

Freeman Middle Scoop – 9-5-25

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

Core Day Assemblies

Over the last two days, our 6th, 7th, and 8th graders participated in a Core Day Assembly designed specifically for their grade level. Core Day is a powerful experience that builds community, creates connections, and ignites compassion and understanding among our students. Through large group activities, meaningful discussions, and an interactive, safe atmosphere, students learn how to give and receive support while realizing how much they have in common with one another. Each grade's session is designed to spark a sense of belonging that every student needs. We encourage you to ask your child about their Core Day experience and what they learned—it's a great way to hear firsthand how this day impacts them. This was a perfect launch to "Scottie's Be Nice Week!"



Next week is Scotties Be Nice Week! This is a chance for all of us to spread kindness and make someone's day better. Think about how we can take the messages and themes from Core Day—respect, empathy, and positive choices—and bring them into our everyday life. Small acts of kindness can make a big difference!

Daily Kindness Challenges

- Monday: Smile and say hello to three people you don't usually talk to.
- Tuesday: Write a quick note or message of appreciation to a classmate or teacher.
- Wednesday: Invite someone new to join you at lunch, recess, or in a group activity.
- Thursday: Give out genuine compliments throughout the day.
- Friday: Show gratitude, thank someone who has helped or supported you this week.

Back-to-School Night Success. Thank you to all the families who joined us for Back-to-School Night! We had a great turnout and appreciated the chance to connect with parents, share important updates, and highlight the many opportunities available to our students. We are grateful for your support and look forward to a fantastic school year together.

The Scottie Dash is coming! On **Friday, September 26th**, students and staff from Freeman Elementary and Middle Schools will participate in the run on the Freeman School District Track. All participants will receive a popsicle and have the chance to earn prizes. Pictured below are some of the prizes we have received.



This fundraiser is a joint effort between the TK-8 Associated Student Body (ASB) and the Parent, Teacher, Student Group (PTSG). The proceeds will benefit our students through field trips, community events, sports, clubs, playground updates, assemblies and more!

On **Monday, September 8th**, all students will receive their Kickoff Letter, Pledge Sheet, and Turn-In Envelope. **Pledges will be collected in the parent pick-up loop before school** on the following dates:

- **Monday, September 15th**
- **Tuesday, September 23rd**
- **Friday, September 26th**

Donations and envelopes can also be turned into FES or FMS Offices or online using the QR Code



. Checks should be made out to **Freeman ASB**.

Remember safety and accompany all children when collecting pledges. Let family, friends, and co-workers know this fun run solely funds these programs and directly benefits all of our children. We cannot do this without you! Please consider joining your student and “do the dash” or volunteer the day of the event.

For more information, contact Jim Straw or Mike Allen at (509) 291-7301.

Thank You to our Sponsors that have already committed!



SPORTS:

[Freeman Middle School Athletics](#) now had the finalized sports schedules.

September 9 – FMS Fall Sports Photos. Leo's Photography Online Code: SPO4014



The Art of Asking for Help

Asking for help is a sign of confidence, not weakness. In middle school, challenges get bigger, and knowing when to ask for help from a teacher, coach, or trusted adult is a vital skill. It shows you're smart enough to know you don't have all the answers and brave enough to admit it.

Try This: Encourage your child to identify one class they find challenging and to set up a short meeting with the teacher after school or during a break. Help them brainstorm one specific question to ask.

CALENDAR/SAVE THE DATES:

September 8-September 12 - "Scotties Be Nice" Week

September 17 – PTSG Skate Night

September 24 – FSD School Board Meeting – PRTC @ 6 pm

September 24 – Late Start

September 26 – FMS Picture Retakes

September 26 – TK-8 Scottie Dash

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

October 23 – 24 – Conferences – No School

PTSG Freeman Gear:

Click [here](#) if you would like to order any Freeman Scottie wear. Deadline is Tuesday, September 23rd, 2025

WE ARE HIRING!

SUBSTITUTE POSITIONS FOR...

- PARAEDUCATORS
- CUSTODIANS
- NUTRITION SERVICES

The Freeman School District is looking for dedicated individuals to join our substitute team to make this school year incredible!

If you have a passion for working with kids and making a meaningful difference in our community, we want to hear from you!

Please check out the **Jobs** tab on our website to learn more.

www.freemansd.org

Freeman SD Nutrition Services Announcement

- Each school year, students who were on the free/reduced eligibility meal program for the previous school year are allowed to carry over their eligibility into the new school year for **30 School Days from the first day of school**. For SY 2025/26, that 30-day window ends on **October 2, 2025**.

- If we do not have an updated free/reduced price meal application, or other qualifying updated eligibility status for the new school year, any students who qualified for free/reduced price meals during the previous school year will automatically have their eligibility changed to ***Paid* effective Oct 3, 2025.**
- Applications can be downloaded/printed from <https://www.schoolnutritionandfitness.com/index.php?sid=1484349669652&page=lunchapps>.
- Applications can also be completed online through Skyward Family Access.
- Additionally, applications may be picked up from the school district or sent home with students.
- If your student(s) were on the free/reduced price meal program last year, and we do not have a new application for SY 2025/26, please complete and submit a new application to Freeman SD Nutrition Services.



Freeman School CHESS CLUB

Sign up for Autumn 2025 Grades 2-8

SCHEDULE: After School, Thursdays 3:00 – 4:00 pm
8 Weeks: Oct 9, 16, 23, 30 Nov 6, 13, 20 Dec 4



Click for registration and prices: [Chess Club Flier](#)



GET IN THE GAME - JOIN A LEAGUE TODAY!

DIVISIONS

- K-2ND SCHOOL RECREATIONAL
- 3RD-6TH SCHOOL RECREATIONAL
- 3RD-8TH SCHOOL COMPETITIVE

REGISTER NOW



OR

<https://hoopstownusa.com/pages/leagueinformation>

REGISTRATION DEADLINE SEPTEMBER 15TH

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

[FMS 25-26 Bell Schedule](#)

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

[Library Volunteers Needed](#)

[Click here for Breakfast and Lunch Menus](#)

[SMS Text Opt-In](#)

[Oustodio parental App](#)
[2025-2026 School Calendar](#)
[Freeman Elementary Scottie Scoop](#)
[Freeman High School Friday Flyer](#)

Click airnow.gov

AIR

FREEMAN SCHOOL DISTRICT

AIR QUALITY MONITORING PROCEDURES

With the recent smoky conditions it is important to know that Freeman School District uses the website airnow.gov to determine the current air quality. We then use these numbers to make determinations regarding recess and outdoor activities for all students with their safety as our top priority.

AQI Range	Color	Description	School Action
0-50	<div>●</div> Green	Little to no risk	<div>✓</div> Normal outdoor activities
51-100	<div>●</div> Yellow	Low risk for general public; possible effects for sensitive groups	<div>✓</div> Normal outdoor activities
101-150	<div>●</div> Orange	Sensitive groups may experience health effects	<div>⚠</div> Adjustments may be made to outdoor activities
151+	<div>●</div> Red	Unhealthy for sensitive groups and general public	<div>🚫</div> No outdoor activities permitted

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