

# FREEMAN ELEMENTARY SCHOOL

Lisa Phelan  
Principal/Asst. Superintendent  
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509-291-4791 x100

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Attendance Line: 509-291-7425  
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Brianne Wineinger, Secretary  
bwineinger@freemansd.org  
Shayla Daniel, SPED/Elem. Secretary  
sdaniel@freemansd.org

# SCOTTIE SCOOP

APR 4,  
2025

## Upcoming Events/Opportunities

Please check out the attached flyers! We have a lot of fun upcoming events and opportunities.

- \*Rockford Youth Baseball Registration (Apr 16)
- \*Spring Chess Club (Apr 17)
- \*Roller Valley Skate Night! (Apr 23)
- \*TK/Kindergarten Roundup (Apr 24)
- \*Extreme Science Registration (May 5)
- \*Girl Scout Cookies for sale
- \*Momentum Ink Scottie Gear (May 6)
- \*Run the Palouse Fun Run! (May 17)
- \*Fairfield Free Lunch Program
- \*Attendance Flyer
- \*2025-2026 District Calendar
- \*Qustodio Technology News

## ENROLLMENT for 2025-2026

Enrollment for the 2025-2026 school year for Transitional Kindergarten, Kindergarten and New Students is now open!

Please follow this [LINK](#) to register and make sure you choose the next school year. If your child is already in TK at Freeman, you do not need to register them again. They will roll up to K.

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

If you do not plan on having your children attend Freeman next year, please let the office know!

## Upcoming Dates

APR 7-11	SPRING BREAK!!
APR 14	Welcome Back!
APR 16	Math is Cool (Large Conf.) Girl Scouts Rockford Youth Baseball Registration Due
APR 17	3:00-4:00pm = First Spring Chess Club (CC)
APR 23	6:00-8:00pm = Roller Valley Skate Night
APR 24	1:00-6:00pm = TK/Kindergarten Roundup
APR 28	FSD Board Meeting @6:00pm (PRTC)

## TK/Kindergarten Round Up

Please see the flyer to the right. We are now scheduling TK/Kindergarten Roundup. This is for new students to Freeman. If your child attended Freeman for TK, then you do not need to come to this roundup. Transitional Kindergarten will be capped next year, please make sure you register.

Save The Date

**TRANSITION TO KINDERGARTEN  
AND  
KINDERGARTEN  
ROUNDUP**

FOR 4 AND 5 YEAR OLD STUDENTS  
ENROLLING IN THE 2025-2026 SCHOOL  
YEAR.

**THURSDAY, APRIL 24  
1-6PM**

Please call  
Freeman Elementary Office 509-291-4791  
For details and to schedule your arrival time.

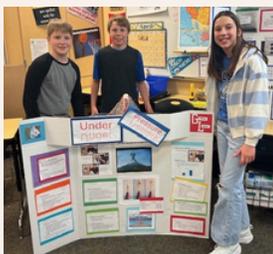
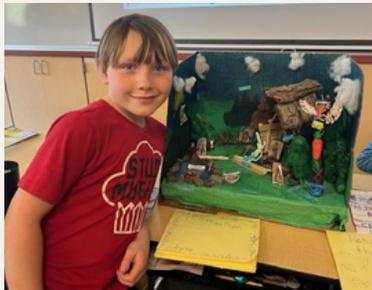
Transition to Kindergarten is a full day  
program for 4 year olds.

## Conferences!

Thank you to all of the parents who came for Parent-Teacher Conferences. We enjoy connecting with the parents and love sharing about our wonderful students!

## STEAM Fair SUCCESS!

Wow, we have some innovative students! Thank you Mrs. A-R and all of the FES Teachers for putting on another great STEAM Fair. The kids were so proud and excited to show off their projects. Thank you for coming!



## Conference Meals!

Thank you so much to the PTSG for always providing such amazing meals for our staff during conferences. The food is so appreciated and so yummy! It helps us get through these last couple of days before Spring Break.

*Thank You*

## Fit for Bloomsday is off and Running!

Such a fun club for the kids. They learn how to stretch and run and be active all while having fun! Thank you Alicia Thompson and Stacey Rawson for leading another fun activity for our kids.





**USING POSITIVE SELF-TALK:** The way kids talk to themselves matters. Teach them to say, "I can do this" instead of "I'll never get it." Positive self-talk helps children stay motivated and believe in themselves. When kids replace negative thoughts with encouraging ones, they feel more confident. This skill helps them face challenges with a growth mindset.

☛ **Try This:** Write positive affirmations on sticky notes and place them on your child's mirror. Have them say the affirmations out loud every morning.

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

Just a reminder that it is important for your contact information to be updated in our Skyward system. If you feel like you have not received communication from FES, please call the office to confirm your phone numbers and e-mail are up to date. Please check your e-mail regularly. Make sure you have not inadvertently blocked our e-mail address. This prevents you from getting e-mails from us. Examples of communication from the office and teachers through e-mail/text are: Scottie Scoop, Event/Project Reminders, PACE Awards, unplanned 2-hour delays and other 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**.

## 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.

## Nutrition Services

<b>BREAKFAST</b> Elementary Kids: \$2.20 Adults: \$3.20	14	Chocolate Chip Scone ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk	15	Banana Bread ----- Cereal & Goldfish Juice Variety Chocolate Milk White Milk Gala Apple	16	Garlic Cheese Bread ----- Cereal & Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk	17	Egg McFreeman ----- Cereal & Goldfish ----- Banana Juice Variety Chocolate Milk White Milk	18	Cinnamon Roll w/Icing ----- Cereal & Goldfish ----- Pear Juice Variety Chocolate Milk White Milk
	<b>LUNCH</b> Elementary Kids: \$3.50 Adults: \$5.00	14	Assorted Pizza ----- Alternate Lunch ----- Chocolate Milk White Milk	15	Nachos w/Ground Beef ----- Chicken Caesar Wrap ----- Alternate Lunch ----- Chocolate Milk White Milk	16	Hot Dogs ----- Alternate Lunch ----- Chocolate Milk White Milk	17	Mandarin Orange Chicken Brown Rice ----- Alternate Lunch ----- Chocolate Milk White Milk	18

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.

# 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

### 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)

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.



#### 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.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

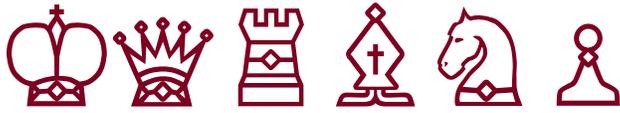
Athlete's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian's Signature: \_\_\_\_\_



# Freeman School CHESS CLUB

Sign up for Spring 2025 ~ Grades 2-8

AFTER SCHOOL ~ Thursday 3:00 to 4:00 PM

7 Weeks ~ Apr 17, 24 May 1, 8, 15, 22, 29



**Professional chess coach Dennis Pirello** provides 15 minutes of lectures, exercises, or videos, then directs tournament play. Students compete in chess club tournament for awards. The chess club also competes in regional tournaments held on Saturdays. Qualifying students are encouraged to attend the WA State Elementary Chess Championship, April 26, 2025, Tacoma, WA.

See schedule: [www.inlandchess.org](http://www.inlandchess.org)

**Chess registration of \$70 includes:** *Registration form below.*

Tuition provides: A. coaching fees, B. coaching supplies, C. end of semester awards, D. insurance, coach development, and administration costs. Note: Inland Chess Academy does not contact children directly by phone, text, or email.

## Registration for Freeman School Chess Club ~ Spring 2025

Student's name: \_\_\_\_\_ Grade \_\_\_\_\_ New to Chess Club? \_\_\_\_\_

2nd Student's name: \_\_\_\_\_ Grade \_\_\_\_\_ New to Chess Club? \_\_\_\_\_

Chess Skill: \_\_\_ Beginner \_\_\_ Intermediate \_\_\_ Advanced Played in tournament? \_\_\_ Yes \_\_\_ No

**ALLERGIES and/or SPECIAL ISSUES:** \_\_\_\_\_  
**IMPORTANT:** As required by school and insurance policy, parents are required to pick up students on time and must sign the check-out registry. Coaches have other teaching obligations and must not be delayed. Non-parental pick-up must be confirmed in writing. **Alternate arrangements:** \_\_\_ Walk out to parking lot. Parent's signature: \_\_\_\_\_

Parent: \_\_\_\_\_ Phone: \_\_\_\_\_ eMail: \_\_\_\_\_  
(or Guardian)

Parent: \_\_\_\_\_ Phone: \_\_\_\_\_ eMail: \_\_\_\_\_  
(or Guardian)

Address: \_\_\_\_\_ City \_\_\_\_\_ WA ZIP \_\_\_\_\_

\_\_\_ \$70 Chess club tuition for 7 weeks. Installment payments are accepted. Scholarships are available.

\_\_\_ \$15 **OPTIONAL** tournament style chess set for study and play at home.

\_\_\_ \$18 **OPTIONAL** Annual subscription to [www.chesskid.com](http://www.chesskid.com) a child safe study and play website.

\_\_\_ \$22 **OPTIONAL** Annual subscription to Chess Magnet School, a child safe study website.

Pay total: \$ \_\_\_\_\_ Make check payable to Inland Chess Academy. Leave check and registration form at school office, mail to Inland Chess Academy office, or bring them to first day of Chess Club.

### Inland Chess Academy ~

920 N. Argonne Rd., Suite 120, Spokane Valley, WA 99212 509-822-9800  
[chess@inlandchess.org](mailto:chess@inlandchess.org) [www.InlandChess.org](http://www.InlandChess.org) [facebook.com/inlandchess](https://facebook.com/inlandchess)

**NOTICE to PARENTS:** Scientific research proves the study of chess enhances academic performance, increases overall brain functions, and builds positive behavior. In order for students to realize the enormous benefits of chess, daily study is required. Research shows that a minimum of 20 minutes of daily study yields significant academic and behavioral benefits. Inland Chess Academy offers two optional child-safe websites programs for home study: Chess Magnet School and ChessKid, at discounted prices. Also available are home study workbooks. Please support chess study at home.

Contact [chess@inlandchess.org](mailto:chess@inlandchess.org) or phone 509-822-9800

The Inland Chess Academy's curriculum is built on research proven methods developed by chess masters and educators, and recommended by the United States Chess Federation (USCF).

**Beginner** - Beginners learn and demonstrate the basics of chess play, chess rules, and etiquette.

**Intermediate** - Students learn algebraic notation, playing with a clock, an understanding of strategies for opening a chess game, major tactical techniques, and basic endgame theory.

**Advanced** - Students develop advanced competitive strategies including an opening repertoire, positional strategies, tactical combinations, endgame play, and methods of applying sport psychology to their games.

**All** students gain knowledge of chess history, chess news, and grow their appreciation of chess. Students are encouraged to play in regional and state tournaments for individual and team awards.

The Inland Chess Academy is building a vibrant chess community:

- ~ Regional tournaments for students and parents, twice monthly on Saturdays.
- ~ Camps on holidays, spring break, and during summer.
- ~ Tutoring and special interest study groups.

||

## **Inland Chess Academy**

920 N. Argonne Rd., Suite 120, Spokane Valley, WA 99212 509-822-9800

[chess@inlandchess.org](mailto:chess@inlandchess.org)

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

[facebook.com/inlandchess](https://facebook.com/inlandchess)

# JOIN THE FREEMAN PTSG



## FOR A FUN NIGHT AT

## ROLLER VALLEY

9415 E 4TH Ave Spokane Valley

**APRIL 23nd | 6-8 PM**

**\$9 Admission**  
**\$5 - 4 & Under**

**\$1 Rental Skates**  
**Non Skaters free**

# EXTREME SCIENCE

## EXTREME SCIENCE After-school science program Four WEEKS of FUN

### Exploring flight

Let's explore the four fundamental forces of flight. Afterwards, students will **make a unique ring plane** and test their skills and new found knowledge.

### Fun with Forces

Exploring the forces around us was never so much fun. Students will get to play with the equipment during free time as we explore tornados, gyroscopes, center of mass, centrifugal force and more.

### Structures

Get ready to build! This class is a fantastic introduction to some of the concepts, terms and ideas behind engineering and architecture. This class is loaded with hands-on activities and challenges.

### Science of Magic

You will never look at magic tricks the same way! Our hope is that every student will learn to look at their world a little differently after this class. We want to encourage and challenge children to question everything around them.

**Don't delay!  
Classes fill up quickly**

Classes will be held each week right after school at Freeman Elementary. Space is limited and registrations will be taken on a first come, first served basis. Don't delay! Register online at [ExtremeScienceFun.com](http://ExtremeScienceFun.com)

Use your phone to register online now before classes are full



#### Cost:

Only \$75.00 per student for ALL 4 classes (cash, check or Venmo)

Make checks payable to: Extreme Science

#### Registration Deadline:

**April 14**

Add \$10 if registered after deadline

#### Class date/time:

Choose one:

**Mondays May 5 through June 2**  
(no class on May 26)

- or -

**Tuesdays May 6 through 27**  
2:45 - 4:00

#### Questions?

Call or text Extreme Science at  
**509-892-7621**

check out our  
Videos on KHQ



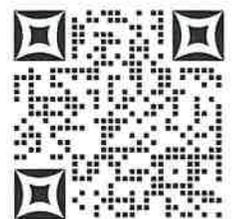
Visit us at

[www.ExtremeScienceFun.com](http://www.ExtremeScienceFun.com)

Call or text

**509-892-7621**

Scan to register  
online now



Little Brownie  
BAKERS.



Girl Scout Cookies®  
**Are Here**



® TM & © Girl Scouts of the USA. ® TM & © 2024 Ferrero Group.

## Support Freeman Girl Scout Troop 2526

### *Two Ways to Order:*

- Order your cookies online using this QR Code



- Stop by our Cookie Sales Booth in front of FES during conferences April 3rd and 4th!



## Freeman HS PTSG RD3

**PLEASE READ**

\*Turnaround time is 12-14 BUSINESS days AFTER e-store closes.

\*Please expect at least 3 weeks for embroidered items to arrive once the store closes.

\*DUE TO LOW INVENTORY AND SHIPPING DELAYS IN THE APPAREL INDUSTRY, YOU MAY EXPERIENCE A DELAY IN RECEIVING YOUR ORDER. PLEASE ALLOW EXTRA TIME FOR YOUR ORDER TO PROCESS AND BE DELIVERED.

\*Due to shortages at our vendors' distribution centers, items purchased sometimes are not in stock when the store closes. If this happens, a comparable item will be ordered to replace your item(s).

\*At checkout, there is a \$3.00 processing and handling charge.

All Sales Are Final. No Returns or Exchanges.

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://freemanhsptsg.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: **Tuesday May 6th, 2025 (11:59pm PDT)**

<p><b>FF1 - Nike Club Fleece Pullover Hoodie</b></p>  <p>\$57.00</p>	<p><b>FF1 - Nike Club Fleece Sleeve Swoosh Crew</b></p>  <p>\$52.00</p>	<p><b>FF1 - Nike Ladies Club Fleece Sleeve Swoosh Pullover Hoodie</b></p>  <p>\$55.00</p>	<p><b>FF1 - District V.I.T. Fleece Hoodie</b></p>  <p>\$30.00</p>	<p><b>FF1 - District V.I.T. Fleece Crew</b></p>  <p>\$25.00</p>	<p><b>FF1 - District Youth V.I.T. Fleece Crew</b></p>  <p>\$25.00</p>
<p><b>FF1 - District Youth V.I.T. Fleece Hoodie</b></p>  <p>\$30.00</p>	<p><b>FF1 - District Made Mens Perfect Tri Crew Tee</b></p>  <p>\$17.00</p>	<p><b>FF1 - District Made Ladies Perfect Tri @ Crew Tee</b></p>  <p>\$17.00</p>	<p><b>FF1 - Sport-Tek Ladies Posi-Uv Pro Scoop Neck Tee</b></p>  <p>\$16.00</p>	<p><b>FF1 - District Youth Perfect Tri Tee</b></p>  <p>\$17.00</p>	<p><b>FF1 - District Perfect Tri Long Sleeve Tee</b></p>  <p>\$22.00</p>



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2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: **Tuesday May 6th, 2025 (11:59pm PDT)**

<p><b>FF1 - District Very Important Tee Long Sleeve</b></p>  <p>\$18.00</p>	<p><b>FF1 - Port &amp; Company Youth Long Sleeve Core Cotton Tee</b></p>  <p>\$20.00</p>	<p><b>FF1 - Port &amp; Company Youth Core Blend 3/4-Sleeve Raglan Tee</b></p>  <p>\$18.00</p>	<p><b>LC1 - District V.I.T. Fleece 1/4-Zip</b></p>  <p>\$32.00</p>	<p><b>LC1 - District V.I.T. Fleece Full-Zip Hoodie</b></p>  <p>\$35.00</p>	<p><b>LC1 - District Youth V.I.T. Fleece Full-Zip Hoodie</b></p>  <p>\$35.00</p>
<p><b>FF2 - Heavyweight Hooded Sweatshirt - IND4000</b></p>  <p>\$45.00</p>	<p><b>FF2 - Fine Jersey Tee - 6901</b></p>  <p>\$15.00</p>	<p><b>FF2 - Youth Midweight Hooded Sweatshirt - SS4001Y</b></p>  <p>\$32.00</p>	<p><b>FF2 - Midweight Crewneck Sweatshirt - SS3000</b></p>  <p>\$33.00</p>	<p><b>FF2 - Port &amp; Company Beach Wash Garment-Dyed Pullover Hooded Sweatshirt. PC098H</b></p>  <p>\$35.00</p>	<p><b>EMB1 - Port Authority Cozy Striped Pom Beanie</b></p>  <p>\$20.00</p>



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\*Turnaround time is 12-14 BUSINESS days AFTER e-store closes.

\*Please expect at least 3 weeks for embroidered items to arrive once the store closes.

\*DUE TO LOW INVENTORY AND SHIPPING DELAYS IN THE APPAREL INDUSTRY, YOU MAY EXPERIENCE A DELAY IN RECEIVING YOUR ORDER. PLEASE ALLOW EXTRA TIME FOR YOUR ORDER TO PROCESS AND BE DELIVERED.

\*Due to shortages at our vendors' distribution centers, items purchased sometimes are not in stock when the store closes. If this happens, a comparable item will be ordered to replace your item(s).

\*At checkout, there is a \$3.00 processing and handling charge.

All Sales Are Final. No Returns or Exchanges.

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://freemanhsptsg.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: **Tuesday May 6th, 2025 (11:59pm PDT)**

<p><b>EMB1 -Port Authority Cozy Cuffed Beanie</b></p>  <p><b>\$18.00</b></p>	<p><b>EMB1 - Richardson Adult Trucker Adjustable Snapback</b></p>  <p><b>\$22.00</b></p>	<p><b>EMB1 - 47 Brand - Clean Up Cap</b></p>  <p><b>\$25.00</b></p>	<p><b>EMB1 - Sport-Tek Rec Backpack</b></p>  <p><b>\$40.00</b></p>	<p><b>EMB1 -Sport-Tek Spectator Scarf</b></p>  <p><b>\$18.00</b></p>	<p><b>EMB1 - Adult Retro Trucker Cap</b></p>  <p><b>\$24.00</b></p>
<p><b>EMB2 - Retro Trucker Cap - 6606</b></p>  <p><b>2 Colors</b></p> <p><b>\$24.00</b></p>					

**FREEMAN CROSS COUNTRY PRESENTS**



*Run the Palouse 2025*

**1 MILE OR 5K**

**Fun Run**

*Sat. May 17th - Freeman High School*

**Cost:**

**1 M - \$25, 5K - \$30 if reg. & paid by 5/3**

**1 M - \$30, 5K - \$35 after 5/3\***

*\*Shirt included only if registered & paid by 5/3*

**Times:**

**1 Mile - 9:30am**

**5K - 9:50am**

**Register:**



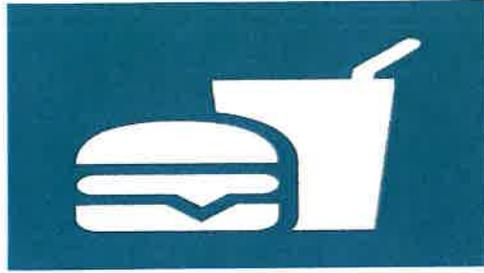
**[freemansd.org/runthepalouse](https://freemansd.org/runthepalouse)**

**Questions:** Email: **[runthepalouse@gmail.com](mailto:runthepalouse@gmail.com)**

*Run the Palouse is a 5K/1 Mile Fun Run put on by the FHS Cross Country Team.*

*All ages and skill levels are welcome, from walkers to competitive runners.*

*Proceeds benefit Freeman High School Cross Country.*



The Town of Fairfield will be offering

A **FREE** lunch program

This will be for **ALL** children

18 years old and younger

Lunch will be served from

**12PM to 1Pm**

Monday thru Friday

**From June 23 2025**

To

**August 8 2025**

**Closed July 4th**

**Location:**

Fairfield Community Center

E 304 Main Street

Fairfield WA 99012

**Adults Mat Purchase A meal for 5.50**

**This is an equal opportunity provider and employer**

Contact information

La Donna Kelley (509)291-3962

Town of Fairfield (509) 283-2414



## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

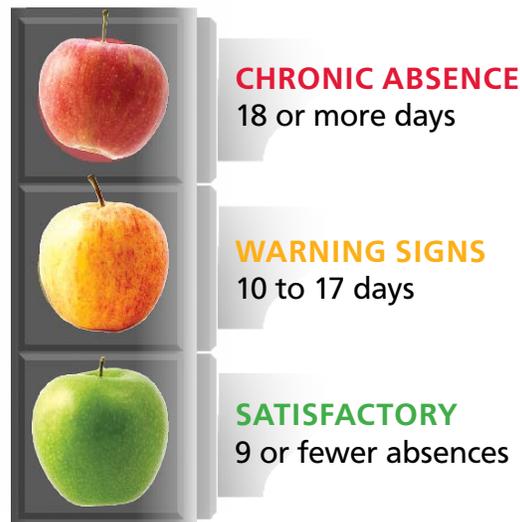
- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have a contagious illness, call your school or health care provider for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.



# FREEMAN SCHOOL DISTRICT #358

## 2025 - 2026 School Calendar



August				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
September				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			
October				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	*23	*24
27	28	29	30	31
November				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
December				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		
January				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### Significant Dates

August 18 ..... Staff Orientation/Open House  
 August 19 ..... Professional Development  
 August 20 ..... First Day of School  
 August 25 ..... First Day of Kindergarten  
 August 29 ..... **No School**  
 September 1 ..... Labor Day Holiday - **No School**  
 September 24 ..... Late Start PD  
 October 23 - 24 ..... Conferences - **No School**  
 October 29 ..... Late Start PD  
 November 11 ..... Veterans' Day Observed - **No School**  
 November 24 - 28 ..... Thanksgiving Holiday - **No School**  
 December 3 ..... Late Start PD  
 December 19 ..... End of Semester  
 December 22 - January 2 ..... Winter Break - **No School**  
 January 5 ..... Professional Development - **No School**  
 January 19 ..... Martin Luther King Jr. Day - **No School**  
 February 4 ..... Late Start PD  
 February 16 ..... Presidents' Day Holiday - **No School**  
 March 6 ..... Snow Make-up Day - **No School**  
 March 9 ..... Professional Development - **No School**  
 March 18 ..... Late Start PD  
 April 2 - 3 ..... Conferences - **No School**  
 April 6 - 10 ..... Spring Vacation - **No School**  
 April 27 ..... Professional Development - **No School**  
 May 6 ..... Late Start PD  
 May 22 ..... Snow Make-up Day - **No School**  
 May 25 ..... Memorial Day Holiday - **No School**  
 June 6 ..... High School Graduation  
 June 9 ..... 8th Grade Promotion  
 June 10 ..... Last Day of School - Early Release

- Shaded Dates - No School
- Indicates Late Start/Professional Development Days
- \* Indicates Parent Conference Days - No School
- \*\* Indicates Early Release - 12:30 pm
- School Begins & Ends

February				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
March				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
April				
Mon	Tue	Wed	Thu	Fri
		1	*2	*3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	
May				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
June				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	**10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			
July				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31



# 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.

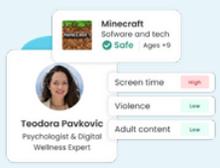
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



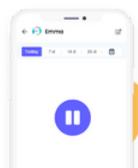
**Visibility on student activity and device insights**



**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**

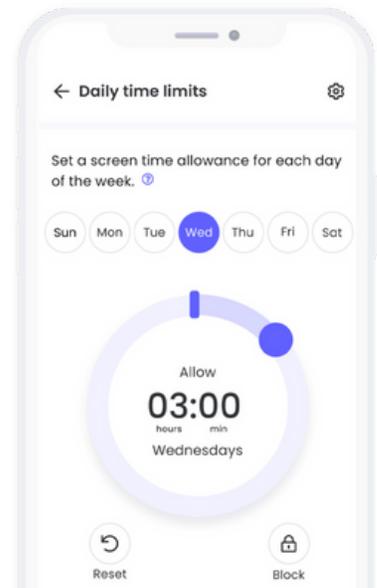
 **Visibility on browsing history, social media, and screen time**

 **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