

FREEMAN ELEMENTARY SCHOOL

Lisa Phelan
Principal/Asst. Superintendent
lphelan@freemansd.org
Mike Allen
Principal Assistant
mallen@freemansd.org

Main Line: 509-291-4791
Attendance Line: 509-291-7425
Transportation: 509-291-5555

Brianne Wineinger, FES Secretary
bwineinger@freemansd.org
Shayla Daniel,
Student Services/FES Secretary
sdaniel@freemansd.org

SCOTTIE SCOOP

NOVEMBER
14, 2025

UPCOMING DATES

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 (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 (Comm. Clsrm) 2:45-5:15pm = Robotics (K8 MPR)
Nov 24-28	Happy Thanksgiving Break! No School
Dec 1	Welcome Back!
Dec 2	2:45-5:15pm = Robotics (K8 MPR)
Dec 3	10:15am = Late Start 2:45-4:00pm = Girl Scouts 2:45-5:15pm = Robotics (K8 MPR) 5:30-6:30pm = PTSG Meeting (Comm. Clsrm)
Dec 4	2:45-4:00pm = Chess Club 2:45-5:15pm = Robotics (K8 MPR)
Dec 10	2:45-4:00pm = Girl Scouts
Dec 11	2:45-4:00pm = Chess Club (Comm. Clsrm)
Dec 12	PTSG Holiday Craft Night



COUNSELING CORNER

with School Counselor

Kayleen Archibald

karchibald@freemansd.org

Celebrating Small Wins

It's important to celebrate big successes, but it's just as important to celebrate the small ones, too! Teach your child to be proud of their progress, no matter how small it may seem. This builds confidence and encourages them to keep going.

Try This: Create a "Success Wall" on the refrigerator. When your child learns something new, finishes a book, or tries their best on a project, let them post a note about it on the wall

ATTENDANCE TIPS & TRICKS

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

Lay out clothes and pack backpacks the night before.

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

SAVE THE DATE:
K-2ND GRADE
WINTER CONCERT
DECEMBER 15TH
5:30-6:30PM
FHS BLUE GYM

Please look forward to more communication from Mrs. Beazer regarding the Kindergarten through 2nd grade performance details.

MS/HS Band/Choir concert will immediately follow the K-2 Concert

3rd through 5th grades will have a Spring Concert

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



CHRISTMAS BUREAU

Celebrating 79 years of providing holiday assistance to those in need!

Spokane County Fair and Expo Center | 404 N Havana, Spokane Valley, WA 99202

December 11-18, 2025

December 11, 12 and 13 | 10am-2pm
December 15, 16 and 17 | 3pm-7pm
December 18 | 10am-2pm
(Closed on Sunday, December 14)

Required Documentation
The following documentation is required to receive assistance:

Children (17 yrs. and younger)	Adults (18 yrs. and older)
Bring Proof of:	Bring Proof of:
Name Date of Birth or Age (Examples of acceptable documentation) • Birth Certificate • Insurance Card • Letter from school, DSHS or daycare • WA Apple Health Statement	Photo ID (copies acceptable) Proof of Physical Residence (Examples of acceptable documentation) • Bills • Rental Agreement

No Pre-Registration Required!



ChristmasSpokane.org

Follow us on Facebook
@christmasbureauspokane

Disclaimer: This is not an activity of any school or school district. Distribution of this material and the use of district facilities does not constitute an endorsement or sponsorship of the event.

Please also follow this link for more information on their website:
[CHRISTMAS BUREAU LINK](#)

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

SAVE THE DATE: BARNES AND NOBLE BOOK FAIR!
DECEMBER 6TH

EXTRA CURRICULAR ACTIVITIES!

- See attached flyers**
- *Harvest Hoe Down**
 - *FHS Blood Drive**
 - *Spokane Chiefs School Night**
 - *Mealtime Memo**
 - *Christmas Bureau**

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.

ELEMENTARY
BREAKFAST: \$2.20
ADULTS: \$3.20

17 Breakfast Cookie ----- Cereal & Goldfish ----- Craisins Chocolate Milk White Milk	18 Breakfast Pizza ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk	19 Cherry Strudel ----- Cereal & Goldfish ----- Fresh Orange Chocolate Milk White Milk	20 Pancake & Sausage Pancake Syrup ----- Cereal & Goldfish ----- Banana Juice Variety Chocolate Milk White Milk	21 Biscuit Omelet ----- Cereal & Goldfish ----- Banana Chocolate Milk White Milk
---	---	---	--	--

ELEMENTARY
LUNCH: \$3.60
ADULTS: \$5.00

17 Soft Taco ----- Alternate Lunch ----- Chocolate Milk White Milk	18 Chicken Alfredo Bread Sticks ----- Alternate Lunch ----- Chocolate Milk White Milk	19 Chicken Tenders Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk	20 Corn Dog Tater Tots ----- Alternate Lunch ----- Cauliflower White Milk	21 Turkey Gravy Mashed Potatoes Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk
--	--	--	--	--



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."

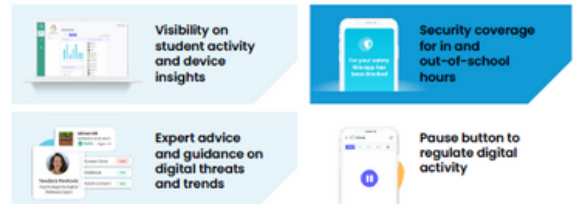
Linewize | Qustodio

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.



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

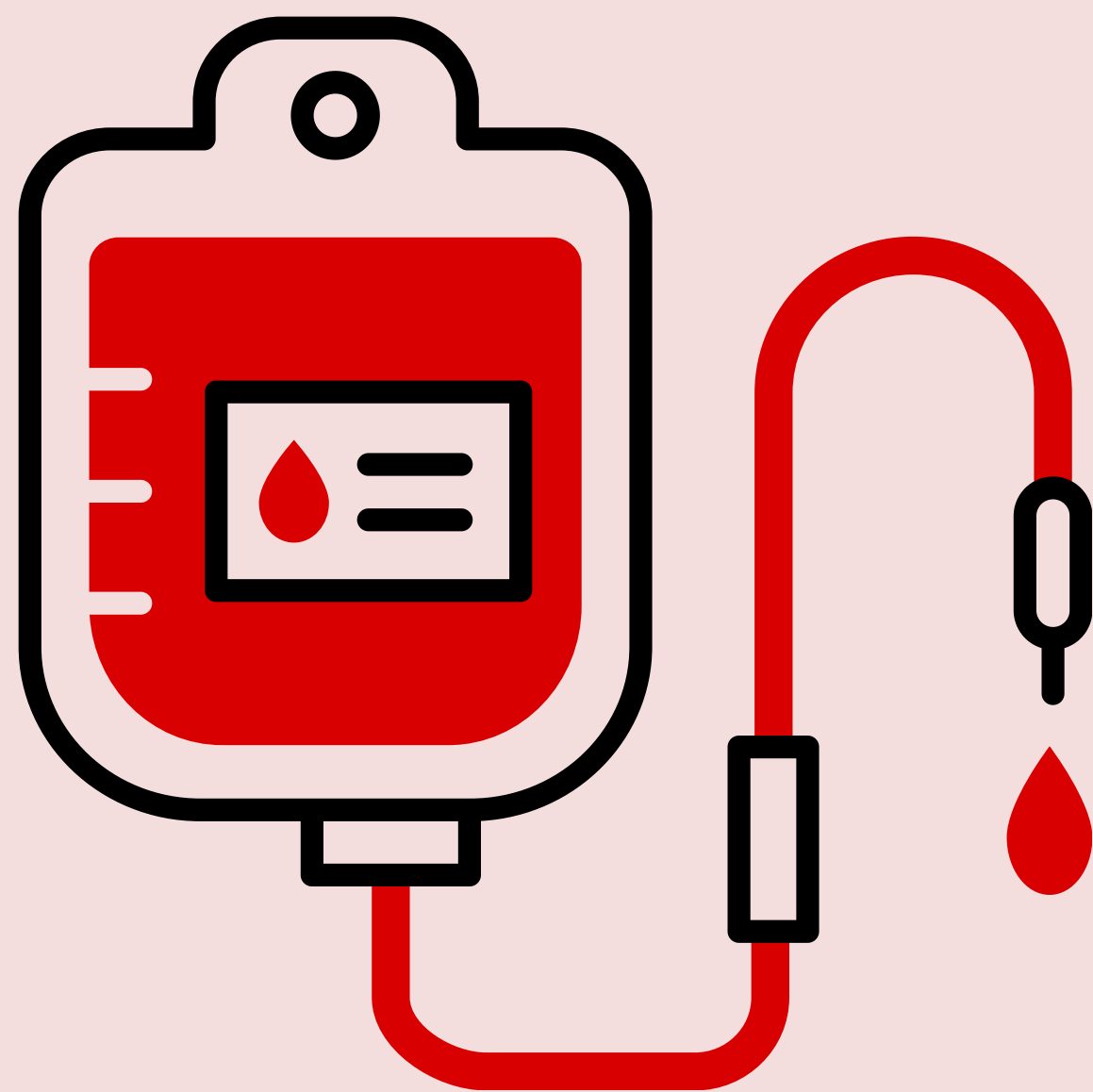
Qustodio is COPPA compliant and does not share personal data with third parties.



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

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 16.
TICKETS WILL BE DELIVERED DIGITALLY.**



SPOKANECHIEFS.COM/SCHOOLNIGHT



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



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!](#)