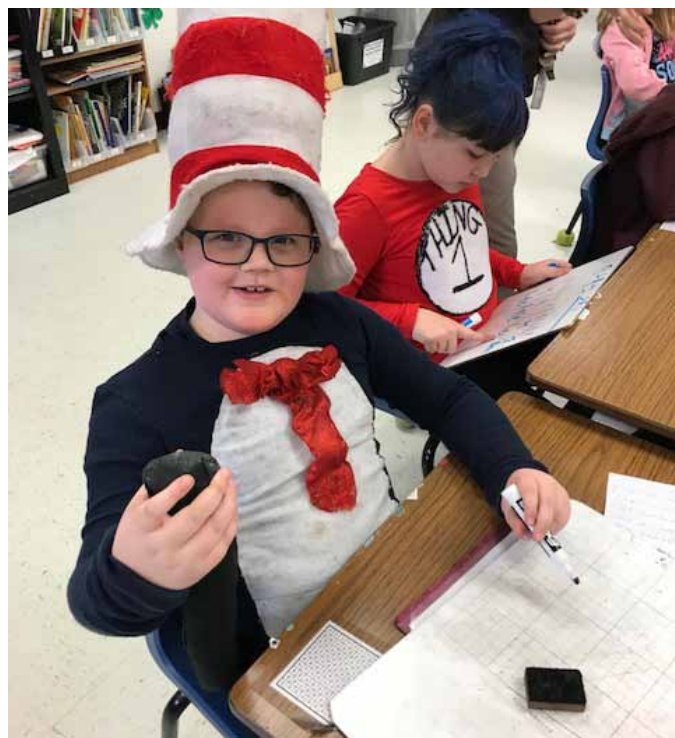
Given the importance of learning to read, in the 2017-18 school year we added Reading Specialists to both elementary schools.

To see how we are doing in helping students learn to read, we administer annual reading assessments in kindergarten through eighth grade. Unlike the state standardized tests, these assessments involve students reading actual books, out loud, while teachers check for fluency and vocabulary. Additionally, students are asked questions about the text to measure comprehension.

Our target for this year was that at least 75% of our students who do not have identified reading disabilities would be reading at or above grade level. We fell just short of that target, with 72% of students at the elementary schools meeting this goal. Here are the breakdowns by last year's grade levels of students reading at or above grade level:

- Kindergarten: 84%
- First Grade: 55%
- Second Grade: 70%
- Third Grade: 67%
- Fourth Grade: 80%
- Fifth Grade: 75%
- Sixth Grade: 67%

For the coming year we will continue to focus on reading with the goal of 80% or more of our elementary children reading at or above grade level.



TEACHERS SHARPEN THEIR PENCILS

Professional Development

We know that having a well-prepared staff leads to high academic achievement. To this end, the Federal Hocking School Board established a professional development fund for each building. With these funds the following activities were undertaken last year:

At the Elementary Schools:

Both elementary staffs have been engaged in learning more about how to meet the needs of our students who are striving to be readers. All staff continues to receive ongoing professional development in a balanced literacy approach to reading and writing. In addition, ten of our teachers have attended specific professional development that targets the needs of students who continue to struggle with literacy. Two programs that the elementary schools have adopted are Orton Gillingham Multi Sensory Phonics and Fountas and Pinnell's Leveled Literacy Intervention. With these programs, some of our students receive a double or triple dose of literacy instruction to help them get "on track."

The elementary schools also partner with Dr. Tim McKenry who leads the staff in ongoing professional development in the area of mathematics. Strategies for approaching math through problem solving and discovery are a continued focus for our new, as well as experienced, staff.

At the Middle and High School:

The middle and high school staff has been learning about Differentiated Instruction (DI). The foremost institute for DI is the Institute of Academic Diversity at the University of Virginia and over twenty of our teachers have attended workshops there, learning how to meet the academic needs of our students through a variety of pathways. These teachers returned to not only implement these strategies, but to help teach other staff what they learned about:

- Creating a positive learning environment
- Meeting students social-emotional needs (including Advisory training including team building initiatives)
- Lesson planning for meeting a variety of student needs
- Strategies for best practice teaching
- Assessing student learning (standard-based grading)

Report on Student Involvement

One thing educational researchers agree upon is that participation in extracurricular activities, like sports, the arts, and clubs, is good for children. In fact, one predictor of success in school and in life after school is participation in these activities.

Over the past several years Federal Hocking has worked to increase the number of students involved in these activities. We have added a variety of new programs in the past two years including the following:

- Archery Teams at the Middle and High School
- Shooting Sports Team at the Middle and High School
- Biddy League Basketball and Cheerleading at the Elementary Schools
- Revival of the High School Wrestling Team
- After School Choir and Destination Imagination Teams at the Elementary Schools
- New Clubs and teams at the Middle and High School including Math Club and Science Olympiad

These efforts have been lead by our teachers and numerous parent volunteers and we thank all of them for providing another path to success for our students. As a result of their efforts...

- Nearly 40% of our elementary school children participated in one or more of the community sponsored athletic teams in our communities.
- 77% of our middle and high school students were involved in one or more club or sporting team.

We hope to increase these numbers in the coming school year but are pleased to see how many children get more than academics in a Federal Hocking School.



Art, Music, and Physical Education

When we first began this annual report one of the things parents and community members wanted to know is how we support the arts and physical education. The district provides full time music, art and physical education programs in all of our schools. There is also a range of opportunities for students to do more than take classes in these areas including drama (even at the elementary school level), marching and concert band, elementary band and choir and clubs that focus on the arts.

- 100% of elementary students have art, music, and physical education as part of their regular educational program.
- 46% of middle and high school students took art or music during the past school year.
- 22% of our 5th and 6th graders participated in band.

SPOTLIGHT: Amesville Elementary

Learning through the many stages of theater



Amesville has a long tradition of community and family events. Outings like Farm Day still bring a smile to folks that experienced it years ago as a child. This year the school added something new, school plays. Under the direction of music teacher E. J. Waskiewicz, students in the sixth grade wrote and staged their own pieces of theater.

Students began the process by learning about character development, writing an original story, and then writing the script. They then decided on sets and costumes. All students participated by either working on backgrounds, props, stage lighting, acting, or being the writer of a play. In total, four plays were performed.

"It was amazing to see their stories come to life on stage!" said Principal Cathe Blower. "The students persevered through writing and editing their stories, and their stage fright, and in the end they were very proud of their work. Younger students are already talking about and planning for the big 6th grade project. We look forward to seeing this tradition grow."

Report on Facilities, Finances & Transportation

Finances

The financial picture for the District for the foreseeable future is stable. This year we forecast a budget surplus of \$89,907 and a total surplus, or monies held in reserve, of \$6.9 million (see chart). It is difficult to foresee beyond this year as in the spring of 2019 the Ohio General Assembly will need to develop a new state budget that will impact our funding for 2019 through 2021. Having a budget surplus in reserve allows the district to address special needs (such as the \$500,000 we put into technology upgrades) and cushion any unexpected budget shortfalls from local taxes or state aid.

As a safe guard against unforeseen costs or state cuts, the district does hold several reserve funds which total nearly one million dollars. They are listed below with the amounts currently in them:

Capital Improvement Reserve Fund, \$200,000: These funds allow the district to save for major projects such as the new Middle School roof.

Budget Reserve, \$500,000: Can only be spent with specific School Board authorization. Held for emergencies or cuts in funding.

Permanent Improvement Reserve, \$200,000: A savings account for smaller improvements such as technology upgrades or new textbooks.

FISCAL YEAR 2019

(The 2018-19 School Year)

August 1, 2018
Beginning Balance \$6,783,618

Projected 2018-19
+ Revenue + \$13,771,319
- Expenditures - \$13,701,412
= Revenue Surplus \$69,907

Projected August 1, 2019
Ending Balance \$6,853,525

Facilities

Improvements to District facilities this past year included:

- New roof on the Middle School
- Improved drainage at Amesville Elementary School
- Replacement of many outside doors to improve security and safety

For the coming year we are looking forward to the opening of the Pat and Danny Hall Field House (new equipment storage pictured below) and the installation of a solar power plant on the top of the middle and high school complex.



Transportation

The District bus fleet was upgraded with the addition of two new buses. For the coming year we will also be adding two additional bus routes with the goal of reducing student ride time to an hour or less. This means almost no student within the school district boundaries will board a bus before 7 a.m. and all students will be home by 5 p.m.

Meet Our New Bus Drivers

Kevin Brown lives in the Amesville area and has previously driven bus for 23 years in the Athens district. He has two daughters and is a newlywed!

Amy Smeeks-Gillian, FH '92, is married to Philip (FH '87). They have two daughters and live in Tupper Plains.

Becky Smeeks-Walton, FH '98, is the mother of 5 children all attending Federal Hocking Schools. She is married to Zach Walton and lives in Amesville, Ohio.



FH Business Professionals of America Team Takes State and National Honors

One of the many clubs at the high school, Business Professionals of America is under the direction of Tech Prep teacher Sonja Coble. Every year members of this club enter competitions in a number of areas and the contests begin at the regional level. Last year members of the team qualified to compete at the state level in Columbus and brought home lots of gold!

Leading the pack was Cade Buckley who placed first in Ohio in the category of Economic Research, Individual. Cade's research paper was on the economic impact of using public funds to build new single sport or multipurpose stadiums, and he had to present the paper to a panel of judges, defend his position, and answer questions. Mikayla Bradford took third in the state in the Prepared Speech division with her talk on college as a business and the impact of that on students. The Global Marketing Team of Sawyer Filson, Herron Linscott, Micah Pickering, and Robert Rozell placed ninth in Ohio. Both Cade and Mikayla qualified to compete at the national level in Dallas, Texas.

In Dallas, after several days of competition, all of the participants from around the nation gather on the last evening to hear results. Sonja Coble was texting to all the staff live and we knew she was cheering at the top of her lungs as both Mikayla and Cade were called to the stage for qualifying in the top ten. Many supporters watched the awards ceremony as it was streamed live on the web! To top it off, Mikayla took third place in the nationals for her prepared speech, and Cade placed seventh for his economic research paper.



Congratulations to Mikayla, Cade, and all the members of BPA along with advisor Sonja Coble for a job well done!



SPOTLIGHT: Coolville Elementary

Schools get report cards too

While grades aren't the only measure of success, it is important to note that this year Coolville Elementary received the grade of 'B' on its state report card. This is the highest grade ever received by an elementary school in the area since the new state report cards have been coming out.

Principal Mary Mitchell was particularly pleased with the grade received for the sub-category 'gap closing'—an 'A'! "The grade of 'A' that we earned in gap-closing demonstrates that the staff is doing a great job of helping kids that are behind to 'catch up' with their peers. Our focus is that ALL of our students succeed, and I guess the hard work of the staff and students has actually shown up in the state report, which is great!"

There were other highlights on the Coolville report card as well. "We were very pleased to see that nearly 90% of our third graders and 95% of our fourth graders were proficient or better in mathematics. The state standard for proficiency is 80% and these students went well beyond that," according to Mitchell. "While we know our students are more than a test score and we do not emphasize the tests it is nice to note how well our students are doing in response to the great teachers they have," she added.

Welcome New Teachers

We're happy to have you in our Federal Hocking family

At Amesville Elementary:

Sara Andrews hails from the Cleveland area. She received both her bachelor's and master's degrees from Ohio University and will be our Reading Specialist.

Ephram Ausseresses is from Arizona. He will be teaching fifth grade and his family now lives in Amesville. He has three children who will now be Lancers!

Shelby Denhart will be one of our new kindergarten teachers. She is from Albany and received her bachelor's and master's degrees from Ohio University.

Kelly France will be teaching second grade. She was a teaching fellow in our building last year and received bachelor's and master's degrees from Ohio University. She is from Columbus.

Alex Mielke is from Columbus and is our third and fourth grade intervention specialist. She completed her student teaching experience in Costa Rica and is a graduate of Ohio University.

Geoff Osterland will be our Multiple Disabilities Intervention Specialist. Geoff, with his wife Bev and their three children, live in Amesville.

Diane Wiktorowski has returned to Amesville as one of our kindergarten teachers. Last year she served as our art teacher while Katie Pearce was on maternity leave.

Emily Wilson comes to us from Belpre. She was part of the CARE partnership between Ohio University and Federal Hocking and will be teaching sixth grade language arts and social studies.

At Coolville Elementary:

Nick Claybourn will be teaching sixth grade math and science. He grew up in Rushville, Ohio and attended schools in Lancaster. Nick graduated from Ohio University in 2017.

Wesley Hatfield is taking over PE duties at Coolville. Wesley lives in Belpre, Ohio where he attended school, followed by Ohio Valley University where he graduated in 2017. Last year he was an aide at Amesville Elementary and an assistant coach with the Lancer football program.

Ally Hendrix was a part of the Coolville staff last year as a teaching fellow, and this year returns as a first grade teacher. Ally grew up in Tupper's Plains and attended school in the Eastern District.

She graduated with a bachelor's degree at Ohio University in 2016, and earned her master's degree in 2018.

At the Middle & High School:

Natalie O'Dell, a Warren High School and Muskingum College graduate, will be teaching high school intervention.

Caricia Scheeff hails from Strongsville, Ohio. She is a recent OU graduate who will be teaching both high school and middle school math this year.

Emma Wright will be teaching high school social studies, specifically American Studies. She is coming from Fairfield Union High School where she has taught for the past three years.

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Hanna Vorisek takes over duties at the front desk in the **central office**. Last year Hanna was our Americorps volunteer at the secondary school and came to us after a working in upstate NY with the Frost Valley YMCA where she led trips, team building programs, and ran the central office. She and husband Dan live in Amesville and have three children attending FH Schools.



FH 2018 Retiree Al Green

FH staff commemorated the occasion with a ceremonial rocking chair, to help Al ease into retirement.

Albert "Al" Green, FH Class of '78, retired from Federal Hocking High School at the end of the 2017-18 school year. He started as an Intervention Specialist in 2001 and then joined the Social Studies Department. Al's main focus the past few years was American Studies 9 and heading the Internship Program. Over the years Al has coached both varsity and middle school baseball, football, and track. He served as the head football coach from 2007 until 2011 and head track coach from 2008 until 2010. Al said that he has enjoyed working with hundreds of young athletes and he is most proud of all the accomplishments they have achieved in school, college, the military, and in their work. Al lives in Coolville with his wife Sue. They have two sons, Matthew, FH '00, and Justin, FH '09, who both teach in Columbus.



SPOTLIGHT: Middle & High School

Awarded for Their Service

Our secondary school has a long tradition of community service and involvement and this year it was recognized with a special award. The school received a grant and commendation from the ServeOhio Global Youth initiative for our whole school service day.

According to School Counselor Amy Buchman who directs the Service Day with the National Honor Society, "We had over 350 students, staff, and community workers involved in our one day Community Service Day. We had 14 sites where students and staff traveled

to. We cleaned up 1090 lbs of trash and 36 tires from state parks and road sides. We packed 500 food boxes at the SE Ohio Foodbank located in Logan Ohio. We replaced 15 bundles of grave flowers and 150 flags at 6 township cemeteries. We renovated and painted one community basketball court. We visited and assisted in 2 local nursing homes. We planted 96 flowers at 3 sites. We laughed, we played, we grew, we changed, we served! At the end of the day as buses were bringing students and teachers back to the school, there were giant smiles, incredible stories, changed minds, and a pride that filled the air."

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incredible stories,
changed minds, and a
pride that filled the air.

Kids On Campus Returns!

We have just been informed that the Kids on Campus (KOC) Programs at our Elementary Schools have again been funded! Many parents missed this program last year when grant funding ran out and was not renewed. Through the leadership of Coolville Principal Mary Mitchell a new grant was written and was one of only 73 grants statewide that were funded. Details about the program were not complete at press time but will be coming from the schools. **The KOC program at the middle and high school will also be continued this coming year.**

Kids in Need of Surrogate Parents

A surrogate parent is a person appointed by a school district to represent a child in special education decisions. Federal Hocking Local Schools are searching for caring volunteers to help protect the rights of students with disabilities who have been placed in temporary care. By reviewing students' documents and attending meetings to discuss the educational progress and needs of students whose parents are not able to attend, surrogate parents ensure that some of our district's most vulnerable students are afforded all of the protections that they deserve.

All necessary training will be provided by the district at your convenience. If you are interested in learning more about this volunteer opportunity, please contact Jake Amlin by phone at (740) 662-2123 or by email at jamlin@fhlanders.com.



Keep Public Education Free

Once again, for the 2018-19 school year we will be doing all we can to keep the 'free' in the promise of a free public education for all children. This year at all Federal Hocking schools you will find:

- Free breakfast and lunch for ALL students
- Free seconds at meals when available
- Free milk for students that pack their lunches
- NO school fees or fees to participate in activities
- Free admission to all FH sporting events for all students

It is our commitment to continue and expand these programs. If you would like to support our campaign to keep public education free to children and families in the Federal Hocking District you can donate to this effort by sending a donation to Federal Hocking Schools, att: Keep Schools Free, 8461 State Route 144, Stewart, Ohio 45778. Donations are tax-deductible to fullest extent allowed by law.



FEDERAL HOCKING LOCAL SCHOOLS 2018-19 Student Calendar

2 Hour Delay for Students

Friday, Sept 14 | Teacher Professional Dev

Homecoming

Friday, Sept 21

2 Hour Delay for Students

Friday, Oct 12 | Teacher Professional Dev

No School for Students

Monday, Nov 5 and Tuesday, Nov 6
Teacher Professional Dev

Election Day

Tuesday, Nov 6 | Polls open in all FH Schools

Thanksgiving Break

Wednesday, Nov 21 – Monday, Nov 26

Christmas/New Year Break

Friday, Dec 21 – Wednesday, Jan 2, 2019

No School, Martin Luther King, Jr. Day

Monday, January 21

No School, Presidents' Day

Monday, February 18

Note: Feb. 18 will be used as a make-up day if eight or more school days have been missed for calamity days at this point.

Spring Break

Monday, March 11 – Friday, March 15

TRI-COUNTY CAREER CENTER

Thanksgiving Break

Thursday, Nov 22 – Monday, Nov 26

Christmas/New Year Break

Friday, Dec 21 – Wednesday, Jan 2, 2019

New Phone Messaging System

The Federal Hocking District is pleased that we're able to notify families and staff of school closings and special events through our calling system. This year we upgraded the system and it will now include text messaging and emails. We will use the information parents provide on the Emergency Medical forms to link each family to the system. Additional features of the system will be automatic calling when a student is absent from school, and the ability of teachers and coaches to build calling/text lists for their class or sport.

.....
**elementary
montage!**
.....



hands-on math



first day back!



little readers



making friends



youth sports



FEDERAL HOCKING LOCAL SCHOOLS



LITTLE LANCERS FAMILY OUTREACH



SUPPORT FOR FAMILIES OF CHILDREN BIRTH-AGE 4

**WELCOME WAGON PROGRAM
ENGAGING ACTIVITIES AND EVENTS
EDUCATIONAL MATERIALS
PARENT MENTORING**

TO REGISTER:

SEND A POSTCARD

CALL APRIL FIELDS AT (740) 662-6691

EMAIL AFIELDS@FHLANCERS.COM

Child Find Services If you suspect your child, age three and up, might have a learning disability you are encouraged to contact Jake Amlin (740-662-2123 or jamlin@fhlanders.com) for support from the District. We can arrange for individual testing and additional services. Also, for all children ages birth to four, the Little Lancer Program offers activities, home visits, and more. To access these services please contact Mr. Amlin or our Early Childhood Outreach Teacher April Fields at 740-662-6691 or afields@fhlanders.com.

HOPEWELL HEALTH CENTERS

LANCER



CARE CLINIC

Open Monday – Friday

7:45 a.m. – 3:30 p.m.

Closed for lunch, 12:00 p.m. – 1:00 p.m.

740-662-0541

**8461 State Route 144
Stewart, OH 45778**

LANCER CARE CLINIC

Serving the community,
accepting patients of all ages.

Focusing on wellness, health, and disease
prevention through all of life's stages.

- Wellness Exams
- Acute Care
- Primary Care
- Sport Physicals
- Immunizations
- And more!

Let the **Lancer Care Clinic** take care of your acute medical needs. All patients must have the appropriate paperwork completed. The visit is billed to your insurance. If you are uninsured, there is a sliding fee for those who qualify.

Mindey Durst, CNP
Rebecca Smart, LPN

**For questions or more
information call:
740-662-0541**



HEY LANCERS, LET'S HEAR IT FOR OUR COACHES!

Coaching middle and high school sports was named one of the "most thankless job in America" in a *New York Times* article. Being a coach takes countless hours per week, continuing compliance to ever changing requirements and certifications, facing constant criticism, and trying to help the oftentimes emotional teenagers that need coaching in their sport as well as their personal life. All for pennies an hour.

So why do they do it? Our Federal Hocking coaches all reply, "We love the kids and we want to see them succeed".

Along with the sport they lead, our coaches are committed to teaching character, work ethic, poise, and the willingness to learn from mistakes. Many are graduates of Federal Hocking themselves, and have children currently in or have graduated from our school district. **We thank them for their efforts to positively impact the lives of so many students!**

SOFTBALL

ERIC BROWN

Coach Brown, FH '85, is taking over the varsity softball program this spring for his first head varsity position. While coaching FH youth league teams over the past several years, Eric has taken teams to championship games and tournaments. Eric has a daughter who is going into high school this year and will be playing softball.



CROSS COUNTRY AND TRACK

DAVE MILLER

Coach Miller, FH '85, has been the head cross country coach for five seasons as well as the head track coach for two. During this time, the cross country team has transformed into one of the largest in the TVC Hocking. Under Coach Miller, the FH Track team has competed for a league title the last two years, and they look to add some hardware to the trophy case in the 18-19 school year. Coach Miller and his wife, Asst. Coach Michelle Miller, have three sons. The oldest, a recent graduate of FH, was a C.C. Runner and Track TVC Champion while the two younger siblings are current athletes at FH.



ARCHERY

RACHELLE SMITH & BEN WARNER

Rachelle and Ben started the middle and high school archery team during the 2016-17 school year. Since the creation of these teams, our student athletes have traveled across S.E. and Central Ohio to compete in fun shoots, competitions and tournaments. Under the direction of Rachelle and Ben, our team hosted a fun shoot in the middle school gym that attracted almost 300 archers from neighboring schools.



SHOOTING SPORTS COACH

SCOTT PFEIFFER

Scott started the shooting sports team in 2016 during the inaugural year of the Ohio State High School Clay Target League. During this first year, Coach Pfeiffer led the Lancers to becoming the league's State Tournament Champions. This program has grown to over twenty athletes for the 18-19 school year.



BOYS BASKETBALL

JONATHAN THOMPSON

This season marks Coach Thompson's transition from coaching girls to boys. An FH '05 grad, Coach Thompson has spent many years as an assistant preparing for his head coaching debut. The Lancers are looking to make some noise in the TVC Hocking and sectional tournament this year. With last year's team starting three freshmen and a sophomore, the future is very bright for this squad.



BASEBALL

JAMES CONRATH

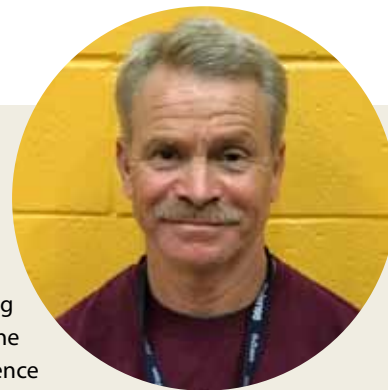
Coach Conrath is coming off his first year as a varsity coach in the FH School District. This year he will transition from the softball program to the baseball program. James has been coaching the Legion baseball team since 2007. We are excited to have Coach Conrath on our team again this spring.



FOOTBALL

KARL JUSTUS

In his first year as the head football coach here at FHHS, Coach Justus is already making improvements to the team. The 30+ years of coaching experience that Karl brings spreads from youth league to the college level. His coaching staff has over 75 years of combined experience, resulting in high levels of organization, and expectation.



CHEERLEADING

TESSA MOLINA

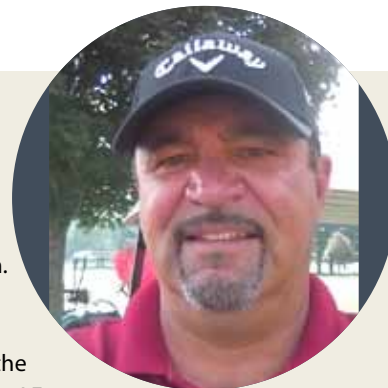
As a first year head coach, Tessa has 15 girls out for the 2018-19 high school cheer squad. Coach Molina has played a crucial role in getting school-owned uniforms to ensure that cheerleading is an affordable sport for everyone. Tessa is also teaching eighth grade math for us here at the middle school.



GOLF

ERIC TABLER

This is the second year for Coach Tabler, FH '84, to lead the rejuvenated golf program. The 2018-19 school year will mark Mr. Tabler's impressive 25th year teaching career in the Federal Hocking School District! From baseball to golf, there are quite a few FH grads that have been fortunate enough to be led by Coach Tabler.



GIRLS BASKETBALL

JEREMY TOLSON

Jeremy, FH '96, has been coaching basketball in the Federal Hocking School District for nearly a decade. He has been at the helm of our girls varsity basketball team for four complete seasons. Under Tolson, the team has grown from a very limited number of players to winning sectional championships. Coach Tolson has three children, all athletes, currently enrolled in our school district.



VOLLEYBALL

JOHN YOUNG JR.

Coach Young, FH '87, is one of the most experienced coaches at Federal Hocking. He's led the Federal Hocking Varsity Volleyball team for eight seasons now. Under John, the team has won five of the last six sectional titles, and they are looking to add to that number this year. Coach Young's two daughters and his son all graduated as athletes from Federal Hocking High School.





New water bottle filling stations!

Our head custodian, Tracy Clem, had seen these special fountains at away sporting events and thought Federal Hocking could join the effort in saving on plastic waste. We agree, Tracy! FH middle and high schools now have two filling stations, balancing the cost between the custodial and athletic budgets. The filling stations are accessible during school hours and athletic events, so we are saving thousands of plastic bottles each year from entering local landfills.

Water First for Thirst!

Craving a sugary drink? Drink water first. Your body will thank you and you may not want sugar after all.



We all know that water is a vital part of life, but how important is it, really? For kids and teens—especially active ones—consuming the appropriate amount of water is paramount to feeling good and performing their best.

Why water?

Our bodies are made up of 80% water, so it makes sense that good ol' H₂O is the most important drink to consume on the daily. During physical activity or when sweltering in the heat, hydration levels are depleted through sweat. Water is necessary in the process of replenishing the body.

What about sports or energy drinks instead?

Sports drinks are fine to drink after intense physical activity to recharge, but should not replace water as a go-to drink. Many contain extra sugar that the body doesn't need.

"For every one sports drink, you should consume two bottles of water," recommends Staci L. James, MSN, RN, FNP-BC

of OhioHealth Physician Group Heritage College-Pediatrics. Energy drinks contain sugar and caffeine that can have adverse effects on health for adolescents, like increased heart rate and upset stomach.

What are the risks of not getting enough water?

In the short term, not drinking enough water will cause dehydration. Dehydration has a multitude of negative consequences on one's well-being such as dizziness, sluggishness, confusion and cramping. Not getting the right amount of water can even increase the likelihood of a urinary tract infection and kidney issues according to James. One way to monitor hydration levels is the color of one's urine; it should be light yellow.

You know that water is important, but how much should my child be drinking?

The amount of water your child should drink depends on factors such as body weight and height. "A good rule of

thumb is that children who are relatively sedentary should be drinking 60-80 ounces a day while active children or athletes should be consuming around 80-100 ounces per day" says James. Additionally, while your child is participating in an involved activity in the heat, they should be consuming 5-9 ounces every 20 minutes.

What are some tips for remembering to drink?

Sometimes it's difficult to remember to stay hydrated throughout the day. As a parent, making sure your child has access to sufficient water is essential to good health. If you're at a sports match or game, ensuring that you have a cooler full of water for your athlete is a great way to support a happy and healthy child. Additionally, buying a reusable water bottle is not only environmentally conscious, but is a physical reminder to drink. Federal Hocking schools have recently installed bottle refills on the water fountains to make staying hydrated even easier!

LANCERS

2018 FALL SPORTS SCHEDULE

Schedule changes due to weather will be posted at:
www.fedhock.com

JV/VARSITY VOLLEYBALL

				GAME TIME	BUS DEPARTS
Sat	9/1	Meigs	Away	6:00 PM	4:00 PM
Tues	9/4	Eastern	Away	6:00 PM	4:30 PM
Thur	9/6	Southern	Home	6:00 PM	
Mon	9/10	Alexander	Away	5:00 PM	3:30 PM
Tues	9/11	Miller	Away	6:00 PM	4:00 PM
Thur	9/14	Wahama	Home	6:00 PM	
Mon	9/18	South Gallia	Away	6:00 PM	3:30 PM
Tues	9/18	Waterford	Away	6:00 PM	4:00 PM
Thur	9/20	Belpre	Home	6:00 PM	
Mon	9/24	Trimble	Away	6:00 PM	4:30 PM
Tues	9/25	Logan	Home	6:00 PM	
Thur	9/27	Eastern	Home	6:00 PM	
Mon	10/1	Southern	Away	6:00 PM	4:30 PM
Tues	10/2	Miller	Home	6:00 PM	
Thur	10/4	Wahama	Away	6:00 PM	4:30 PM
Mon	10/8	South Gallia	Home	6:00 PM	
Tues	10/9	Waterford (Senior Night)	Home	6:00 PM	
Thur	10/11	Belpre	Away	6:00 PM	4:30 PM

7/8TH VOLLEYBALL

				GAME TIME	BUS DEPARTS
Tues	9/4	Eastern	Away	6:00 PM	4:30 PM
Thur	9/6	Southern	Home	6:00 PM	
Mon	9/10	Alexander	Away	5:00 PM	3:30 PM
Tues	9/11	Miller	Away	6:00 PM	4:00 PM
Thur	9/14	Wahama	Home	6:00 PM	
Mon	9/18	South Gallia	Away	6:00 PM	3:30 PM
Thur	9/20	Belpre	Home	6:00 PM	
Mon	9/24	Trimble	Away	6:00 PM	4:30 PM
Thur	9/27	Eastern	Home	6:00 PM	
Mon	10/1	Southern	Away	6:00 PM	4:30 PM
Tues	10/2	Miller	Home	6:00 PM	
Thur	10/4	Wahama	Away	6:00 PM	4:30 PM
Mon	10/8	South Gallia	Home	6:00 PM	
Thur	10/11	Belpre	Away	6:00 PM	4:30 PM

VARSITY FOOTBALL

				GAME TIME	BUS DEPARTS
Fri	8/31	Southern	Away	7:30 PM	4:30 PM
Fri	9/7	South Gallia	Home	7:30 PM	
Fri	9/14	Fort Frye	Home	7:30 PM	
Fri	9/21	Wahama *Homecoming*	Home	7:30 PM	
Fri	9/28	Belpre	Away	7:30 PM	5:00 PM
Fri	10/5	Eastern	Home	7:30 PM	
Fri	10/12	Trimble	Away	7:30 PM	5:00 PM
Fri	10/19	Waterford *Senior Night*	Home	7:30 PM	
Fri	10/26	Miller	Away	7:30 PM	4:30 PM

7/8TH VOLLEYBALL

				GAME TIME	BUS DEPARTS
Thur	8/30	Southern	Home	6:00 PM	
Thur	9/6	South Gallia	Home	6:00 PM	
Thur	9/20	Wahama	Away	6:00 PM	4:15 PM
Thur	9/27	Belpre	Home	6:00 PM	
Thur	10/4	Eastern	Away	6:00 PM	4:30 PM
Thur	10/11	Trimble	Home	6:00 PM	
Thur	10/25	Miller	Home	6:00 PM	

CROSS COUNTRY

				GAME TIME	BUS DEPARTS
Sat	9/1	Vinton County	Away	9:00 AM	7:00 AM
Wed	9/5	River Valley	Away	5:00 PM	3:00 PM
Sat	9/8	Fort Frye	Away	9:00 AM	7:00 AM
Wed	9/12	Nelsonville-York	Away	4:45 PM	3:00 PM
Sat	9/15	Belpre	Away	10:00 AM	8:00 AM
Wed	9/19	Lancer Invitational	Home	4:30 PM	
Wed	9/26	Trimble	Away	5:00 PM	3:00 PM
Sat	9/29	Waterford	Away	9:00 AM	7:00 AM
Wed	10/3	Alexander	Away	4:30 PM	3:00 PM
Sat	10/6	Unioto	Away	10:00 AM	7:00 AM
Sat	10/13	TVC @ Alexander	Away	9:00 AM	7:00 AM
Tues	10/16	M/S District Marietta	Away	4:00 PM	2:30 PM
Sat	10/20	Districts @ Rio Grand	Away	TBD	TBD
Sat	10/27	Regionals @ TBD	Away	TBD	TBD

GOLF

		COURSE	GAME TIME	BUS DEPARTS
Wed	9/5	Southern / Riverside	4:30 PM	TBD
Thur	9/6	Eastern / Meigs	4:30 PM	TBD
Tues	9/11	Federal Hocking / Oxbow	4:30 PM	TBD
Thur	9/13	Federal Hocking / Oxbow	4:30 PM	TBD
Sat	9/22	TVC Championship / Woodridge	TBD	TBD
TBD		Sectionals / Chillicothe	TBD	TBD

Columbus Policy Makers are Making it Harder for Our Schools

I hope it's clear from this Lancer Letter's "Report to the Community" that the Federal Hocking School District provides a great education for our children. We take care of our facilities and carefully manage our finances. For me, it is an honor to work in a district with so many dedicated and committed teachers, administrators, aides, bus drivers, cooks, secretaries, mechanics and support staff. And while I look forward to another great school year, I must admit to being deeply disappointed about the state of education overall in Ohio.

Here are some of the things that give me pause:

- ❖ When I began my tenure in the district 26 years ago, our children were required by state and federal law to take five tests; they were called the Ninth Grade Proficiency Tests. Today, with no evidence that these tests have ever improved our schools, **our children now take 24 such tests, beginning in the third grade**. This despite promises from Columbus that our children will spend less time on testing and more time on learning.
- ❖ Little has been done to make school funding more equitable. Recent reports* conclude that 20 years after **Ohio's model of school funding was declared unconstitutional**,** the funding model is virtually the same today as it was then! And the so-called 'poorer' districts have not gained at all in terms of funding equity with the 'wealthier' districts. When controlled for inflation, Federal Hocking gets about \$100 less per student from the state than it did eight years ago.
- ❖ Meanwhile, the state has wasted millions of dollars on online and for-profit charter schools. Recently, the Electronic Classroom of Tomorrow (ECOT) has been **found guilty** of lying about student enrollment, and was forced to close down. Over the past eight years the State has taken **\$1.2 million from Federal Hocking alone and sent it to ECOT, often for non-attending students**.

In spite of this, our district thrives. Graduates go on to be productive and engaged members of our communities and the staff works hard to make our schools welcoming, secure, challenging, and friendly places for our children. I appreciate all the hard work our staff, parents, community members, and school board members put in to make this happen. Now if the folks in Columbus would just do their part.



Can you imagine what our schools could do with all of that lost time and money that was spent on fake students and excessive testing?

A handwritten signature in black ink that reads "Doc Wood".

Dr. George Wood, Superintendent
Federal Hocking Local | Small Schools, Big Futures

* Recent reports from Ohio Educational Policy Institute, the Ohio School Boards Association, the Buckeye Association of School Administrators, and the Ohio Association of School Business Officers.

** The 1998 DeRolph decision declared Ohio's model of school funding unconstitutional.

