

FREEMAN ELEMENTARY SCHOOL

LISA PHELAN
PRINCIPAL/ASST. SUPERINTENDENT
LPHELAN@FREEMANSD.ORG
MIKE ALLEN
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MAIN LINE: 509-291-4791
ATTENDANCE LINE: 509-291-7425
TRANSPORTATION: 509-291-5555

BRIANNE WINEINGER, SECRETARY
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SCOTTIE SCOOP

SEPTEMBER
12, 2025

UPCOMING DATES

SEP 15 COLLECTION DAY FOR SCOTTIE DASH
SEP 16 2:45-5:15PM = ROBOTICS (K8 MPR)
SEP 17 9:00AM-2:00PM = 5TH GRADE FIELD TRIP
SEP 17 2:45-4:00PM = GIRL SCOUTS (COMM CLSRM)
SEP 17 6:00PM = PTSG SKATE NIGHT AT ROLLER VALLEY
SEP 18 2:45-5:15PM = ROBOTICS (K8 MPR)
SEP 19 8:00AM-1:30PM = 3RD GRADE FIELD TRIP
SEP 19-21 SE SPK COUNTY FAIR (ROCKFORD FAIRGROUNDS)
SEP 22 6:00-8:00PM = BOARD MEETING AT PRTC
SEP 23 COLLECTION DAY FOR SCOTTIE DASH
SEP 23 2:45-5:15PM = ROBOTICS (K8 MPR)
SEP 23 11:59PM = SCOTTIE GEAR ONLINE STORE DEADLINE!
SEP 24 10:15AM = LATE START (BUSES ALSO 2 HRS LATER)
SEP 24 2:45-4:00PM = GIRL SCOUTS (COMM CLSRM)
SEP 25 2:45-5:15PM = ROBOTICS (K8 MPR)
SEP 26 INDIVIDUAL STUDENT PHOTOS
SEP 26 SCOTTIE DASH! COLLECTION DAY!
SEP 30 MINI CHEER CAMP (FES GYM)
OCT 1 MINI CHEER CAMP (FES GYM)
OCT 2 MINI CHEER CAMP (FES GYM)
SEP 30 2:45-5:15PM = ROBOTICS (K8 MPR)

AFTER SCHOOL ACTIVITIES

AS AFTER SCHOOL ACTIVITIES START TO RAMP UP, PLEASE COMMUNICATE WITH THE OFFICE IF YOUR STUDENT WILL BE STAYING RIGHT AFTER SCHOOL FOR ANY SPORTS OR ACTIVITIES. IF YOU ARE A COACH/LEADER, PLEASE PROVIDE THE OFFICE WITH YOUR PRACTICE/ACTIVITY SCHEDULE AND ROSTER. WE ALSO NEED AN ADULT TO BE HERE WITH THE STUDENTS RIGHT AFTER SCHOOL (2:45PM) IF YOUR TEAM OR CLUB IS STAYING. THE KIDS CANNOT BE LEFT UNSUPERVISED WHILE THEY WAIT FOR PRACTICE TO START.

RETURNING STUDENTS INFO. UPDATE

IT'S THAT TIME OF THE YEAR AGAIN! FOR ALL STUDENTS NEW AND RETURNING, PLEASE LOG INTO YOUR FAMILY ACCESS ACCOUNT AND UPDATE/REVIEW YOUR STUDENTS' INFORMATION. IT IS SO IMPORTANT FOR US TO HAVE UPDATED INFORMATION INCLUDING CONTACT INFORMATION AND HEALTH UPDATES. IF YOU HAVE NO CHANGES, THE PROCESS SHOULD BE VERY QUICK! PLEASE HAVE THEM COMPLETED FOR ALL OF YOUR STUDENTS BY **SEPTEMBER 30TH**. SEE THE LINKS ABOVE FOR INSTRUCTIONS ON HOW TO SIGN INTO FAMILY ACCESS AND A LINK TO FAMILY ACCESS.

REMINDER TO FAMILIES

PLEASE CALL OUR ATTENDANCE LINE (509) 291-7425 TO REPORT YOUR CHILD ABSENT FOR THE DAY.
FOR BUS ROUTE QUESTIONS PLEASE CALL
TAWNYA AT (509) 291-5555
COMMUNICATE ANY TRANSPORTATION CHANGES WITH THE ELEMENTARY OFFICE (509) 291-4791. ANYTHING DIFFERENT THAN THEIR NORMAL MODE OF TRANSPORTATION HOME WILL NEED A NOTE OR PHONE CALL TO US. ALWAYS REMEMBER TO CHECK INTO OUR OFFICE WHEN YOU COME TO SCHOOL. PLEASE BRING YOUR DRIVER'S LICENSE IN WITH YOU FOR YOUR FIRST FEW VISITS AND IF YOU ARE CHECKING OUT YOUR CHILD EARLY.

NOTE FROM MRS. BEAZER



DEAR PARENTS AND GUARDIANS,
MY NAME IS MRS. BEAZER, AND I'M THRILLED TO BE YOUR CHILD'S MUSIC TEACHER THIS YEAR! A LITTLE ABOUT ME: I'VE BEEN TEACHING MUSIC FOR 7 YEARS AND AM PASSIONATE ABOUT CREATING A FUN AND ENGAGING CLASSROOM WHERE STUDENTS CAN GROW MUSICALLY, CREATIVELY, AND CONFIDENTLY. I'M LOOKING FORWARD TO AN EXCITING YEAR OF LEARNING AND MAKING MUSIC TOGETHER!

THROUGHOUT THE YEAR, STUDENTS WILL EXPLORE A WIDE VARIETY OF MUSICAL ACTIVITIES, INCLUDING SINGING, MOVEMENT, PLAYING CLASSROOM INSTRUMENTS, READING MUSIC, AND LEARNING FUN AND INTERESTING FACTS ABOUT MUSIC AND COMPOSERS. EACH GRADE LEVEL WILL BUILD ON THESE SKILLS AS THEY GROW IN THEIR MUSICAL UNDERSTANDING AND CREATIVITY.

STUDENTS IN GRADES 3-5 WILL HAVE THE OPPORTUNITY TO PLAY A VARIETY OF INSTRUMENTS THIS YEAR, INCLUDING XYLOPHONES, DRUMS, AND RHYTHM INSTRUMENTS. ONE OF THE KEY INSTRUMENTS WE'LL FOCUS ON IS THE RECORDER, WHICH HELPS STUDENTS DEVELOP ESSENTIAL MUSIC-READING AND PERFORMANCE SKILLS. I RECOMMEND PURCHASING A YAMAHA SOPRANO RECORDER WITH GERMAN FINGERING, AS IT OFFERS A CLEAR SOUND AND LASTING DURABILITY AT AN AFFORDABLE PRICE. WHILE MANY INEXPENSIVE RECORDERS ARE AVAILABLE ONLINE OR IN STORES, PLEASE BE AWARE THAT VERY CHEAP OR OFF-BRAND RECORDERS MAY BREAK EASILY OR PRODUCE UNPLEASANT TONES, WHICH CAN BE FRUSTRATING FOR STUDENTS AND HINDER THEIR PROGRESS. PLEASE PLAN TO HAVE YOUR CHILD'S RECORDER BY NOVEMBER 1ST SO WE CAN BEGIN USING THEM IN CLASS. IF PURCHASING ONE PRESENTS A HARDSHIP, FEEL FREE TO REACH OUT TO ME—WE'LL ENSURE EVERY STUDENT HAS WHAT THEY NEED TO SUCCEED.

WE'RE ALSO LOOKING FORWARD TO SHARING OUR MUSIC WITH YOU DURING OUR PERFORMANCES! STUDENTS IN GRADES K-2 WILL HAVE A WINTER CONCERT IN DECEMBER, AND STUDENTS IN GRADES 3-5 WILL PERFORM IN A SPRING CONCERT. FIRM DATES WILL BE DECIDED UPON SOON AND COMMUNICATED IN A TIMELY MANNER.

FINALLY, WE ALWAYS WELCOME EXTRA HANDS AND HEARTS IN THE MUSIC ROOM! IF YOU ARE INTERESTED IN VOLUNTEERING YOUR TIME OR DONATING GENTLY USED INSTRUMENTS, SUPPLIES, OR OTHER MATERIALS, PLEASE REACH OUT—I'D LOVE TO CONNECT.
LOOKING FORWARD TO A WONDERFUL YEAR OF MUSIC-MAKING!

WARMLY,
AMY BEAZER (ABEAZER@GOSCOTTIES.COM)

MEET YOUR FREEMAN ELEMENTARY STAFF!

WE ARE ASKING OUR STAFF, "WHAT DO YOU LOVE ABOUT FREEMAN?" AND "WHAT ARE 2 FUN FACTS ABOUT YOURSELF?"



EMMA FREY
TRANSITION TO KINDERGARTEN

I LOVE FREEMAN BECAUSE EVERYONE HAS BEEN SO KIND AND WELCOMING.

I LOVE TO READ AND HAVE 1,000 BOOKS. MY HUSBAND AND I ARE PLANNING TO GO ON ROAD TRIPS TO ALL OF THE NATIONAL PARKS.



GENA HAWK
TRANSITION TO KINDERGARTEN

I LOVE FREEMAN BECAUSE IT TRULY FEELS LIKE FAMILY. MY BOYS HAVE RECEIVED AN INCREDIBLE EDUCATION HERE AND THE TRADITIONS HAVE CREATED LASTING MEMORIES FOR ALL OF US.

I LOVE TO CROCHET AND MAKE SOAP. I HAVE BEEN CALLED A MINI HOMESTEADER.



AMANDA KAZMI
TRANSITION TO KINDERGARTEN

I LOVE FREEMAN FOR ITS STRONG SENSE OF COMMUNITY AND THE WONDERFUL STUDENTS, FAMILIES AND COLLEAGUES I GET TO WORK WITH EACH DAY.

I GREW UP SHOWING HORSES COMPETITIVELY UNTIL I GRADUATED COLLEGE AND NOW I HAVE A MINI ANIMAL FARM (PONIES, GOATS, DONKEYS, DOGS AND CATS. I STARTED FLYING IN HOT AIR BALLOONS WHEN I WAS AROUND 4-YEARS-OLD.



TRACY HUBBARD
KINDERGARTEN

I LOVE FREEMAN BECAUSE IT HAS BEEN MY HOME FOR 31 YEARS! THE COMMUNITY, FAMILIES, STAFF AND STUDENTS ARE AMAZING!

ONE FACT ABOUT ME IS THAT I WENT TO THE UK AND GREECE THIS SUMMER AND ANOTHER FUN FACT IS I LOVE GONZAGA BASKETBALL!



LARYSSA KANN
KINDERGARTEN

I LOVE THAT I GET TO WORK WITH SOME OF MY BEST FRIENDS AND I ALSO LOVE THAT I GET TO TEACH WHERE MY OWN 4 KIDS GO TO SCHOOL.

I WENT TO 5 DIFFERENT ELEMENTARY SCHOOLS. I LOVE PLAYING BOARD GAMES WITH MY FAMILY - WE PROBABLY HAVE OVER 50 DIFFERENT GAMES!



CRICKET SPITZE
KINDERGARTEN

I LOVE FREEMAN BECAUSE OF THE WELCOMING COMMUNITY. WE HAVE REALLY WONDERFUL KIDS AND FAMILIES HERE!

I REALLY ENJOY TRAVELING. I WENT TO GLACIER NATIONAL PARK AND ALASKA THIS SUMMER. I ALSO HAVE A COLLECTION OF PRESSED PENNIES FROM ALL THE PLACES I'VE GONE.



BARB GADY
KINDERGARTEN/1ST MULTIAGE

I LOVE FREEMAN BECAUSE THIS IS MY HOME. OUR COMMUNITY IS THE BEST, AND I WOULDN'T WANT TO BE ANYWHERE ELSE.

MY HUSBAND IS VERY FAMOUS... HIS NAME IS MR. GADY! WE ARE EXPECTING OUR FIRST GRANDBABY IN FEBRUARY!



KIM DAVEY
FIRST GRADE

I LOVE OUR FANTASTIC FREEMAN STUDENTS AND THE AMAZING PROFESSIONALS I GET TO WORK BESIDE AND LEARN FROM EACH DAY!

I LIVED IN A MUD HUT IN SUDAN FOR FIVE YEARS AND I HAVE CLIMBED MT. RAINIER.



KIRSTEN SCHWEIGER
FIRST GRADE

I LOVE THE FAMILIES OF FREEMAN. IT IS SO FUN TO WATCH THE KIDS AND FAMILIES I HAD IN KINDERGARTEN AND FIRST GRADE GROW THROUGHOUT ALL THREE BUILDINGS.

I GREW UP ON A FARM IN A SMALL TOWN AND ALL FOUR OF MY KIDS ARE K-12 FREEMAN GRADUATES.

NUTRITION SERVICES

EACH SCHOOL YEAR, STUDENTS WHO WERE ON THE FREE/REDUCED ELIGIBILITY MEAL PROGRAM FOR THE PREVIOUS SCHOOL YEAR ARE ALLOWED TO CARRY OVER THEIR ELIGIBILITY INTO THE NEW SCHOOL YEAR FOR 30 SCHOOL DAYS FROM THE FIRST DAY OF SCHOOL. FOR SY 2025/26, THAT **30-DAY WINDOW ENDS ON OCTOBER 2, 2025**. IF WE DO NOT HAVE AN UPDATED FREE/REDUCED PRICE MEAL APPLICATION, OR OTHER QUALIFYING UPDATED ELIGIBILITY STATUS FOR THE NEW SCHOOL YEAR, ANY STUDENTS WHO QUALIFIED FOR FREE/REDUCED PRICE MEALS DURING THE PREVIOUS SCHOOL YEAR WILL AUTOMATICALLY HAVE THEIR ELIGIBILITY CHANGED TO PAID EFFECTIVE OCT 3, 2025. **PLEASE NOTE: NEW APPLICATIONS RECEIVED PRIOR TO THE ELIGIBILITY EXPIRATION DATE WILL SUPERSEDE THE 30-DAY ELIGIBILITY CARRY OVER. THIS MEANS IF WE RECEIVE A NEW APPLICATION BEFORE THE 30-DAY EXPIRATION DATE, THAT APPLICATION WILL BE PROCESSED, AND ANY CHANGES FROM THE PROCESSED APPLICATION WILL SUPERSEDE THE PREVIOUS ELIGIBILITY.**

APPLICATIONS CAN BE DOWNLOADED/PRINTED FROM: [FREE/REDUCED APPLICATION LINK](#)

APPLICATIONS CAN ALSO BE COMPLETED ONLINE THROUGH SKYWARD FAMILY ACCESS. ADDITIONALLY, APPLICATIONS MAY BE PICKED UP FROM THE SCHOOL DISTRICT OR SENT HOME WITH STUDENTS.

IF YOUR STUDENT(S) WERE ON THE FREE/REDUCED PRICE MEAL PROGRAM LAST YEAR, AND WE DO NOT HAVE A NEW APPLICATION FOR SY 2025/26, PLEASE COMPLETE AND SUBMIT A NEW APPLICATION TO FREEMAN SD NUTRITION SERVICES.

ELEMENTARY BREAKFAST: \$2.20 ADULTS: \$3.20

15	Pretzel ----- Cereal & Goldfish ----- Craisins Chocolate Milk White Milk	16	Dutch Waffle ----- Cereal & Goldfish ----- Gala Apple Juice Variety Chocolate Milk White Milk	17	Cereal & Goldfish ----- Mini Filled Bagel ----- Fresh Orange Chocolate Milk White Milk	18	Egg McFreeman ----- Cereal & Goldfish ----- Banana Juice Variety Chocolate Milk White Milk	19	Cereal & Goldfish ----- Cinnamon Roll w/Icing ----- Pear Chocolate Milk White Milk
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ELEMENTARY LUNCH: \$3.60 ADULTS: \$5.00

15	Nachos w/Ground Beef ----- Alternate Lunch ----- Chocolate Milk White Milk	16	Macaroni & Cheese ----- Alternate Lunch ----- Chocolate Milk White Milk	17	Chicken Nuggets Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk	18	Assorted Pizza ----- Alternate Lunch ----- Chocolate Milk White Milk	19	Chicken Burger ----- Alternate Lunch ----- Chocolate Milk White Milk
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JUST A REMINDER: PLEASE DO NOT PACK ENERGY DRINKS OR SODA IN YOUR STUDENTS' LUNCH.

SCOTTIE DASH - SEPTEMBER 26TH

THE SCOTTIE DASH IS COMING! ON FRIDAY, SEPTEMBER 26TH, STUDENTS AND STAFF FROM FREEMAN ELEMENTARY AND MIDDLE SCHOOLS WILL PARTICIPATE IN THE RUN ON THE FREEMAN SCHOOL DISTRICT TRACK. ALL PARTICIPANTS WILL RECEIVE A POPISLE AND HAVE THE CHANCE TO EARN PRIZES. PICTURED BELOW ARE SOME OF THE PRIZES WE HAVE RECEIVED. THIS FUNDRAISER IS A JOINT EFFORT BETWEEN THE TTK-8 ASSOCIATED STUDENT BODY (ASB) AND THE PARENT, TEACHER, STUDENT GROUP (PTSG). THE PROCEEDS WILL BENEFIT OUR STUDENTS THROUGH FIELD TRIPS, COMMUNITY EVENTS, SPORTS, CLUBS, PLAYGROUND UPDATES, ASSEMBLIES AND MORE! ALL STUDENTS SHOULD HAVE RECEIVED THEIR KICKOFF LETTER, PLEDGE SHEET, AND TURN-IN ENVELOPE. PLEDGES WILL BE COLLECTED IN THE PARENT PICK-UP LOOP BEFORE SCHOOL ON THE FOLLOWING DATES: MONDAY, SEPTEMBER 15TH, TUESDAY, SEPTEMBER 23RD AND FRIDAY, SEPTEMBER 26TH. REMEMBER SAFETY AND ACCOMPANY ALL CHILDREN WHEN COLLECTING PLEDGES. LET FAMILY, FRIENDS, AND CO-WORKERS KNOW THIS FUN RUN SOLELY FUNDS THESE PROGRAMS AND DIRECTLY BENEFITS ALL OF OUR CHILDREN. WE CANNOT DO THIS WITHOUT YOU! PLEASE CONSIDER JOINING YOUR STUDENT AND "DO THE DASH" OR VOLUNTEER THE DAY OF THE EVENT.

FOR MORE INFORMATION, CONTACT JIM STRAW OR MIKE ALLEN AT (509) 291-7301. THANK YOU TO OUR SPONSORS THAT HAVE ALREADY COMMITTED! DONATIONS AND ENVELOPES CAN ALSO BE TURNED INTO THE FES/FMS OFFICES OR ONLINE AT THE QR CODE BELOW. CHECKS SHOULD BE MADE OUT TO FREEMAN ASB.

Scottie Dash

TK - 8 Fundraiser

FRIDAY
SEPTEMBER 26

Our Impact Supports TK-8:
• Field Trips
• Craft Fairs
• Dance
• Math in Ool
• Class Retreats
• Robotics

Sponsor Benefits:
• Recognition on event materials, banners, and social media
• Logo on event T-shirts (Corporate, Platinum, Gold)
• Community visibility with Freeman families

Sponsorship Levels:
• Corporate Sponsor: \$2,500
• Platinum Sponsor: \$1,000
• Gold Sponsor: \$500
• Silver Sponsor: \$250
• Custom Sponsorship: Any amount welcome and recognized

Ready to Help? Click the QR Code above
Please add your student's name with any donation

Questions?
Email: jstraw@freemansd.org
or mallen@freemansd.org

All Proceeds to Support Primary Funding for TK-8 ASB & PTSG programs





COUNSELING CORNER

WITH SCHOOL COUNSELOR
KAYLEEN ARCHIBALD
KARCHIBALD@FREEMANS.D.ORG

MY FEELINGS ARE LIKE A RAINBOW
OUR FEELINGS ARE LIKE A RAINBOW, WITH MANY DIFFERENT
COLORS! ALL FEELINGS—EVEN BIG, UNCOMFORTABLE
ONES LIKE FRUSTRATION OR SADNESS—ARE OKAY. THE
FIRST STEP TO MANAGING EMOTIONS IS TO NAME THEM.
WHEN A CHILD CAN SAY, "I FEEL ANGRY," THEY START TO
TAKE CONTROL OF THEIR FEELINGS.

TRY THIS: CREATE A SIMPLE FEELINGS CHART WITH COLORS
THAT REPRESENT DIFFERENT EMOTIONS. AT THE END OF
THE DAY, HAVE YOUR CHILD POINT TO THE COLOR THAT
MATCHES HOW THEY FEEL AND TALK ABOUT IT.

PTSG EVENTS

WE HAVE SEVERAL PTSG EVENTS COMING UP! BE ON THE
LOOKOUT FOR MORE INFORMATION!

TRIPLE PLAY: OCTOBER 23RD

JOIN THE FREEMAN PTSG



FOR A FUN NIGHT AT
ROLLER VALLEY
9415 E 4TH Ave Spokane Valley

SEPTEMBER 17TH 6-8 PM

\$9 Admission | \$1 Rental Skates
\$5 - 4 & Under | Non Skaters free

EXTRA CURRICULAR ACTIVITIES!

SEE ATTACHED FLYERS

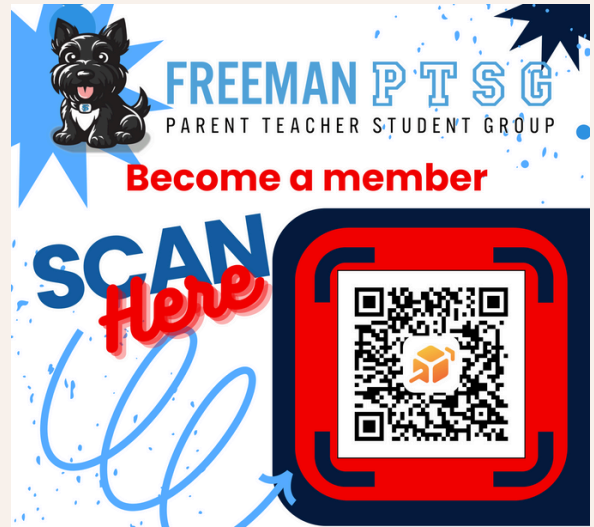
*FREEMAN HIGH SCHOOL MINI CHEER CAMP

*FALL CHESS REGISTRATION

*HOOPTOWN YOUTH LEAGUE REGISTRATION

PTSG MEMBERSHIP

PLEASE FOLLOW THIS [MEMBERSHIP LINK](#) TO BECOME A MEMBER OF OUR
AMAZING PTSG GROUP. GET INVOLVED IN ALL OF OUR FUN ACTIVITIES!



PTSG SCOTTIE GEAR SALE

PLEASE CHECK OUT THE PTSG FALL SCOTTIE GEAR SALE
THROUGH MOMENTUM INK! FOLLOW LINK OR THE QR CODE
BELOW TO THEIR WEBSITE TO SEE WHAT ITEMS ARE
AVAILABLE.



ONLINE STORE DEADLINE IS
TUESDAY, SEPTEMBER 23RD AT 11:59PM.



MOMENTUM INK LINK

OR THIS QR CODE



WE ARE HIRING!



SUBSTITUTE POSITIONS FOR...

- PARAEDUCATORS
- CUSTODIANS
- NUTRITION SERVICES

The Freeman School District is looking for
dedicated individuals to join our substitute
team to make this school year incredible!

If you have a passion for working with kids
and making a meaningful difference in
our community, we want to hear from you!

Please check out the **Jobs**
tab on our website to
learn more.

www.freemansd.org



FSD TECHNOLOGY NEWS

October, 2024

Dear Parent / Guardian,

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

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

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

With Qustodio, you'll be able to:

- Manage your child's screen time
- Supervise your child's online activity
- Access expert advice via [Freeman School District's Online Safety Hub](https://freemansd.onlinesafetyhub.io)

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](https://freemansd.onlinesafetyhub.io) for more information about Qustodio, access to expert advice and additional resources.

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

Freeman School District
Information Technology

myschool@qustodio.com

<https://freemansd.onlinesafetyhub.io>

PRIDE | COMMITMENT | CARING

SMS Text Opt-In



Parents and Guardians

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.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.

Opt-In from
your mobile
now!



Just send "Y"
or "Yes" to
67587.



*Information on SMS text messaging and Short Codes: SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers.

If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

*Terms and Conditions: Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/en for more info.

IMPORTANT LINKS

PLEASE CLICK ANY OF THE FOLLOWING LINKS FOR MORE INFORMATION:

FAMILY ACCESS INSTRUCTIONS LINK

FAMILY ACCESS LINK

FSD VOLUNTEER

FMS AND FHS NEWSLETTERS

WANT TO FIND OUT WHAT'S GOING ON IN THE MIDDLE SCHOOL AND/OR HIGH SCHOOL? CHECK OUT THEIR WEEKLY NEWSLETTERS AS WELL!

FREEMAN MIDDLE SCOOP

FHS FRIDAY FLYER

LineWize | Qustodio

TEAMWORK MADE EASY

App for Parents & Families

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

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



Visibility on student activity and device insights



Security coverage for in and out-of-school hours



Expert advice and guidance on digital threats and trends



Pause button to regulate digital activity

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

Filter and block feature for content and apps

Location tracking and panic button feature

Visibility on browsing history, social media, and screen time

Calls & messages tracking to monitor suspicious activity

Time limits and screen-free schedules

Tailored reports and alerts for inappropriate content

Works on the following devices:



Multi-parent access and management available

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



How to get started

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

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

Freeman High School Mini Cheer Camp

Grades TK-4. Camp days will be after school on **September 30th, October 1st, and 2nd, 3-4pm**. The game is **Friday, October 3rd**. Mini Cheer will perform at halftime of the football game. Please pack a snack for clinic days. Your child will need to be picked up from the elementary school gym by **4pm**. More info will be provided during the week of camp. Please turn this form into any school office by September 26th.

\$50 per camper.

Price includes pizza on Thursday, a T-shirt and a bow.

Cash or check made out to Freeman High School

Limited to 80 spots

Name:	
Age, Grade, Teacher:	
Shirt Size (Circle)	Youth S M L XL Adult S M L
Parent Email Address:	
Parent Name/Phone	
Emergency Contact/Phone	
Doctor Name/Phone	

YES I am okay with my child's picture being taken during camp or the performance to be used on the school website or social media

NO please do not take my child's picture

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 School CHESS CLUB

Sign up for Autumn 2025 Grades 2-8

SCHEDULE: After School, Thursdays 3:00 – 4:00 pm

8 Weeks: Oct 9, 16, 23, 30 Nov 6, 13, 20 Dec 4



Professional Chess Coach Dennis Pirello provides lectures, videos, and exercises, then facilitates tournament play. Students compete for club tournament awards. The chess club also competes against other clubs in regional tournaments held on Saturdays (this is an optional activity). Qualifying students are encouraged to enter the WA State Elementary Chess Championship, April 25, 2026, Tacoma, WA.

See tournament and camp schedule: www.inlandchess.org

TUITION ~ \$90 for 8 weeks. Each session is one hour. *Registration form below.*

Tuition pays for: **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.

Installment payments are accepted and limited scholarships are available.

Parents are encouraged to attend chess club to learn and play (free of charge).

Cut > _____

REGISTRATION for Freeman School Chess Club ~ Autumn 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 safety best practice and 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.

Parent: _____ Phone: _____ eMail: _____
(or Guardian)

Parent: _____ Phone: _____ eMail: _____
(or Guardian)

Address: _____ City _____ WA ZIP _____

___ \$90 Chess club tuition for 8 weeks. Partial 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 a child safe study and play website.

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

Total: \$ _____ Make check payable to Inland Chess Academy. Mail registration to Inland Chess Academy, leave them with the school office, or bring them to first day of Chess Club.

Inland Chess Academy ~ Licensed, insured WA state non-profit, 501c3, educational organization.

920 N. Argonne Rd., Suite 120, Spokane Valley, WA 99212 509-822-9800
chess@inlandchess.org www.inlandchess.org 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 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. *Tournament schedule:* www.InlandChess.org

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.

"Chess is the only activity for our youth where they are expected to sit quietly and think long thoughts." JJ Dill II

Inland Chess Academy An insured and licensed 501c3 WA non-profit educational organization.

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

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