

District News

FES recognizes its Student's of the

Congratulations to the following students of the month!

November Citizenship Awards: Sydney Arnzen, Ryan Broussard, Peyton Campbell, Ashley Cox, Makena Douglas, Daniel Eggers, Willow Ennis, Patricia Goldbach, Jared Lara, Megan Neely, Emma Nees, Whitney Olson, Kendall Paine, Jacob Roibal, and Kaylie Smith.

December Caring Awards: Jordan Baumgartner, Cassidy Crosswhite, Veaceslav Dragomir, CarolAnn Edwards, Gracie Jensen, Veronica Keizer, Nathan McCormick, Mary Neale, Ronald Roche, Megan Rubright, Andie Schmitz, Avery Shulenburg, Haylee Storro, Jacob Trevino, and Ana Wilson.

January Diligence Awards: Rachel Arnzen, Triston Crist, Krystal Gady, Ryan Hicks, Nicole Hindman, Jericho Lara, Bethany Leach, Elsa Longhurst, Kathryn Lyden, Olivia Nees, Mareana Ponomarenko, Christian Rorie, Lamak Sewell, and Hannah Storro.



Photo courtesy of Lisa Phelan
November Citizenship Award winners



Photo courtesy of Lisa Phelan
December Caring Award winners



Photo courtesy of Lisa Phelan
January Diligence Award winners

Fifth grade classes win Greenhouse

By Judy Bickler and Jane Brune
Guest Contributors

On February 8th, the Freeman 5th grade classes were notified by Yokes Fresh Market that they were one of the six winners in the Greenhouse for Kids Contest. The prize includes a 6' by 8' greenhouse and \$1000. The greenhouse and money will be a great starting point for the school garden proposed by fifth grade teachers Judy Bickler and Jane Brune in June 2009.

The contest entry required a write up about Freeman and, because the Washington Potato Growers were a sponsor, an original potato recipe. In true Freeman team effort, Nutrition Services Director, Mrs. Raeann Ducar, and student teacher, Mr. Sang Tran, developed a very healthy version of one of Mr. Tran's recipes. The two then made the soup for the fifth

graders to taste test, and thus, was born Washington Potato Curry Soup—a prize winning recipe!

We are very excited to have funds to begin work on planning the Freeman School Garden!



Photo courtesy Jane Brune
Mr. Tran and Mrs. Ducar working on their winning soup recipe.

New equipment for Early Learning Center

By Barb Gady
Guest Contributor

Thank you Foundation for Freeman Schools! Last fall, the Freeman Foundation held a successful fund raiser to support Freeman athletic programs. Among other funded projects, the foundation awarded the Freeman Early Learning Center with a \$500 gift to purchase sports equipment and toys. Thanks for helping out our youngest Freeman students!



Photo courtesy of Barb Gady
Mrs. Gady's class shows off their new

K-8 Calendar of Events

March

- 5 Snow Make-Up Day- no school
- 5 4th Grade Math Is Cool @ Mt. Spokane
- 9 FMS Drama Performance 7:00
- 11 World's Largest Concert 10:00
- 11 FMS Science Fair/Student Led Conference Work Day 1:30-3:00 & 5:00-6:30 (Elementary Gym)
- 11 School Board Meeting 6:00
- 12 Freeman Flyer Sent Home
- 13 Honor Band/Choir Rehearsal
- 17 ASB Meeting 10:20
- 18 FHS Alumni Basketball Tournament 6:00 & 7:30
- 19 Honor Band/Choir Rehearsal
- 19 Freeman Flyer Sent Home
- 19 FHS Alumni Basketball Tournament 6:00 & 7:30
- 20 FHS Alumni Basketball Tournament
- 22-25 Book Fair
- 22-25 Kindergarten Registration
- 22-24 Conferences- early release
- 22 Honor Band/Choir Rehearsal & Performance
- 24 Book Fair Family Night
- 25 Early Release
- 25 School Board Meeting 6:00
- 26 Early Release
- 29-31 Spring Break- no school

April

- 1-2 Spring Break- no school
- 5 MS Baseball & Track Practices Begin
- 8 Spring Sports' Pictures 3:15
- 8 School Board Meeting 6:00
- 9 Freeman Flyer Sent Home
- 16 5th Grade math Is Cool @ Mt. Spokane
- 22 ASB Meeting 12:30
- 23 Freeman Flyer Sent Home
- 29 Spring Photos
- 29 School Board Meeting 6:00
- 30 Spring Photos
- 30 FES Character Assembly

FMS recognizes Student's of the



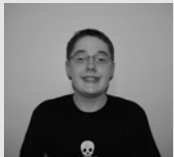
Kyla Wright



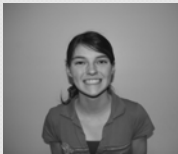
Jesse Schmilkofers



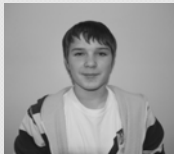
Melaney Lamb



Jake Dickenson



Bethany Williams



Kyle Miller



MacKenzie Claeys



Alex Tataryn



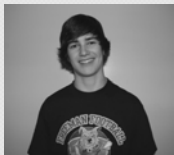
Paige Campbell



Brayden Aller



Brooke Williams



Connor Rubright

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Elementary participates in 'Do Amazing Things' Challenge

By Raeann Ducar
Nutrition Services Director

Freeman Elementary School fourth and fifth graders took part in a physical activity and nutrition program called "Do Amazing Things" led by Elementary Physical Education teacher, Kathy Zinkgraf, and Nutrition Services Director, Raeann Ducar. The four week program developed by the Washington State Dairy Council and the National Football League was de-



Picture Courtesy of Mrs. Ducar

Rachel Arnzen, Morgan Stokoe, Desirae Thosath, Annabelle Schweiger, Rebekah Ottosen, and Patricia Goldbach

signed to empower kids to get 60 minutes of physical activity per day and choose better foods including low-fat dairy, whole grains, and fruits and vegetables.

Each class was a team. Players earned points for their team when they got 60 minutes of physical activity a day and 3 servings per day of the highlighted foods.

Activities included hearing taped messages from Seahawk's Cornerback, Marcus Tru-fant, tasting whole grains, learning about the health benefits of phyto-nutrients in fruits and vegetables, comparing the fat content of different kinds of milk, and a food pyramid team relay. Students kept a tracking sheet and participation was excellent. The winning teams received a yogurt parfait party, containing all the components of a healthy snack : low-fat yogurt, low-fat whole grain granola, and strawberries and blueberries.

First Lady, Michelle Obama,



Picture Courtesy of Mrs. Ducar

Mrs. Bickler's class won for the 5th grade.

just launched the Let's Move campaign to tackle childhood obesity. We hope participation in a program like "Do Amazing Things" will help teach students habits that will last a life time.

Did you know that Freeman School District exceeds state standards for student required instructional minutes per week in physical activity classes? This is great for our students but they still need to be getting physical activity after school to meet the target of 60 minutes per day.

Volleyball teams win league championship

By Deena Jackson
8th grade Varsity Volleyball Coach

We had about 27 Raider ladies play for Freeman MS volleyball, fielding three teams this year. The varsity team kicked off their season with a jamboree where they won one and lost one. We played Mountain View, Centennial and East Valley. We ended up 4-2 in league play with our two losses coming against East Valley, allowing us to play for first or second place in the league tournament. The girls had it together and finally earned a victory over East Valley and taking home the league championship. Way to go Lady Raiders. Best of luck next year in high school.

By Lesley Malloy
8th grade JV Volleyball Coach

The 2009 8th Grade JV Volleyball season was full of many new adventures. We joined a new league, the West Valley/East Valley League and are no longer in the Central Valley League. The four day per week practices caused the girls to learn a lot in a little amount of time.

The season started with many girls not knowing how to serve the ball or how to pass the ball. By the end of the season, they were fighting to get the ball with a 'go-for-it' attitude. There were 17 girls on the team and they will be exciting to watch in their high school volleyball careers. After a rough start, the team ended the season in first place. Way to go ladies!!!!

By Pia Longinotti
7th grade JV Volleyball Coach

The 7th grade JV team had a fantastic season this year. 15 girls turned out and fielded two JV teams. They started out with a jamboree, beating both Centennial and East Valley. The ladies then went onto win their next 5 straight matches. The girls faced Centennial for their final match of the season, which they ended up tying (3-3). The Lady Raiders then moved onto the placing games where they squared off against East Valley for the league championship. The girls pulled out a tight match, winning it: 15-13, 13-15, 15-1.

Congratulations ladies on a phenomenal season and a league championship!

Presidents' Wax Museum combines re-

By Nancy McCathern
Guest Writer

The 2nd grade Presidents' Wax Museum was held on February 9th in the elementary gym. Students had to research their assigned president, and write and memorize a speech about their president. Parents, relatives and students visited the museum and would push a button on the students' hand, which would then activate the wax president to stand up and recite their speech. A lot was learned by all the students and parents about our Presidents.



Photo courtesy of Shauna Smith

Our presidents pose after the big event.



Photo by Pia Longinotti

Thomas Willard gives his speech about Dwight D. Eisenhower



Photo courtesy of Leos

Back row - Coach Malloy, Kindra Malloy, Kaela Straw, Brooke Riddle, Whitney Naber, Christa Harter, Robin Faulkner, Tori Keizer, Melaney Lamb, Mackenzie Claeys, Marianne Wipf, Patrick O'Connor, Coach Jackson.

2nd row - Brett Sinden, Natalie Kestell, Haley Burke, Grace Rudy, Jennifer Tindall, Kirsten Fuchs, Maegan Black, Meghan Altmeyer, Samantha Strothman, Mikaela Pilant, MacKenzie Yackel, Ben Cory.

Front row - Kelsey Burton, Kayla Euteneier, Brooke Williams, Shelby Bliesner, Baylee Randall, Beth Primmer, Kali Osterberg, Cassidy Schultes. Not pictured Katie Vold.



Photo courtesy of Leos

Back row - Coach Coumont, Rachel Fricke, Marissa Weir, Casey Christiansen, Madi Groves, Morgan McGarity, Olivia Nemec, Lauren Weir, Monique Metzger, Bethany Williams, Aly Doloughan, Coach Longinotti.

2nd row - Ben Sharpe, Erynn Waite, Matea Ped, Mykel Vanek, Taylar Brown, Lexi Saeger, Paige Campbell, Emily Dearman, Hannah Williamson, Kyla Wright, Daniel Vogelmann.

Front row - Hope Mathews, Josie Schultz, Ruby Falciani, Katie Ophus, Miranda Atwood, Abbie Pintar, Ryan Leason. Not pictured Moriah Longhurst.