

# The Scottie Scoop!



FREEMAN ELEMENTARY SCHOOL • Mrs. Phelan, Principal • OFFICE (509) 291-4791 FAX (509) 291-7339  
FREEMAN MIDDLE SCHOOL • Mr. Straw, Principal • OFFICE (509) 291-7301 FAX (509) 291-8009

## Coming Up...

- Apr 12 Mother-Son Carnival, 6-8:00 pm
- Apr 13 Senior All-nighter Auction Fundraiser, 6 pm
- Apr 15 **Deadline for Yearbook Orders**
- Apr 15-19 K-5 Kids Heart Challenge
- Apr 15-26 Penny Drive—Joya Child & Family Development, Grades K-8
- Apr 17 Late Start, Building Professional Development, 10:15 am  
Talent Show Dress Rehearsal, 7 pm, FHS
- Apr 18 Freeman SD Funding Shortage/Cost Cutting Community Forum— 6-8:00 pm, K8 MPR  
Talent Show, 7 pm, FHS
- Apr 19 FMS Career Fair, 12-2:45 pm
- Apr 22 Elementary Class Photos
- Apr 23 FMS 7th Gr Baseball v E Valley @ FMS, 3:45 pm  
FMS 8th Gr Baseball @ East Valley, 3:45 pm
- Apr 24 1st Grade Field Trip, Spokane Children's Theater  
FMS Track v. EV & Westwood @ FHS, 4 pm
- Apr 25 FMS 7th Gr Baseball @ Westwood MS, 3:45  
8th Grade Baseball v. Westwood @ FMS. 3:45 pm  
FSD Board Meeting, Rockford City Hall, 6:00 pm
- Apr 26 ASB Assembly, Gr 3-7, 8:30 am



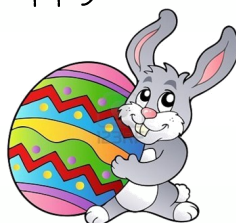
**April 15-19—Kids Heart  
Challenge for the American  
Heart Association  
Grades K-5**



**April 18  
6-8:00 pm  
K8 MPR  
community**

**Freeman SD  
Funding Shortage  
& Cost Cutting  
Community Forum**

Happy Easter!



## Inside...

PACE Honorees .....	2
Mother-Son Carnival .....	3
Parental Input for Class Placement .....	3
Kindergarten Registration Info.....	3
8th Grade Promotion Planning ....	3
PACE/Trustworthiness .....	4
Silverwood Read-a-Thon.....	4
Scottie Girls Basketball Camp.....	4
Farm Talk—Farm Fresh Eggs .....	5
Natural Egg-coloring Options .....	5
Vocabulary—influence of poultry on language.....	5
8th Grade Promotion Party.....	6
Senior Silent Auction Fundraiser..	7
Camp Fire Inland Northwest .....	7
FFA Plant Sale.....	8
Rockford Baseball .....	9
Coloring Page .....	10
Reduce Food Waste .....	11
Menus .....	12



**Save the Date**  
Freeman Elementary &  
Middle School  
Spokane Indians Night  
at the Ballpark  
**June 21**  
*More info to follow.*



**Joya Child & Family  
Development**  
(Formerly Spokane Guilds  
School) Penny Drive  
**April 15-26**

**WHO:** K-12 Freeman Scotties will be collecting funds for Joya Child & Family Development

**WHAT:** Any form of currency will be accepted: pennies, nickels, dimes, quarters, cash.

**WHERE:** Gallon milk jugs will be distributed to homerooms on Monday, April 15, during 6th period. Students need to deposit the money in the milk jugs for collection the following Friday.

**WHY:** To help a great cause and earn classroom treats for the most money collected!

There will be informational assemblies for students in the middle school gym on Monday, April 16, 1-1:30 pm for Grades K-8

## Trustworthiness

<i>Tristin Ashmoore</i>	<i>Declan Key</i>
<i>Jacob Barthuly</i>	<i>Owen King</i>
<i>Jarett Cobb</i>	<i>Kiah Lents</i>
<i>J.R. Depell</i>	<i>Sylas Lindhag</i>
<i>Avery Gass</i>	<i>Paige Lochmiller</i>
<i>Gavin Goode</i>	<i>Logan Pecht</i>
<i>Nicholas Hames</i>	<i>Brooke Robison</i>
<i>Adeleigh Kann</i>	<i>Ellie Wineinger</i>
<i>Ahava Kann</i>	<i>Wyatt Wineinger</i>



## Diligence

<i>Kyler Agee</i>	<i>Bridger Ramsey</i>
<i>Conner Durrant</i>	<i>Kyla Reeves</i>
<i>Nora Gass</i>	<i>Rilyn Ripke</i>
<i>David Hunter-Fricke</i>	<i>Trenton Sandborn</i>
<i>Jaxton League</i>	<i>Evan Seehorn</i>
<i>Avenier Legkobit</i>	<i>Natalie Semprimoznik</i>
<i>Zachariah Lynn</i>	<i>Corneli Sharp</i>
<i>Anna Marie McNally</i>	<i>Rachel Sharp</i>
<i>Bearret Murphey</i>	
<i>Ada Pederson</i>	



**PACE**  
PARTNERS ADVANCING  
CHARACTER EDUCATION®

## Character Matters

## Honesty

<i>Avery Boswell</i>	<i>Kevin Jydstrup</i>
<i>Gabriella Daniel</i>	<i>Karson Lally</i>
<i>Thomas Dumars</i>	<i>Graham Offereins</i>
<i>Gustave Emtman</i>	<i>Owen Offereins</i>
<i>Paige Fricke</i>	<i>Taylee Phelps</i>
<i>Madisen Hansen</i>	<i>Paityn Poston</i>
<i>Gustave Haskins</i>	<i>Trent Primmer</i>
<i>Adam Jacot</i>	<i>Tanner Seely</i>
<i>Grayson Jamison</i>	<i>Cade Vernon</i>



Kindergarten students **Nicholas Hames** (L) and **Bridger Ramsey** share pride in their Awards!



Thank you Freeman PTSG  
for providing dinner to  
Freeman Elementary &  
Middle School  
staff for late-night  
conferences!



Thank You!



Interested in helping  
to plan the 8th Grade  
Promotion Party?  
Planning Meeting:  
Wednesday, April 17  
3-4:00 pm,  
FES Community Classroom

Contact Kelly Hicks for more information.  
See also page 6. khicks15528@gmail.com

Freeman PTSG's  
**4th Annual**

## Mother Son Carnival

Friday, April 12, 2019 | 6:00-8:00 pm  
Elementary Gym

Bouncy Castle, Gold Fish Races, Photo Booth  
Bingo, Root Beer Floats, Popcorn Bar  
Games, Prizes, Candy Wheel  
Boys K-8th Grade  
Only 1 ticket needed per family  
**\$25.00 Per Family**

Boys may be accompanied by mothers, aunts,  
grandmothers, or any adult.  
freemanptsg@gmail.com

No child will be turned away  
due to inability to pay.

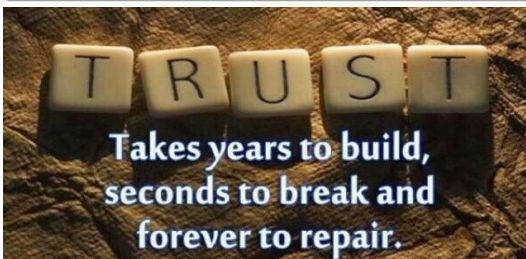
**Parental Input for Class Placement.** Parents of elementary students may submit a *Parental Input Form for Class Placement* to share factors that should be taken into consideration when determining class placement. The form may be picked up from the office, or is available on the web [www.freemansd.org](http://www.freemansd.org); choose the Elementary School page. Teacher preferences by name or gender are not accepted. (Due April 26)



Available online at [www.freemansd.org](http://www.freemansd.org)  
(Registration Packet and Kindergarten Questionnaire)

If you plan to come to the school to register, be sure to bring with you  
1) immunization records, 2) state identification (parent), 3) birth certificate and  
4) proof of residency.





**PACE** Assemblies are held five times a year to recognize one FES student per classroom, per month, who exemplifies each month's **PACE** character trait. The next assembly is set for June 7, 2019, 1:30 pm, recognizing May, June, July & August character traits.  
(Perfect Attendance is recognized in January and June in conjunction with the **PACE** Assemblies.)



**April 22-26**

**Grab your favorite book and get ready to read!!!**

Freeman Elementary students will participate in a read-a-thon, sponsored by Silverwood Theme Park, during the week of Monday, April 22 – Friday April 26.

Each student who participates will be entered into a raffle to receive a free Silverwood ticket, *as long as our school reaches the goal*—the total minutes read (all students combined) must be over 56,000 minutes. If each participating student reads just a half hour each day, which can be done at home or in the classroom, the goal will be met!

The top three participating schools in the read-a-thon, with the highest percentage above their school's individual reading goal, will receive five season passes to be awarded by raffle. During the week, students are encouraged to read, read, read!!

More information to follow.

## Freeman Scottie GIRLS basketball camp

**WHO:** Girls, grades 2-6 (next fall)

**WHEN & WHERE:** May 28-30th at Freeman High School  
**TIME:** 3:00-5:00pm

*This is a great opportunity to learn offensive and defensive fundamentals from the Scottie coaches and current varsity players coming off another state tournament appearance in Yakima.*

**WHAT TO WEAR:** T-shirt, shorts and gym shoes

**WHAT TO BRING:** water bottle & ball with your name on it if you have one.

**COST:** \$35 t-shirt included

**REGISTRATION:** Mail to: Freeman High School  
14626 S. Jackson Rd.  
Rockford, WA 99030

You may also drop your payment off with Kristal at the high school

*No refunds. One registration per camper. Registration form must be signed and camp paid for in order to participate.*

**CONTACT INFORMATION:** Aaron McLean (FHS Girls Basketball Coach) 879-9198

**Freeman GIRLS summer basketball camp registration: May 28-30th**

Form must be filled out, signed & registration fee paid before participation in Camp will be allowed.

Cost: \$35 Please make all checks payable to Freeman High School.

**T-SHIRT SIZE:** (Youth) S M L XL (Adult) S M L XL **GRADE IN THE FALL OF 2018:** 2 3 4 5 6

**Camper Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address** \_\_\_\_\_ **City, State & Zip** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_

By completing this form, I take full responsibility for my child's coverage of accidents that may occur while practicing at this camp. I, \_\_\_\_\_, give my permission for the above student to participate in the Freeman Basketball Camp at Freeman Elementary and High School.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**E-Mail** \_\_\_\_\_



## FARM Talk — Farm-fresh Eggs

- ⇒ It is typical for farm-fresh eggs to be more rich in color (left, below), flavor and nutrients. (less cholesterol, less saturated fat, increased Vitamins A, E & D, more Omega 3 fatty acids, more beta carotene)
- ⇒ Brown eggs are not different from white eggs, *except* in the color of their shells.

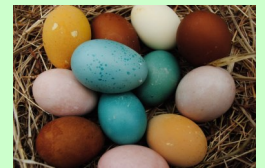
### Egg Facts

- ⇒ Store-bought eggs may be on the shelf for 30 days prior to purchase.
- ⇒ You may check freshness by floating eggs in water; fresh eggs don't float. As they break down and develop gases, it causes them to float.
- ⇒ Eggs remain fresher when they are not washed because they are protected by a cuticle and "bloom" (a natural covering with antimicrobial properties)
- ⇒ Chalazae are the white, spirally appearing fibers at each side of the yolk, which are the chords that assists in keeping a yolk centered inside the shell, so a developing chick will not become malformed as the hen incubates her brood.
- ⇒ The yolk is the part of the egg that nourishes a developing chick, rendering it nutritious for consumption by humans too!
- ⇒ Blood specks in eggs are caused by the rupture of a blood vessel on the surface during formation of the egg or by a similar accident in the wall of the oviduct. However, chemically and nutritionally, eggs with blood spots are fit to eat.
- ⇒ You may color brown eggs, just as you do white eggs.



### Natural Egg-coloring Options

- Red cabbage – pretty blue
- Yellow onion skins – warm gold
- Turmeric (or curry) – also gold ("old gold" as we say in West Virginia)
- Chamomile tea – pale yellow
- Red onion skins – jadeite green
- Beets – pink/magenta
- Grape juice – indigo
- Blueberry – bluish or purple
- Coffee – earthy brown



Source: <https://blog.mypetchicken.com>

### Vocabulary — influence of poultry on language

mother hen: *Hens are very protective of chicks. The expression has come to depict any behavior, usually regarding women, of "over-protection."*

nest egg: *Hens value their eggs since they represent future offspring. People refer to their "nest egg" as what they're setting aside for future cash-in.*

pecking order: *Chickens establish a "pecking order" of authority among the flock, which may change as new chickens are added. This order establishes who is in charge and who might get "picked" on. It is often compared to human behavior.*

last one there is a rotten egg: *A rotten egg is undesirable. The expression is used by children to urge each member of a group to get to their destination quickly.*

running around like a chicken with its head cut off: *An unpleasant visual that is a comparison to someone busily doing more than one thing at a time, often in a disorganized or uncontrolled manner or state of panic.*

good/bad egg: *Eggs in the nest for consumption may be "good or bad" for eating or good or bad (fertile, infertile or ceasing to develop properly) for propagation. Analogies have been made to people, often children, with regard to behavior.*

hen party: *Hens lock together and often cackle or "chatter" when they're together. This expression has been used to describe a group of ladies who gather together to talk.*

brooding: *Hens exhibit a specific behavior when they want to incubate their eggs rather than merely lay them and leave. A brooding hen will return to the nest repeatedly, even when removed, as though to be stuck or very focused on a task. People who over-focus on a matter are often described as brooding.*

brood: *A brood is the hen's clutch (collection of eggs) that she hatched. Though treated as "her offspring," a brood may result from eggs laid in a single nest by multiple hens. In language, a brood is the offspring of a parent.*

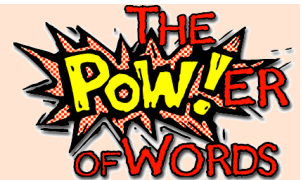
rule the roost: *One rooster will establish itself as the head of the flock, dominating the hens and other subordinate roosters. The term has been used for a person taking charge of a situation, whether invited or not.*

henpecked: *Hens show dominance over other hens by pecking them, and not allowing the other hens to exercise independence or experience peace. The term is analogized to depict women who criticize or give orders to their counterpart to an excessive extent. (synonymous with browbeaten, oppressed, etc.)*

come home to roost: *At the end of the day, chickens instinctually return to their chicken coop or roosting area (roosting is when they rest elevated on a branch or shelf to sleep for the night. People who come home to roost are thought to be returning to the comfort of home after a time away.*

don't count your chickens before they hatch: *Since the success of a brood of chickens to be fertile, incubate and then hatch is not always reliable, those who "count their chickens before they hatch" are unreliably counting on an outcome.*

egg on your face: *A relatively recent term acknowledging that an over-easy egg can make a mess without the consumer's awareness—being caught with "egg on your face" is used to convey someone who looks foolish or embarrassed by something unintended or initially believed to be concealed.*



# 8<sup>th</sup> Grade Promotion Party



Who: All 8<sup>th</sup> Grade Students

When: June 10, 2019 – right after Promotion Ceremony approx. 8:30

Where: FHS Multi-Purpose Room

Cost: \$20 *Make checks payable to Freeman Class of 2023*

Everyone is welcome to help with party planning, set up, clean up, decorating etc.

We are also looking for donations of gift cards, gift baskets for game prizes. Please watch Scottie Scoop for next planning meeting- probably the week after Spring Break.

Money collected is to cover costs of food, drinks, T-shirts, and prizes. No student will be turned away due to being unable to pay. Please contact Denise Conrad if payment is an issue.

**Please complete the following permission slip/waiver of liability and return it with payment no later than May 1, 2019.**

Student Name: \_\_\_\_\_

Parents' Name: \_\_\_\_\_

Parent's email: \_\_\_\_\_

Parent's Cell #: \_\_\_\_\_

Student's T-shirt Size: \_\_\_\_ Youth Large \_\_\_\_ Adult Small \_\_\_\_ Adult Medium \_\_\_\_ Adult Large

Name of Parent/Guardian/Other Adult to sign out child after party \_\_\_\_\_

**\*\*\*for safety purposes, every student will need to be signed in and signed out by authorized adult\*\*\***

I give my permission for my child listed above to participate in the parent run 8<sup>th</sup> grade promotion after party on June 10<sup>th</sup>, 2019. I understand that the party is parent-run, and that my child will be under the supervision of parent chaperones. I understand that all safety precautions will be taken, and that injuries may happen. I assume all risk and responsibility for my child's actions during the after party. I release the participating Freeman parents and Freeman School District #358 from responsibility and/or any injuries actions, accidents etc. STUDENTS MUST BE SIGNED OUT BY 10:15 – Thank you!

Parent Signature \_\_\_\_\_

If you would like to help with the party or have any questions please contact Kelly Hicks at [Khicks15528@gmail.com](mailto:Khicks15528@gmail.com) or 509-496-9925. Looking forward to a fun night for the kids!



# 2019 Senior Silent Auction Fundraiser DENIM & DIAMONDS

WHEN: SATURDAY APRIL 13, 2019  
DOORS OPEN @ 6:00 PM

WHERE: MORAN PRAIRIE GRANGE  
6030 S PALOUSE HWY, SPOKANE WA 99223

DINNER: TOBY'S BBQ

TICKETS: \$25 PRE-SALE/ \$30 @ THE DOOR  
TABLE: \$250 (10 PEOPLE PER TABLE)

CONTACT: CARRIE HORSTKETTER PH# 509-279-9956  
EMAIL: CARRIEHORSTKETTER@ICLOUD.COM



**Thanks** to our Freeman families & community, we have raised enough funds to enable installation of our water filling stations at both the elementary and middle schools later this year!



**2019**  
**CAMPS**  
**SWEYOLAKAN & DART-LO**  
Youth Day Camp & Overnight Camp  
Grades Pre K - 12  
Family & Adult Camps Too!



**509.747.6191**  
**www.campfireinc.org**

The Spokane School District is a sponsor of this event. The Spokane School District assumes no responsibility for it. In consideration of the privilege to distribute materials, the Spokane School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.





# FREEMAN FFA PLANT SALE!

May 16<sup>th</sup> and 17<sup>th</sup>

*Spring has sprung and so has the wide selection of plants growing in the Freeman High School Greenhouse. We have lots to choose from!*

*Don't forget Mothers Day is just around the corner!*

- Tomatoes, squash and zucchini
- 12" Geranium, Petunia, and mixed hanging baskets
- 6" Zonal Geraniums
- Petunia and verberna mixes.
- Succulents
- Various planter fillers (alyssum, lobelia, snapdragon, ect.)

AND MUCH MORE!

**May 16<sup>th</sup>-17<sup>th</sup>**  
**Thursday 3pm- 7pm**  
**&**  
**Friday 3pm-5pm**

**Greenhouse**  
**located behind the**  
**school by the**  
**baseball field.**

**Benefitting**  
**Freeman High**  
**School FFA**

**Blue Jackets,**  
**Gold Standards**

## **FREEMAN HIGH SCHOOL**

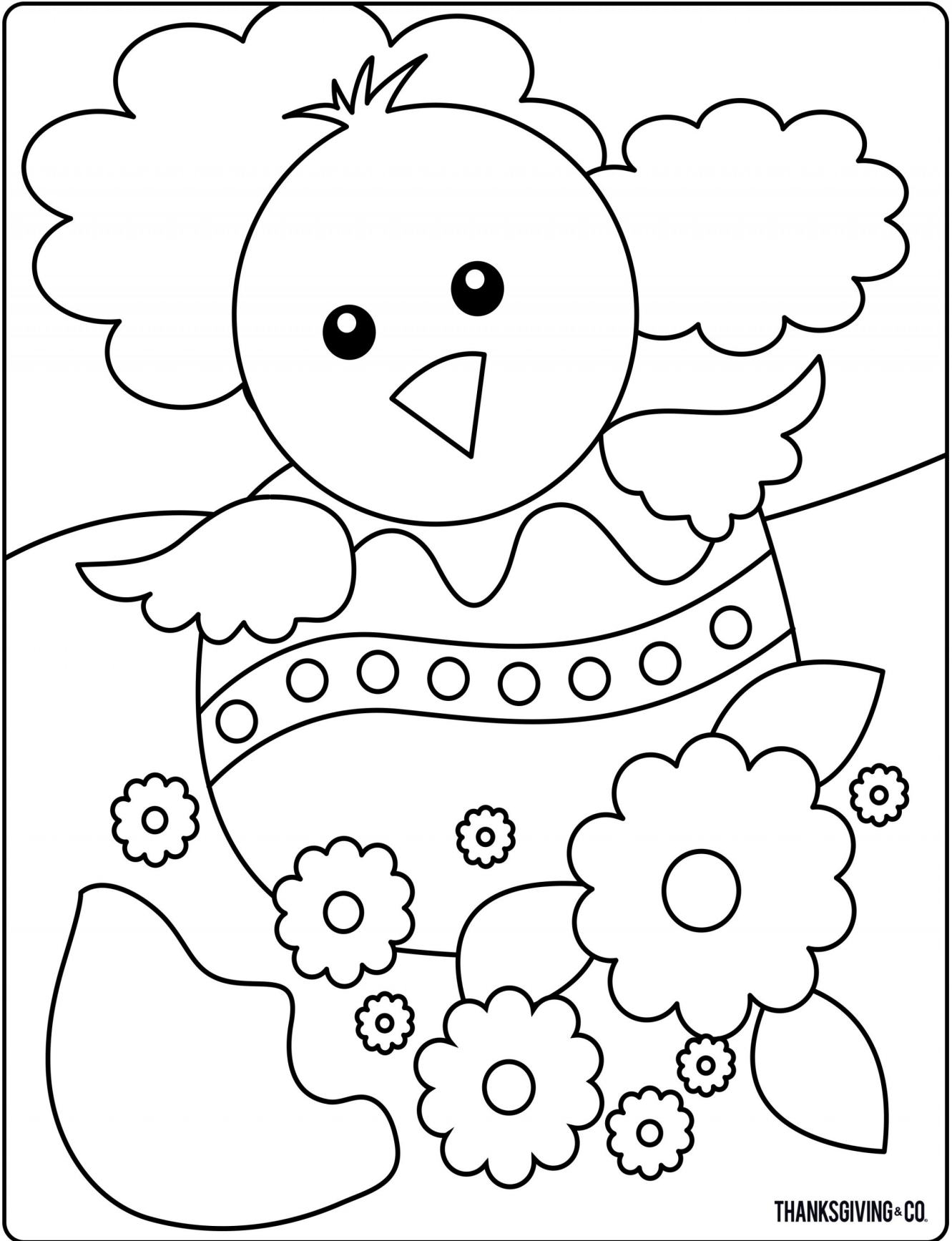
14626 South Jackson Rd.  
 Rockford WA 99030

Questions?  
 Elizabeth Nelsen  
 Freeman FFA Advisor  
[enelsen@freemansd.org](mailto:enelsen@freemansd.org)

509.291.8721









# Reduce Food Waste!

Challenge yourself to pack a waste free Wednesday lunch with reusable containers, fresh fruit and veggies, and bulk items.

.....  
One child's disposable lunch generates an average of 67 pounds of waste each school year.

Remember to put unwanted school lunch packaged items and whole fruit on the share cart!

School lunch is a great way to cut down on waste! At Freeman, we use reusable trays and forks, to reduce what gets thrown in the trash!



An Average Disposable Lunch	An Average Waste-Free Cold Lunch	Freeman Elementary Hot Lunch
\$ 4.02 / Day	\$ 2.65 / Day	\$ 2.75 / Day
\$ 20.10 / Week	\$ 13.25 / Week	\$ 13.75 / Week
\$ 723.60 / School Year	\$ 477.00 / School Year	\$495.00 / School Year

## Why pack a waste-free lunch?

- Landfills are reaching capacity and incineration creates air pollution.
- Funds not spent on trash removal can be put to better use.
- Empower our kids to make positive changes for the planet.
- Eliminate the need for processed, pre-packaged foods.

The average family of four throws away **\$1500** worth of food each year.

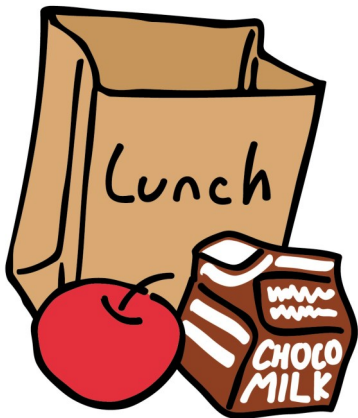
[www.furtherwithfood.org](http://www.furtherwithfood.org)



Consider maximizing your freezer's food saving potential. Freeze food for a few days to make your leftovers stay fresh longer.



<b>Monday, April 15th</b> <b>Breakfast</b> Breakfast Cookie Yogurt  <b>Lunch</b> Macaroni and Cheese Garlic Toast Caesar Salad	<b>Tuesday, April 16th</b> <b>Breakfast</b> Egg McFreeman  <b>Lunch</b> Crispy Breaded Chicken Tenders Mashed Potatoes Gravy Whole Wheat roll	<b>Wed, April 17th</b> <b>Late Start!</b> Enjoy a healthy Breakfast at home!  <b>Lunch</b> Super Sub Sandwich Sun Chips	<b>Thursday, April 18th</b> <b>Breakfast</b> Pretzel with cheese sauce  <b>Lunch</b> Egg McFreeman	<b>Friday, April 19th</b> <b>Breakfast</b> French Toast Sticks Spiced Apple Topping  <b>Lunch</b> Handmade Pizza Caesar Salad
--	--	--	--	--



**food waste in freeman**

Want to know how you can make a difference? Whether it's at school or at home you can have an impact on reducing waste. Look around the cafeterias this month for information about food waste, its impact on the earth, and how you can help!

**HARVEST OF THE MONTH: BERRIES!**

Berries are a delicious way to get important vitamins and minerals in our diets. Even though we can't have fresh berries all year long, frozen berries never go out of season! Frozen berries make for a super healthy snack, or a great addition to any meal.

Look for berries on the salad bar at lunch, and at breakfast when we have parfaits and waffles!

<b>Friday, April 26th</b>	<b>Breakfast</b> Dutch Waffle Blueberry topping	<b>Lunch</b> Build-your-own Burger Home-style Baked Beans Tater Tots
---------------------------	---	---

<b>Thursday, April 25th</b>	<b>Breakfast</b> Breakfast Pizza	<b>Lunch</b> Teriyaki Chicken Chow Mein Noodles Fortune Cookie
-----------------------------	-------------------------------------	---

<b>Wed, April 24th</b>	<b>Breakfast</b> Fruit Smoothie and Muffin	<b>Lunch</b> Chicken and Waffles Northwest Apple Salad
------------------------	---	--

<b>Tuesday, April 23rd</b>	<b>Breakfast</b> Egg McFreeman	<b>Lunch</b> Elementary: School: Pizza or Cracker Stacker Lunch Pack High School and Middle School: Philly Cheese Steaks
----------------------------	-----------------------------------	---

<b>Monday, April 22nd</b>	<b>Breakfast</b> Pancakes and Sausage	<b>Lunch</b> Spaghetti and Meatballs Italian Breadsticks Roasted Broccoli
---------------------------	--	--

<b>Mod Prices</b>		<b>Lunch</b>	
<b>Breakfast</b>	Elementary		<b>\$2.75</b>
	Middle		<b>\$2.95</b>
	High		<b>\$3.10</b>
	Milk Only		<b>\$0.60</b>
<b>Lunch</b>	Adult		<b>\$2.20</b>
	Adult Lunch		<b>\$4.10</b>

<b>Tuesday, April 30th</b>	<b>Breakfast</b> Egg McFreeman	<b>Lunch</b> Crispy or Grilled Chicken Coleslaw Berry Crisp
----------------------------	-----------------------------------	--

<b>Monday, April 29th</b>	<b>Breakfast</b> Breakfast Cookie and Yogurt	<b>Lunch</b> Chicken Alfredo Garlic Toast Caesar Salad
---------------------------	---	---

This institution is an equal opportunity provider.

# FREEMAN

