



The Scottie Scoop!

FREEMAN ELEMENTARY SCHOOL Mrs. Phelan, Principal OFFICE (509) 291-4791 FAX (509) 291-3636
 FREEMAN MIDDLE SCHOOL Mr. Straw, Principal OFFICE (509) 291-7301 FAX (509) 291-8009
www.freemansd.org • K-8 ATTENDANCE HOTLINE (509) 291-7425

Purchase a school lunch and you could win a prize!!

National School Lunch Week
 October 14-18, 2019

#NSLW19 #SchoolLunch #LunchPlaylist

On the Calendar...

Saturday, Oct 12
 Chiefs School Night
 7:05 pm
 (Hocktoberfest 4:00)



Monday, Oct 14
 Staff Professional Dev—NO SCHOOL

Tuesday, Oct 15
 Extreme Science, 3 pm, FES
 Community Classroom

Wednesday, Oct 16
 Chess, 2:45 pm, FMS
 Extreme Science, 3 pm, FES
 Community Classroom

Monday, Oct 21
 Extreme Science, 3 pm, FES
 Community Classroom

Tuesday, Oct 22
 Extreme Science, 3 pm, FES
 Community Classroom

Wednesday, Oct 23
 Flu Clinic, 2:30-4:30 pm, K8 MPR
 Chess, 2:45 pm, FMS
 Extreme Science, 3 pm, FES
 Community Classroom

Friday, Oct 25 — Box Tops Due
 Elementary Picture Retakes, 8:15 am, FES Community Classroom

PRE SCHOOL

It's True!! Freeman opened a new Preschool! Freeman has answered its current waitlist of children wanting to enroll. We're offering an additional preschool at our "Preschool Portable." It offers the same morning, afternoon and all-day sessions as our current preschool to children three through pre-kindergarten. Students begin Tuesday, October 15. For more information, contact Courtney Setter: (509) 291-7304.



Brrr. It's THAT time of year! Please ensure children **dress for the weather.** Students will play outdoors if it is above 12°F. Children should have hats, gloves, boots, snow pants, as the weather requires.



VIP Pass Winners!

Elementary Students (L to R) **Max Turk, Emerson Northrop, Kinglsey Lents and Jayna Parr** raised the most funds the fastest in the **Day of Awesomeness** Fundraiser.



Wednesday, October 23 2:30-4:30 pm, K8-MPR Walgreens takes most insurances, and the shot should be covered. (They do not take Molina or Amerigroup.) Cost \$40.99. Info: School Nurse Bitz Willard, (509) 291-4791 x. 102



Parents with an interest may contact SueLPray@gmail.com

Parents of 4th Grade Students

4th Grade Students were invited to be part of the Freeman Float planning group.

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SPORTS



3:45 pm, unless otherwise noted

Tuesday October 15

7th Gr Softball @ East Valley
8th Gr Football vs. Cheney @ FHS

Wednesday, October 16

FMS Cross Country/All League, @ FMS 3:30 pm
7th Gr Football @ Cheney MS

Thursday, October 17

FMS Softball v. Cheney @ Freeman

Fall Treats



Cupcake Owls. Use vanilla cream wafers and Oreos for eyes. Break wafers for eyebrows. Use M&Ms for beak and pupils. May use chocolate chips and coconut for feathers, or merely "fluff" frosting with the tip of a knife. Large pretzel sticks may be used for branches.

Trunk or Treat



Valley Real Life is hosting a **Trunk or Treat** in the Freeman Elementary

Parking Lot on Thursday, October 31.
(Conference Night) Parents who wish to decorate cars or donate candy, should contact the elementary office.



Pumpkin Rice Krispies™ Treats

3 T butter
4 c mini marshmallows
orange food coloring
6 c Rice Krispies™ cereal
Melt butter and marshmallows slowly, or over a double boiler. Do not burn. Stir in orange food coloring until blended to desired color. Add Rice Krispies™. Lightly butter hands and shape. Decorate as desired. Embellish with Rolo® candies, Tootsie Rolls, frosting, pretzels, etc.



OCTOBER RESPONSIBILITY

Being accountable, the pursuit of excellence, and the exercise of self-control

www.pacecommunity.org

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.)

School Conferences



PARENT/TEACHER CONFERENCES (Elementary/Middle Schools) October 31-Nov 1

We are excited for the upcoming conferences. Please use the Skyward module (log in to Family Access) to schedule conferences based on preferences and availability. **The scheduling program will open October 17 - 24.**

Visit our webpage www.freemansd.org and select Family Access from the top right of the web page. (See instructions, page 4.)

Many passwords are expired. To reset your password, please attempt to log in, and the system menus will walk you through an automated reset using your email address.

Students do not attend fall conferences unless specifically requested by the teacher. We do not offer supervision. For student safety, we ask that you do not bring students to school during conferences.

Freeman Elementary School

Conferences are scheduled in 20-minute intervals, with five-minute pass times to accommodate parents with multiple conferences.

Freeman Middle School

The Skyward Conference Scheduler will be open for grades K-6. Sixth grade conferences will be scheduled with *homeroom* teachers only. **The fall 7th & 8th grade schedule is organized by teacher invitation for group conferences.** If you have any questions or concerns throughout the school year, we encourage you to contact teachers directly through their email or by calling the Freeman Middle School office at 291-7301.

Conferences provide perfect opportunities to learn about your child's academic progress and to discuss their future goals. We look forward to sharing with you! Please make your appointment via Family Access as soon as possible once the software opens, Thursday, October 17.

A conference time will be assigned to parents of kindergarten-6th grade that have not scheduled their conference by the October 24 deadline.

K-12 Freeman Elementary and Middle School CONFERENCE WEEK SCHEDULE

Monday– Wednesday, October 28-30

Regular Schedules
Full School Days

Thursday, October 31

No School

Conferences, 8:00 am-7:00 pm
(last conference scheduled for 6:30 pm)

Friday, November 1

8:00 am-12:05 pm

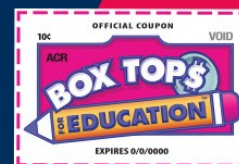
(last conference scheduled for 11:45 am
Offices Close at 12:30 pm)

BUSES ARE ON NORMAL SCHEDULES
Monday through Wednesday

Lost & Found

During conference week, please visit **Lost & Found** to see if your child's belongings are here. Unclaimed items will be donated to charity.

**TURN IN
TRADITIONAL
BOX TOPS
CLIPS**



Upcoming Box Tops Deadline — October 25

Please check the dates and trim before submitting.

New Innovations in Box Top Credits!!

Download the App

*No More Clipping
Just Scan Your Receipts*

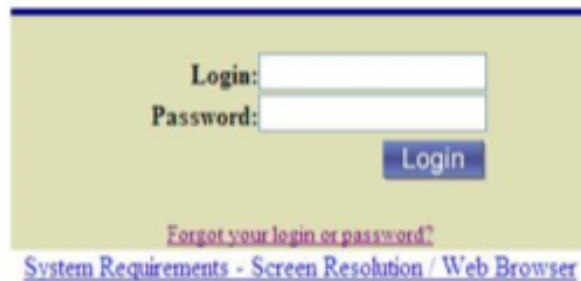
Now when families use the Box Tops app to scan their store receipt, they can "Give Credit" to an individual, classroom or grade level. To "Give Credit" make sure you have the latest version of the Box Tops app, scan your receipt, then tap the star icon to enter your "Give credit" memo.

Contest—the elementary classroom with the most Box Tops submitted by October 25 wins an Ice Cream Party!

FAMILY ACCESS
INSTRUCTIONS FOR
SCHEDULING
CONFERENCES

HOW TO GET TO FAMILY ACCESS

- Go the Freeman School District webpage
www.freemansd.org
- Select *Family Access* (upper right corner)
- It will bring you to the screen you see below



- Click on your child. *(If you have more than one child, click on the dropdown arrow and it will show you all of your children)*

Select Conferences and your preferred conference time.

Please call your school office if you have difficulty.

Freeman Middle School (509) 291-7301

Freeman Elementary School (509) 291-4791

Need to reset your email? See below.



Enter your email address,
and your login & password
will be e-mailed to you

This will work only if we
have your email address
entered into the system.

Farm Talk—Farm Animal Vernacular

foal—(noun) a young horse or related animal; (verb) give birth to a foal
filly—a young female horse, especially one less than four years old
colt—a young uncastrated or “intact” (not ‘neutered’) male horse, in particular one less than four years old
stud—a stallion, in particular one used for breeding
mare—a female horse or other equine animal
stallion—an uncastrated adult male horse
gelding—a castrated animal, especially a male horse
calf—(noun) a young bovine animal, especially a domestic cow or bull in its first year
calves—plural of calf (more than one)
calve—give birth to a calf
bull—an uncastrated male bovine animal (as in, bull calves)
beast of burden—an animal used to bear weight, as in packing, transport or in farming (draft horses, horse-drawn equipment)
cattle—large ruminant animals with horns and cloven hoofs, domesticated for meat or milk, or as beasts of burden; similar animals of a group related to domestic cattle, including yak, bison and buffalo
herd—a large group of animals, especially hoofed mammals that live, feed or migrate together or are kept together as livestock
cow—a fully grown female animal of a domesticated breed of ox, kept to produce milk or beef
steer—a castrated bull
heifer—a young female cow that has not borne a calf



FREEMAN BOYS BASKETBALL SCOTTIE HOOPS KIDS CAMP

WHO: Boys, Grades 2-6th grade

WHEN: Sundays Nov. 3, 10, 17, 24

WHERE: FHS Blue Gym **TIMES:** 1:00 p.m.-2:30

Be a part of something great and join “Scottie Hoops” to improve on individual and team fundamentals leading into the AAU season.

We will be running a skills camp for BOYS grade 2-6th on Sundays during the month of November.

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.

QUESTIONS about the camp or the Freeman program?

Feel free to contact Coach DePell



CONTACT INFORMATION: Bill DePell FHS Boys Basketball Asst. Coach (509) 710-1021 billdepell@yahoo.com

Form must be filled out, signed and registration fee paid before participation in camp will be allowed

Cost: \$40 (Please make checks payable to Freeman High School)

T-Shirt Size: (Youth) S M L XL (Adult) S M L XL **Current Grade** _____

CAMPER NAME: _____

Address: _____

EMERGENCY CONTACT: _____

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

PARENT SIGNATURE: _____

Email Address: _____

REGISTRATION MUST BE IN BY NOV. 1 TO GUARANTEE A TSHIRT FOR PARTICIPANT

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



Donations Needed

Help us raise FUNDS by
DONATING clothes, shoes and more!

The Freeman Senior Class of 2020 is doing
a TEXTILE DRIVE to raise funds
for their Senior All-Nighter!
COME AND SUPPORT these amazing students!

Bring your unwanted clothing, shoes, bedding, towels, hats, scarves,
purses, bags and soft household items (even toys) in a bag and box
on **FRIDAY OCTOBER 25 from 5:00-8:00pm.**

It's super easy....bring your items and we will take it for you. Look for
the trailer in the school parking lot to drop off your textiles.

Any questions, contact Erin Campbell - campbell1298@aol.com.



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.



October is Children's Health Month!

We all know that healthy kids learn better! Creating a healthier environment at school can translate to healthier students and staff. Children's Health Month reminds us that children are uniquely vulnerable to environmental hazards. This is because their systems are still growing and developing. Also, their behaviors may lead to more exposure. How will you celebrate Children's Health Month? Read on for resources and ideas to carry out in October and all year long. Cheers to healthy kids!

Children's Health Month Resources for Schools

[Drinking Water in Schools and Child Care Facilities](#)

Find information about drinking water quality in schools and child care facilities.

Site includes guidance, tools, laws and regulations, and information about partners.

[Integrated Pest Management \(IPM\) in Schools](#)

Provides safe and usually less costly options for effective integrated pest management options for schools.

School IPM programs use strategies to reduce sources of food, water and shelter for pests.

[Schools Chemical Cleanout Campaign \(SC3\)](#)

SC3 aims to ensure that all schools are free from hazards associated with outdated and unnecessary chemicals.

SC3 gives K-12 schools information and tools to responsibly manage chemicals.

[Smart Growth and Schools](#)

A school's location affects student safety, community health, and the environment.

[Radon in Schools](#)

High levels of radon have been found in a number of schools across the country. Find out if a potential problem could exist in your school.

Tips for Children's Health Month

- **Eliminate Asthma Triggers.** Manage asthma triggers in the classroom: mold, dust, pests, fragrances, and so on.
- **Reduce Exposure to Air Pollution.** Limit students' outside activities when the [Air Quality Index](#) rises to unhealthy levels.
- **Prevent Poisoning.** Store cleaning products, lab chemicals, and pesticides out of reach.
- **Keep Your School Pest-Free.** Pests need food, water and shelter. To keep pests in check, get rid of clutter, empty garbage often, fix leaks, and keep food in sealed containers.
- **Become an Idle-Free School.** Launch an idling reduction campaign to reduce student exposure to toxic vehicle exhaust.
- **Test for Lead in Your School's Drinking Water.** Find helpful tools at [3Ts for Reducing Lead in Drinking Water in Schools](#).
- **Learn about Children's Environmental Health.** www.epa.gov/children

October Webinars: Learn About Healthy Green Cleaning in Schools

EPA is opening the webinar vault and re-releasing three classics with essential information for protecting occupant health while improving school facilities. Register now. If you need a refresher on green cleaning strategies or if you are curious how green cleaning ties into indoor air quality preventive maintenance, this series is for you! Join a [live discussion on October 30, 2019](#), when EPA staff and school district experts will expand on helpful strategies, answer your questions, and offer guidance.

Clean Bill of Health: How Effective Cleaning and Maintenance Can Improve Health Outcomes in Your School

[October 3, 2019](#) | 10 – 11 p.m. PDT

Green Cleaning for Improved Health: The Return on Investment of Green Cleaning in Schools

[October 10, 2019](#) | 10 – 11 p.m. PDT

Green, Clean and Healthy: Effective Cleaning and Preventive Maintenance for a Healthier School Environment

[October 17, 2019](#) | 10 – 11 p.m. PDT

Insights from the Experts: IAQ Preventive Maintenance Today for Healthy Green Cleaning Tomorrow

[October 30, 2019](#) | 10 – 11 p.m. PDT



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
Chimichanga 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