



The Scottie Scoop!

FREEMAN ELEMENTARY SCHOOL Mrs. Phelan, Principal OFFICE (509) 291-4791 FAX (509) 291-7339
 FREEMAN MIDDLE SCHOOL Mr. Straw, Principal OFFICE (509) 291-7301 FAX (509) 291-8009
www.freemansd.org • K-8 ATTENDANCE HOTLINE (509) 291-7425

Art Smart! A big thank you to our ArtSmart parent volunteers (pictured below) for the month of October!! The group met recently for our Parent Instruction Class, and learned about Joan Miro, a Spanish artist from Spain, and created our "lines, shapes and color" project. Lead Instructor Kristi Parry commented, "It was a joy to work alongside these dedicated parents, and I was inspired by each of their creations!!" She also noted that teaching the lesson to the children is easier after making the project oneself.



Most of these volunteers do not consider themselves artists, but their willingness to teach allows more elementary children to experience hands-on art. We still have a need for parent volunteers in several of our classrooms (particularly Kindergarten, 1st and 4th grades) and would love to have others join one of our art training classes. Parents and grandparents are invited to attend a meeting and see if it's something you would be interested in doing!!! The next training class is on **October 22 at 8:30 in the Elementary Community Classroom**. *Note: Volunteers must complete the advance screening process (annually) and be approved prior to teaching the art classes: freemansd.org/Page/3132*



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On the Calendar

Mon Sep 30	All-school photo, FES 9:45 FMS Picture Retakes, 12:45-2:45 Extreme Science, FES, 2:45-4:15
Tues Oct 1	Extreme Science, FES, 2:45-4:15
Wed Oct 2	Late Start, Staff Collaboration, 10:15 am District PTSG, FES, 6:30 pm Chess Club, FMS, 3:00 pm
Fri Oct 4	Homecoming Game! 7:00 pm
Mon Oct 7	Extreme Science, FES, 2:45-4:15
Tues Oct 8	Extreme Science, FES, 2:45-4:15 pm
Wed Oct 9	Chess Club, FMS, 3:00 pm Extreme Science, FES, 2:45-4:15
Fri Oct 11	Next Scottie Scoop! ReleaseSee Sports Schedule, page 2

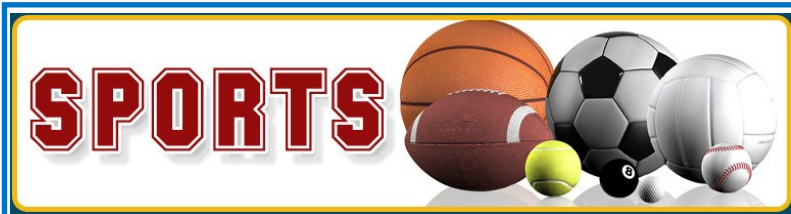


Spirit Week is September 30 through October 4—See Page 2

The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability, or the use of a trained dog guide or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S Jackson Road, Rockford, WA 99030, 509-291-3695.



Congratulations Mr. Gady's and Mrs. Hawk's elementary classes for collecting the most coats! Good job! Though the contest is over, we will continue to accept coats through October.



(3:45 pm, unless otherwise noted)

- Tues Oct 1 FMS Softball @ Cheney MS
- Wed Oct 2 7th Grade Football @ Riverside, 4 pm
- FMS Cross Country @ GSCL Meeting, Plantes Ferry, 4 pm
- Thu Oct 3 FMS Softball @ Westwood MS
- Fri Oct 4 8th Grade Football v. Lakeside @ EWU Roos Field 3:30
- Mon Oct 7 FMS Softball @ Centennial
- FMS Cross Country @ Westwood MS & Pride Prep, 4 pm
- Tues Oct 8 7th Grade Football v. Centennial @ FHS
- 8th Grade Football v. Centennial @ WVHS
- Thu Oct 10 FMS Cross Country @ EV & Pride Prep, EVMS, 4 pm



Conferences are set for October 31 and November 1. Watch for the October 11 issue of *The Scottie Scoop!* for online scheduling information. Classes will be on their full schedules Monday through Wednesday, with **no school on conference days.**

Brownies From Scratch (Preheat Oven 325°F, bake on lower rack)

Ingredients

- 10 T unsalted butter
- 1 1/4 c sugar
- 3/4 cup plus 2 T unsweetened cocoa powder
- 1/2 t salt
- 1 t baking powder
- 1 t pure vanilla extract
- 2 large eggs
- 1/2 c all-purpose flour
- 1/2 c chopped walnuts (optional)



Directions

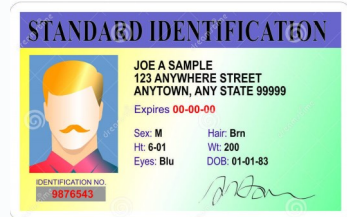
1. Line an 8-inch square pan with parchment or aluminum foil.
2. Combine butter, sugar, cocoa powder and salt in a large (glass or metal) bowl, and place in or over a pan of boiling water. Stir occasionally until butter is melted and mixture is combined.
3. Remove promptly, add vanilla and stir.
4. Cool enough to add eggs, and beat vigorously until very well mixed.
5. Combine flour and baking powder, stir and add to chocolate mixture.
6. Add chopped nuts until fully combined.
7. Pour into pan and bake 25 minutes. (Cool completely before lifting from pan.) (Adapted from LoveFromTheOven.com)

Identification Required

Parents and guests visiting Freeman schools, volunteering* or picking up children must carry

identification for the secure check-in /check-out processes. Please ensure you have your ID available on entry. Thank you.

*Note: **Volunteers** must also complete the advance screening process annually: www.freemansd.org/Page/3132



DRESS FOR THE OCCASION!

ELEMENTARY SCHOOL

- Mon Sep 30 Scottie Gear Day (All School Picture Today)
- Tue Oct 1 Beach Day
- Wed Oct 2 Country Western Day
- Thu Oct 3 Throwback Day
- Fri Oct 4 Spirit Day or College Day! (Freeman attire and school colors)

MIDDLE SCHOOL

- Mon Sep 30 College Day
- Tue Oct 1 Beach Day
- Wed Oct 2 Country Western Day
- Thu Oct 3 Throwback Day
- Fri Oct 4 Spirit Day! (Freeman attire and school colors)



Examples of responsibility and consequences:

Responsibility Example 1: Feeding the Dog

Responsibility: Each morning you are expected to feed the dog.

Consequence if you are responsible: First, the dog has a full belly and is healthy. Second, your parents know they can trust you to do what you say you will do and will be more likely to give you space and freedom to manage your own time.

Consequence if you are irresponsible (not responsible): First, the dog is hungry and long-term you could harm the dog's health. Second, your parents are disappointed and feel they have to check up on you and control your behavior more.

Responsibility Example 2: Being home on time

Responsibility: You meet your friends at the park to play and are expected to be home by 5:30.

Consequence if you are responsible: You set an alarm on your watch and make sure you leave the park with enough time to get home by 5:30. Your mom is confident you are safe and well and she trusts you to go to the park and hang with your friends next time.


Consequence if you are irresponsible: You lose track of time and don't get home until 6:00. Your mom has had 30 minutes to worry about where you are and now she's upset. She says next time you can only go to the park if your big brother can go with you and supervise. You lost freedom and independence.

Example 3: Using the Internet safely

Responsibility: Taking care of your personal safety. Each of us is responsible for our own personal safety, which means we are expected not to do things that put ourselves in danger. Because of this, teachers and parents expect kids to use the Internet responsibly. They teach kids how to only view sites that are safe and they expect kids to avoid sites where they might find content that isn't appropriate or healthy for young people. Being responsible in how we use the Internet, means we do as teachers and parents instruct and only go to the sites we know are safe.

Consequence if you are responsible: You see content that is safe and don't interact with people who might want to do you harm. Your parents and teachers can trust you to use the computer by yourself.

Consequence if you are irresponsible: You may see things that aren't healthy for a young person to see, or you might interact with people who want to hurt you. Your parents and teachers take away your freedom on the Internet and you must ask for permission and only use the computer when you have an adult watching you. *Source: TalkingTreeBooks.com*



PACE Assemblies are held five times a year to recognize one FES student per classroom, per month, who exemplifies each month's **PACE** character trait. The first assembly is set for November 6, recognizing September and October character traits. (Perfect Attendance is recognized in January and June in conjunction with the **PACE** Assemblies.)

What is Responsibility? Trying to explain responsibility to kids? Try this simplified definition of responsibility written in terms and with examples that kids will understand.

What is responsibility?

We have a few different ways that we talk about responsibility. There's being responsible, taking responsibility, acting responsibly, and having responsibilities. They are all related to doing the things we are supposed to do, and accepting the positive or negative outcome of our actions. A quick definition for responsibility is:

Being responsible means you do the things you are expected to do and accept the consequences (results) of your actions.

But let's break that down into some more pieces:

What is "a responsibility"?

A responsibility is something you are expected to do.

A responsibility might be a task you are expected to do. For example, your parents expect you to brush your teeth. Brushing your teeth is "a responsibility" and it is your responsibility to brush your teeth every day. Another task example is that your teacher expects you to finish your homework on time and to do your best job. So it's your responsibility to do your homework.

A responsibility might be a way you are expected to act. For example, your parents expect that if you go to play at the park, you will play in a way that won't seriously hurt yourself or someone else. It's your responsibility to have fun in a safe and courteous way.

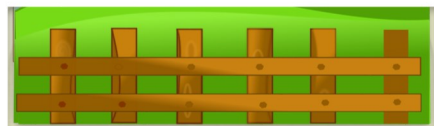
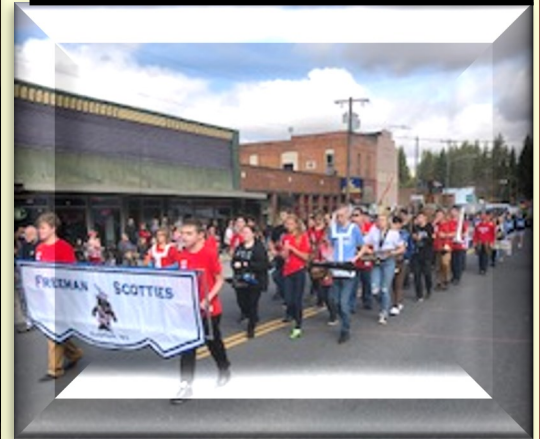
What is "a consequence"?

A consequence is the result or outcome of our actions. Consequences can be positive (good) or negative (not good). For example, if you are supposed to do your chores by Sunday at 5:00 and you get them done, the consequence of your actions is that you get paid and your parents are happy with you. In another example, if you leave your bike behind your dad's car and he doesn't see it and runs over it, the consequence of your action is that your bike is ruined.

Why is being responsible important?

When we act responsibly, or do the things we are responsible for doing, we have a positive consequence. A consequence is what happens as a result of our actions. When you are responsible, you have a positive outcome and you get the positive consequence for a job well done. If you are irresponsible, you feel the pain of a negative consequence for a job done poorly or not at all.

Being responsible leads to more trust and freedom because people know they can count on you to do the things you are expected to do. Being responsible can also be a big part of keeping you safe.



Farm Talk



Words About Words

lexicon—the vocabulary of a person, language or branch of knowledge

etymology—the study of the origin of words and the way in which their meanings have changed throughout history

vernacular—terminology used by people belonging to a specified group or engaging in a specialized activity

jargon—special words or expressions that are used by a particular profession or group and are difficult for others

nomenclature—the devising or choosing of names for things, especially in a science or other discipline



Nominate a Teacher!— Citizenship Education Teacher Award

America's History

Civic Responsibility

Flag Etiquette

Patriotism



VFW annually recognizes the nation's top certified/licensed elementary, junior high and high school teachers who teach citizenship education topics regularly and promote America's history and traditions effectively.

Teachers who promote civic responsibility, flag etiquette and patriotism are prime candidates for this award. For example, do you know a teacher who plans field trips to city hall or organizes community volunteer projects? Maybe you know an instructor who invites veterans into the classroom to discuss their military experiences. Perhaps you are familiar with a teacher who fosters the development of democratic values and beliefs through special projects. If you know of such a teacher, honor him or her today with the Smart/Maher VFW National Citizenship Education Teacher Award.

R

ecognize teachers who care about America

VFW Cares About Education

Founded in 1899, the VFW highly supports the education of America's youth. VFW and its Auxiliary have developed a slate of programs dedicated to helping America's educators. VFW Citizenship Education programs stimulate interest in America's history, traditions, Americanism, civic responsibility, flag etiquette and patriotism.

VFW wants to identify and recognize America's best educators who instill a sense of national pride in students. It offers cash awards, commemorative plaques and all-expenses-paid trips to the VFW National Convention for these worthy teachers. The trip provides an opportunity for winners to network with like-minded individuals.

Teachers care deeply about America and its children. They're concerned about the perpetuation of America's noblest traditions and highest ideals. Wouldn't you like to see them get the honor they deserve? Now you can...

How Does the Contest Work?

Based on the nominees submitted, VFW local chapters, called Posts, will recognize one outstanding teacher in grades K-5, 6-8 and 9-12. Posts then submit these winners' names and required documents to their District-level judging, who will forward their winners to the Department (or state) level. After judging, each Department then forwards the names of its winners to VFW National Headquarters for consideration in the national awards contest.

Who is Eligible?

All current certified/licensed teachers in grades K-12 are eligible. Previous national VFW winners are ineligible. Nominations can be submitted by fellow teachers, supervisors, family members or other interested individuals.

[More info on the following page.](#)

Americanism | Traditions

How are Teachers Nominated?

Fill out the nomination form contained in this brochure. In 350 words or less, describe why you feel your nominee should be selected. Describe the teacher's innovative teaching and resource development methods, as well as his or her dedication to education. Please submit your completed nomination form and signed essay to your local VFW Post. Visit vfw.org/Find-a-Post for Post locations or call VFW Programs Department at (816) 756.3390 ext. 6287 to find the Post nearest to you.

All Post-level nominees, if they win, should provide a one-page resume as a minimum and up to five pages as a maximum of documentation of their teaching experience (references, news articles, etc.) and a head-and-shoulder photo of themselves. These items will be forwarded on to the District with the Post Teacher Entry form, nomination form and essay.

When is the Deadline?

Nominations must be submitted to your local Post by October 31. Judging occurs November 1-15.

What are the National Awards?

Smart/Maher VFW National Citizenship Education Teacher Awards include the items below:

- A national \$1,000 Post Commander-in-Chief John Smart award for each of the top K-5, 6-8 and 9-12 teachers for professional development expenses.
- \$1,000 award for each winning teacher's school.
- Plaques for both the winning teacher and school.
- An all-expenses-paid trip to attend the VFW National Convention.
- Top 10 high school teachers invitation to attend a summer Graduate Seminar at Freedoms Foundation in Pennsylvania.

NOTE: (Winners will receive a 1099-MISC as a result of their award and all-expense paid trip.)

Nominate Someone Deserving

Have a teacher in mind? Complete the nomination form and required essay, then submit it to your local VFW Post. The investment that a teacher makes in today's youth will be the dividends we will all reap from future leaders.

VFW Teacher Nomination Form

Please photocopy or cut out and attach to nomination essay.

Nominated Teacher

Name: _____
 Email: _____
 Subject and grade taught: _____
 Current school: _____
 School address: _____
 School phone #: _____

On a separate piece of paper, please describe (type or print) in 350 words or less why you feel your nominee should be selected for the Smart/Maher VFW National Citizenship Education Teacher Award, then sign the nomination statement.

Submit nomination materials to your local VFW Post. Visit vfw.org/Find-a-Post for locations. DO NOT send to VFW National Headquarters.

_____ Number of words in essay (not to exceed 350). Please provide this information.

Person Nominating Teacher

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone #: _____
 Date submitted: _____
 Signature: _____

Deadline: Submit to local VFW Post by October 31.

Identify and recognize America's best educators. Wouldn't you like to see them get the honor they deserve?

Now you can.

VFW
 VETERANS OF FOREIGN WARS.



For more information, contact your local VFW Post or its Auxiliary or visit our website at vfw.org.

Veterans of Foreign Wars of the United States
 406 W. 34th Street
 Kansas City, MO 64111
 816.756.3390 ext. 6287
tbeauchamp@vfw.org
vfw.org

Local VFW Post Information

SPOKANE VALLEY VFW #1435
 212 S DAVID
 SPOKANE, WA 99212

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Nominate a Teacher!

Upcoming Box Tops Deadline — October 25

Please check the dates and trim before submitting.

TURN IN
 TRADITIONAL
 BOX TOPS
 CLIPS



New Innovations in Box Top Credits!!

Download the App

No More Clipping—Just Scan Your Receipts

Now when families use the Box Tops app to scan their store receipt, they can "Give Credit" to an individual, classroom or grade level. To "Give Credit" make sure you have the latest version of the Box Tops app, scan your receipt, then tap the star icon to enter your "Give credit" memo. Box Tops Coordinators: you can download the earnings report on the Box Tops website. Simply log in as a Coordinator, click "School Earnings" and you'll see it below school activity.

Spirit Gear



ORDER YOUR FREEMAN PTSG SPIRIT APPAREL AT

<http://www.momentumink.com/>

THE ORDERING DEADLINE IS October 10, 2019.

Click on the e-stores tab and type the name of your store in the search bar or simply scroll through the alphabetized list.

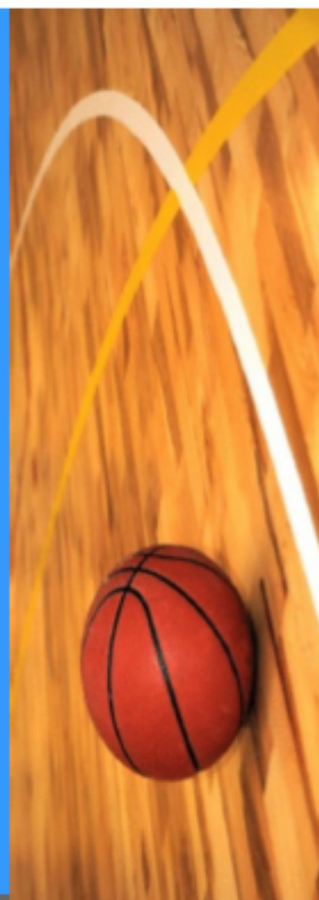
Please select NO SHIPPING at checkout to avoid shipping charges.

Garments will be delivered to your school or business approx. 10-12 business days after cutoff.

ALL SALES ARE FINAL. NO RETURNS OR EXCHANGES.

**Please contact Momentum Ink with any questions.
The representative for this e-store is:
Tracy Phelps: tracy@momentumink.com**

MOMENTUMINK
SCREENPRINTING AND EMBROIDERY
www.momentumink.com
208-777-3466



2019 "Scottie Ballers" Basketball Camp

Form must be filled out, signed & registration fee paid before participation in camp will be allowed. Athlete DOES NOT have to be a Freeman student.

Cost \$50 Please make all checks payable to Freeman High School.

T-SHIRT SIZE: (Youth) S M L XL (Adult) S M L XL GRADE: 3 4 5 6

Camper Name _____ Phone _____

Address _____ State/City/Zip _____

Emergency Contact _____ Phone _____

By completing this form, I take full responsibility for my child's coverage of accidents that may occur while practicing at this camp. I, _____ give my permission for the above student to participate in the Freeman Basketball Camp at Freeman High School.

Parent/Guardian Signature _____ Date _____

REGISTRATION: **Middington by Sept 27th** to :

Freeman High School 14626 S. Jackson Rd. Rockford, WA 99030

No refunds. One registration per camper. Registration form must be signed and camp paid for in order to participate.

Walk up campers week one, but not guaranteed a t-shirt.

Each session will have a primary focus, but will include some skill games and a basic "flex" offense introduction.

October 6 (3-4:30)

Session 1: Defense & Shooting

October 13 (3-4:30)

Session 2: Ball handling & Shooting

October 20 (3-4:30)

Session 3: Passing & Shooting

October 27 (3-4:30)

Session 4: Ball handling & Shooting

November 3 (3-4:30)


Session 5: Defense & Shooting

The Scottie coaching staff is excited to offer the same quality instruction that has led the Lady Scotties to the state tournament 2 consecutive years.

Be a part of something great and join "Scottie Ballers" to improve on individual and team fundamentals leading into the AAU season. We will be running a skills camp for girls grade 3-6th on Sundays, starting Oct. 6th running through Nov. 3rd, from 3:00-4:30. The cost is \$50 and each participant will receive a t-shirt on the last day of camp.

Freeman players grade 7-12th may come in to work on individual skills and shooting, but there will be no instruction from coaches during this time.

Hope to see you in the gym.

Coach McLean 

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

Email: hititwhereheyaint@gmail.com

Phone: 879-9198

Teacher of the Year

SPOKANE VALLEY VFW #1435
212 S DAVID
SPOKANE, WA 99212



Teacher of the Year

WHO SHOULD YOU NOMINATE?

Teachers who promote civic responsibility, flag etiquette and patriotism are prime candidates for the award.

If you know a teacher who plans field trips to city hall, organizes community volunteer projects or invites local veterans to speak in class, anything to help students develop a better understanding of democratic values and beliefs, this award is for them.

HOW DO I SUBMIT A NOMINATION?

Step 1: In 350 words or less, describe why you feel your nominee is deserving of the award. Be sure to describe the teacher's innovative teaching and resource development methods, as well as his or her dedication to education.

Step 2: Download and complete the Smart/Maher VFW National Citizenship Education Teacher Award nomination form.

Step 3: Submit the nomination form along with your explanation to your local VFW Post by Oct. 31.

Note: Nominations can be submitted by themselves, fellow teachers, supervisors, family members or other interested individuals.

HOW THE CONTEST WORKS

Based on the nominees submitted, VFW's local chapters - called Posts - will recognize one outstanding teacher in grades K-5, 6-8 and 9-12. Posts then submit their winning names and required Documents to their District-level judging.

From there, the selected winners and required documents are forwarded to the Department-level (state-level). Once they are judged on a state level, the winners are passed along to VFW National Headquarters for consideration in the national awards contest.

NATIONAL HEADQUARTERS

405 W. 34th Street
Kansas City, MO 64111
Office: 816/756-3390
Fax: 816/908-1157

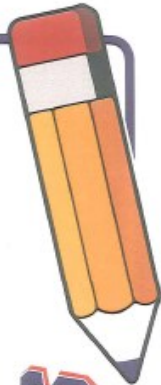
WASHINGTON OFFICE

280 Maryland Ave., N.E.
Washington, D.C. 20002
Office: 202/543-2339
Fax: 202/543-6719

info@vfw.org
www.vfw.org

SCHOOL NIGHTS

at the
SPOKANE CHIEFS



presented by



Shriners Hospitals
for Children®—Spokane

TICKETS ARE JUST \$8!

OFFER OPEN TO STUDENTS, FACULTY, FRIENDS & FAMILIES



Saturday, October 12th
7:05 p.m.
Spokane Arena

Come early for **HOCKtoberfest** starting at 4 p.m.!
Outdoor food, drink & activities. Open to all ages.

TO ORDER TICKETS

Contact Ticket Account Executive **Gabe Via**

509-328-0450 ext. 316

OR

Visit spokanechiefs.com/schoolnight



Tickets must be purchased by October 10th.
Tickets will be left at Will Call under Parent(s) Last Name.

LUNCH

BREAKFAST

OCTOBER 2019

Freeman Elementary School and Middle School

This institution is an equal opportunity provider
Menus subject to change

Monday

Lunch
Spaghetti and Meatballs
Roasted Broccoli • Breadstick
Breakfast
Egg McFreeman

Lunch
Grilled or Coney Chicken Sandwich
Coleslaw
Breakfast
French Toast Sittles

Lunch
Professional Development
Day - No School

Lunch
Chicken and Waffles
Northwest Apple Salad
Breakfast
Pancakes and Sausage

Lunch
Lunch Brunch! French Toast Sittles
Sausage • Fruit Salad
Breakfast
Dutch Waffle with Fruit

Tuesday

Lunch
Spaghetti and Meatballs
Roasted Broccoli • Breadstick
Breakfast
Egg McFreeman

Lunch
Chicken Alfredo
Garlic Toast
Breakfast
Egg McFreeman

Lunch
Pasta with Meat Sauce
Italian Breadstick
Breakfast
Egg McFreeman

Lunch
Scratch Macaroni and Cheese
Breakfast
Egg McFreeman

Lunch
Spaghetti and Meatballs
Roasted Broccoli • Breadstick
Breakfast
Egg McFreeman

Wednesday

Lunch
Chicken Tenders • Mashed Potatoes
Whole Wheat Roll
Late Start - No Breakfast
TASTE WASHINGTON DAY!
Look for treats at lunch!

Lunch
Cheesy Beef Nachos
Refried Beans
Breakfast
Fruit Smoothie and Muffin

Lunch
Chicken Tenders • Mashed Potatoes
Whole Wheat Roll
Breakfast
Soft Pretzel with Cheese

Lunch
Cheesy Chicken Quesadilla
Refried Beans • Churros
Breakfast
Fruit Smoothie and Muffin

Lunch
Chicken Tenders • Mashed Potatoes
Whole Wheat Roll
Breakfast
Breakfast Pizza

Thursday

Lunch
Build Your Own Burger
Baked Beans • Tots
Breakfast
Breakfast Cookie and Cheese stick

Lunch
BBQ Chicken Sandwich
Southwest Salad • Sugar Cookie
Breakfast
Cinnamon Roll and Hard-boiled Egg

Lunch
Build Your Own Burger
Baked Beans • Tots
Breakfast
Breakfast Cookie and Cheese stick

Lunch
FCS: Pizza or Turkey Lunch Pack
Middle School Philly Cheese Steak
Breakfast
Cinnamon Roll and Hard-boiled Egg

Conferences
October 31st -
November 1st

Friday

Lunch
Teriyaki Chicken Noodle Bowl
Fortune Cookie
Breakfast
Cinnamon Roll and Hard-boiled Egg

Lunch
Scratch Pizza
Caesar Salad
Breakfast
Build Your Own Parfait

Lunch
Sweet and Sour Chicken
Fried Rice • Fortune Cookie
Breakfast
Cinnamon Roll and Hard-boiled Egg

Lunch
Scratch Pizza
Caesar Salad
Breakfast
Build Your Own Parfait

Every day. Milk choice and a fresh unlimited garden bar! Middle School also has rotating grab-and-go options
Questions? Call Ellen at (509)291-7510