

FREEMAN MIDDLE SCOOP – 6-20-25

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

Have a Fantastic Summer!

We are already excited for what's ahead! Mark your calendars:

- Middle School Office Opens: Wednesday, August 6
- The Middle Scoop Will Resume: Friday, August 8
- Open House: Monday, August 18
- First Day of School: Wednesday, August 20
- FMS Back to School Night: Wednesday, September 3
- TK-8 Scottie Dash: Friday, September 26

Scottie Dash:

[Scottie Dash Sponsorship Letter](#)

[Sponsor Pledge Form](#)

Thank You to our Sponsors that have already committed!



Yearbooks: We still have a few 24-25 yearbooks for sale - \$25.00 each. Contact the FMS office at 509-291-7301

Chrome Books / Chargers: IT is completing an inventory of all chrome books and chargers turned in. If your student didn't turn in theirs – you will receive a fee in the mail with the students Report Card. Any missing device or unpaid fee associated with a device will prohibit a student from collecting a clean machine next school year.

SPORTS:

Draft Sports Schedules – Click <https://www.freemansd.org/Page/3535> to review 25-26 SY DRAFT sports schedules.

- Football Gear Check Out – Thursday, August 21st until 5:15 pm. Activity Bus will be available
- Football, Softball and Cross County parent meeting – Monday, August 25th @ 5:15 pm

The start of fall sports will be here before we know it! Please remember to sign your student athlete up in Final Forms prior to the start of the school year. ALL athletes must have a current physical to begin practice on day one.

Our coaching staffs are excited to see our athletes in August. All middle school sports begin August 25th.

- Cross Country – Kaelynn Mendenhall
- Softball – Nicki Seehorn and James Javier
- Football – Joe Nunley, Josh Robins, Stephen Busbee and Daniel Schwartz

ACTIVITY BUS:

- The Activity Bus will run 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, call the Transportation Department at 291-5555.

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

- If you have not yet created an account for yourself and your student in Final Forms, please do so ASAP and select which sports they plan to participate in for the 2025-2026 school year. Parents must create a parent account and then an individual account for each student. There are forms for both parents and students to complete each year.
- Sports physicals are required in order to participate in practice the first day. They are valid for two years from the date of completion. (If you have a new physical, please bring it in to the office and we will get it uploaded into Final Forms or you may scan it and upload it yourself. If you manually uploaded yours, we have to go in and approve each one individually and will be working on that ASAP. If you have any questions regarding Final Forms or physicals, please reach out to Joanne Moyer @ jmoyer@freemansd.org.

SPORTS FEES/ASB CARDS:

- We ask that student-athletes pay for their ASB card and extracurricular participation fees before the first athletic competition.
- Middle School Sport Participation Fees - ASB Card (once annually) - \$30. Transportation Fee (once annually) - \$10

Freeman Middle School Supply List - 2025-26 SY

6th Grade		7th Grade		8th Grade	
Backpack	1	Backpack	1	Backpack	1
Binder - 3 ring, Zippered is best	2 inch	Band-aids	1 Box (3/4 X 3)	Binder - 3 ring w/ section dividers	2 inch
Colored Pencils (pre-sharpened)	1 Box (12 pk)	Binder - 3 ring w/ section dividers	2 inch	Binder 3 ring - 1 Inch	1
Composition Notebook	2	Binder 3 ring - 1 Inch	1	Colored Pencils (pre-sharpened)	1 Box (12 pk)
Crayons	1 (24 pk)	Colored Pencils (pre-sharpened)	1 Box (12 pk)	Composition Notebook	3
Dividers with Pockets	6	Composition Notebook	3	Disinfecting Wipes	1
Dry-Erase Marker - fine point	4 black fine (for Math)	Dividers	3	Dividers	3
Erasers (pencil top package of 12)	1	Dry-Erase Marker (low-odor)	4 pk assort	Dry-Erase Marker (low-odor)	4 pk assort
Folder with 3 brads for ELA portfolio or additional small 1/2" to 1" binder.	1	Erasers (pencil top package of 12)	1	Erasers (pencil top package of 12)	1
Glue Sticks (large)	3	Headphones (non-blue tooth)	1	Headphones (non-blue tooth)	1
Glue - Elmers Bottle	1	Highlighter Pen	2	Highlighter Pen	2
Headphone for Computer or Bluetooth	1	Index cards (package of 100)	2	Index cards (package of 100)	2
Highlighter Pen	1 pkg (Assorted)	Kleenex	2	Kleenex	2
Index cards (package of 100)	2	Notebook Paper (250 sheets)	1 (College-ruled)	Notebook Paper (250 sheets)	1 (College-ruled)
Kleenex	2	Page Protectors	Package of 20	Pen (Ball-Point)	2 Black & 2 Blue
Markers (water-based)	2 boxes (Broad)	Pen (Ball-Point)	2 Black & 2 Blue	Pen (Ball-Point)	1 Red
Notebook Paper	3 (College-ruled)	Pen (Ball-Point)	1 Red	Pencil Pouch	1
Pen (Ball-Point)	1 black & 2 Red	Pencil Pouch	1	Pencils #2	2 (box 12)
Pencil Pouch	1	Pencils #2	2 (box 12)	Pencil Sharpener (hand held)	1
Pencils #2	2 (box of 12)	Pencil Sharpener (hand held)	1	Scientific Calculator	Texas T130XIIS
Pencil Sharpener (hand held)	1	Scientific Calculator	Texas T130XIIS	Sharpie (Black ultra fine tip)	2
Pocket Folders	2	Sharpie (Black ultra fine tip)	2	Spiral Notebook (50 sheet)	1
Post It Notes	min 100	Spiral Notebook (50 sheet)	1		
Ruler - Clear Plastic	1				
School Supply Box (small)	1				
Scissors	1 (Adult)				
Sharpie (Black fine tip)	6				
Sharpie (Black ultra fine tip)	6				
Spiral Notebook (50 sheet)	1				

6th/7th grade Art will need: 9 x 12 or 11 x 8.5 inch mixed medial journal 90 lb or higher. 1 smaller sized shoe box or other box for supplies. 2 white art erasers. 1 bottle Elmers glue.

6th, 7th, 8th - Health & Fitness students are required to bring gym shoes, athletic shorts, t-shirt, sweatshirt and sweatpants for outdoors.

Any teacher may send home a list requesting additional supplies at the beginning of the school.

CALENDAR:

July 28 – FSD Board Meeting – PRTC Conference Room @ 9am
August 18 – Open House
August 20 – First Day of School
August 27 – FSD Board Meeting – PRTC Conference Room @ 6 pm
August 29 – NO SCHOOL
September 1 – NO SCHOOL- Labor Day
September 24 – Late Start
October 23 – 24 – Conferences – No School

Golf Tournament Registration: <https://www.freemansd.org/Page/3531>



Saturday Aug 16th 1pm
Presented by **AGRICULTURE**

7TH ANNUAL Freeman Athletics Golf Tournament

Prizes: 1st, 2nd, 3rd Place Teams
Side Games: Closest to pin (\$5) on par 3's and more
Sponsorship: Contact Chad Ripke cripke@freemansd.org
Registration: Register online
Questions... 509.291.3721

Team Registration \$400
(includes golf, cart & dinner)

Links Golf Course
10623 Chene Rd.
Post Falls, ID 83854

Special thanks to our corporate sponsors:
Moss Adams LLP, Deven Schlegel United Insurance,
Ullac City Septic, Camden Homes, Inc., Fusion
Architecture, PLLC, Woodward Geoscience, PLLC, Smiles
Orthodontics



FHS Cross Country

Summer training starts 6/13
Optional practices M/W/F at 8AM
Meet in front of the HS
All faces, paces, and distances welcome!

First day of practice 8/25

Camping trip 9/5-9/7
Join us for a fun weekend of running and teambuilding at Farragut State Park!

Questions?
Contact Coach Mallory at
mallory.mcdonald@goscotties.com

 
Join our Band group for important updates!

Please consider participating in this amazing program! Thank you to Scott Family Orthodontics for supporting our Student Recognition Program!!



ATTENTION STUDENTS AND PARENTS!

sfo SCOTT FAMILY ORTHODONTICS is paying for A's!

When a report card is shared with Scott Family Orthodontics,
Dr. Scott will **contribute \$1.00 for each "A"** to support your school.



The schools with the most A's will receive the following:

First place - Up to \$1,500	Second place - Up to \$1,000
Third place - Up to \$500	All other schools - Up to \$250

Here are a couple of guidelines to keep in mind:

1. Please send an email to sforeportcards@gmail.com, including a screenshot or attachment of the student's name, school, date, and grades.
2. The report card must be sent from either the student's or the parent's individual email address.

Every student is invited to join, regardless of their affiliation with Scott Family Orthodontics.
Our sole aim is to find meaningful ways to support our community!

Want a lower Avista bill this summer?

See if you qualify for Avista's **My Energy Discount** program! It offers a monthly bill discount that lasts for two years. Discounts are based on household size and income, and the income limits are a lot higher than people realize. In Spokane County, a 4-person household can make up to \$78,300 a year and qualify. It takes just a few minutes to sign up and no paperwork is needed. Go to myavista.com/MyEnergyDiscountWA or call Avista at (800) 227-9187 to see if you qualify and apply.

REGAL SUMMER MOVIE
EXPRESS \$1 FAMILY MOVIES
Regal Spokane Valley 12
Tuesdays & Wednesdays
first showtime of the day

June 10 & 11	Sing 2 Puss in Boots: The Last Wish
June 17 & 18	Trolls Band Together It
June 24 & 25	Sonic the Hedgehog 2 The Bad Guys
July 1 & 2	Sonic the Hedgehog 3 The Wild Robot
July 8 & 9	Spider-Man: Across the Spider-Verse Paw Patrol: The Movie
July 15 & 16	Spider-Man: Across the Spider-Verse Paw Patrol: The Movie
July 22 & 23	Kung Fu Panda 4 Despicable Me 4
July 29 & 30	TWINK! Wizard Mayhem The Garfield Movie
Aug 5 & 6	Minions: The Rise of Gru Paddington in Peru

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 SRP (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.

How to receive 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.

Summer grocery benefits for eligible kids
SUN BUCKS

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, russell@freemansd.org, 509-291-3695, 15001 S Jackson Rd. Rockford, WA 99030