

FREEMAN MIDDLE SCOOP – 2-21-25

FMS Office Hours are 7:45 am to 3:45 pm. Doors are open to students at 7:50 am.

Office phone (509)291-7301. Attendance line (509)291-7425



Managing Stress

School, friends, and activities can sometimes feel overwhelming for pre-teens. Teaching them how to handle stress in healthy ways is important. Deep breathing, taking breaks, and talking about feelings can help.

👉 **Try This:** Have a "stress check-in" with your child once a week. Ask them to rate their stress from 1 to 10 and talk about ways to handle it.

Six-week grade checks were emailed home on Thursday, February 20th.



Girls Basketball first day of practice will be Tuesday, February 18. Practice is held right after school, from 2:50-5:15 pm. Great turnout for Basketball! We have room for more players if you are interested! Middle school is the opportunity to try all of the activities!

Girls Basketball

Feb 27th – Picture Day

3/4/25 – FMS @ Westwood – 3:45 pm

FMS vs Westwood – 3:45 pm

We have an Activity Bus that runs after sports M-F for the first two weeks of Middle School Sports Seasons and then M-Th the rest of the year. Bus departs at 5:25pm. Questions or more details, call the Transportation Department at 291-5555.

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. Students are expected to ride the activity bus home or notify parents to be picked up once the game/competition is over.***

UPCOMING EVENTS:

Every Friday – Scottie Success Café @ 7:50 am to 8:12 am. (Student organization of binders, lockers etc.,)

Feb 26 – WSU 8th Grade Mentorship Session #4 (Specific Students) – 9:00-11:00 am

Feb 27 – FSD Board Meeting @ 6 pm – PRTC

Mar 5 – WSU 8th Grade Mentorship Session #5 (Specific Students) – 9:00-11:00 am

Mar 12 – Late Start for Students

Mar 12 – FMS PTSG Meeting – FES Community Classroom @ 4:30 pm

Mar 13 – Nine Week Grade Checks emailed home

Mar 17 – WSU – 8th Grade Session

Mar 21 – WSU – 7th Grade Session

Mar 24 – FSD Board Meeting @ 6 pm – PRTC

Mar 26 – Class of 2029 Rising Freshman Family Info Night – FHS MPR @ 6pm

REMINDER: If you are not receiving text messages about the activities and information from the Freeman School District – you do have to OPT-IN.

SMS Text Opt-In



Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, 67587.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from
your mobile
now!**



**Just send "Y"
or "Yes" to
67587.**



ATHLETICS AUCTION & Dinner Fundraiser

March 15th | 5:30pm
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment & more.

BUY TICKETS HERE
\$60/PERSON
\$450/TABLE OF 8

Purchase a table & sit with friends for RESERVED SEATING. Individual tickets and corporate will be OPEN SEATING.

How to get involved...

- Purchase tickets and attend - must be purchased ahead of time
- Donate & help procure items by February 15th
- Extend the fun and stay the night with our discounted room block - use booking id# 12691 CALL 1-800-523-2464 (sold out last year)

If you have questions, would like to donate or volunteer please email khayek@freemansd.org

AUCTION WISH LIST





TICKETS & PASSES
Sports & Concert Tickets, Box Seats, VIP Treatments, Theater Tickets



CRAFTED ITEMS
Handmade items, woodworking, metal works, custom gifts



VACATIONS & EXCURSIONS
Condos, Timeshare, VRBO, Golf weekends, wine tastings, active adventures, airline tickets, etc.



GIFT CARDS
Gift cards to just about anywhere - restaurants, stores, salons, spas, movie theaters, etc.



HOSTED PARTIES
Theme parties thrown by one or more families such as progressive dinners, holiday parties, children's parties, etc.



UNIQUE & RARE ITEMS
Collectibles, sports memorabilia, sports equipment, collectibles

Questions? Please email khayek@freemansd.org

SPOKANE CHAMPIONS YOUTH CLINIC REGISTRATION OPEN:



Spokane Sports is proud to partner with Idaho Central Credit Union and work alongside SYSA and 3XBA to bring the Champions Youth Clinic to Spokane. 3XBA is a professional women's FIBA 3x3 league and development program dedicated to transforming the landscape of women's basketball. Athletes will have the opportunity to learn from Olympians, former professional and collegiate players, and advance all skills!

PROGRAMMING:

📅 DATE | Thursday, March 27th

🕒 3rd/4th/5th GRADE | 3:00 - 4:15 PM

🕒 6th/7th/8th GRADE | 4:30 - 5:45 PM

LOCATION:

📍 The Warehouse | 800 N Hamilton St, Spokane, WA 99202

REGISTRATION: <https://www.sysa.com/youth-clinic/>

© YOUR KIDS TODAY | All participants will receive an exclusive Spokane Champions Women in Sports Youth Clinic T-Shirt

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