

THIS IS OUR **FREEDOM** *Weekly Report*



**HONOR
EXCELLENCE
TRADITION**





FRIDAY NIGHT LIGHTS





HONOR
EXCELLENCE
TRADITION

FREEDOM HIGH SCHOOL

COMMUNITY CORNER

SPECIAL THANK YOU



SOCF Fitness is a proud sponsor of our Girls Weightlifting program and Throughout the offseason, the team at SOCF Fitness is gracious enough to open their facility to our team for workouts and technical training.

SOCF Fitness focuses on providing every athlete with proper programming and that they have the support to help reach their goals. Thank you to the team at SOCF Fitness for your support of Freedom HS and Girls Weightlifting.



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<https://freedomhsptsa.memberhub.com/store>



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Patriots,

Everyday provides us with a new opportunity to continue cultivating a safe and engaging learning environment for our students, teachers, staff, and community. We will always be focused on the education of our students and maximizing their potential, their opportunities, and their successes.

In the next few days and weeks, our Administrators and Instructional Coaches will begin our Instructional Observations. We will see and provide feedback on how our teachers are working to reach our literacy goals across all content areas, and to understand how our teachers are using the best strategies to match state standards and enhance student engagement. Ultimately it is about educating students, and ensuring that students and teachers are enjoying the learning environment here at Freedom High School.

I look forward to seeing how well our Patriots continue to perform in the classroom, and supporting our incredible teachers as they work tirelessly to serve our school.

We are the Freedom Community, and this is our Freedom!

WE ARE FREEDOM

Charles France
Principal, Freedom High School



MEET YOUR SCHOOL COUNSELORS



Valerie Pichardo

Last Names A - CH | Email: Valerie.Pichardo@ocps.net

Ms. Pichardo is in her first year at Freedom High School, but has served as a Counselor for 10 years. She is inspired to serve students because she wanted to become someone whom she needed when she was younger. For Ms. Pichardo, being a part of the Freedom Community means getting to support the students and families in the same community she is actively a part of.



Arthur Johnson

Last Names CI - GH | Email: Arthur.JohnsonII@ocps.net

Mr. Johnson enters his first year as a Counselor here at Freedom High School, but is a familiar face to students as he completed his internship with our Student Services team last school year. He looks forward to being in a role that allows him to meet people and provide a more personable approach to supporting their needs. He enjoys being a part of the Freedom Community because of how welcoming everyone has been.



Keila Porter

Last Names GI - MARQ | Email: Keila.Porter@ocps.net

Mrs. Porter returns to Freedom High School for her 7th year as a Patriot, and 15th as a Counselor. Her passion is being able to support the success and growth of others. Mrs. Porter has worked with both young students and adults, and feels called to pay it forward for those who supported her. She enjoys being a part of Freedom HS because of the relationships and the sense of pride among staff, students, and families alike.



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MEET YOUR SCHOOL COUNSELORS



Trisha Henderson

Last Names MARR – PERE | Email: Trisha.Henderson@ocps.net

Ms. Henderson is in her 5th year at Freedom and as a School Counselor. She understands that there are many paths to success, and is motivated daily by helping students find the path that best suits them. She enjoys the family atmosphere of Freedom High School and the friendships that she has built in her time as a Patriot.



Tim Harkins

Last Names PERF – SC | Email: Tim.Harkins@ocps.net

Mr. Harkins brings 24 years of experience as a School Counselor, including the last 6 here at Freedom High School. While he does enjoy time off in the summer, his purpose for getting into education is singular – he wants to help prepare young people for what comes next. He enjoys being a part of the Freedom High School staff because he values the staff, administrators, and teachers he works with.



Daynelle Jones

Last Names SD – Z | Email: Daynelle.Jones@ocps.net

Ms. Jones has been a part of the Freedom Student Services team for 6 years, and enjoys the comradery and family environment that our staff is privileged to be a part of. Her motivation is being able to walk along side her students as they discover and achieve their goals.

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MEET YOUR SCHOOL COUNSELORS



Jill Dotson

College & Career Specialist | Email: Jill.Dotson@ocps.net

Mrs. Dotson is in her 8th year at Freedom High School where she has served as both a Counselor and now as our College & Career Specialist. She brings 26 years of experience as an educator, and works diligently to ensure that every student - regardless of demographics - has an opportunity to succeed. Her passion is helping students find an educational or career path that suits them, and helping them find the financial means to accomplish their goals.



Janell Gargano

Student Services Support | Email: Janell.Gargano@ocps.net

Mrs. Gargano has been a part of the staff at FHS for 14 years, and supports student success by working with Seniors to meet academic requirements. Ms. Gargano enjoys the pace of her role and working with student, staff, and families to help our students reach their academic goals. Ms. Gargano enjoys the family atmosphere at Freedom, and believes that 'this is where the grass is greener!'

In Their Own Words...Picking the Right College or Career Path

"Think about the type of person that you want to be and then build the career that will help you get there." - Mrs. Henderson

"Choose what path is best for you. Find the appropriate education and training to help you be successful in the career of your choice. Explore your options now...and always." - Mrs. Dotson

"Try different things and then go for what you are passionate about." - Mr. Harkins

"Find your dream, and then learn how to fly!" - Ms. Jones

"It's ok to not go to college. Tech schools are great. They can be completed in less time and often make as much or more money than jobs which require a bachelor's degree." - Mrs. Gargano

"Take the time to explore and try new things and remember that getting at something is a process." - Mr. Johnson

"There is no right or wrong answer, often times these is a decision based on what is best for you and your family which varies by student. I encourage students to reverse engineer by starting with what career do you see yourself in then plan the steps to get there." - Mrs. Porter

"Choose the college and career that fits well with you, your passions, and what you love!" -Ms. Pichardo



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Congratulations!



"Mike Hellmund is more than just a teacher in the classroom. He is a mentor to not only students but to other teachers as well. His passion, dedication, and love for teaching has never diminished."

2023-24 FHS TEACHER OF THE YEAR

Mr. Michael Hellmund



"He is amazing and helps in times of need. He also always has the answer and, if he does not know, he makes sure he points you in the right direction. For these and many other reasons, Rob Caraballo deserves to be SPOY."

2023-24 FHS SUPPORT PERSON OF THE YEAR

Mr. Rob Caraballo



Meet *The* Finalists

Teacher of the year



Dr. Michael Antmann

"During his tenure, Dr. Antmann has successfully transformed the school's band program into one of the largest and most respected in both the district and the state. He effectively incorporates school-focused initiatives and strategies into his daily teaching, making him a well-rounded and impactful educator."



Ms. Rachel Chapman

"Ms. Chapman is supportive of numerous students on this campus in making them feel seen, heard, and understood. I have heard so many students enjoy being in her classroom and love learning from her."



Ms. Kristina Thompson

"For the last 15 years Ms. Thompson has given her all to Freedom High School. She uses character parties to allow students to fully analyze a character's motivation and point of view. She will ALWAYS do what is right for our students and is more than deserving of this honor."

Support Person of the year

Ms. Theresa Alexis



"Ms. Alexis is one of the most hardworking individuals on the Freedom High School campus. She is the heart and backbone of Freedom High School."

Ms. Maria Deoto



"She goes above and beyond to help our students here at Freedom. She always has a smile on her face."

Mr. Ronnie Gossett



"What doesn't this guy do. He works hard to keep the school looking great."

Ms. Kristy Kline



"She is able to build positive relationships with all the students at Freedom. She not only supports the students, but helps with dean and administration calls."



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UPCOMING EVENTS

FAST TESTING (9th & 10th)

Check Student Email for testing location, and be sure to bring device fully charged.

29
AUG

COLLEGE 101 (Seniors & Parents)

Join us in the PAC at 6pm for College 101, a workshop to help with the application and financial aid process. Register at tinyurl.com/College101Senior24

30
AUG

LABOR DAY (No School)

OCPS and FHS will be closed as we observe Labor Day.

04
SEP

PTSA & SAC Meeting

Join us in the Media Center for our next PTSA & SAC Meetings of the 23-24 School Year. PTSA meets at 5pm, followed by SAC at 6pm.

18
SEP

FHS College Fair

Our College & Career Program will host a college fair for FHS Seniors featuring various educational, technical, and military options available for the Class of 2024.

29
SEP



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CLASSROOM SPOTLIGHT



Latinos In Action: Taking Action in Our Community

Latinos in Action is a leadership course for students of Latin American and Hispanic descent who have a heart to serve. The focus of the class is to prepare our Latin American students for College & Career by offering them a culturally responsive curriculum to teach skills that apply to learning and life.

At its core, the class is centered around developing student-led community and social service projects to engage students in a hands-on approach to lead and serve. With the guidance of their teacher, our student leaders in LIA plan and organize various community-based projects throughout the year. One of the popular projects is promoting literacy at the elementary schools through a weekly tutoring program at John Young Elementary. A goal for the class is for each student to reach 100 hours of community service in a year.

Our LIA students work diligently to create a safe and inclusive environment for all, while also serving our Spanish and Portuguese students by offering after-school tutoring and mentoring programs. LIA students understand the difficulty of adjusting to school in the US, and look for ways to help make that transition easier.

This group takes pride in preserving their heritage, and sharing their culture with the world. With the rise in popularity of Latin American figures in sports, art, entertainment, and education - our students feel empowered to follow in their steps as the next generation to promote positive change for their community.

"We Are Familia"
-Latinos In Action Motto





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STUDENT LIFE AT FHS

**WEAR YOUR COLLEGE COLORS
ON FRIDAY, SEPT 1ST!**



**NATIONAL
COLLEGE
COLORS
DAY**

Friday, September 1st, 2023

Homecoming Dance Tickets

SALES: Monday 8/21 - Thursday 10/5

Cost:
\$35.00

Requirements -
* Above 2.0 GPA
* NO Media Center Obligations



Date:
**October 7th
7-11pm**

OR VISIT [TEACHTIX.COM/FHS](https://teachtix.com/fhs)

GOTHIE MANSION

THIS WEEK IN SPORTS

- 8.25 - Football vs Horizon | Kickoff at 7pm
- 8.28 - Golf vs Ocoee at Grande Vista | 3:30pm
- 8.29 - GVB at Boone | 5pm (Fr) / 6pm (JV) / 7pm (V)
- 8.30 - Diving Competition at Rosen Aquatic Ctr | 2:30pm
- 8.30 - Swim vs Colonial & University at Rosen Aquatic Ctr | 6:45pm
- 8.31 - GVB at Star Athlete Academy | 5pm (Fr) / 6pm (JV) / 7pm (V)
- 8.31 - Football vs Columbine HS (CO) | Kickoff at 5pm (V) / 7pm (JV)

Go to FreedomHighAthletics.com for Scores and Recaps

Fall Sports @ FHS

- Football
- Girls Volleyball
- Cross Country
- Swimming and Diving
- Cheerleading
- Bowling
- Golf

Athletic Director
Robert Rego

Email: Robert.Rego@ocps.net



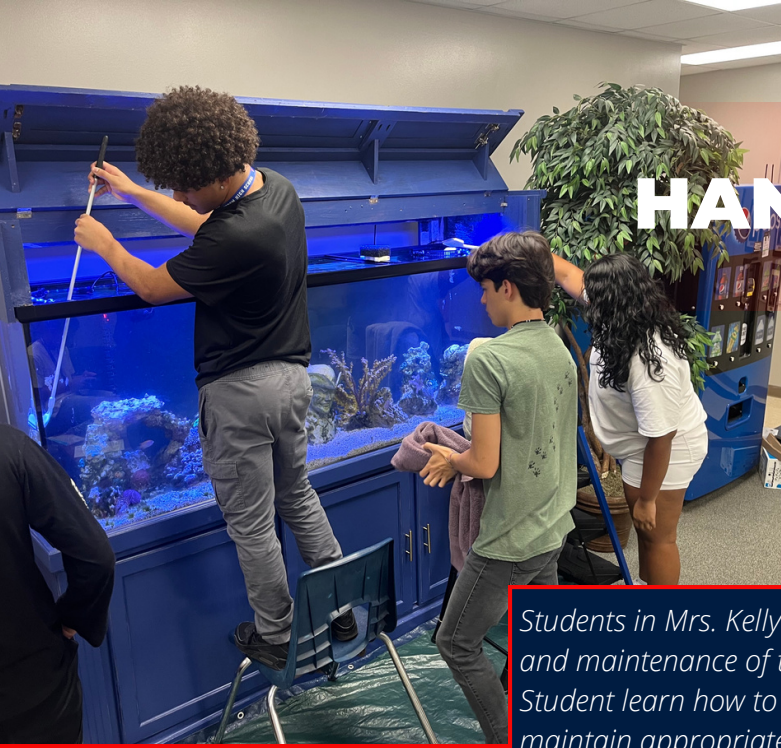
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HANDS-ON EXPERIENCE

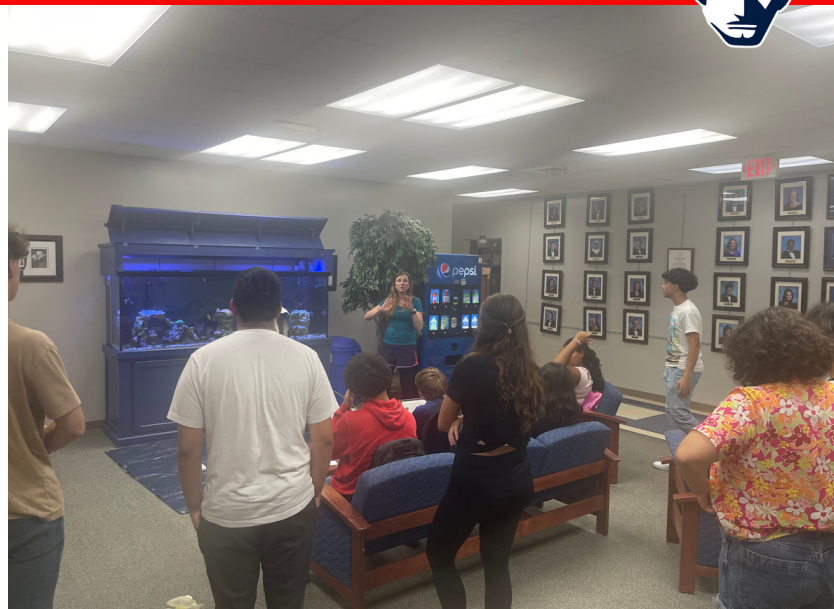
THERE'S SOMETHING FISHY HAPPENING AROUND HERE

Students in Mrs. Kelly-McClish's AICE Marine Science classes are taught about the care and maintenance of the Coral and Animals in our fish tank located in the main office. Student learn how to care for the animals, maintain the tank, and make water to maintain appropriate levels in the tank. This experience will last the entire year as the students will often be tasked with ensuring that our beautiful marine habitat is cared for.



FUN FACT:

Sea **urchins** cover themselves with shells and algae and it turns out, if you 3D print them tiny **hats**, they'll **wear** those too.





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THE FREEDOM 4-1-1

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COLLEGE 101 WORKSHOP

Click Photo Below to Register

COLLEGE 101

**SENIORS & PARENTS
COLLEGE 101 Meeting
August 30, 2023
6:00pm
PAC**

Seniors - Bring your laptop!

Register: <https://tinyurl.com/College101Senior24>

FAST TESTING

On Tuesday, Aug 29th, all 9th and 10th graders will take the FAST PM1 Test. Students, be sure to bring your devices fully charged, and check your student email for instructions from Ms. Tarantino on your testing location.

HOCO TICKET INFORMATION

Tickets are NOW on sale for this year's "Gothic Mansion" Homecoming Dance at www.teachtix.com/FHS

PRIOR TO BEING CLEARED FOR PURCHASE...

- Students are REQUIRED to turn in a Parent/Guardian Permission Slip to the baskets outside of room 612-608
 - Access Permission Slip via Link -or- Pick-Up Outside 612/608: tinyurl.com/teachtixFHSHoCoPermission
- Upon receipt of PARENT PERMISSION SLIPS, students will either...
- 1) be entered into teachtix for ticket purchase
 - 2) be sent an email with directions to clear MEDIA CENTER OBLIGATIONS or BELOW 2.0 GPA



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