

The background of the entire image is a soft-focus photograph of pink cherry blossoms with green leaves, set against a clear blue sky. The blossoms are in various stages of bloom, with some showing distinct pink petals and yellow centers. The overall tone is bright and cheerful.

FREILER FRIDAY STUDENT ANNOUNCEMENTS

MARCH 24, 2023

Show Your School Spirit!



TRIMESTER 3 SPIRIT STANDINGS

| | Kinder-Second | Third-Fifth | Middle School |
|-----------------------|-----------------------|-----------------------|--|
| 1 st Place | Debus 455 Points | Gardner 545 Points | Sedillo 422 Points |
| 2 nd Place | DeCamey 446 Points | Headley 503 Points | Martin – 7 th 368 Points |
| 3 rd Place | Azama 325 Points | Link 458 Points | White 309 Points |



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Autism Awareness Spirit Week

- *Monday, March 27 - Blend Together for Autism! (Wear Tie-Dye)*
- *Tuesday, March 28 - Light it up Bright for Autism! (Wear NEON!)*
- *Wednesday, March 29- Team Up for Autism! (Wear Sports Jersey)*
- *Thursday, March 30 - Hats off to Autism! (Wear a Hat)*
- *Friday, March 31 - Be a Hero for Autism! (Dress like your favorite Superhero)*



Tracy Unified School District
Diversity & Equity Committee presents

Free
Admission

Festival of Cultures



April 5, 2023
6:30 pm, Doors open at 6 pm

The Grand Theatre
Tracy, California

For More Information, Please Contact Student Services at 209-830-3280





Ramadan

- March 22 - April 21; dates change yearly based on the lunar calendar
- Holiest month of the Muslim calendar
- A month of fasting (sawm) during daylight hours, prayer, reflection and community.
- Fasting is one of the 5 Pillars of Islam
- Iftar: breaking of the fast after sundown
- Ramadan Mubarak means to have a "blessed Ramadan"



MARCH IS NATIONAL KIDNEY MONTH!



The kidneys are two bean-shaped organs. Each kidney is about the size of a fist. Your kidneys filter extra water and wastes out of your blood and make urine. Kidney disease means your kidneys are damaged and can't filter blood the way they should.

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Facts

- Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages?
- On average, kidney disease affects one in nine people with most of them not even being aware that they are ill.
- If your kidneys show signs of damage, your doctor may refer you to a kidney specialist, called a nephrologist, or recommend annual or more frequent testing.
- This lack of early detection can be fatal as kidney dysfunction that lasts longer than three months most often is irreparable. Thankfully, though, early recognition and appropriate treatment can slow down or even stop the progression of Chronic Kidney Disease.

Eating Right

Step 1: Choose and prepare foods with less salt and sodium

Why? To help control your [blood pressure](#). Your diet should contain less than 2,300 milligrams of [sodium](#) each day.

Step 2: Eat the right amount and the right types of protein

Why? To help protect your kidneys. When your body uses [protein](#), it produces waste. Your kidneys remove this waste. Eating more protein than you need may make your kidneys work harder.

Step 3: Choose foods that are healthy for your heart

Why? To help keep fat from building up in your [blood vessels](#), heart, and kidneys.

#850CHALLENGE

850 million people in the world have kidney disease. Yet, few are aware of its dangers.

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8,500 steps a day, 8.5 miles of walking, 85 miles of cycling, 8.5 minutes of high-intensity training are all ways to burn ~850 calories. These are some of the efforts that scientists, doctors, patients, relatives and carers will undertake as part of the [#850Challenge](#) to raise awareness of the 850 million people whose kidney function is irreversibly impaired.

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GARDEN CLUB

- Next Meeting: April 11
from 3-4 PM
- Reminder! Garden Club meets the
second Tuesday of
Each Month



Hey Freiler Stars!

Mark your calendar! Book Club's next meeting will be Tuesday, April 4 from 3:00 – 4:00 in Room 12.

Make sure to have a signed permission slip if this will be your first meeting. Students who already attended do not need a permission slip!

“Reading gives us some place to go when we have to stay where we are.”

Mason Cooley

Art Freiler's **Books, Friends, and Fun CLUB** will meet in Room 12 on the following Tuesday afternoons from 3-4 PM: May 2.

Please bring your favorite book and be prepared to tell us about it. Share your favorite characters as well.



CODING CLUB

- **Every Thursday in Rm. 35**
- **From 3-4 PM**



CharacterTM Counts!

trustworthiness

respect

responsibility

fairness

caring

citizenship



| Grade | Student Name | Teacher/Class |
|-----------------------|--------------|---------------|
| Kinder | N/A | N/A |
| Kinder | N/A | N/A |
| 1 st Grade | Autumn | Torres |
| 1 st Grade | Orquidea | Steffens |
| 2 nd Grade | Mia M | Gonzalez |
| 2 nd Grade | Mohammad | Azama |
| 3 rd Grade | Rabani | Eli |
| 3 rd Grade | Jozie | Headly |
| 4 th Grade | Valentino | Gardner |
| 4 th Grade | Aree | Gardner |
| 5 th Grade | Carson | Allen |
| 5 th Grade | Lily K | Link |
| Middle School | Riya | Sedillo |
| Middle School | N/A | N/A |

A large, dense tree of pink cherry blossoms (Freier Star) against a clear blue sky. The tree's branches are heavily laden with clusters of small, light pink flowers. The trunk is dark and slender, extending vertically through the center of the frame. The blossoms are in full bloom, creating a thick canopy of pink. The sky is a solid, clear blue, providing a high-contrast background for the pink flowers.

Enjoy your
weekend
Freier Stars!!