

FREEMAN ELEMENTARY SCHOOL

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Attendance Line: 509-291-7425
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Student Services/FES Secretary
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SCOTTIE SCOOP

NOVEMBER
7, 2025

UPCOMING DATES

- Nov 10** 8:45-9:15am = Veteran's Breakfast (FHS MPR)
9:30-11:00am = Veteran's Assembly (HS Blue Gym)
- Nov 11** Happy Veteran's Day (NO SCHOOL)
- Nov 12** 2:45-5:15pm = Robotics (K8 MPR)
2:45-4:00pm = Girl Scouts (FES Comm. Clsrm)
2:45-4:00pm = Math is Cool (FES Lg Conf. Rm)
5:30-6:30pm = PTSG Meeting (FES Comm. Clsrm)
- Nov 13** 2:45-4:00pm = Chess Club (FES Comm. Clsrm)
2:45-5:15pm = Robotics (K8 MPR)
- Nov 14** 4:30-6:30pm = Harvest Hoe Down
- Nov 18** 2:45-5:15pm = Robotics (K8 MPR)
- Nov 19** 2:45-4:00pm = Girl Scouts (FES Comm. Clsrm)
2:45-4:00pm = Math is Cool (FES Lg Conf. Rm)
2:45-6:00pm = Robotics (K8 MPR)
6:00-8:00pm = FSD Board Mtg. (PRTC)
- Nov 20** 2:45-4:00pm = Chess Club (FES Comm. Clsrm)
2:45-5:15pm = Robotics (K8 MPR)
- Nov 24-28** = Happy Thanksgiving Break - NO SCHOOL!!



COUNSELING CORNER

with School Counselor
Kayleen Archibald
karchibald@freemansd.org

The Power of "Yet"

Learning new things can be tough, and sometimes it's easy to say, "I can't!" Teach your child the power of adding the word "yet" to the end of that sentence. Saying "I can't do it yet" reminds us that we are still learning and growing.

Try This: The next time your child says, "I can't do it," respond with, "You can't do it... yet!" This simple change in language can make a big difference.

ATTENDANCE TIPS & TRICKS

We care about your students' learning and attendance, which go hand in hand.

****Set a regular bedtime and morning routine!****

If you have any questions or need to excuse absences, please reach out to the FES Office (509) 291-4791.



FREEMAN HIGH SCHOOL

ANNUAL VETERANS DAY *Assembly*

The Freeman Community and special guests are invited to join the Freeman School District for a program to honor those who have served our great country!

MONDAY

NOVEMBER 10TH, 2025

CONTINENTAL BREAKFAST:

8:45AM - 9:15AM

PROGRAM BEGINS:

9:30 AM

If you have pictures of your family members who have served in the military and would like them included in our slideshow, please send your submissions to:

margaret.vangemert@goscotties.com &
kmonasmith@freemansd.org

Be sure to include the following information:
Name, Branch, Years Served, Relation to Freeman,
Any Honors or Medals Received, Photo

RETURNING STUDENTS INFO. UPDATE

Thank you for continuing to get us up to date! We still have about 33 students whose Returning Student Information Updates are needed! All students NEW and RETURNING need their information verified and updated. If you have no changes, the process should be very quick! Please call the office if you need help logging in or have any questions at all!
(509) 291-4791

IMPORTANT LINKS

Please click any of the following links for more information:

[Family Access Instructions Link](#)

[Family Access Link](#)

[FSD Volunteer Application Link](#)

FREEMAN PTSG

HARVEST HOE DOWN

RAFFLES - FOOD - GAMES

FRIDAY, NOV. 14

4:30 PM- 6:30 PM

at FREEMAN ELEMENTARY SCHOOL

ADMISSION \$10 PER FAMILY
PIZZA- \$5
RAFFLE- \$1 PER TICKET
OR 25 TICKETS FOR \$20

TICKET

TICKET

**SPOKANE CHIEFS
SCHOOL NIGHT**

PRESENTED BY
**Shriners
Children's
Spokane**

SATURDAY, NOVEMBER 22 | 6:05 PM PUCK DROP

**Coca-Cola
FAMILY
FEAST NIGHT**

\$12 TICKETS

OFFER VALID FOR STUDENTS,
FAMILIES, FRIENDS, AND FACULTY

**CLICK
HERE** **TEXT/CALL
509-431-6817**

**TICKET DEADLINE NOVEMBER 18.
TICKETS WILL BE DELIVERED DIGITALLY.**

SPOKANECHIEFS.COM/SCHOOLNIGHT

Next Friday is our big Harvest Hoe Down! We need **50** more volunteers to have another successful event. Thank you to all who have already volunteered. It is also a great opportunity for High School and Middle School students to get volunteer hours and a dinner voucher to eat at the Hoe Down! Follow the link below to volunteer for this fun community event!!

HARVEST HOE DOWN VOLUNTEERS

We will also have a bin at the Harvest Hoe Down for food donations which will benefit the Fill the Gap program. Please feel free to bring donations to the Harvest Hoe Down.

Donation Requests:

Canned chicken
Cup O'Noodles
Chili
Beef Stew
Soups
Mac and Cheese
Pepperoni sticks
Personal size or large cereal boxes
Instant Oatmeal
Snack pack crackers
Fruit or apple sauce cups
Variety pack snack or lunch items
Peanut butter crackers

EXTRA CURRICULAR ACTIVITIES!

See attached flyers
***Veteran's Day**
***Harvest Hoe Down**
***FHS Blood Drive**
***Spokane Chiefs School Night**
***Mealtime Memo**



Joanna Yearata
Thanks for all you do as our
School Psychology Intern here at
Freeman!



BIG SAVER!!

Bentley saved 125 hard-earned Scottie Bucks and bought this cool Lego set at the Outstanding You store today! What an accomplishment making so many great choices and saving up all of those bucks!



CELEBRATING WHAT MAKES US UNIQUE - AND WHAT BRING US TOGETHER

NATIVE AMERICAN HERITAGE MONTH

November is Native American Heritage Month - a time to honor the history, traditions, and contributions of the first peoples of our nation. Native American communities have shaped our land, culture and values in countless ways - from storytelling and art to environmental stewardship and democracy.

This month, let's celebrate the diverse tribes and nations that continue to thrive today. Together, we can learn, share, and show respect for their vibrant heritage that remains an essential part of our shared American story.

Fun Facts & History Highlights for Kids

Historical Facts:

- *There are 574 federally recognized Native American tribes in the U.S.
- *Native Americans were the first farmers of crops like corn, beans, squash and potatoes - foods we still eat today!
- *The Iroquois Confederacy influenced the U.S. Constitution and democratic government.
- *Many state names come from Native American languages - like Idaho, Oklahoma, Alaska and Massachusetts.

Cultural Facts:

- *Storytelling, music and dance are important ways Native communities pass down history and values.
- *Native Americans were some of the first environmentalists, believing that the Earth and all living things are connected.
- *Each tribe has unique traditional dress, languages and customs - no single culture represents all Native people.

Art & Symbolism:

- *Native artists use natural materials like clay, shells and beads.
- *Many symbols (like the eagle, turtle and sun) have deep meanings related to life, family and nature.

LIBRARY VOLUNTEERS

Mrs. Chadduck in the library appreciates all of the support from her volunteer parents. Check out the library volunteer opportunities that she still has available:

Monday 12:10-2:45
Check In /Check Out

Thursdays 8:15-11:10
Shelving, Processing New Books &
Book Repair

Fridays 9:15-11:10
Shelving, Processing New Books &
Book Repair

Look out for more information regarding
the upcoming Book Fair!

ELEMENTARY
BREAKFAST: \$2.20
ADULTS: \$3.20

10 Pretzel ----- Cereal & Goldfish ----- Craisins Chocolate Milk White Milk	11  Veteran's Day No School Today	12 Mini Filled Bagel ----- Cereal & Goldfish ----- Fresh Orange Chocolate Milk White Milk	13 Cereal & Goldfish Egg McFreeman Banana Juice Variety Chocolate Milk White Milk	14 Cinnamon Roll w/Icing ----- Cereal & Goldfish Pear ----- Chocolate Milk White Milk
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ELEMENTARY
LUNCH: \$3.60
ADULTS: \$5.00

10 Meatball Sub ----- Alternate Lunch ----- Chocolate Milk White Milk	11  Veteran's Day No School Today	12 Popcorn Chicken Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk	13 Assorted Pizza ----- Alternate Lunch ----- Chocolate Milk White Milk	14 Hamburger ----- Alternate Lunch ----- Chocolate Milk White Milk
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Just a reminder: Please do not pack any caffeinated or energy drinks in your students' lunch.



Community Food Resources and Information for the Freeman Community

The Freeman School District recognizes the challenges that many may face during the current government shutdown, and the upcoming holiday season. The Freeman School District has compiled resources below that families might find helpful during this time. Please know that Free/Reduced Price Meal Applications can be filled out at any time during the year. Applications can be downloaded from this link: [APPLICATION LINK](#) or filled out through Skyward Family Access

COMMUNITY FOOD RESOURCES: Please click on the links below for more information.

• [Second Harvest LINK](#)

FIND FOOD RESOURCES
NEAR YOU



Scan the QR code or visit
2-harvest.org/food-near-me



- [WA 211 LINK](#)
- [Hunger Free Washington LINK](#)
- [Second Harvest Bite 2 Go LINK](#)
- Hunger Free America Hunger Hotline: 1-866-3-HUNGRY or (Spanish) 1-877-8-HAMBRE
- [Healthy Choices on a Budget LINK](#)
- [Budget Smart Sample Menu LINK](#)



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

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

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](#)



FREEMAN SCHOOL DISTRICT
PRIDE | COMMITMENT | CARING

WE ARE LAUNCHING DISTRICT-WIDE SURVEYS
IN PARTNERSHIP WITH THE
CENTER FOR EDUCATIONAL EFFECTIVENESS (CEE).

Who is participating, and when?

- Staff, October 17-29, 2025
- Students, October 20-29, 2025
- Families, Winter-2026

Why are we doing this?

Your feedback helps us:

- Strengthen our Strategic Plan
- Guide Professional Development for educators
- Shape the supports and resources we provide across the district

How does it work?

Surveys are confidential and take just a few minutes.

Family links will be shared by email and available on the district website.



The Center for Educational Effectiveness

"SUCCESS WITHOUT FEEDBACK
IS AN ACCIDENT."

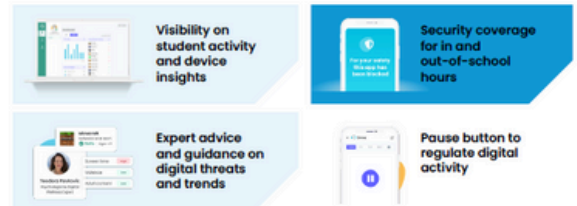
Lineize | Qustodio

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 Lineize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



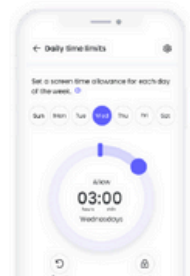
Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

- 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



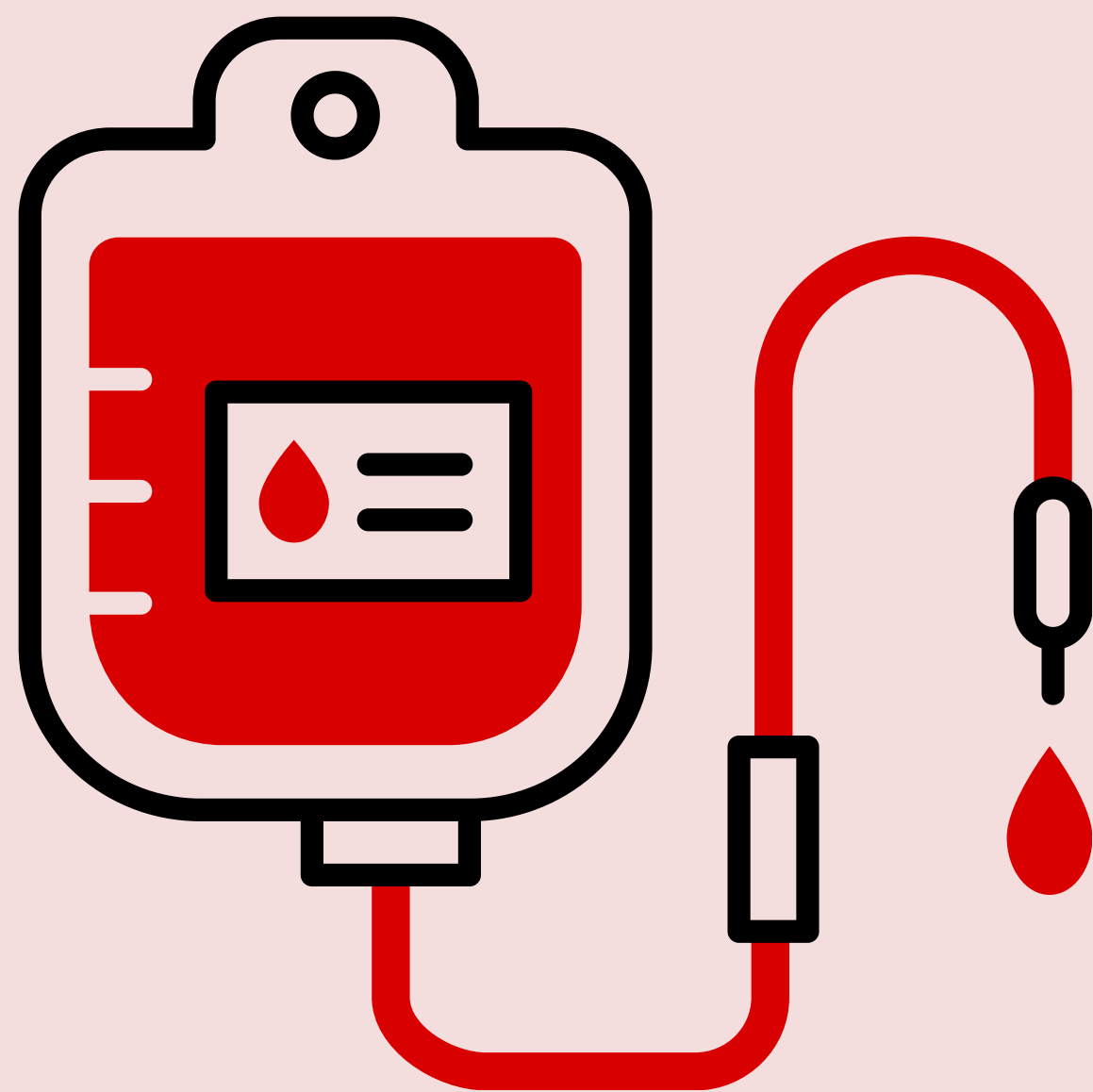
Qustodio is COPPA compliant and does not share personal data with third parties.



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



DONATE **BLOOD** SAVE LIVES

Friday, November 21 - 8:30a.m -1 p.m

Freeman High School, Rockford WA

SIGN UP HERE!



REQUIREMENTS

- Be at least 16 years old. If 16 or 17 years old, a signed parent/ guardian consent form is required each time you donate
- Weigh at least 110 pounds
- Male Donors: At least 5'0" tall and weigh at least 110 lb
- Female donors: refer to the chart for eligibility. (greater than or equal to)
- Be in good general health
- Have a photo ID.



FEMALE HEIGHT	FEMALE REQUIRED WEIGHT
≥ 4'10"	≥ 146
≥ 4'11"	≥ 142
≥ 5'	≥ 138
≥ 5'1"	≥ 133
≥ 5'2"	≥ 129
≥ 5'3"	≥ 124
≥ 5'4"	≥ 120
≥ 5'5"	≥ 115



Winter Weather Information

According to several forecasts, this winter may bring more snow than we've seen in recent years. We want to be sure all Freeman families are prepared in advance for possible schedule changes due to inclement weather.

Communication

If weather impacts the school day, we will share updates by 6:00 a.m. through:

- Automated emails, texts, and voice messages—please ensure your contact information in Skyward is accurate and Freeman SD is not blocked.
- The Freeman School District website and our Facebook & Instagram pages.
- Local news stations (note: their reports may not always be accurate — please rely on Freeman messaging first).

Weather Monitoring

When snow or ice is in the forecast, our Transportation Director and staff drive routes early in the morning to check conditions. Maintenance crews begin plowing and clearing parking lots and sidewalks before staff and students arrive. Even with these efforts, icy spots may remain—please use extra caution!

The elementary and middle school students go out to recess unless the temperature is below 12 degrees (wind chill is factored into this decision). We rely on the Apple Weather App to make this determination. Please ensure your students are dressed for the weather.

Delays and Cancellations

Our goal is always to keep schools open when possible.

- Two-Hour Delay: School begins at 10:15 a.m. Breakfast will not be served. Staff should report when they can do so safely.
- Cancellation: All school programs, activities, and events, and facility usage are canceled for the entire day and evening, even if conditions later improve. The day will be made up on the next scheduled make-up day.

Safety Tip: Walk Like a Penguin!

- Wear shoes with slip-resistant soles.
- Take short steps and keep your arms slightly out for balance.
- Hold onto your vehicle when getting in or out.

Thank you for your continued cooperation in helping keep our Freeman students, staff, and families safe this winter!



November 2025



Healthy Cooking

A nutritious meal starts with healthy ingredients, and how those ingredients are prepared or cooked is important. This *Mealtime Memo* explores ways to prepare nutritious meals in the Child and Adult Care Food Program (CACFP) using healthy ingredients and cooking methods.

In This Issue:

- Healthy Cooking Methods
- Retaining Nutrients in Fruits and Vegetables
- Cooking With Healthy Ingredients



[MEALTIME MEMO LINK for more information!](#)