

Freeman Middle Scoop – 11-7-25

FMS Office Hours are 7:45 am to 3:45 pm. Doors are open to students at 8 am.

Email: FMSoffice@freemansd.org Office phone (509)291-7301 Attendance line (509)291-7425

A Note from the Principal

It's hard to believe we're already into November! Students have settled in, are working hard in the classroom, and bringing energy to our school events and activities. Thank you for your ongoing support and for partnering with us to make Freeman Middle School such a positive, caring community!

What's Happening Around FMS

- **Taking Care of Our School**

We've had a few issues with vandalism in our restrooms lately, and we're reminding students that our building belongs to all of us. When property is damaged, it costs time and money to go toward classroom supplies, celebrations, and fun student activities. Please help us encourage your student(s) to show pride in our school—by reporting damage, respecting shared spaces, and helping keep Freeman clean and welcoming for everyone.

- **Student Ambassadors – The Social Institute**

We're looking for student leaders who want to make a difference! Ambassadors help promote positive choices both online and offline while building communication, teamwork, and leadership skills. Interested students can pick up details in the MS office.

- **ASB Leadership Highlights**

This week during lunch, our ASB Officers and Classroom Representatives met to talk about how to make FMS even better! Students shared ideas for lunchtime sports, a winter dance, hallway improvements, and future events like a scavenger hunt, talent show, or school play. We're very proud of their leadership and enthusiasm!

- **Clubs & Fun at Lunch**

- **Let's Lego Club:** Tuesdays during lunch in the Counseling Center
- **Outstanding You Store:** Tuesdays during Scottie Break
- **Taco 'Bout It:** Fridays during lunch — a chance for connection and conversation
- **Donuts with Young Life:** every other Tuesday morning, 8:00–8:12 AM

Looking Ahead

- **Monday, Nov. 10:** Veterans' Day Assembly at 9:30 AM
- **Tuesday, Nov. 11:** *No School* – Veterans' Day
- **Wednesday, Nov. 12:** Wrestling vs. Centennial, PTSG Meeting at 5:30 PM
- **Thursday, Nov. 13:** 12-Week Grade Checks Sent Home, Volleyball vs. Cheney
- **Friday, Nov. 14:** Scottie Time (no F's), Taco 'Bout It during lunch, **PTSG Harvest Hoedown 4:30–6:30 PM**

Thank you for your continued support and partnership! Together, we make Freeman Middle School a place where students feel connected, capable, and proud to be Scotties. 💙🐾

SPORTS

Volleyball and Wrestling - Click [Freeman Middle School Athletics](#) for the finalized sports schedules.

FINAL FORMS ATHLETE REGISTRATION: <https://freeman-wa.finalforms.com/>

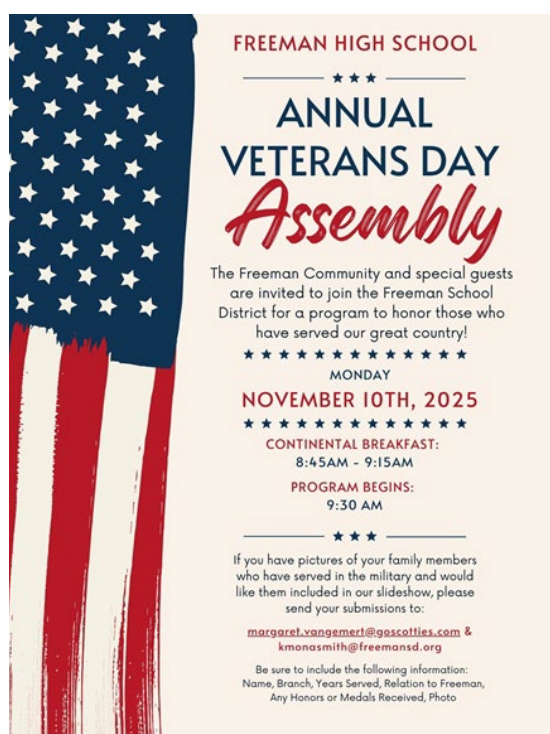
REMINDER: If your student is planning to stay and watch any of the MS home games/meets, they will be meeting in the MS Commons at 2:55 for a study hall. They will be released at 3:35 pm to go directly to the

game. *If they stay for after school activities, the closed campus policy is still in effect. They will have school discipline if they go to the Freeman Store.*

Library Volunteer needs:

- Monday 12:10-2:45 Check In /Check Out
- Thursdays 8:15-11:10 Shelving, Processing New Books & Book Repair
- Fridays 9:15-11:10 Shelving, Processing New Books & Book Repair

SAVE THE DATE: Dec 6th Barnes & Noble Book Fair at the Spokane Valley Mall. Families will need to let the checkout counter know they are from Freeman in order for the library to earn book credits. It will be a great opportunity for families to stock up on books for the winter holidays. There will also be an opportunity to purchase and donate books from the library wish list.



The Importance of Gratitude

It's easy to focus on what we don't have or what's going wrong. But practicing gratitude—by being thankful for the good things, big and small—can shift our perspective. It can make us feel happier and more content.

Try This: Start a simple gratitude practice. At the end of each day, have your child write down one thing they were grateful for in their phone notes or in a journal. Contact School

Counselor Kayleen Archibald – karchibald@freemansd.org



We are accepting raffle donations until Monday, November 10th. Please drop off any donations to the MS office.

SAVE THE DATE: Freeman SD food drive is Nov 17 – 21st. The grade with the most food bought in will have input into their reward, i.e. extra recess; ice cream; popsicles etc., Reward will be for the winning grade and their advisory teachers during an Advisory class.





Winter Weather Information

According to several forecasts, this winter may bring more snow than we've seen in recent years. We want to be sure all Freeman families are prepared in advance for possible schedule changes due to inclement weather.

Communication

If the weather impacts the school day, we will share updates by 6:00 a.m. through:

- Automated emails, texts, and voice messages—please ensure your contact information in Skyward is accurate and Freeman SD is not blocked.
- The Freeman School District website and our Facebook & Instagram pages.
- Local news stations (note: their reports may not always be accurate — please rely on Freeman messaging first).

Weather Monitoring

When snow or ice is in the forecast, our Transportation Director and staff drive routes early in the morning to check conditions. Maintenance crews begin plowing and clearing parking lots and sidewalks before staff and students arrive. Even with these efforts, icy spots may remain—please use extra caution!

The elementary and middle school students go out to recess unless the temperature is below 12 degrees (wind chill is factored into this decision). We rely on the Apple Weather App to make this determination. Please ensure your students are dressed for the weather.

Delays and Cancellations

Our goal is always to keep schools open when possible.

- Two-Hour Delay: School begins at 10:15 a.m. Breakfast will not be served. Staff should report when they can do so safely.
- Cancellation: All school programs, activities, events and facility usage are canceled for the entire day and evening, even if conditions later improve. The day will be made up on the next scheduled make-up day.

Safety Tip: Walk Like a Penguin!

- Wear shoes with slip-resistant soles.
- Take short steps and keep your arms slightly out for balance.
- Hold onto your vehicle when getting in or out.

Thank you for your continued cooperation in helping keep our Freeman students, staff, and families safe this winter!

CALENDAR/SAVE THE DATES:

October 29 – LATE START for Students

November 10 – FSD Veterans Assembly

November 11 – No School – Veterans Day

November 12 – PTSG Meeting – FES Community Classroom @ 5:30 pm

November 13 – Twelve Week Grade Checks emailed home

November 14 – PTSG Harvest Hoedown

November 19 - FSD School Board Meeting – PRTC @ 6 pm

November 24-28 – NO School – Thanksgiving Break

December 2 – WSU 8th Grade Engagement (Specific Students)

December 3 – Late Start for Students

December 3 - PTSG Meeting – FES Community Classroom @ 5:30 pm

December 10 - FSD School Board Meeting – PRTC @ 6 pm

December 12 – PTSG Holiday Craft Night

December 15 – Band/Choir Concert – FHS Blue Gym @ 7pm

December 22 – January 2 – No School - Winter Break

January 5 – No School for Students – Professional Development Day for Teachers

Community Food Resources and Information for the Freeman Community

The Freeman School District recognizes the challenges that many may face during the current government shutdown, and the upcoming holiday season. The Freeman School District has compiled resources below that families might find helpful during this time. Please know that Free/Reduced Price Meal Applications can be filled out at any time during the year. Applications can be downloaded from this link:

<https://www.schoolnutritionandfitness.com/index.php?sid=1484349669652&page=lunchapps>, or filled out through Skyward Family Access

COMMUNITY FOOD RESOURCES

- Second Harvest: <https://2-harvest.org/>

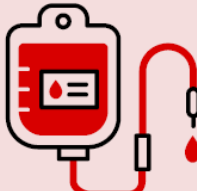


- WA 211: <https://wa211.org/>
- Hunger Free Washington: <https://www.hungerfreewa.org/>
- Second Harvest Bite 2 Go: <https://2-harvest.org/bite2go/>
- Hunger Free America Hunger Hotline: 1-866-3-HUNGRY or (Spanish) 1-877-8-HAMBRE
- Healthy Choices on a Budget: <https://files.constantcontact.com/e5582ed6201/b32c60d7-43bd-432e-af16-4751dc406922.pdf>
- Budget Smart Sample Menu: <https://files.constantcontact.com/e5582ed6201/228bed4a-d5d1-4ca7-b4ab-c6d17a1bf441.pdf>



Each year, InvestED provides urgent funds to students from your community. When a teacher, counselor, coach – or any staff – see a student who has a need, they are able to tap into InvestED funding to provide an immediate and discreet solution. A warm coat, testing fees, track shoes, band uniforms, ASB cards, art supplies, hygiene kits, tutors, or medical exams for participation in athletic programs...the list is long. No matter what the need, our funds make a BIG IMPACT, at LITTLE COST, with NO FUSS. Support your school's campaign today! Click <https://invested.org/campaigns/freeman-middle-school> to donate.

Freeman High School Blood Drive – Friday Nov 21st



**DONATE
BLOOD
SAVE LIVES**

Friday, November 21 - 8:30a.m -1 p.m

Freeman High School, Rockford WA

SIGN UP HERE!



REQUIREMENTS

- Be at least 16 years old. If 16 or 17 years old, a signed parent/ guardian consent form is required each time you donate
- Weigh at least 110 pounds
- Male Donors: At least 5'0" tall and weigh at least 110 lb
- Female donors: refer to the chart for eligibility. (greater than or equal to)
- Be in good general health
- Have a photo ID.



FEMALE HEIGHT	FEMALE REQUIRED WEIGHT
≥ 4'10"	≥ 146
≥ 4'11"	≥ 142
≥ 5'	≥ 138
≥ 5'1"	≥ 133
≥ 5'2"	≥ 129
≥ 5'3"	≥ 124
≥ 5'4"	≥ 120
≥ 5'5"	≥ 115

Important Fliers and links

[Office Reminders: Attendance; Bus Rider Changes](#)

[FMS 25-26 Bell Schedule](#)

[FMS 25-26 Parent/Student Handbook](#)

[Breakfast and Lunch Menus](#)

[Shop your Scotties Sideline Store](#)

[SMS Text Opt-In](#)

[Qustodio parental App](#)

[2025-2026 School Calendar](#)

[Freeman Elementary Scottie Scoop](#)

[Freeman High School Friday Flyer](#)

Freeman School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Civil Rights, Title IX, and Section 504 Compliance Coordinator: Randy Russell, rrussell@freemansd.org, 509-291-3695, 15001 S Jackson Rd. Rockford, WA 99030