

# FREEMAN ELEMENTARY SCHOOL

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# SCOTTIE SCOOP



## Thank You Community!

Thank you Freeman Community  
for supporting the FSD



- ✓ Safety
- ✓ Security
- ✓ Technology

# Levy

Your support in passing this levy helps ensure a brighter, safer future for our students!

## Upcoming Dates

- MAR 1 2025-2026 Enrollment Opens
- MAR 4 Musical Rehearsal-Check Schedule (K8 MPR)  
Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
- MAR 5 Girl Scouts (FES CC)  
Math is Cool (FES Large Conf.)
- MAR 6 Musical Rehearsal-Check Schedule (K8 MPR)  
Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
- MAR 7 Snow Make-Up Day NO SCHOOL (if unused)
- MAR 11 Musical Rehearsal-Check Schedule (K8 MPR)  
Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
- MAR 12 Late Start at 10:15am  
Girl Scouts (FES CC)  
Math is Cool (FES Large Conf.)  
5:30pm = PTSG Mtg (FES CC)
- MAR 13 Musical Rehearsal-Check Schedule (K8 MPR)  
Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
- MAR 15 5:00pm = Athletic Auction (CDA Casino)
- MAR 17-28 FES Food Drive and Poster Contest (see attached flyer for details)

## Athletic Auction

The Freeman Athletic Auction is just around the corner. Please click on the link for more information:  
[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 khoyek@freemansd.org

## ENROLLMENT for 2025-2026

Enrollment for the 2025-2026 school year for Transitional Kindergarten, Kindergarten and New Students will open March 1st.

Please follow this LINK to register and make sure you choose the next school year.

Please know that registering for TK is not a guaranteed spot.

## EngageIRL Parent Night – Help! Technology Is Taking Over

In this insightful event, Dr. Jean Twenge will offer ten rules for future-proof parenting, balancing responsible limitations on device usage while helping kids explore real-world experiences and freedom.

📅 March 25th ⌚ 5:30 - 7:00pm 💰 Free



**REGISTER HERE**

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



**MAKING FRIENDS:** Good friendships start with kindness and respect. Children need to learn how to listen, take turns, and include others in play. Teach your child that friendships take effort and that it's okay if not everyone becomes a best friend. Encouraging positive social skills helps kids build strong relationships.

👉 **Try This:** Role-play different friendship situations with your child, like introducing themselves or asking to join a game. This helps them feel more comfortable making new friends. Questions about this or other ways to support your student socially or emotionally? Contact School Counselor Stacey Rawson.

## PACE Character Trait for March



## MARCH DILIGENCE

Persistence, dedication  
and hard work

[www.pacecommunity.org](http://www.pacecommunity.org)

## Math is Cool!!!

Math is Cool and Freeman Mathletes are amazing! Our 5th grade Math is Cool team really showed up last Friday at their competition. The entire team placed a VERY close 2nd place. Great job to all 8 of our team members for working so hard and really shining! Not only did they place 2nd as a team, but they swept the top 3 places individually. Ronin Brantz took 1st place, Tempe Durrant was close behind with 2nd and Kam Ketel finished 3rd. We are so proud of them! Next up...our 4th Grade Team will compete on Friday, March 7th. Go Freeman Math is Cool!!



## Family Glo Dance!

Thank you PTSG for another fun event!!! The Family Glo Dance was so fun!



## Let's have some FUN!

3 OF 4



HAVE YOU SEEN IT?



### STCU Donates Video Board to Freeman High School

In partnership with

**Be Seen!**  
BALDWINSIGNS.COM



We are thrilled to share that a brand-new videoboard was installed in the main gym at Freeman High School this past week! This incredible addition was made possible thanks to the generosity of STCU, who fully funded the project – just as they have done for multiple high schools in our region. Their continued commitment to our community is truly appreciated. This videoboard is a fantastic enhancement to our already incredible campus and we can't wait for you to experience it at future events held in the FHS gym! We also want to extend our gratitude to Daktronics and Baldwin Signs for their contributions to this project. We look forward to seeing you at upcoming events where you can enjoy this exciting new technology!

## Dr. Seuss Day!

Dr. Seuss Day is always a fun day! Celebrating Dr. Seuss' birthday (March 2) with fun masks!



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

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.

### Opt-In to Text Messages

## You can take advantage of our Text Messaging Service

Our 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**.

### Nutrition Services

<p><b>BREAKFAST</b> Elementary Kids: \$2.20 Adults: \$3.20</p>	<p>3 Breakfast Cookie ----- Cereal &amp; Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk</p>	<p>4 Breakfast Pizza ----- Cereal &amp; Goldfish ----- Pear Juice Variety Chocolate Milk White Milk</p>	<p>5 Cherry Strudel ----- Cereal &amp; Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk</p>	<p>6 Pancake &amp; Sausage Pancake Syrup ----- Cereal &amp; Goldfish ----- Banana Juice Variety Chocolate Milk White Milk</p>	<p>7 NO SCHOOL Snow Make Up Day</p>
<p><b>LUNCH</b> Elementary Kids: \$3.50 Adults: \$5.00</p>	<p>3 Assorted Pizza ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>4 Spaghetti and Meat Sauce Bread Sticks ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>5 Nachos w/Ground Beef Alternate Lunch ----- Beans Refried w/Cheese ----- Chocolate Milk White Milk</p>	<p>6 Turkey Gravy Mashed Potatoes Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>7 NO SCHOOL Snow Day Make Up</p>

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](mailto: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.

# Poster Contest

Theme: One Can, Two Can, Who Can? WE CAN...

Due date March 11<sup>th</sup>! No late posters.



Did you know food insecurity exists in every country in America? 1 in 6 children in the U.S. face hunger and 1 in 7 people face hunger. **CHS Harvest for Hunger will donate a dollar for every pound brought in our food drive for the North Palouse Community Food Bank.** How can one student, one school, take action? How can we help people and children from facing hunger? Together, we'll raise awareness and collect food to help make a difference in our communities.

- You can start by making a poster and help make the community aware of the needs right now!
- Prizes and Awards! All participants will receive a surprise treat for entering.
- Six winners will be selected: two from grades TK-1, 2-3, and from grades 4-5.

## **Group 1: Grades Tk-1<sup>st</sup>**

## **Group 2: Grades 2<sup>nd</sup> – 3<sup>rd</sup>**

## **Group 3: Grades 4<sup>th</sup> – 5<sup>th</sup>**

- Posters must be a standard poster board size 12in x 18in.
- Posters can be illustrated vertically or horizontally.
- Media: paint, crayons, felt pen, markers, cut paper, and other art supplies (no printed components may be used)
- Only one entry per student
- **On the Back of Poster:** Name (first and last), Grade, and Teacher Name

## **Judging Criteria:**

- Poster must adhere to the theme and have **CHS Harvest for Hunger** written on it.
- Creativity and originality
- Catchiness of incorporating the theme as a motto
- Visual appeal (i.e., layout, color selection, organization)
- Spelling and message clarity



# 2025 Rockford Youth Baseball

<b>T-BALL</b>	<b>Ages 5-6</b>	<b>Mon &amp; Wed</b>	<b>6pm practice/5:30 games</b>
<b>CAPS</b>	<b>Ages 7-9</b>	<b>Mon &amp; Wed</b>	<b>6pm practice/games</b> <i>(or following t-ball game)</i>
<b>MINORS</b>	<b>Ages 10-12</b>	<b>Tue &amp; Thu</b>	<b>6pm practice/games</b>

**Practice starts May 5<sup>th</sup> and 6<sup>th</sup>**  
**Games begin the first week of June**

*Home fields are at Shelley Altmeyer Park and/or the Rodeo Grounds in Rockford*

**\*\*Freeman teams are created only after Rockford teams are filled\*\***

*Away games will be played in Worley, Fairfield and at Liberty School in Spangle.*

Call or go to [www.rockfordwa.com](http://www.rockfordwa.com) for a link to the **REQUIRED** forms

**\*\* (1) Registration, (2) concussion form, and (3) payment must be submitted before April 16<sup>th</sup> to ensure placement\*\***

**\$40 Registration Fee**

**Due to limited space and time, we will not be accepting any latecomers**

**Mail completed forms to:**

**ROCKFORD YOUTH BASEBALL**

c/o Nicki Seehorn @ PO Box 242 Rockford, WA 99030

[nseehorn@gmail.com](mailto:nseehorn@gmail.com) (509-998-6476)

or

**ROCKFORD YOUTH BASEBALL**

c/o Heidi Johnson @ Rockford Town Hall 20 W Emma St (drop off)

PO Box 49 Rockford, WA 99030 (mail)

[hroecks@yahoo.com](mailto:hroecks@yahoo.com) (509-270-3311)



# Concussion

## INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



**Plan ahead.** What do you want your child or teen to know about concussion?

### How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

#### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

#### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



[cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

## CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

### What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



**Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.**

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.



# 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 Districts 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](mailto:myschool@qustodio.com)**

Freeman School District  
Information Technology

 [myschool@qustodio.com](mailto: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.

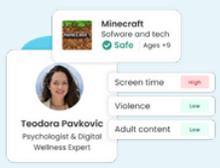
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



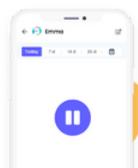
**Visibility on student activity and device insights**



**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**

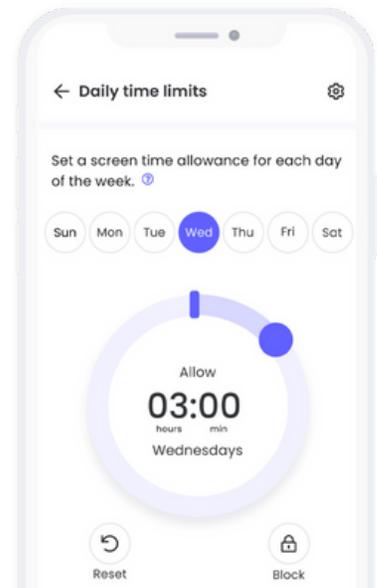
 **Visibility on browsing history, social media, and screen time**

 **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](https://qustodio.com/my-school)
2. Create your account using the email address your school has on file
3. Get real-time visibility