

FREEMAN ELEMENTARY SCHOOL

Lisa Phelan
Principal/Asst. Superintendent
lphelan@freemansd.org
509-291-4791 x100

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

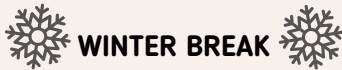
Brianne Wineinger, Secretary
bwineinger@freemansd.org
Shayla Daniel, SPED/Elem. Secretary
sdaniel@freemansd.org

SCOTTIE SCOOP

DEC 20,
2024

Upcoming Dates

DEC 20 End of 1st Semester



December 21st thru January 6th
Students return to school January 7th

DEC 27 Greg Larson/Alumni B-ball Tourn. @FHS
DEC 28 Greg Larson/Alumni B-ball Tourn. @FHS
DEC 30 Wrestling Tournament @FHS
JAN 6 Professional Development Day (NO SCHOOL)
JAN 7 Welcome Back! Kids back to School!
6:00pm = HS Wrestling at Home
JAN 8 2:45pm = Spring Musical Auditions (K8 MPR)
JAN 9 2:45pm = Spring Musical Auditions (K8 MPR)
JAN 15 5:30-6:30pm = FES PTSG Mtg (CC)

Tree of Sharing

Thank you to all of those community members who generously donated to the Tree of Sharing. We were able to provide holiday assistance in the form of gifts, gift cards, and food for 17 families. Thank you for your support to make the holidays wonderful for 50 Freeman students.



Counseling Corner

with School Counselor
Stacey Rawson
srawson@freemansd.org



SCREEN TIME BALANCE: Establish healthy screen time limits to ensure that your child has time for physical activities, social interactions, and homework. Set clear rules about when and how long they can use electronic devices, and stick to these boundaries consistently. Create a designated "screen-free" time, such as during family meals or before bedtime, to encourage face-to-face interactions and relaxation. Discuss the importance of balance and the potential effects of excessive screen time on physical and mental health. By promoting a balanced approach to technology, you help them develop healthy habits and prioritize other aspects of their lives.

Questions about this or other ways to support your student socially or emotionally? Contact School Counselor Stacey Rawson.

Levy Information



2025 Levy for School Safety,
Security, and Technology



Levy funds will address these priorities:



Safety and Security
updates district-wide



Technology and Chromebook
replacement district-wide



Parking lot, ADA access
improvements, and a Traffic Flow
Study for Freeman SD campus



Building Maintenance and Repairs
district-wide



Learn more about the levy at:
www.freemansd.org/levy
or call Freeman Superintendent,
Dr. Randy Russell at 509-291-3695



Please follow the QR Code or click on this
[LINK](#) for more information.

3rd Grade Pancake Feed

Another fun Pancake Party in the 3rd grade hallway! Loved having all the parents here to party with the kids.



Thank you!!

Thank you Terri McGowan for the generous donation to our Outstanding You Store!



FBLA Freeman Blankets

These make great gifts or just a great addition to your home for the winter weather!



Scottie Blankets For Sale

FBLA is selling these huge, cuddly, soft blankets while supplies last. They are \$70. Drop in to the high school office during regular office hours (M-F 7:45am - 3:15pm) to purchase yours. Cash, check or card accepted.

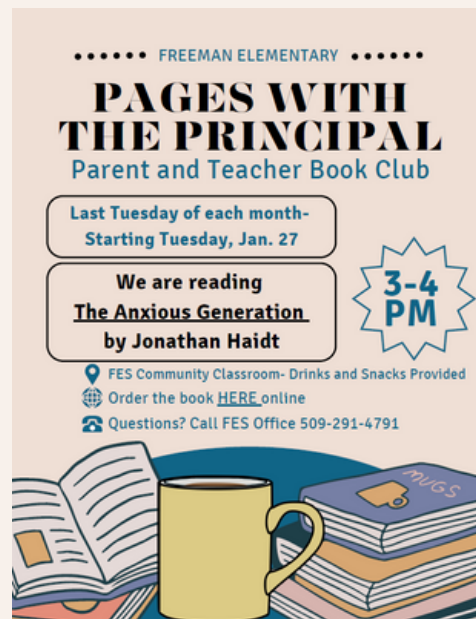
Online Safety Hub

Please follow this [LINK](#) to go to our Online Safety Hub. This is a great resource for parents to understand the different apps that your children have or want to have, so you can make informative decisions about your child's online presence. See attached flyer for more information.

Pages with the Principal

2 OF 3

Please see the attached flyer for more information about Pages with the Principal, a parent/teacher book club. The book club will read, **ANXIOUS GENERATION**, a book that helps parents and teachers understand why so many kids today feel worried or stressed. It talks about how things like technology, school, and social pressures can affect children's mental health. The book shares simple tips and ideas to help kids feel stronger and more confident. By joining this book study, you'll have the chance to learn together, share ideas, and find ways to support your child in a world that can feel overwhelming. Let's work together to help our kids feel their best!



Fun Art Project in STEAM

Look at all of our Santas!



Scottie Gear!

Hopefully you got some fun stuff through the PTSG Spirit Gear sale. If not, Game-One website has Scottie Gear year around. Please follow this [LINK](#).

PTSG

Join this fun group of parents, teachers and staff to help bring amazing events and programs to our school!

Next meeting is Wednesday, January 15th at 5:30pm in the FES Community Classroom.



Spring Musical!

3 OF 3

Thank you for all those that turned in their paperwork to audition for the Spring Musical! Auditions will be after break on January 8th and January 9th right after school. More information to come!



Nutrition Services

BREAKFAST Elementary Kids: \$2.20 Adults: \$3.20	6 Professional Development No School	7 Garlic Cheese Bread ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk	8 Cherry Strudel ----- Cereal & Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk	9 Pancake & Sausage Pancake Syrup ----- Cereal & Goldfish ----- Banana Juice Variety Chocolate Milk White Milk	10 Omelet Biscuit ----- Cereal & Goldfish ----- Banana Juice Variety Chocolate Milk White Milk
LUNCH Elementary Kids: \$3.50 Adults: \$5.00	6 Professional Development No School	7 Assorted Pizza ----- Alternate Lunch ----- Chocolate Milk White Milk	8 Chicken Tenders Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk	9 BBQ Meatballs Brown Rice ----- Alternate Lunch ----- Chocolate Milk White Milk	10 Chicken Burger ----- Alternate Lunch ----- Chocolate Milk White Milk

Freeman School District Nutrition Services (FSD-NS) will always feed students one full breakfast and one full lunch every day, regardless of free, reduced or paid status, and regardless of funding on a student's account. Even if a student has a negative balance on their meal account, FSD-NS will always serve a full meal if requested by the student.

However, please note that regardless of eligibility (F/R/P), if a student's meal account has a negative balance, FSD-NS will not serve a la carte items* to that student (chips, drinks, Rice Krispy Treats, individual milk or juice, etc.). We will serve these students a full breakfast or lunch if requested.

Additionally, if a student wants a second serving of breakfast or lunch, there needs to be funds on the students account to pay for the second meal/entrée. If you have questions about FSD-NS

procedures, feel free to reach out to FSD-NS Director, Kent Bevers: kbevers@freemansd.org/509-291-7510

***A la carte items are not offered at breakfast or lunch to elementary students, with the exception of milk.**



PRESENTED BY



100% of Proceeds Benefit  Vanessa Behan

SANTA EXPRESS is a holiday retail store for kids ages 4-12 (encouraged), many of whom make this shopping experience part of their Holiday tradition. With the assistance of an Elf, kids shop for everyone on their list from a wide selection of gifts priced from \$1 to \$12.

While your kids are shopping, visit our GIFT BOUTIQUE which is filled with home and holiday decor, gifts, stocking stuffers, and much more!

VOLUNTEERS NEEDED

For more information or a link to sign up as a Santa Express volunteer, please scan the QR code or visit our website at santaexpress.org



LOCATION

Spokane Valley Mall

Main Floor by Macy's

(Use Azteca Entrance)

STORE HOURS

November 29 - December 22

Monday - Friday 11 a.m. to 7 p.m.

Saturday 10 a.m. - 7 p.m.

Sunday 11 a.m. - 5 p.m.

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North Pole Sponsor

Spokane Valley Mall

A special thank you to DeVries Information Management.

The District does not sponsor or endorse this event, and the District assumes no responsibility for it.



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](#)**

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](#)** 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>

TEAMWORK MADE EASY

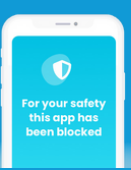
App for Parents & Families

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.

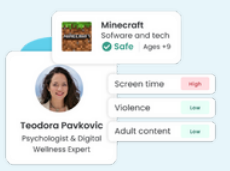
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



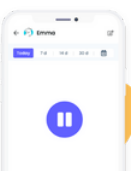
Visibility on student activity and device insights



Security coverage for in and out-of-school hours









Expert advice and guidance on digital threats and trends



Pause button to regulate digital activity

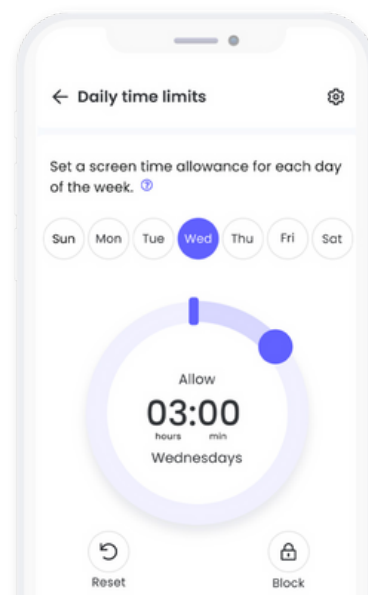
Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

-  **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