

FREEMAN MIDDLE SCOOP – 5-9-25

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

WELCOME TO YOUR 2025/2026 ASB Officers



Evelyn Kann
President



Evan Schwartz
Vice-President



Gillian Gonsalves
Treasurer



Brooklyn Rumsey
Secretary



Charles Bowen
Parliamentarian



Jack Kindred
Sergeant-at-Arms

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 ELA: May 14th & 15th • 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.

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

Scotties Show Sportsmanship on the Dirt Track!

Sawyer Seehorn, Reid Jacot, and Bridger Ramsey recently represented our school community at a dirt bike race in St. Maries, Idaho. These students impressed not only with their racing skills—some even placing in the top 4—but also with their outstanding character. They demonstrated kindness, respect, and dedication throughout the event, both toward each other and their fellow competitors. Way to go, Scotties!



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

After School Study Table will only be offered one night per week starting now! Tuesday nights are your only opportunity to complete work on campus.

UPCOMING DATES	EVENT	Grade
May 13 th @ 8am	FMS 'Donut' stress about the test – PTSG Celebration	6 th , 7 th & 8 th
May 14 th @ 10:05am	SBAC ELA	6 th , 7 th & 8 th
May 15 th @ 8:15am	SBAC ELA	6 th , 7 th & 8 th
May 20 th @ 8:15am	SBAC Math	6 th , 7 th & 8 th
May 22 nd @ 10:04am	SBAC Math	6 th , 7 th & 8 th
May 22 nd	18 Week Grade Checks emailed home	6 th , 7 th & 8 th
May 27 th	Career Readiness Lesson	7 th & 8 th
May 27 th @ 7pm – FHS Blue Gym	Band and Choir Concert	
May 29 th @ 10:55am	WCAS Science	8 th Grade
June 2 nd @ 1:30pm	FES/FMS ASB Meeting for 24/25 Officers and Representatives	4 th thru 8 th
June 6 th (Tentative)	Rocket Launch	6 th Grade
June 9 th @ 9 am – 10 am	Roller Coaster Display	8 th Grade
June 10 th @ 8:30am	Yearbook Signing/Cake	6 th , 7 th & 8 th
June 10 th @ 10am	Promotion Practice	8 th Grade
June 10 th @ 11am	Field Trip	8 th Grade
June 10 th @ 6pm – Kent Smith Field	Promotion	8 th Grade
June 11 th	Early Release @ 12:30	6 th and 7 th



Developing a Growth Mindset

Kids sometimes get discouraged when things don't come easily. Teach them that intelligence and skills grow with effort. Instead of saying "I can't do this," they can say, "I can't do this yet."

👉 **Try This:** Share a story about a time you struggled to learn something but kept trying. Show them that effort leads to improvement.

Baseball:

5/13/25 - @ Cheney – 3:45pm
 5/15/25 – vs East Valley – 3:45 pm

Track and Field:

5/14/25 – vs East Valley and Cheney – 3:45pm
 5/15/25 – @ Westwood – 3:45pm

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

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

Jun 25 - FSD Board Meeting @ 6pm – PRTC room

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?

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

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

1. 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.
2. 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.
3. 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

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



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
11AM-12 PM
TIME:
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 PLAY POINTS

120 PLAY POINTS for **\$30**

EXPIRES NEVER

CHUCK E. CHEESE PLAY POINTS

\$29.99 1 Large (1 Topping) Pizza & Drinks

EXPIRES NEVER

Sales include all food and merchandise purchased at the registers. Delivery & Carryout Orders placed directly at ChuckE.Cheese.com may also apply towards your Funraising. You must activate your "School or Organization Funraising" on your card before check-out and order from this location. In/out at night.

FREEMAN SCHOOL DISTRICT #358 2025 - 2026 School Calendar						
August						
Mon	Tue	Wed	Thu	Fri	Aug 18	Staff Orientation/Open House
4	5	6	7	8	Aug 19	Professional Development
11	12	13	14	15	Aug 20	First Day of School
18	19	20	21	22	Aug 25	First Day of Kindergarten
25	26	27	28	29	Aug 29	No School
September						
1	2	3	4	5	Sept 2	Labor Day Holiday - No School
8	9	10	11	12	Sept 16	Conferences - No School
15	16	17	18	19	Sept 19	Late Start PD
22	23	24	25	26	Nov 11	Veterans' Day Observed - No School
29	30				Nov 24 - 28	Thanksgiving Holiday - No School
October						
1	2	3	4	5	Dec 9	End of Semester
8	9	10	11	12	Dec 22 - Jan 2	Winter Break - No School
15	16	17	18	19	Jan 5	Professional Development
22	23	24	25	26	Jan 19	Martin Luther King Jr. Day - No School
27	28	29	30	31	Feb 4	Late Start PD
November						
1	2	3	4	5	Feb 16	Presidents' Day Holiday - No School
8	9	10	11	12	Mar 6	Snow Make-up Day - No School
15	16	17	18	19	Mar 9	Professional Development - No School
22	23	24	25	26	Mar 18	Conferences - No School
29	30				Apr 2 - 9	Spring Vacation - No School
December						
1	2	3	4	5	Apr 27	Professional Development - No School
8	9	10	11	12	May 8	Late Start PD
15	16	17	18	19	May 22	Snow Make-up Day - No School
22	23	24	25	26	May 25	Memorial Day Holiday - No School
29	30				June 4	High School Graduation
January						
1	2	3	4	5	June 9	8th Grade Promotion
8	9	10	11	12	June 10	Last Day of School - Early Release
15	16	17	18	19		
22	23	24	25	26		
29	30					
February						
1	2	3	4	5		
8	9	10	11	12		
15	16	17	18	19		
22	23	24	25	26		
29	30					
March						
1	2	3	4	5		
8	9	10	11	12		
15	16	17	18	19		
22	23	24	25	26		
29	30					
April						
1	2	3	4	5		
8	9	10	11	12		
15	16	17	18	19		
22	23	24	25	26		
29	30					
May						
1	2	3	4	5		
8	9	10	11	12		
15	16	17	18	19		
22	23	24	25	26		
29	30					
June						
1	2	3	4	5		
8	9	10	11	12		
15	16	17	18	19		
22	23	24	25	26		
29	30					
July						
1	2	3	4	5		
8	9	10	11	12		
15	16	17	18	19		
22	23	24	25	26		
29	30					

Shaded Dates - No School
 ☉ Indicates Late Start/Professional Development Days
 * Indicates Parent Conference Days - No School
 † Indicates Early Release - 12:30 pm
 📦 School Begins 8:45

SMS Text Opt-In

SchoolMessenger®

Parents and Guardians

You can take advantage of our Text Messaging Service

Your 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