

Freeman Middle Scoop – 9-26-25

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

Scottie Dash Update

Thank you to all of our students, families, community members and sponsors for the incredible support of the 2025 Scottie Dash! This event is our elementary and middle school's only fundraiser of the year, and the excitement on Friday was outstanding. Final results, prize information, and a special thank you to our supporters will be shared in next week's newsletter.

Go Scotties!

Thank You to our Sponsors!



Reminder About Medications at School

For the safety of all students, over the counter (OTC) medications (such as pain relievers, cold medicine, allergy medication, etc.) **cannot be kept or taken at school** unless the proper forms are completed. Prescription medications, including inhalers and EpiPens, also require a doctor's authorization on file.

If your student needs medication during the school day, please stop by the **Middle School office to pick up the necessary forms**. Once the forms are returned, school staff can safely store and assist with your student's medication needs.

Thank you for helping us keep our students safe and healthy!

This Week's Daily Announcements

Here are some of the reminders and highlights your students heard at Freeman Middle School this week:

- **8th Grade Field Trip:** The trip to explore career opportunities is on **Wednesday, October 1st**. Yesterday was the final day to turn in your **permission slips**. If you have not seen one for your 8th grader, please contact the FMS Office.
- **Let's Lego Club** meets every **Tuesday during lunch** in the FMS Counseling Center.
- **Outstanding You Store** is open during Scottie Break on **Tuesday**.
- Come to **Taco Bout It** during lunch on **Friday**!

Students hear these announcements daily, and they are emailed to them, to help them stay connected and involved—be sure to ask your student what's happening at school!

SPORTS:

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

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.*



The Power of "Yet"

It's easy to get discouraged when you can't do something perfectly on the first try. The word "yet" is a powerful tool. It means you're on a journey of learning. When you say, "I can't do this yet," you are acknowledging that with practice and effort, you will be able to.


Try This: If your child struggles with a homework assignment or a skill, remind them to add the word "yet." Say, "You might not understand this yet, but you will." Questions about this or other ways to support your student socially or emotionally? Contact School Counselor Kayleen Archibald – karchibald@freemansd.org

CALENDAR/SAVE THE DATES:

October 22 – FSD School Board Meeting – PRTC @ 6 pm

October 23 – 24 – Conferences – No School

November 10 – FSD Veterans Assembly






FREEMAN SCHOOL DISTRICT SOLAR PROJECT

Freeman School District is excited to be working with Partners for Rural Washington and Zero Emissions Northwest who helped us secure a grant through the Washington State University Energy Program for the installation of a 100 kW solar ground mount system with projected installation in January 2026. Freeman has been exploring alternative ways to save energy costs, and this Solar Project is 100% grant funded and comes at no cost to our School District or taxpayers. The solar energy production will allow us to reinvest money back into programs for our students.

HIGHLIGHTS

- The ground mount solar panels will produce 100 kW of power and will be located east of the Transportation Building
- This project is 100% grant funded and comes at NO cost to the Freeman School District or our taxpayers
- This alternative energy source will allow us to reinvest utility costs back into student programs



Do you want some Freeman Scotties Gear?

Scotties Sideline Store: To celebrate, we're offering **20% OFF** all Sideline Store purchases with code **SPIRIT20** for an entire month. [Shop your Scotties Sideline Store](#) to view the gear



Freeman SD Nutrition Services Reminder

- Free/reduced meal benefits from last year expire **Oct. 2, 2025**.
- Without a new application, students switch to **Paid** on **Oct. 3**.
- Apply now in **Skyward**, online [here](#), or pick up a paper copy at school.
- ***NOTE:** New applications received prior to the eligibility expiration date will supersede the 30-day eligibility carryover. This means if we receive a new application before the 30-day expiration date, that application will be processed, and any changes from the processed application will supersede the previous eligibility.

Important Fliers and links

[Chess Club Flier](#)

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

[FMS 25-26 Bell Schedule](#)

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

[Breakfast and Lunch Menus](#)

[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