

FREEMAN ELEMENTARY SCHOOL

Lisa Phelan
Principal/Asst. Superintendent
lphelan@freemansd.org
509-291-4791 x100

Main Line: 509-291-4791
Attendance Line: 509-291-7425
Transportation: 509-291-5555

Brianne Wineinger, Secretary
bwineinger@freemansd.org
Shayla Daniel, SPED/Elem. Secretary
sdaniel@freemansd.org

SCOTTIE SCOOP

JAN 24,
2025

Lost & Found

If you happen to be at the school, please check into the office and go take a look at the Lost and Found in the K8 MPR (Cafeteria). Another great opportunity to check out the Lost and Found would be at the January 31st Pastries with Parents and Community. It is getting overrun with lost items.

FREEMAN
SAFETY, SECURITY, AND TECHNOLOGY
LEVY

DID YOU KNOW?

OUR DISTRICT HAS OVER 200 SECURITY CAMERAS THAT NEED TO BE MAINTAINED, UPDATED, AND REPLACED TO KEEP OUR CAMPUS SECURE.

BALLOTS ARE COMING SOON

www.freemansd.org/levy

Upcoming Dates

JAN 24 HS Bball @Home vs Liberty Games start at 4:00pm
JAN 27 Board Mtg. 11:00am-1:00pm (PRTC)
JAN 28 Musical Rehearsal *check schedule* (K8-MPR)
Pages w/Principal 3:00-4:00pm (FES Lrg. Conf.)
Hops n Drops Fundraiser 5-9pm
JAN 30 Musical Rehearsal *check schedule* (K8-MPR)
Girl Scouts Info. Mtg. at 2:45pm (FES CC)
JAN 31 Pastries with Parents at 7:30am (K8 MPR)
FEB 1 HS Bball @Home vs Asotin Games start at 12:00pm
FEB 5 Late Start School starts at 10:15am for students
FEB 11 Levy Ballots are Due. Please VOTE!

January is SCHOOL BOARD APPRECIATION MONTH



Dave Teague Danielle Santman Bill Morphy Annie Keebler Nate Talbott

Thank you for your dedication and service to our students, schools and community!

Counseling Corner with School Counselor Stacey Rawson srawson@freemansd.org



AFFECTION and AFFIRMATION: Express love and affection regularly, both through words and physical gestures. Reassure your child of your unwavering support and affection by saying "I love you" daily and offering hugs, kisses, and cuddles. Use positive affirmations to boost their self-esteem and self-worth, saying things like "You are capable of great things" or "I believe in you." Create a loving and supportive environment where they feel cherished and valued. By showering them with affection and affirmations, you strengthen their emotional bonds and nurture their self-esteem, helping them grow into confident and emotionally secure individuals.

Questions about this or other ways to support your student socially or emotionally? Contact School Counselor Stacey Rawson.

Girl Scouts!

A Freeman parent is getting a Girl Scouts Troop started at FES. This is for K-5th grade. Please see attached flyer for the upcoming informational meeting hosted by a Girl Scouts representative. It is next Thursday, January 30th, right after school in the FES Community Classroom. A parent and daughter(s) should attend together.

Your Year of Friendship

Find new ways to spread joy
Have a dance party with your friends
Bond during a troop sleepover

Calling All Future Girl Scouts!
Grab your grown-up and experience a Girl Scout Troop meeting before you join. With a fun-filled afternoon, and learn about K-5 troop 2526!

Be a Girl Scout

Scan the QR code to learn more about Girl Scouts.

Girl Scout Experience Night!

Location:
Freeman Elementary Community Room

Date:
January 30th

Time:
3:00PM-4:00PM

To RSVP, please text Freeman G.S. or call:
(208) 215-5489

Love ON OUR FREEMAN COMMUNITY!

HOPS n DROPS

A Neighborhood Gathering Place

TUESDAY, JANUARY 28TH

5:00-9:00PM

Enjoy all your favorites while this Freeman owned restaurant graciously donate 20% back to the Freeman PTSG so our kids can have more fun!

14700 E Indiana Ave #1182
Spokane Valley, WA 99216

*Your support makes a difference!
We hope see you there!*

FSD LEVY INFO NIGHT

Want to learn more or have questions about the Freeman Safety, Security, and Technology Levy?

JOIN US!

Thursday, January 30th

Mica Event Hall

14212 E Mica Road

Mica, WA 99023

6:30-8:00

Pizza will be provided!



PLEASE JOIN US FOR

PASTRIES FOR PARENTS & COMMUNITY

PARENTS, GUARDIANS, GRANDPARENTS, AND OTHER VIPS ARE INVITED TO JOIN US FOR A SWEET START TO THE DAY

**FREEMAN ELEMENTARY SCHOOL
FREEMAN MIDDLE SCHOOL**
K-8 MULTI-PURPOSE ROOM
FRIDAY, JANUARY 31
7:30 AM

SPOKANE CHIEFS SCHOOL NIGHT

FRIDAY, FEBRUARY 28 | 7:05 PM PUCK DROP



PRESENTED BY
Shriners
Children's
Spokane



VS.



ZIPPER PULL GIVEAWAY
FIRST 2,000 KIDS 12 & UNDER



\$11 TICKETS

OFFER VALID FOR STUDENTS,
FAMILIES, FRIENDS, AND FACULTY

CLICK
HERE

TEXT/CALL
509-431-8817



TICKET DEADLINE FEBRUARY 24.
TICKETS WILL BE DELIVERED DIGITALLY.



Scottie Gear!

Game-One website has Scottie Gear year around. Please follow this [LINK](#).

Online Safety Hub

Please follow this [LINK](#) to go to our Online Safety Hub. This is a great resource for parents to understand the different apps that your children have or want to have, so you can make informative decisions about your child's online presence. See attached flyer for more information.

Athletic Auction

The Freeman Athletic Auction is just around the corner. Please click on one of the 3 links below.

[PURCHASE TICKETS](#)

[DONATE AN ITEM](#)

[MORE INFO.](#)



ATHLETICS AUCTION & Dinner Fundraiser

March 15th | 5:30pm
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment & more.

BUY TICKETS HERE
\$60/PERSON
\$450/TABLE OF 8

Purchase a table & sit with friends for RESERVED SEATING. Individual tickets and couples will be OPEN SEATING.

How to get involved...

- ✓ Purchase tickets and attend - must be purchased ahead of time
- ✓ Donate & help procure items by February 15th
- ✓ Extend the fun and stay the night with our discounted room block - use booking id# 12691 CALL 1-800-523-2464 (sold out last year)

If you have questions, would like to donate or volunteer please email khayek@freemansd.org

AUCTION WISH LIST



TICKETS & PASSES

Sports & Concert Tickets, Box Seats, VIP Treatments, Theater Tickets



VACATIONS & EXCURSIONS

Condos, Timeshare, VRBO, Golf weekends, wine tastings, active adventures, airline tickets, etc.



HOSTED PARTIES

Theme parties thrown by one or more families such as progressive dinners, holiday parties, children's parties, etc.



CRAFTED ITEMS

Handmade items, woodworking, metal works, custom gifts



GIFT CARDS

Gift cards to just about anywhere - restaurants, stores, salons, spas, movie theaters, etc.



UNIQUE & RARE ITEMS

Collectibles, sports memorabilia, sports equipment, collectibles

Questions? Please email khayek@freemansd.org

Nutrition Services

BREAKFAST

Elementary Kids: \$2.20
Adults: \$3.20

27 Breakfast Cookie
Cereal & Goldfish
Craisins
Juice Variety
Chocolate Milk
White Milk

28 Dutch Waffle
Cereal & Goldfish
Juice Variety
Chocolate Milk
White Milk
Gala Apple

29 Mini Filled Bagel
Cereal & Goldfish
Fresh Orange
Juice Variety
Chocolate Milk
White Milk

30 Egg McFreeman
Cereal & Goldfish
Banana
Juice Variety
Chocolate Milk
White Milk

31 Cinnamon Roll w/Icing
Cereal & Goldfish
Pear
Juice Variety
Chocolate Milk
White Milk

LUNCH

Elementary Kids: \$3.50
Adults: \$5.00

27 Nachos w/Ground Beef
Alternate Lunch
Chocolate Milk
White Milk

28 Macaroni & Cheese
Bread Sticks
Alternate Lunch
Chocolate Milk
White Milk

29 Chicken Nuggets
Mashed Potatoes
Turkey Gravy
Dinner Roll WG
Alternate Lunch
Chocolate Milk
White Milk

30 Assorted Pizza
Alternate Lunch
Chocolate Milk
White Milk

31 Hamburger
Alternate Lunch
Beans Baked
Chocolate Milk
White Milk

Freeman School District Nutrition Services (FSD-NS) will always feed students one full breakfast and one full lunch every day, regardless of free, reduced or paid status, and regardless of funding on a student's account. Even if a student has a negative balance on their meal account, FSD-NS will always serve a full meal if requested by the student.

However, please note that regardless of eligibility (F/R/P), if a student's meal account has a negative balance, FSD-NS will not serve a la carte items* to that student (chips, drinks, Rice Krispy Treats, individual milk or juice, etc.). We will serve these students a full breakfast or lunch if requested.

Additionally, if a student wants a second serving of breakfast or lunch, there needs to be funds on the students account to pay for the second meal/entrée. If you have questions about FSD-NS

procedures, feel free to reach out to FSD-NS Director,
Kent Bevers: kbevers@freemansd.org/509-291-7510

*A la carte items are not offered at breakfast or lunch to elementary students, with the exception of milk.

Freeman Mat Dawgs Wrestling Information

Wrestler Name (First & Last): _____

Age(by 1/1/25): _____

Date of Birth:(month, day, year) _____

Parent/Guardian: _____

Phone Number: _____

Email: _____

Address: _____

Emergency Contact (Name & Number): _____

Any Allergies/ Medical Conditions: _____

Parent/Guardian Signature: _____

T-Shirt Size: Please circle one

Ysmall

Ymedium

Ylarge

Y Xlarge

Asmall

Amedium

Alarge

AXlarge

Office Use Only

Paid: _____ Cash: _____ Check: _____

Please make checks payable to Gena Hawk



VFW Auxiliary National

Illustrating America Art Contest

An art contest for eligible students in grades K-8

2024-2025

The VFW National Auxiliary is pleased to present this National art contest to introduce, encourage and recognize young artists with patriotism through art. Entries will be judged on patriotic theme and technique.

Contest Eligibility

- Students in grades K-8 by the March 31 deadline who are enrolled in a public, private, parochial or home study program in the United States, its territories and possessions, or dependents of U.S. military or civilian personnel in overseas schools.
- Although U.S. citizenship is not required, students must be lawful U.S. permanent residents or have applied for permanent residence (the application for which has not been denied) and intends to become a U.S. citizen.
- Student does not have to be related to a VFW or VFW Auxiliary member to participate.
- Foreign exchange students and students aged 15 or older are ineligible.
- National grade division winners of previous Illustrating America contests may enter the subsequent grade division but are ineligible for the same grade division of which they are a previous national winner.

Contest Rules

- Students name, age and grade level must be printed on the back of art submission.
- Entry must be completed during the current school year.
- Entry must be two dimensional.
- Entry must be on canvas or paper.
- Submit canvas entries on a stretcher frame or canvas board.
- Reinforce the back with heavy paper.
- Do not frame art with wood, metal, plastic or glass.
- Mats, including mounted and floating mats, may be used.
- Entries may not be smaller than 8" x 10" and not larger than 18" x 24", **INCLUDING** mat.
- Watercolor, pencil, pastel, charcoal, tempera, crayon, acrylic, pen, ink, oil, glitter, marker or other media may be used.
- If the American Flag is used, it **DOES NOT** need to conform to the Federal Flag Code in relation to colors or numbers of stars and stripes.
- Complete contest entry form and submit with art entry.
- Parent or guardian signature required on contest entry form.
- Coloring sheets, digital art and photography and are **NOT** accepted.

Awards for Grades K-2

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Awards for Grades 3-5

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Awards for Grades 6-8

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

VFW Auxiliary is not responsible for incomplete, lost, late, misdirected entries. All scores are final as received from the judges. Falsifying information on the entry form is reason for immediate disqualification. All contestants agree to abide by the contest rules. Any violation of these rules shall be cause for immediate disqualification and forfeiture of award.

To acquire contact information and application assistance in your state please email info@vfwauxiliary.org

VFW Auxiliary judging and deadlines

- **March 31:** Student entries must be submitted to a participating sponsoring VFW Auxiliary.
- **April 15:** One winner in each grade division from each VFW Auxiliary advances to the VFW Auxiliary District (optional) then Department (state) for judging.
- **May 5:** VFW Auxiliary Department (state) winners in each grade division due to VFW Auxiliary National Headquarters.
- **July/August:** Students will be notified of entry status via email provided on entry form. First through third-place winners in each grade division named on VFW Auxiliary social media pages and displayed at the VFW Auxiliary National Convention.
- **September:** All art entries will be returned to address on entry form.



VFW Auxiliary National

Illustrating America Art Contest

An art contest for eligible students in grades K-8

2024-2025

PLEASE PRINT OR TYPE
Incomplete and/or illegible forms will disqualify the entrant

Student Name: _____ Age: _____
Address: _____ City: _____ State: _____ Zip: _____
School Name: _____ Grade: _____
Description of art entry: _____
Parent/Guardian Name: _____
Parent/Guardian Email: _____ Parent/Guardian Phone: _____
Parent/Guardian signature: *

**I hereby grant permission of the artwork by the student listed above to be published in VFW Auxiliary Magazine, on the VFW Auxiliary website and to be used for any and all promotional purposes by the VFW Auxiliary and the VFW Store if named a winner of one of the top national awards. I hereby verifying that the entry was done by the student listed above.*

VFW Auxiliary is not responsible for incomplete, lost, late, misdirected entries. All scores are final as received from the judges. Falsifying information on the entry form is reason for immediate disqualification. All contestants agree to abide by the contest rules. Any violation of these rules shall be cause for immediate disqualification and forfeiture of award.

Sponsoring/Participating VFW Auxiliary Contact or VFW Auxiliary Department Contact information:

Contact Name: _____ Contact Phone: _____
Contact email: _____

To avoid entrant disqualification

This section to be filled out completely and correctly by VFW Auxiliary at each judging level.
VFW Auxiliary National Headquarters only accepts Department level first-place winners.

Sponsoring VFW Auxiliary No.: _____ Department of: _____

Please check the appropriate grade division.

This first-place entry is for: Grade K-2 _____ OR Grade 3-5 _____ OR Grade 6-8 _____

March 31: Student entries must be submitted to a participating sponsoring VFW Auxiliary for judging.

VFW Auxiliary Youth Activities Chairman verification signature: _____

Email: _____ Phone: _____

Artwork is property of the student and must be returned immediately to the address listed above if not advancing to the next level.

April 15: One winner from each grade division in each VFW Auxiliary advances to the VFW Auxiliary District (optional) then Department (state) for judging.

Department Youth Activities Chairman verification signature: _____

Artwork is property of the student and must be returned immediately to the address listed above if not advancing to the next level.

Department President, Secretary or Treasurer verification signature: _____

May 5: Final Level - Department winning entries in each grade division must be received at VFW Auxiliary National Headquarters by May 5 or they will be disqualified.

July/August: Students will be notified of entry status via email provided on entry form. First through third place winners in each grade division named on VFW Auxiliary social media pages and may be displayed at the VFW Auxiliary National Convention.

September: All art will be returned to address on entry form.



FSD TECHNOLOGY NEWS

October, 2024

Dear Parent / Guardian,

As part of our commitment to your child's online safety, we want to let you know about an important update. Freeman School District has partnered with Qustodio, the world's leading provider of online safety solutions.

As devices play an increasing role in children's education it is crucial that we put safeguards in place. Your child already benefits from internet filtering technology which blocks inappropriate web content on their school-owned Chromebook. This is also mandated by US legislation.

Freeman School District is going one step further. We are granting every parent a free Qustodio Parental App account. Qustodio will give you important insights into your child's online activity on their school Chromebook. You can use it to review and manage activities on other devices in your home too.

With Qustodio, you'll be able to:

- Manage your child's screen time
- Supervise your child's online activity
- Access expert advice via **[Freeman School District's Online Safety Hub](#)**

Qustodio is a valuable partner that prioritizes privacy, safety and rights of students and parents worldwide.

Activate Your Free Account

On the following page, you will find simple instructions to register your account. Please be sure to use the same email address we have on file for you when registering to connect to your child's device.

We are excited to work with you and Qustodio to help our students develop healthy and safe online habits. Please visit **[Freeman School District's Online Safety Hub](#)** for more information about Qustodio, access to expert advice and additional resources.

Freeman does not provide support for Qustodio; instead, Qustodio offers support for their own product. Please email inquiries to: myschool@qustodio.com

Freeman School District
Information Technology



myschool@qustodio.com




<https://freemansd.onlinesafetyhub.io>

TEAMWORK MADE EASY

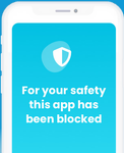
App for Parents & Families

Technology makes a direct impact on children, their families, and their learning environment. For children to learn and grow as digital citizens in our increasingly connected world, we must first lay out the foundations of online safety, digital literacy, and wellbeing.

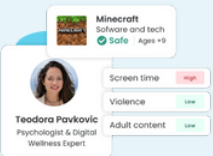
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



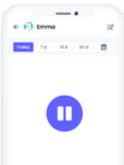
Visibility on student activity and device insights



Security coverage for in and out-of-school hours









Expert advice and guidance on digital threats and trends



Pause button to regulate digital activity

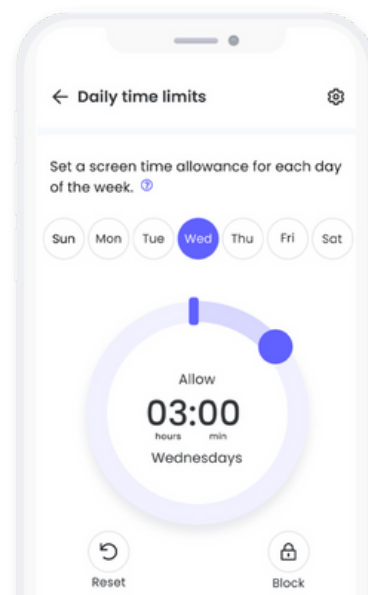
Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

-  **Filter and block feature for content and apps**
-  **Location tracking and panic button feature**
-  **Visibility on browsing history, social media, and screen time**
-  **Calls & messages tracking to monitor suspicious activity**
-  **Time limits and screen-free schedules**
-  **Tailored reports and alerts for inappropriate content**

Works on the following devices:



Multi-parent access and management available



Qustodio is COPPA compliant and does not share personal data with third parties.



How to get started

1. Scan the QR code or visit qustodio.com/my-school
2. Create your account using the email address your school has on file
3. Get real-time visibility

For any queries, contact us at myschool@qustodio.com