FREMONT BULLETIN

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Fairly Fabulous Friendly Mrs. Fedele

By: America R

Did you know that Mrs. Fedele's first experience driving for her was scary? In fact, the first time she drove, she was put to drive in a place where there was snow. It must've been terrifying for her to drive for the first time ever in a place where there's snow. Well, right now, you'll learn more about Mrs. Fedele. Let's start off with her childhood and teen years. When she was back in middle school, she was super shy and quiet. She couldn't talk with her own teachers without getting scared. I'll admit, it must be pretty terrifying. The sports Mrs. Fedele played during high school were soccer, softball and a bit of ballet and when she studied, it was at a desk in her room.

Now we're moving onto her interests and hobbies. Mrs. Fedele's hobbies are running, gardening, hiking and reading. Those are great things to do. If she could visit any place in the world, it'd be to Argentina in South America. I would also like to visit Argentina one day, I can just imagine it being a beautiful place. If she could play any console in the world, it'd be the PlayStation to play Super Mario and because the controls are so easy to use.

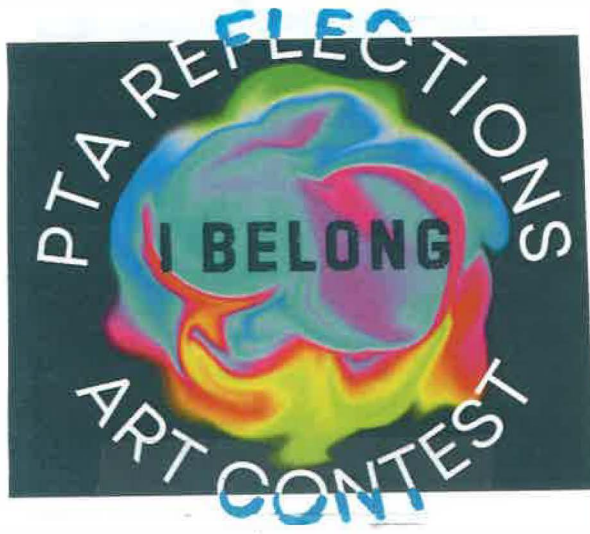
Now we're going into adulthood and usual life. Mrs. Fedele's favorite kind of food is Italian food. She even said that her favorite kind of drink is sparkling water. Her favorite kind of weather is sunny days, but as long as it isn't too hot. If she got tickets to see any musician in the world, she'd either see Taylor Swift or Chris Brown, and she'd take her entire class with her. Their concerts must be pretty interesting.

Now, we get some more interesting facts aboute Mrs. Fedele. Did you know that if she didn't have the opportunity to be a teacher, she'd be a photographer? She would've loved to travel the world and take pictures. If she could collect anything in the world, she'd collect gems and minerals because her uncle used to collect them and because she believes they are beautiful. If Mrs. Fedele had free time, she would go to the beach and have a nice walk. Another interesting fact is that she went to many places. She went to places like Thailand, New Zealand, Russia, Australia, South Africa and most of Europe. Those are a lot of places! One of the places Mrs. Fedele liked was in Italy when she went to Europe. Italy is a really beautiful place, to be honest. A reason why Mrs. Fedele likes teaching is because of the energy that students bring when they go into her class. The reason why she always comes back to teach at Fremont is because to meet new people. It's pretty amazing how she's able to have the confidence to talk in front of many students for the whole day.

Phone Restrictions In 35 States

By Selene

According to Associated Press, many students in the U.S are adjusting to the new phone policy where they have more restrictions on phones. This policy started in 2023 with Florida. Now in 2025 there are 35 states that have limited phone use. This is happening so students aren't on their phones during school hours and while in class. "They may have to put their phones in magnetic pouches or special lockers." Some parents are against the ban because if something were to happen at the school they would want to know right away. Julie Gazmararian is studying the effects of the phone bans in middle schools in Atlanta. Studies are taking place seeing what kind of social media is causing harm. It has been said that now with the phone ban students are talking to each other more at lunch or in the hallways.



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First Millenial Saint

By Serenity R

According to NBC News, a 15 year-old boy named Carlo Acutis was declared the first millennial saint by Pope Leo XIV at a Mass attended by tens of thousands of people in the Vatican's St. Peter's Square on Sunday September 7, 2025. Carlo had passed away in Milan in 2006 but had two miracles attributed to him. His first miracle according to NBC News, "Francis approved a miracle attributed to Acutis in 2020, declaring him "blessed" and crediting him with healing Matheus Vianna, a 7-year-old boy from Brazil who recovered from a rare pancreatic disorder after coming into contact with one of Carlo's T-shirts." The second miracle was when Valeria Valverde, a Costa Rican student, had head trauma and her mother prayed at his tomb. Valeria soon fully recovered from her injuries.

Fremont Girls Volleyball

By Jazmine, Hailey, Evelyn, Monze

Are you interested in going to watch a middle school volleyball game? Their first game will be against Kamala at Rio Vista Gym on Oct 2 at 8pm. Their second game will be against E.O Green at 6pm on Oct 9 also at Rio Vista Gym. Every single one of their games this season will be located at Rio Vista Gym. The third game will be against Santa Clara at 7pm on Oct 16. The next game will be Oct 23 against Soria at 7pm. Their last game will be at 8pm Nov 6 against Lopez. Come support our Fremont girls volleyball team!

REWARD ACTIVITY DAY
FRIDAY, OCTOBER 3rd

TONIGHT
OCTOBER 2nd
COLLEGE PARK
8PM

Longest Lightning Bolt Ever

By Eva S.

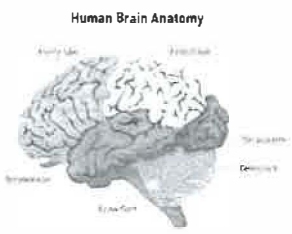
According to Live Science, on October 22, 2017, the largest lightning strike in all of recorded history flashed across a total of five states. The strike started in eastern Texas, then to Oklahoma, Arkansas, Kansas, Missouri, then finally hitting Kansas City. "At the time, the bolt was too long to be fully measured by sensors on the ground," in 2025; however, the data was later recovered from satellites. From their findings, the megaflash travelled 515 miles, and was declared the longest lightning strike to ever be recorded in modern history by the World Meteorological Organization in June of this year.

Exactly how lightning starts is still being researched, however scientists do know that it all begins when electrons pool in one region of a storm cloud. These electrons are negatively charged, so when they come in contact with positively charged particles, they create a clash of lightning, later followed by the impact of the sound, or rather, thunder. The region of which the lightning struck has been known to have larger bolts of lightning which can stretch beyond 60 miles, which then creates a mega flash.

Curiosity Changes the Brain

By Hailey L

According to The Conversation, when people are curious or motivated to learn the answer to a question, they are better at learning information. In 2014, a study was published which asked participants how curious they were to find an answer to a trivia question. Then, they were placed in an MRI machine; the MRI machine would show them their brain activity during the study. Amy Reichelt, a psychology expert, shared her thoughts, "This shows that when the brain is engaged more, by making a task relevant and interesting, people learn more." Fiona Kumfor is also a researcher who studies emotions, and she learned that when a person is very curious about something, they are more than likely to remember it. Stimulating curiosity can help people remember more things, even people that suffer from Alzheimer's or dementia.



Speech Club

By America, Jocelyn, and Valerie

Do you have an interest in acting or maybe want to be able to express yourself? Speech Club might be just for you! There's many different types of speeches you can do. Duels are for if you want to work with a partner, dramatics if you want to make the judges cry, improv if you want to let your imagination run free right on stage, and storytelling where you read a literal story! If you win any of them, you get a trophy. Who wouldn't want that? Last year, the Speech club won 5 categories. By joining, you could help represent our school in other areas, even Los Angeles. If you decide to join, you can speak to Mrs. Todd in room 403. Practice is on Mondays, Thursdays, and Fridays after school.

Hip Hop Mindset

By Lexi R & Daniel L

Hip Hop Mindset is happening every day after school with their wonderful teachers: Mr. Ro, Ms. G, and Ms. Harley. In this club they learn dances for their upcoming Halloween showcase on October 22nd. Make sure to come down and check them out! The dance coaches of this club are very highly skilled dancers such as Mr. Ro who has been dancing for 19 years. They keep their kids active in a fun way, such as across the floor, where they give students a move to groove across the floor. They put their kids in groups to have them communicate more with their peers to increase their social skills. I interviewed Angel Rivera, and he said that he decided to do hip hop because one of his friends forced him to be here, but he enjoys it because it's fun and very comforting. Other people are supportive of the way you dance.

Sewing Club

By Selene G & Amaya H

The sewing club is run by Yvana. Yvana came to teach the club because she's studying to be an elementary teacher and she wants to be more in the field of teaching. In sewing they learn how to use sewing machines, create pillows, plushies, and learn how to embroider. To get better at sewing Ms. Yvana suggests to keep practicing until you can get the hang of it. If students are interested in joining they should come every Wednesday after school.

While there I interviewed a student in the sewing club, Gisselle. Gisselle decided to join because her mom fixes and makes clothes and she wanted to join because she wants to be able to do that with her own clothes too. Right now they are working on a pillow and bags. Supplies they use are fabric, the sewing machine, and bobbin. I learned a bobbin is a small metal piece that is used to create the under stitch of a piece of clothing. While I was observing, I saw that the students lined up their tables to use the machines easier and how to thread the needle to begin sewing. This club is super friendly and welcoming! You should check them out!

Spirit Squad

By Jade, Genesis, and Nicole

Spirit Squad is like being a cheerleader but you go to competitions and dance on stage. 6th, 7th,and 8th graders can join. If you like yelling and cheering people on, you should join because that is exactly what you do in Spirit Squad. Some of the girls on the team are Melonee, Jasleen, Emma, Sofia, Violet, Gabriella, Aliyah and many more. Coach Red started being a coach 3 years ago at Frank Middle School. He always liked to cheer in middle school which is why he wanted to teach it to other kids. He recommends this because you get to be loud and scream a lot and this might be a once in a lifetime opportunity. The Spirit squad will be cheering at volleyball games, basketball games, and maybe even flag football. Come check us out!

Crazy Culinary Club

By Eva S, Sofia R, Alex C.

Culinary club is held after school every Tuesday, and is a wonderful addition to the after school program. Culinary club is a great way to try new foods and learn how to make them so they grow up being able to cook and bake independently and more efficiently. On Tuesday, September 23, my friends and I went to interview the cooking crew of culinary club. From questioning, we discovered that so far they have been taught how to make many kinds of dishes. The favorites seem to be pizza, churro-cheesecake, salad, sliders, etc. When we visited the culinary club, the instructor was having them taste test different spices on cucumbers. The teacher is very sanitary and has the students wash their hands before and after each preparation of a meal or dessert. The instructor is very nice with her students and the whole class cares about each other and is very communicative amongst one another. This club is very welcoming to beginners to cooking and baking, and we encourage you to join!

Ceramics Club

By Alfred I, Serenity R, Mia S

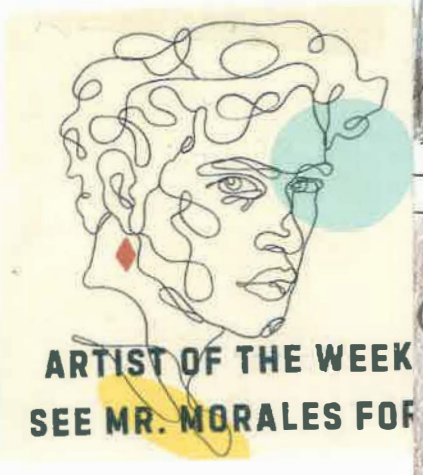
Ceramics is a club in the after-school program about sculpting or building stuff with clay, including bowls, jack-o-lanterns, and much much more. We went after school to Ceramics to see how they did things and what they built. They have built jack-o-lanterns so far and are soon building bowls. The teacher's name is Ms. Andy, who has one daughter that is 2 years old. She says she loves teaching Ceramics. All the kids stay focused and have fun in Ceramics. Ceramics is a fun after-school club to join.

Do It Yourself

By Leo H, Liam G, Millie V, Aliana P.

Students can participate in after-school DIY activities through the district's Scholars program. The Oxnard School District partners with outside providers, like Elemental Hardware Enrichment's DIY Builders program to offer hands-on, creative projects at various schools. They build a variety of things such as tables, mini bookshelves, toys, and much more. This allows Fremont Academy students access to enrichment classes focused on building confidence and practical skills. If you enjoy using a hammer and other tools, this might be the place to be for you after school!

Sofia Rojo



mia Solano

The cupcakes

BOXTOPS FOR EDUCATION
Fremont Middle School

1.) Download& sign up for the Box Tops App using the referral code :
2.) Scan your first receipt for an *extra ticket*
3.) Connect your Walmart account for *an extra ticket*

Interested in Joining Journalism?
Love taking photos?
Want to make the Yearbook?
Email Ms. Sweet: asweet@oxnardsd.org
for more information!

By. Valerie Rivera

O	C	H	R	O	M	E	B	O	O	K	S	T	U	Q
Q	Y	F	L	H	E	A	D	P	H	O	N	E	S	U
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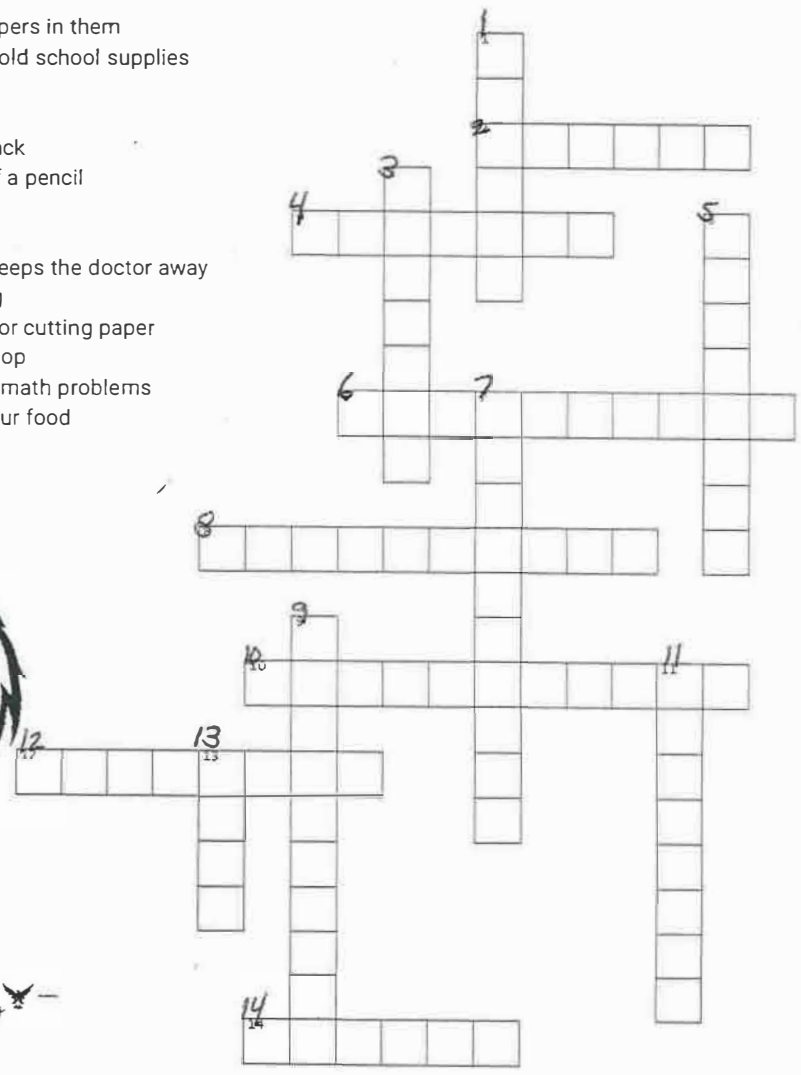
apples
chromebook
headphones
pencilcase
planner

backpack
eraser
lunchbox
pencils
scissors

calculator
folders
notebooks
pens
waterbottle

ACROSS
2. Writing tool
4. Put important papers in them
6. A box or bag to hold school supplies
8. Audio device
10. Contains water
12. Goes on your back
14. Is on one end of a pencil

DOWN
1. An _____ a day keeps the doctor away
3. Used for planning
5. Sharp tool used for cutting paper
7. A variety of a laptop
9. Use it for solving math problems
11. Use it to hold your food
13. Writing tool



Backpack
Dryerasemarkers
Pencil
Scissors

Calculator
Notebook
Ruler

Binder
Headphones
Pencilcase

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B	R	D	J	C	Y	I	O	V	M	I	I	R	F	U
S	A	I	K	I	R	O	E	Q	R	Y	N	Y	F	L
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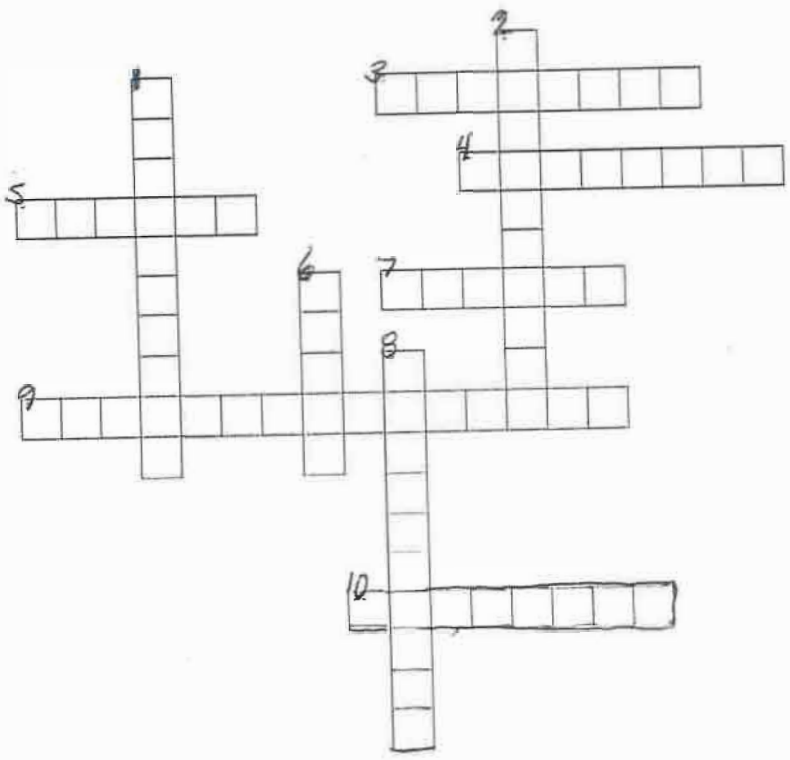

ACROSS
3. Something you write in
4. Something you cut with
5. something that holds your papers that have rings inside
7. Something you write with
9. Something you write with on a whiteboard
10. Something that holds all your school supplies

DOWN
1. Something to put your pencils in
2. Something you put on your head and you can play noise
6. Something you measure with
8. A device that can solve math problems

CONNECT WITH A SCHOOL COUNSELOR

MAKE AN APPOINTMENT HERE TO CHAT OR CHECK-IN

Counselors Can Help With:

- Academics
- SEL (Feelings/Emotions)
- College & Career Planning
- Other support needed

Fall Enrichment Clubs

Monday: Urban Art, DIY, Minecraft
Tuesday: Ceramics, DIY, Culinary
Wednesday: Urban Art, Sewing, 3D Printing & Design
Thursday: Ceramics

CONÉCTESE CON UN CONSEJERO ESCOLAR

HAZ UNA CITA AQUÍ PARA CHATEAR O CHECK-IN

Los consejeros pueden ayudar con:

- Académicos
- SEL (Sentimientos/Emociones)
- Planificación universitaria y profesional
- Se necesita otro tipo de apoyo

by Millie V.