

FREEMAN MIDDLE SCOOP – 5-16-25

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

If your student is not planning on returning next school year, please let the MS office know.

Social Media Safety!

We need your help in reminding students to use common sense and good judgment when engaging with social media, especially TikTok. A recent dangerous trend involves students inserting foreign objects into Chromebook ports, which has caused electrical damage and fire across the country. Last year, a similar wave of vandalism targeted public bathrooms, causing costly damage and safety concerns. Please take a moment to talk with your child about the serious consequences of these actions and help us promote safe, respectful behavior both online and at school.

Spring into Style... Responsibly! A Friendly Dress Code Reminder for Scotties!

As the days get longer and the temperatures start to climb, we're all excited to ditch those heavy winter layers. Bring on the sunshine! With the change in seasons comes a friendly reminder about our school's dress code.

Our dress code is designed to help everyone feel comfortable and focused in our classrooms and hallways. It's all about finding that sweet spot where you can express your personal style while ensuring a respectful and productive learning environment for everyone.

So, as you're choosing your outfits for these warmer days, let's keep a few key things in mind:

- **Keep it Positive:** Let your clothes reflect good vibes! We want to make sure that what you wear doesn't promote anything that could be harmful or disruptive, like messages about tobacco, alcohol, drugs, anything inappropriate, weapons, or violence.
- **Coverage Counts:** For those awesome shorts and stylish dresses, just make sure they provide full coverage in all situations – whether you're standing tall, bending down to grab a book, or sitting in your desk.
- **Hoods are for Outdoors:** Those hoods are perfect for keeping you warm on your way to school or during outdoor activities. But once you're inside, keep them down so everyone can see and connect easily.
- **Footwear First!** From hitting the gym in PE to going to recess, make sure your shoes are appropriate and safe for whatever activities you have planned. And remember, shoes are a must-have at all times while you're in the building!
- **Shades Indoors?** Sunglasses are great for protecting your eyes from the bright sunshine outside, but let's leave them off once you step inside so we can all see each other clearly.
- **Keep it Covered:** Just a friendly reminder that undergarments should stay out of sight, and midriffs should be covered.

If you ever have any questions about the dress code, don't hesitate to reach out to a teacher or administrator.

Scotties Spike into Fun with the new Wall-E-Ball Volleyball!

Get ready for some high-flying action in the gym. Our PE classes have just introduced a thrilling new twist on a classic sport: **Wall-E-Ball Volleyball!**

Forget traditional volleyball rules – this version is all about teamwork and keeping the ball off the ground for as long as possible. The class is split into two teams, and the challenge is simple: work together to hit the volleyball as many times as you can without letting it touch the floor. Sounds easy? Think again! It takes communication, coordination, and a whole lot of focus to keep that ball in the air!

From the first serve, the energy in the gym has been incredible. Students are diving, bumping, and setting with enthusiasm, strategizing on the fly to keep the rally going. The air is filled with encouraging shouts and the satisfying *thwack* of the ball as teams work together to achieve the longest possible hits.



SBAC Testing - Spring is in full swing, and with it comes an exciting opportunity for our students to showcase their skills in the upcoming Spring 2025 Smarter Balanced Assessments (SBA)! We wanted to provide you with the schedule for testing. • SBAC Math: May 20th & 22nd • Science (WCAS): May 29th. Your student's computer is fully charged prior to testing, so they can dive into the assessments without any technical hiccups.

Lots of Events Happening between now and the End of School. Lets finish strong!

UPCOMING DATES	EVENT	Grade
May 20 th @ 8:15am	<i>SBAC Math</i>	6 th , 7 th & 8 th
May 20 th – 3pm – 5:15 pm	<i>After School Study Table</i>	6 th , 7 th & 8 th
May 22 nd @ 10:04am	<i>SBAC Math</i>	6 th , 7 th & 8 th
May 22 nd	<i>18 Week Grade Checks emailed home</i>	6 th , 7 th & 8 th
May 27 th	<i>Career Readiness Lesson</i>	7 th & 8 th
May 27 th – 3pm – 5:15 pm	<i>After School Study Table</i>	6 th , 7 th & 8 th
May 27 th @ 7pm – FHS Blue Gym	<i>Band and Choir Concert</i>	
May 29 th @ 10:55am	<i>WCAS Science</i>	8 th Grade
June 2 nd @ 1:30pm	<i>FES/FMS ASB Meeting for 24/25 Officers and Representatives</i>	4 th thru 8 th
Jun 3 rd – 3pm – 5:15 pm	<i>After School Study Table</i>	6 th , 7 th & 8 th
June 6 th (Tentative)	<i>Rocket Launch</i>	6 th Grade
June 9 th @ 9 am – 10 am	<i>Roller Coaster Display</i>	8 th Grade

June 10th @ 8:30am	<i>Yearbook Signing/Cake</i>	6th, 7th & 8th
June 10th @ 10am	<i>Promotion Practice</i>	8th Grade
June 10th @ 11am	<i>Field Trip</i>	8th Grade
June 10th @ 6pm – Kent Smith Field	<i>Promotion</i>	8th Grade
June 11th	<i>Early Release @ 12:30</i>	6th and 7th



Giving Back to Others

Helping others teaches pre-teens to be kind and grateful. Volunteering, helping a neighbor, or donating old toys can make a big difference. When kids give back, they feel good about themselves too.

👉 **Try This:** Find a small way to give back as a family, like writing thank-you notes or helping at a community event.

Baseball:

5/20/25 - @ Westwood – 3:45 pm
 5/27/25 – vs Centennial – 3:45 pm
 5/29/25 – vs Cheney – 3:45 pm

Track and Field:

5/22/25 – Track All-League @ Cheney – 3 pm

Regular Bell Schedule

o Period 1	o 8:15 – 9:02
o Period 2	o 9:06 – 9:53
o Scottie Break	o 9:53 – 10:01
o Period 3	o 10:04 – 10:51
o Period 4	o 10:55 – 11:42
o Period 5	o 11:46 – 12:33
o Lunch	o 12:33 – 1:03
o Period 6	o 1:07 – 1:54
o Period 7	o 1:58 – 2:45

Every Friday

• AM Activity Schedule

o Period 1	o 8:15 – 8:57
o Period 2	o 9:01 – 9:43
o Scottie Break	o 9:43 – 9:51
o Period 3	o 9:55 – 10:37
o Period 4	o 10:41 – 11:23
o Period 5	o 11:27 – 12:09
o Activity – Scottie Time	o 12:13 – 12:43
o Lunch	o 12:43 – 1:13
o Period 6	o 1:17 – 1:59
o Period 7	o 2:03 – 2:45

CALENDAR:

May 17 – Run the Palouse

May 23 – No School (Snow make-up Day)

May 26 – No School (Memorial Day)

May 28 – FSD Board Meeting @ 6pm – PRTC room

Jun 10 – FSD Board Meeting @ 4pm – PRTC room

Jun 11 – Last Day of School – Early Release @ 12:30 pm

Freeman High School upcoming camps:

[Tennis Camp \(Grades 3-8\) May 28th & 29th](#)

[Boys Basketball Camp \(Grades 2-6\) May 28th & 29th](#)

[Elementary Volleyball Camp \(Grades K-5\) June 2nd – 3rd](#)

[MS/HS Volleyball Camp \(Grades 6-12\) June 4th – 5th](#)

[Football Camp \(Grades 2-7\) June 2nd, 4th and 6th](#)

[Girls Basketball Camp \(Grades 3-7\) June 9th & June 10th](#)

[Soccer Camp Boys & Girls \(Grades 1-8\) June 17th – 19th](#)

[Summer Weights \(Grades 7-12\) June 30th – July 31st](#)

All of these are on the website. <https://www.freemansd.org/Page/3427> There is an image on the district homepage that links directly to the homepage with is hosted on the High School website under athletics – camps/clinics.



FREEMAN CROSS COUNTRY PRESENTS

Run the Palouse 2025
1 MILE OR 5K
Fun Run

Sat. May 17th - Freeman High School

Cost:
1M - \$25, 5K - \$30 if reg. & paid by 5/3
1M - \$30, 5K - \$35 after 5/3*
*Short included only if registered & paid by 5/3

Times:
1 Mile - 9:30am
5K - 9:50am

Register:  freemansd.org/runthepalouse

Questions: Email: runthepalouse@gmail.com

Run the Palouse is a 5K/1 Mile Fun Run put on by the FHS Cross Country Team.
All ages and skill levels are welcome, from walkers to competitive runners.
Proceeds benefit Freeman High School Cross Country.



PRICE GOES UP
MAY 4TH

Run the Palouse 2025

SUMMER EBT BENEFITS (Summer 2025)

Washington State is providing summer EBT benefits to families in need while students are out of school for the summer.

Who is eligible for SUN Bucks?


- Any student enrolled at an NSLP (Lunch Program) or SBP (Breakfast Program) participating school AND
- Living in a household with income that meets NSLP Income Guidelines to qualify for free or reduced-price meals.
- Families who qualify will be notified in June 2025.

If I qualify, how do I access Sun Bucks EBT Benefits?

- If your household qualifies for SUN Bucks this year, and received SUN Bucks last summer and you still have your SUN Bucks EBT card, funds will automatically be loaded onto that card.
- If your household qualifies for SUN Bucks this year, and you received SUN Bucks benefits last summer, but do not have your old EBT card, you can request a new one.
- If you are newly qualified for SUN Bucks this year, an EBT card will be mailed to the student's address of record with Freeman SD.

More Information

- You can also sign up for SUN Bucks text messages at <http://textsunbucks.dshs.wa.gov/>
- For more information, households can call the SUN Bucks Contact Center at 833-543-3230.
- You can also call Freeman SD Nutrition Services at 509-291-7510



CHUCK E. CHEESE FUNdraising

Turning Fun into Funds™



CHUCK E. CHEESE DONATES 20% ON THE SALE

generated from this event to your child's school.

Friends and family members are encouraged to help support this event.

Mention your school when ordering!
Bring this flyer to Chuck E. Cheese.

EVENT INFORMATION

LOCATION: CHUCK E. CHEESE

TIME: 11AM-12 PM

SCHOOL: Freeman

EVENT DATE: May 16th

EVENT ADDRESS:
14919 E Sprague Ave
Spokane Valley, WA 99216

To find out more, check out chuckecheese.com

CHUCK E. CHEESE

120 PLAY POINTS

for \$30

EXPIRES NEVER

CHUCK E. CHEESE

\$29.99

1 Large (11 Topping) Pizza & Drinks

EXPIRES NEVER

Sales include all food and merchandise purchased at the registers. Delivery & Carryout Orders placed directly at Chuck E. Cheese.com may also apply towards your purchase. You must accept the terms "School or Organization Fund raise" to your cart before checkout and order from this location. Indict at right.

FREEMAN SCHOOL DISTRICT #358 2025 - 2026 School Calendar											
August						September					
Mon	Tue	Wed	Thu	Fri	Sat	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	1	2	3	4	5	6
11	12	13	14	15	16	8	9	10	11	12	13
18	19	20	21	22	23	15	16	17	18	19	20
25	26	27	28	29	30	22	23	24	25	26	27
October						November					
1	2	3	4	5	6	29	30				
8	9	10	11	12	13	December					
15	16	17	18	19	20	1	2	3	4	5	6
22	23	24	25	26	27	8	9	10	11	12	13
29	30					15	16	17	18	19	20
November						December					
1	2	3	4	5	6	22	23	24	25	26	27
8	9	10	11	12	13	29	30				
15	16	17	18	19	20	January					
22	23	24	25	26	27	1	2	3	4	5	6
29	30					8	9	10	11	12	13
December						January					
1	2	3	4	5	6	15	16	17	18	19	20
8	9	10	11	12	13	22	23	24	25	26	27
15	16	17	18	19	20	29	30				
22	23	24	25	26	27	February					
29	30					1	2	3	4	5	6
January						February					
1	2	3	4	5	6	8	9	10	11	12	13
8	9	10	11	12	13	15	16	17	18	19	20
15	16	17	18	19	20	22	23	24	25	26	27
22	23	24	25	26	27	29	30				
29	30					March					
February						March					
1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	8	9	10	11	12	13
15	16	17	18	19	20	15	16	17	18	19	20
22	23	24	25	26	27	22	23	24	25	26	27
29	30					29	30				
March						April					
1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	8	9	10	11	12	13
15	16	17	18	19	20	15	16	17	18	19	20
22	23	24	25	26	27	22	23	24	25	26	27
29	30					29	30				
April						May					
1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	8	9	10	11	12	13
15	16	17	18	19	20	15	16	17	18	19	20
22	23	24	25	26	27	22	23	24	25	26	27
29	30					29	30				
May						June					
1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	8	9	10	11	12	13
15	16	17	18	19	20	15	16	17	18	19	20
22	23	24	25	26	27	22	23	24	25	26	27
29	30					29	30				
June						July					
1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	8	9	10	11	12	13
15	16	17	18	19	20	15	16	17	18	19	20
22	23	24	25	26	27	22	23	24	25	26	27
29	30					29	30				

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.

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