



# The Scottie Scoop!



FREEMAN ELEMENTARY SCHOOL

Mrs. Phelan, Principal/Asst. Superintendent ■ OFFICE (509) 291-4791 ■ FAX (509) 291-7339  
ATTENDANCE (509) 291-7425 [www.freemansd.org](http://www.freemansd.org)

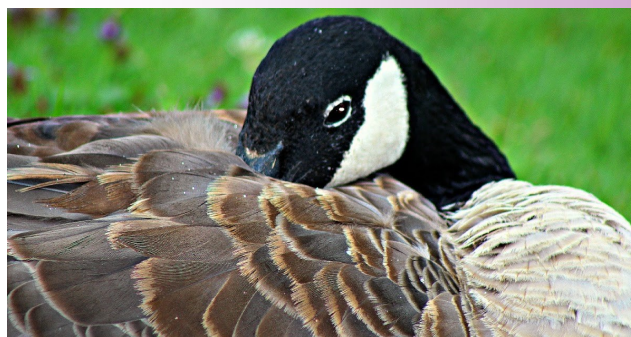
Issue: April 28, 2023

## \* Save the Date \*



### Happenings—two-week look ahead:

April 29	Spokane Indians Family Feast Night (reserve with link on Page 4)
May 2	<b>Deadline for Girls Basketball (to Guarantee Shirt)</b>
May 3	Late Start, 10:15 am
May 4	4th Grade Field Trip — Farm Fair
May 8	Deadline for Boys Basketball (to Guarantee Shirt)
May 8-12	Teacher Appreciation Week
May 10	PTSG Meeting (Last for Year), 5:30 pm, FES
May 12	Pastries for Parents #1 of 2 (parents choose one)
May 12	ASB Candidate Mandatory Meeting, 10:00 am (see



## FAST FACTS—The Canada Goose

- **Migratory:** (travels in large numbers to a different place, and afforded the protections of the Migratory Bird Treaty Act)
- **Diet:** mostly **herbivorous** (*grasses, grains, aquatic plants*)
- **Size:** 30-43 inches long
- **Wingspan:** 3 feet, 11 inches to 6 feet, 3 inches!
- **Lifespan:** 10 to 24 years in the wild, and 40 years in **captivity** (*the condition of being confined; in animals often used with regard to living in human "possession"-- in zoos, rehabilitation facilities, aviaries, etc.*)
- **Habitat:** native to **arctic** (*relating to the regions around the north pole*) and **temperate** (*mild temperatures*) North America, but introduced elsewhere
- **Conservation Status:** **least-concern species** (evaluated and categorized by the International Union for Conservation of Nature—IUCN—as plentiful, not threatened, near threatened or conservation-dependent based on distribution and population status; however, laws still regulate hunting and protect the nests)
- **Nesting:** April to June. Will lay 1-10 eggs, usually 5-6. Nest from three years of age. Incubate 24-30 days, (they walk, swim & eat within 24 hours; fly at 10 weeks).
- **Maximum Flight Ceiling** (how high they fly): unknown, but have been reported at 29,000 feet. (aircraft fly at 35,000-36,000 feet)

We're anxiously awaiting the hatching and fledging of Freda & Fred's goslings, predicted the week of May 20!

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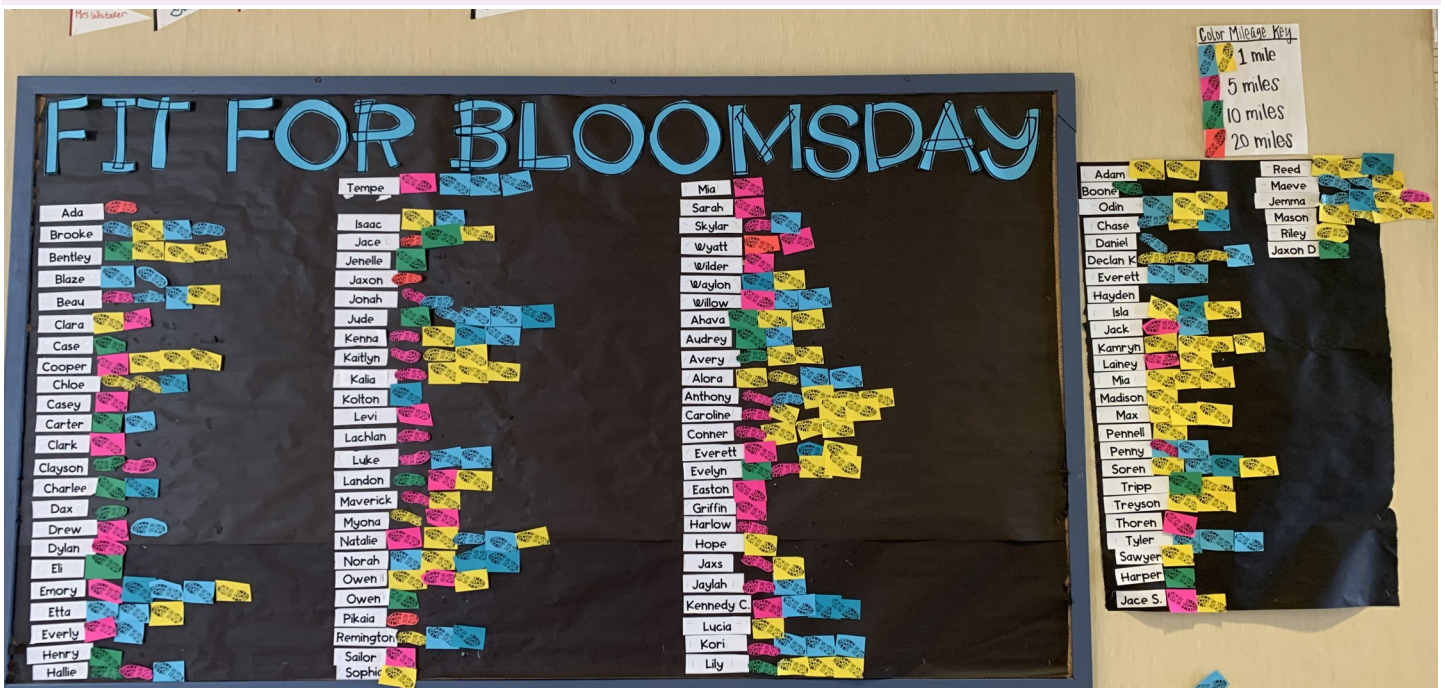
Freeman School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Civil Rights, Title IX, and Section 504 Compliance Coordinator: Randy Russell, [russell@freemansd.org](mailto:russell@freemansd.org), (509) 291-3695,



# Who's Fit for Bloomsday?



**Our Fit for Bloomsday Participants are Ready to Run!**  
**Over 100 Freeman Bloomies Completed the Fitness Events**  
**Spokane's Annual Bloomsday Race: Sunday May 7**





**ASB Campaign & Election Time! [Grades 4-5 May Run; Grades 3-5 Vote from Elementary]**

Friday May 12, Mandatory Candidate Info Meeting, FMS Commons, 10:00 am

Tuesday May 16, All candidate paperwork is due to Middle School Office, 11:00 am (no exceptions)

Thursday, May 18, Campaign signs may go up (following approval by Mr. Straw)

Tuesday, May 23, Speeches due to Mr. Straw, 3:00 pm, in order to remain eligible

Thursday, May 25, Assembly for nominations & candidate speeches (must be present if running)



Questions: (509) 291-7301  
jstraw@freemansd.org

**Coming Soon...Pastries for Parents—MAY**

May 12, 7:30-8:10 a.m., K-8 MPR

Parents With Freeman Students Grades P

-8

Please join us!

Leo's Photography will be on hand to take Photos.  
\$10 for two 3x5's



**Save the Date...Pastries for Parents—JUNE**

June 9, 7:30-8:10 a.m., K-8 MPR

Parents With Freeman Students

Grades P-8

Please join us!

Leo's Photography will be on hand to take Photos.  
\$10 for two 3x5's



**Please choose a *Pastries for Parents* Date Above to Attend w/ Your Child**



**HOLEY MOLEY TOURNAMENT**

FAMILY FUN CORNHOLE TOURNAMENT, ROCKFORD WA

**Saturday September 23rd @ 12:30PM, Main Street**

**A CORNHOLE TOURNAMENT DURING  
THE ROCKFORD FAIR, ADULT & KIDS  
BRACKETS AVAILABLE!**

Registration & Event Info @ [gse Spokane County Fair](mailto:gse Spokane County Fair)

**More Info on Spokane Indians Games:**

Gates to the ballpark open one hour prior to first pitch and, as always, parking is FREE at Avista Stadium!

**Inlander Happy Hour** runs until first pitch with \$1 off all beverages including our Redband Rally Beer Bats.

Fans can also snag a signature from Spokane Indians players in the **Leo's Autograph Area** located below the Bud Bullpen starting 30 minutes prior to first pitch.

The **Spokane Indians Team Store** is stocked with all your favorite baseball merchandise and is open on game days from 10:00 AM until the end of the game.

If you have any questions about your event, please contact the Spokane Indians Ticket Office at [groups@spokaneindians.com](mailto:groups@spokaneindians.com) or (509) 343-6886. See below:

**Use this link to sign up for Spokane Indians Freeman Day(s)** Available: April 29, May 27, July 8  
<https://offer.fevo.com/freeman-elementary-bc6a94b?fevoUri=freeman-elementary-bc6a94b%2F>



**Will you have a kindergartener enrolling Fall 2023 (age 5 by 8/31/23)?**

Interest also accepted for Inclusive

Transitional Kindergarten (ITK) age 4 by 8/31/2023.

If so, please alert the elementary office with student name, birthdate and your email address so we may follow up with you. (509) 291-4791

*Those currently attending Freeman's preschool or ITK do not need to call.*



**JOIN YOUR GROUP AT AVISTA STADIUM**



**Let's play ball!** It's time to get ready for the Freeman Elementary School group event with the Spokane Indians at historic Avista Stadium.

**WHEN:** Saturday, April 29 at 5:09 P.M.

**WHO:** Spokane Indians vs. Everett AquaSox

**WHAT:** Yoke's Family Feast Night

**WHERE:** Avista Stadium (602 N. Havana St)

FREEMAN HIGH SCHOOL CROSS COUNTRY PRESENTS...



**5K OR 1 MILE**

**RUN/WALK**

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.

**1 MILE - \$20  
5K - \$25**

**SATURDAY, JUNE 3RD**

1 Mile starts at 9:30am - 5K starts at 9:50am  
START AT FREEMAN HIGH SCHOOL PARKING LOT

**T-SHIRT INCLUDED** (SIZE GUARANTEED ONLY IF REG. BY 5/25)

**DOOR PRIZES**

REGISTER ONLINE HERE

<https://www.freemansd.org/page/3430>



or mail registration form & payment to:

FREEMAN HIGH SCHOOL  
ATTN: KRISTAL HAYEK  
14626 S. JACKSON RD.  
ROCKFORD, WA 99030

Questions?

EMAIL: MALLORY.MCDONALD@HOTMAIL.COM  
MALLORY.MCDONALD@HOTMAIL.COM

## Run the Palouse Registration/Waiver

Sat. June 3rd, 2023 - Freeman High School

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

T-shirt size: (circle one) Youth XS S M L Adult XS S M L XL 2XL 3XL 4XL

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Race: (circle one) 1 Mile - \$20 5K - \$25

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, Freeman High School, and all of their volunteers and employees assisting with the event, sponsors and their representatives for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assigns.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/or physician any treatment deemed necessary for my (or my child's) immediate care. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover an injury while participating in this event. Further, I agree to indemnify and hold harmless the Freeman School District. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

Further, I grant permission to all the foregoing to use my name, voice and images of myself (or my child) in any photographs, motion pictures, records, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy. All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Signature (if over 18): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if minor): \_\_\_\_\_ Date: \_\_\_\_\_

### PAYMENT OPTIONS:

Payments by cash/check/cc can be made in person at Freeman High School during office hrs.

Enclosed is my check for amount: \_\_\_\_\_ payable to Freeman High School

Mail to: Freeman High School Attn: Kristal 14626 S. Jackson Rd. Rockford, WA 99030

Please charge my credit card amount: \_\_\_\_\_

CC# \_\_\_\_\_ Exp \_\_\_\_\_ CVV \_\_\_\_\_ BILLING ZIP CODE \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_

Come hangout with the high school  
volleyball players and coaches and learn  
new skills and games!

## MINI CAMP

**FREEMAN SCHOOL DISTRICT**

## MINI SCOTTIES VOLLEYBALL CAMP

T-shirt size circle one: (Youth) S M L XL Adult S M L XL

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

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Grade: \_\_\_\_\_

Phone: \_\_\_\_\_

**When: May 30th and 31st—3-5pm**

**Where: Freeman High School**

**Cost: \$30 per person (T-shirt included)**

**Ages: K-6th Grade**

**Make checks payable to Freeman High School**

**Register by May 22nd to guarantee t-shirt**

In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand this activity is voluntary and my child's participation is not mandatory. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover an injury while participating at this event. Further, I agree to indemnify and hold harmless the Freeman School District.

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





# Freeman Girls Basketball Camp

The Girls Basketball coaching staff is excited to offer the same quality instruction that has led the Lady Scotties to the state tournament for the last 5 consecutive years. Finishing 6<sup>th</sup> at State in the 2023 season.

Be a part of something great and join us to improve on individual and team fundamentals. We will be running a skills camp for girls grades 3rd-5th on May 8 - 10<sup>th</sup> from 3:00- 5:00pm at Freeman High School. The cost is \$40 and each participant will receive a t-shirt on the last day of camp.

We will host a separate Camp for Freeman players grade 6-8th in June.

Please don't hesitate to contact me with any questions regarding this camp, AAU, or the program in general.

Email: [tracy@momentumink.com](mailto:tracy@momentumink.com)  
Phone: 509-991-7170

## 2023 Freeman Girls Basketball Camp REGISTRATION FORM

1. Form must be filled out, signed & registration fee paid before participation in camp will be allowed.
2. Athlete DOES NOT have to be a Freeman student.
3. Cost \$40 Please make all checks payable to Freeman High School.

(circle one) T-SHIRT SIZE: (Youth) S M L XL (Adult) S M L XL (circle one) GRADE: 3 4 5

Student Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ State/City/Zip \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
My child will need to ride the activity bus home \_\_\_\_ yes \_\_\_\_ no  
Doctor Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_  
Any Allergies (if so, please list): \_\_\_\_\_  
Any Medications taken by student (please list): \_\_\_\_\_

*In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand this activity is voluntary and my child's participation is not mandatory. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover an injury while participating at this event. Further, I agree to indemnify and hold harmless the Freeman School District.*

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

## REGISTRATION DEADLINE to guarantee a shirt: Tuesday, May 2<sup>nd</sup>.

Mail to: Freeman High School 14626 S. Jackson Rd. Rockford, WA 99030  
OR turn into Freeman Elementary School or Middle School Front Office.

No refunds. One registration per camper. Registration form must be signed and camp paid for in order to participate. Walk up campers welcome, but not guaranteed a t-shirt.

# FREEMAN BASEBALL CAMP 2023



Who: Grades 3-8

When: May 30 - June 1, 3:00-5:00

Where: FHS Baseball Field

Cost: \$40 Per Player (Camp T-Shirt Included)

Player Name:	
Grade:	
Shirt Size (Circle One):	Youth: M L XL // Adult: S M L XL
Address:	
Parent Name & Phone Number:	
Emergency Contact & Phone Number:	
Doctor Name & Phone Number:	

In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand that this activity is voluntary and that my child's participation is not mandatory. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover an injury while participating in this event. Further, I agree to indemnify and hold harmless the Freeman School District.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Does your child take any medications? \_\_\_\_\_  
Does your child have allergies? \_\_\_\_\_  
Insurance Policy: \_\_\_\_\_ Policy Number: \_\_\_\_\_

## Registration Due by May 20, 2023

**FYI:** The activity bus will not be running during these dates, so parents will be in charge of pick-up.

Questions? Email Bryce Williamson @brycewilliamson@freemansd.org





## FREEMAN BOYS BASKETBALL KIDS CAMP

**WHO:** Boys Grades 2-5th

**WHEN:** May 23, 24, 25

**WHERE:** FHS GYMS Times: 3:15-5:00

We are so excited to be running another basketball camp for BOYS grade 2nd-5th on May 23-25th. The camp is to improve on individual and team fundamentals skills. Each participant will receive a t-shirt on the last day of camp. This will also be a great time to meet the coaches and some of the players you see at the games.

**Cost:** \$30 ( Please make checks payable to Freeman High School)

**T-Shirt Size:** (Youth) S M L XL (Adult) S M L XL Current Grade \_\_\_\_\_

**Camper Name:** \_\_\_\_\_

**Address** \_\_\_\_\_

**Guardian** \_\_\_\_\_ **Phone** \_\_\_\_\_

**My child will need to ride the activity bus home** ☐ yes ☐ no

In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand this activity is voluntary and my child's participation is not mandatory. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover an injury while participating at this event. Further, I agree to indemnify and hold harmless the Freeman School District.

**Doctor Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

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

**Any medications taken by student** \_\_\_\_\_

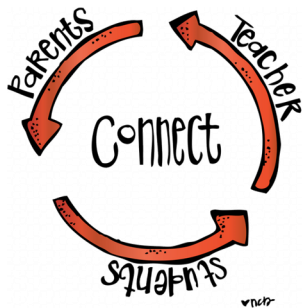
**Any Allergies** \_\_\_\_\_

**Insurance company & Policy number** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**REGISTRATION MUST BE IN BY MAY 8, 2023 TO GUARANTEE A T-SHIRT FOR PARTICIPANT**

Contact: Freeman boys basketball assistant coach Bill DePell for any questions at [billdepell@yahoo.com](mailto:billdepell@yahoo.com) or 509-710-1021



Your Freeman School District **Parent-Teacher-Student Group (PTSG)** would love to see our parents/guardians at our final PTSG meeting. **Please join us May 10** 5:30 PM, FES Community Classroom. Please think about participating as an **elementary classroom representative** for the 2023-24 school year. More to follow on that special opportunity.



## Did you know...



Freeman Band students and Cheerleaders share their performance skills in the **Spokane Jr. Lilac Parade; Lilac Festival Armed Forces Torchlight Parade in May; and the Southeast County Fair in September.**



## MAY COURAGE

Displaying integrity in spite of obstacles and challenges

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



# svgsa.com

## Spokane Valley Girls Softball Assn.

Register Now! Online @ [www.svgsa.com](http://www.svgsa.com)  
Questions? Email us at: [info@svgsa.com](mailto:info@svgsa.com)

### Divisions & Ages:

(Players age on July 31 determines division)

6U – Tee Ball	Ages 6 & Under
8U – Machine Pitch	Ages 7 & 8
10U – Machine Pitch	Ages 9 & 10
12U – Fastpitch	Ages 11 & 12
14U – Fastpitch	Ages 13 & 14
18U – Fastpitch	Ages 15 - 18

\*Check out our website for information on upcoming clinics as well as other important dates.

\*Want to become a sponsor? Visit [www.svgsa.com](http://www.svgsa.com) for sponsorship opportunities.

### Game Nights

6U, 10U, & 14U – Tuesdays & Thursdays  
8U, 12U, & 18U – Mondays & Wednesdays  
It may be necessary to play some Fridays.

**Office Hours:** To be announced on website for check and birth certificate processing. Our office is not opened any other times. If you have questions please contact us via email at: [info@svgsa.com](mailto:info@svgsa.com)

**Office located at:** 12505 East Sprague, Suite 1  
**Mail:** PO Box 883 Spokane Valley, WA 99037

Spokane Valley Girls Softball Assoc. Est. 1967

SVGSA is a non-profit, all volunteer organization that has operated in the Spokane Valley for over 50 years. We are dedicated to promoting amateur fastpitch softball for girls and sanction by the ASA.

## SUMMER SPORTS CAMPS

QUESTIONS? PLEASE EMAIL [SEASON2SPORTSCAMPS@GMAIL.COM](mailto:SEASON2SPORTSCAMPS@GMAIL.COM)



### GAMEBREAKER LACROSSE CAMPS

Dwight Merkel Sports Complex - Spokane, WA

[laxcamps.com](http://laxcamps.com)



### REVOLUTION SOCCER CAMPS

Dwight Merkel Sports Complex - Spokane, WA

[soccercamper.com](http://soccercamper.com)



### REVOLUTION SOFTBALL CAMPS

Dwight Merkel Sports Complex - Spokane, WA

[summersoftballcamps.com](http://summersoftballcamps.com)



### REVOLUTION BASEBALL CAMPS

Dwight Merkel Sports Complex - Spokane, WA

[revolutionbaseballcamps.com](http://revolutionbaseballcamps.com)



### ADIDAS TENNIS CAMPS

Mission Park - Spokane, WA

[tenniscamper.com](http://tenniscamper.com)

USE CODE **EARLY30**

TO SAVE \$30

**SIGN UP TODAY!**

Follow us on Instagram: [@season2sportscamps](https://www.instagram.com/season2sportscamps)

We're always looking for great coaches...

Reach out to us! \*We offer a limited number of camp scholarships. If interested in learning more, please email [season2sportscamps@gmail.com](mailto:season2sportscamps@gmail.com)

This event is made possible by the Spokane County Regional Solid Waste System and supported by a grant from the Washington State Department of Ecology.



## School Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pop Tarts String Cheese Cereal & Goldfish Cravings Juice Variety Chocolate Milk White Milk French Toast Socks	2 Cereal & Goldfish Breakfast Pizza Juice Variety Chocolate Milk White Milk Gala Apple Breakfast Pizza	3 <b>LATE START</b> Have a Healthy Breakfast at Home	4 Egg McFreeman Cereal & Goldfish Juice Variety Chocolate Milk White Milk Banana	5 Cinnamon Roll w/icing Cereal & Goldfish Pear Juice Variety Chocolate Milk White Milk
Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg McFreeman Alternate Lunch Chocolate Milk White Milk	2 Mozzarella Bread Sticks Alternate Lunch Chocolate Milk White Milk	3 Totchos Alternate Lunch Chocolate Milk White Milk	4 Teriyaki Chicken Noodles Alternate Lunch Chocolate Milk White Milk	5 Chicken Burger Alternate Lunch Chocolate Milk White Milk



## Spokane Lilac Festival Schedule

Community Military Golf Tournament (May)  
Lilac Legacy Art Show & Competition (May 16)  
Spokane Lilac Festival President's Gala (May 19)  
Spokane Lilac Festival Brewfest (May 20)  
Cruzin' The Falls Car Show (May 20)  
Armed Forces Torchlight Parade (May 20, 7:45 pm)

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

## TIRE COLLECTION EVENT

FREE TIRE DISPOSAL  
(NO RIMS)  
RESIDENTS MUST  
UNLOAD OWN TIRES

SAT, MAY 20 | 9-2  
FIRE STATION  
17815 E TRUAX RD.  
FAIRFIELD, WA

**NO DUMPING.** Tires will only be accepted during this date and time

**NO OVERSIZED TIRES**  
RESIDENTIAL ONLY- NO BUSINESSES