

# Take a Look at Fremd High School



***“A Tradition of Excellence...***

***Involvement, Service, and Leadership”***

- Fremd had 85 Academic Scholars representing the highest grade point averages in the Class of 2019
- 30 students were Commended Students in the 2019 National Merit Program.
- 21 students were National Merit Finalists in 2019
- There were 224 seniors named Illinois State Scholars in Fremd High School's Class of 2019.
- 1088 students wrote 2412 Advanced Placement Exams and 90% received grades of 3,4 and 5.
- One student received, not only the top score of 5 on the AP Computer Science A Exam, but was one of 193 students in the world to earn every point possible receiving the maximum score on each portion of the exam.
- Twelve Fremd students achieved a perfect score on the ACT test.
- Two Fremd students achieved a perfect score on the SAT test.
- 15 Seniors recorded perfect attendance for all 4 years.
- One Fremd student was named to the Daily Herald 2018-2019 Academic Team.
- Two FHS students were named to the Daily Herald Leadership Team for 2018-2019.
- Fremd High School was named as a PLTW Distinguished School two years in a row.
- Ten Fremd students qualified to take the American Invitational Mathematics Examination (AIME) scoring in the top 5 %.
- One USAJMO (United States of America Junior Mathematical Olympiad qualifier.
- One teacher selected as a finalist for the 2019 Illinois' Teacher of the Year.
- One student 3rd place finisher in the American Chemical Society Chicago Section Chemistry Exam Competition.
- Two students were semifinalists for the U.S. Presidential Scholars Program.
- One student named U.S. Presidential Scholar.
- One FHS student received the Prudential Spirit of Community Certificate of Excellence & President's Volunteer Service Award,
- Family & Consumer Sciences students and staff came together to donate 357 cans/boxes/non-perishable items and \$75 to the Palatine Food Pantry during the annual "for the Love of Soup" event.
- One Fashion Design student competed in the Harper College "Harper Challenge Design Competition."
- 60+ students participated in the Prom Fashion Show where students constructed garments in Design Studio class.
- The Nordic Café opened their doors in 2018. The café is a student run business out the Family & Consumer Sciences Department.
- The Fremd Social Studies Department and Service Over Self club held a successful Viking Service Week 2019. A school wide cereal drive collected 1,136 boxes for the Palatine Township Food Pantry. A Book Swap event for local elementary students brought in donations to support a year supply of books to 25 at-risk students. Additionally, over 150 students participated in a Hunger Banquet, a simulation geared towards greater awareness to and activism for economic inequality and food insecurity.
- The Fremd Social Studies Department and Service Over Self club successfully raised \$500 for Folds of Honor in conjunction with Veterans Day events.
- The Social Studies Club offered several opportunities, both in-school and out-of-school, to supplement our students' interest in the social sciences. Among our many offerings were trips to the Art Institute of Chicago, the Oriental Museum, the Field Museum, as well as, a visit with over 50 students to the Illinois Holocaust Museum in Skokie. We also offered several in-school movies celebrating Black History Month and Women's History Month. Over 25% of our Fremd students participated in events promoted by the club.
- Student Council hosted a variety of activities throughout the school year including: Homecoming Dance, Powder Puff football game, Winter Gala dance, blood drives, clothing drives, Teacher Appreciation Week, and various community service projects.
- Over 1000 elementary school children enjoyed a Trick or Treat festival sponsored by Fremd Student Council and other activity groups.
- FHS hosted exchange students

***See the next page for more reasons for "Viking Pride!"***

# More reasons for “Viking Pride!”

and teachers from Italy and Kazakhstan.

- National Honor Society assisted many charities this year to help needy children and families. NHS contributed gifts for 300 needy children in Chicago through the Grant-A-Wish program, and coordinated a bake sale with the Youth Hunger Opposition in Palatine (YHOP) to benefit the Palatine Food Pantry.
- The Fremd Music Association generously raised funds to donate to the music department in support of its many programs.
- The Fremd Booster club annually raises funds to finance wish list grants that go toward the purchase of equipment, supplies, and apparel for our athletic and activity teams. Funds are also allocated to provide our students with an alcohol-free post prom experience.
- 14 choir students were selected for the ILMEA district VII Regional Choir.
- Advanced Women’s Choir performed at the Illinois Treble Choir Festival in February.
- The Wind Symphony was selected to perform at the prestigious University of Illinois “Superstate Concert Band Festival” in May. This is considered the highest honor for a concert band in Illinois, equivalent to “winning the state title” for band.
- Ten members of the Wind Symphony were selected for the ILMEA District 7 Honors Band, Orchestra or Jazz Bands. Five band students were selected as ILMEA All-State Musicians and Honors All-State band members.
- The Viking Marching Band performed at five local marching band competitions, placing in the top eight of their division at all five shows.
- 95 Band students traveled to New York City to perform in four concerts/clinics (Manhattan and Rutgers University) during spring break of 2019.
- The Wind Symphony performed at two local retirement villages in December 2018 to spread holiday cheer.
- The Jazz Ensemble, Jazz Lab Band, and Jazz Combo performed in two concerts, as well as the “Northshore Jazz Festival” and “Jazz in the Meadows” festival. All three groups were awarded straight “Division 1/Superior” ratings at both festivals.
- The Wind Symphony and Wind Ensemble performed at the Illinois State University Concert Band Festival (April), performing for numerous other high schools and working with nationally renowned collegiate band directors.
- Twenty-seven students were selected for the D211 Honor Band Festival hosted by Conant High School.
- Fremd Symphony Orchestra had eight orchestra students who were selected for the ILMEA District VII Regional Orchestra. Five of these musicians were selected for the state Honors and All-State Orchestras.
- The Symphony and Philharmonic Orchestras performed for students in many of the District 15 schools as well as The Grand (a senior living residence in Palatine) during their December tour.
- District 211 Honors Orchestra performed in February with a total of 63 members of student musicians from the bands and orchestra in District 211 with over a 1/3 of the orchestra being from Fremd Symphony Orchestra and Wind Symphony.
- Members of the Fremd Orchestras traveled to Washington, DC where they performed, saw the sights and had the opportunity to have a wreath laid at the Challenger memorial at the Arlington National Cemetery
- Every Fremd student experiences Writers Week, which has featured nearly 200 professional writers and dozens of student and faculty writers since 1995. In 2018, Writers Week featured 16 professional writers, 18 faculty members from 4 departments and over 100 student writers and performers.
- Approximately 50 Fremd juniors and seniors were trained through the Cook County First Judge Program and then served as election judges at precincts throughout Cook County.
- Fremd High School was designated as a Illinois Democracy School in 2018 by the McCormick foundation and we maintain an interdisciplinary team that focuses on student voice, service learning and civic engagement.
- Fremd High School inducted 25 students into the International Thespian Society for 2018-2019.
- An additional 13 students received the distinction of Honor Thespians while 4 more students achieved National Honor Thespian status.
- The graduates of the Class of 2019 received over 9 million dollars in scholarship awards.

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## *2018-2019 Activity Team Awards include:*

- Auto Club students placed 1st and 5th at the w019 Top Tech Challenge at UTI.
- 2019 Hot Rodders of Tomorrow Engine Challenge students qualified for Nationals at the SEMA show in Las Vegas.
- Group Interpretation placed 3rd at the IHSA State Tournament. 4 students were named to the All-State Cast.
- Scholastic Bowl: MSL Champions and IHSA Regional Champions
- Scholastic Bowl: One student named to Illinois High School Scholastic Bowl Coaches Association AA All state 2nd team. Two additional students named to the Illinois High School Scholastic Bowl Coaches Association AA All-Sectional team.
- Speech Team: 2nd place MSL Conference, Regional Champions, one state medalist
- Twenty-two Fremd students won BPA State Award Medals.
- Debate Team: earned 17 medals at the IHSA State Competition, more than any school in the state.
- Fremd Student Congress was the 2019 Illinois Congressional Debate Association (ICDA) Champion, a first in program history.
- HOSA: earned 14 state medals
- Chess Club: MSL Chess Conference runner-up, MSL Team Tournament runner-up, IHSA Sectional Champion, IHSA State Tournament #14 out of 128
- Boys Football: MSL Conference Champion
- Boys Soccer: 1st place Divisional Champ, 2nd place MSL Conference, IHSA Regional Champion
- Cheerleading: MSL Conference Champion, 2nd place IHSA Sectional
- Competitive Dance: MSL Conference Champion, 3rd place Sectional
- Boys Basketball: MSL Conference Champion, IHSA Regional Champs
- Girls Basketball: MSL Conference Champs, IHSA Regional Champion
- Girls Gymnastics: MSL Divisional Champion, MSL Conference Champions, Vault & Beam MSL Conference Champ
- Boys Baseball: IHSA Regional Champion, IHSA Sectional Champion
- Girls Badminton: MSL Conference Champs, IHSA Sectional Champs, IHSA 1st place State
- Boys Tennis: 3rd Doubles conference Champ IHSA Sectional Champion
- Girls Tennis: 1st Doubles Conference & Sectional Champs, 4th place State; 2nd doubles Conference Champion
- Girls Soccer: 3rd place MSL Divisional, 3rd place MSL Conference, IHSA Regional Champion
- Girls Golf: 4th place MSL Conference
- Boys LaCrosse: MSL Conference Champion
- Girls Volleyball: IHSA Regional Champion
- Girls Swimming: MSL Conference & Sectional Champions
- Boys Swimming: 400 Relay MSL Champions
- Boys Wrestling: 2nd place Conference, 220 lbs Top 8 State, 182 lbs Conference Champ, 113 lbs Regional Champ
- Boys Track: Pole Vault Conference Champ & Sectional Champ, 4x400 Sectional Champion, 110 High Hurdles & 300 IM Hurdles Conference Champ, 100 High Hurdles Sectional Champion

## *2018-2019 Athletic Awards include:*

- Fremd’s Student section was recognized as the IHSA’s “Student Section of the Year” for 2018-2019.
- Girls Track: IHSA Regional Champion
- Girls Cross Country: 3rd place Divisional, 4th place MSL conference, 2nd place IHSA Regional