

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

MAR 6,
2025

Spring Conference Scheduler

**Spring Conference Scheduler will open at 8:00am on Monday, March 10th. Please log into your Family Access account and follow the links on the left down to Conferences. Conferences are all day April 3rd and half day April 4th. Please contact the office if you have any questions:
(509) 291-4791.
Thank you!**

Upcoming Dates

MAR 7	Snow Make-Up Day NO SCHOOL (if unused)
MAR 6-8	HS State Basketball Tournie! Go support!!
MAR 10	Conference Scheduler Open
MAR 11	Food Drive Posters are due! Musical Rehearsal-Check Schedule (K8 MPR) Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
MAR 12	Late Start at 10:15am Girl Scouts (FES CC) Math is Cool (FES Large Conf.) 5:30pm = PTSG Mtg (FES CC)
MAR 13	Musical Rehearsal-Check Schedule (K8 MPR) Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
MAR 15	5:00pm = Athletic Auction (CDA Casino)
MAR 17-28	FES Food Drive and Poster Contest (see attached flyer for details)

Athletic Auction

The Freeman Athletic Auction is just around the corner. Please click on the link for more information:
MORE INFO.



ATHLETICS AUCTION & Dinner Fundraiser

March 15th | 5:30pm
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment & more.

BUY TICKETS HERE
\$60/PERSON
\$450/TABLE OF 8

Purchase a table & sit with friends for RESERVED SEATING. Individual tickets and couples will be OPEN SEATING.

How to get involved...

- ✓ Purchase tickets and attend - must be purchased ahead of time
- ✓ Donate & help procure items by February 15th
- ✓ Extend the fun and stay the night with our discounted room block - use booking id# 12691 CALL 1-800-523-2464 (sold out last year)

If you have questions, would like to donate or volunteer please email khoyek@freemansd.org

ENROLLMENT for 2025-2026

Enrollment for the 2025-2026 school year for Transitional Kindergarten, Kindergarten and New Students will open March 1st.

Please follow this LINK to register and make sure you choose the next school year.


Please know that registering for TK is not a guaranteed spot.

Scottie Gear!

Game-One website has Scottie Gear year around. Please follow this [LINK](#).

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.



Poster Contest

Theme: One Can, Two Can, Who Can? WE CAN...

Due date March 11th! No late posters.

Did you know food insecurity exists in every county in America? 1 in 6 children in the U.S. face hunger and 1 in 7 people face hunger. CHS Harvest for Hunger will donate a dollar for every pound brought in our food drive for the North Palouse Community Food Bank. How can one student, one school, take action? How can we help people and children from facing hunger? Together, we'll raise awareness and collect food to help make a difference in our communities.


- You can start by making a poster and help make the community aware of the needs right now!
- Prizes and Awards! All participants will receive a surprise treat for entering.
- Six winners will be selected: two from grades TK-1, 2-3, and from grades 4-5.

Group 1: Grades Tk-1st Group 2: Grades 2nd – 3rd Group 3: Grades 4th – 5th

- Posters must be a standard poster board size 12in x 18in.
- Posters can be illustrated vertically or horizontally.
- Media: paint, crayons, felt pen, markers, cut paper, and other art supplies (no printed components may be used)
- Only one entry per student
- On the Back of Poster: Name (first and last), Grade, and Teacher Name

Judging Criteria:

- Poster must adhere to the theme and have CHS Harvest for Hunger written on it.
- Creativity and originality
- Catchiness of incorporating the theme as a motto
- Visual appeal (i.e., layout, color selection, organization)
- Spelling and message clarity



PACE Character Trait for February

EngageIRL Parent Night – Help! Technology Is Taking Over

In this insightful event, Dr. Jean Twenge will offer ten rules for future-proof parenting, balancing responsible limitations on device usage while helping kids explore real-world experiences and freedom.

📅 March 25th ⌚ 5:30 - 7:00pm 💰 Free



REGISTER HERE



Counseling Corner with School Counselor Stacey Rawson srawson@freemansd.org



HANDLING DISAGREEMENTS: Not every disagreement has to turn into an argument. Teach your child to use calm words, listen to others, and work together to find a fair solution. Learning to solve problems peacefully helps them at school and home. When kids know how to handle conflicts, they feel more confident in social situations. A simple "Let's take turns" or "Let's find a solution together" can make a big difference.

👉 **Try This:** Play a game where you and your child take turns coming up with solutions to pretend conflicts. This helps them practice problem-solving in a fun way.

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

Math is Cool!!!

Let's go 4th grade Math is Cool team!!!! The 4th grade competition is tomorrow, Friday March 7th. Go TEAM!





Opt-In to Text Messages

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, **67587**.

Nutrition Services

BREAKFAST

Elementary Kids: \$2.20
Adults: \$3.20

10 Chocolate Chip Scone

Cereal & Goldfish

Craisins
Juice Variety
Chocolate Milk
White Milk

11 Banana Bread

Cereal & Goldfish

Gala Apple
Juice Variety
Chocolate Milk
White Milk

12 **LATE START**
Have a Healthy
Breakfast at Home

13 Egg McFreeman

Cereal & Goldfish

Banana
Juice Variety
Chocolate Milk
White Milk

14 Cinnamon Roll w/icing

Cereal & Goldfish

Pear
Juice Variety
Chocolate Milk
White Milk

LUNCH

Elementary Kids: \$3.50
Adults: \$5.00

10 Nachos w/Ground Beef

Alternate Lunch

Chocolate Milk
White Milk

11 Macaroni and Cheese
Bread Sticks

Alternate Lunch

Chocolate Milk
White Milk

12 Chicken Nuggets
Tater Tots
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

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.**

Poster Contest

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- Spelling and message clarity



2025 Rockford Youth Baseball

T-BALL	Ages 5-6	Mon & Wed	6pm practice/5:30 games
CAPS	Ages 7-9	Mon & Wed	6pm practice/games (or following t-ball game)
MINORS	Ages 10-12	Tue & Thu	6pm practice/games

Practice starts May 5th and 6th
Games begin the first week of June

Home fields are at Shelley Altmeyer Park and/or the Rodeo Grounds in Rockford

****Freeman teams are created only after Rockford teams are filled****

Away games will be played in Worley, Fairfield and at Liberty School in Spangle.

Call or go to www.rockfordwa.com for a link to the REQUIRED forms

**** (1) Registration, (2) concussion form, and (3) payment *must* be submitted before April 16th to ensure placement****

\$40 Registration Fee

Due to limited space and time, we will not be accepting any latecomers

Mail completed forms to:

ROCKFORD YOUTH BASEBALL

c/o Nicki Seehorn @ PO Box 242 Rockford, WA 99030

nseehorn@gmail.com (509-998-6476)

or

ROCKFORD YOUTH BASEBALL

c/o Heidi Johnson @ Rockford Town Hall 20 W Emma St (drop off)

PO Box 49 Rockford, WA 99030 (mail)

hroecks@yahoo.com (509-270-3311)

2025 Rockford Youth Baseball Registration Form

Practice starts the first week of May; games start in June. Youth Baseball is open to ALL boys and girls ages 5 -12.

*****NEW FOR 2025 - We will place teams according to abilities and family circumstances only. We will only take special requests for team/coach placements on a case-by-case basis. ***** There are three different levels: Check one

☐ T-ball (ages 5-6) ☐ Caps (ages 7-9) ☐ Minors (ages 10-12)

Player's Name: _____ Birthdate: _____

Age: _____ Grade: _____ # Years Played: _____

Address: _____
PO Box/Street City State Zip

Phone: _____ *Email: _____

Parent/Guardian's Name(s): _____

Does player have a sibling or household member also playing? Y/N If yes, name: _____ Age: _____

I hereby give my permission for _____ to participate in all Youth Baseball activities for the year. I will, in no way, hold any sponsor, manager, coach or other person working with or providing transportation for any league activity responsible for any unforeseeable accidents, or injuries that may occur and that are an inherent risk to participation in the sport of baseball.

Signature of Parent or Guardian

Date

I hereby acknowledge my child and I have read, understand and agree to the **Youth Baseball Code of Conduct**. By NOT signing this section, you or your child will not be allowed to participate in the Rockford Youth Baseball program this calendar year.

Signature of Parent or Guardian

Date

Signature of Player

Date

PLEASE COMPLETE THIS FORM IN ITS ENTIRETY AND RETURN IT WITH CONCUSSION FORM AND PAYMENT TO:

Mail completed forms to:

ROCKFORD YOUTH BASEBALL

c/o Nicki Seehorn @ PO Box 242 Rockford, WA 99030

nseehorn@gmail.com (509-998-6476)

or

ROCKFORD YOUTH BASEBALL

c/o Heidi Johnson @ Rockford Town Hall 20 W Emma St (drop off)

PO Box 49 Rockford, WA 99030 (mail)

hroecks@yahoo.com (509-270-3311)

Fee: \$40.00 per player. Please make checks payable to Rockford Youth Baseball

Shirt size (circle one): Youth: Small Med Lrg XL Adult: Small Med Lrg XL

This program is dependent on parent volunteers. Please check if you will be willing to help!

☐ Coach

☐ Assistant Coach

☐ Umpire

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of “Y” or “Yes” to our school’s short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.


SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



**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 schoolmessenger.com/tm for more info.

Padres y Tutores

Ustedes pueden aprovechar nuestro Servicio de Mensajes de Texto

Nuestra escuela utiliza el sistema de SchoolMessenger para entregar mensajes de texto, directamente a su teléfono móvil con información importante sobre eventos, cierres de escuelas, alertas de seguridad y mucho más.

Usted puede participar en este servicio gratis* con sólo enviar un mensaje de texto de "Y" o "Yes" al número de código corto de nuestra escuela, **67587**.


También puede optar por no recibir estos mensajes en cualquier momento simplemente respondiendo a uno de nuestros mensajes con **"Stop"**.

SchoolMessenger es compatible con el [Student Privacy Pledge™](#) (Compromiso Con La Privacidad de Los Estudiantes). Puede estar seguro que su información es segura y nunca será entregada o vendida a nadie.

**Opte por recibir
mensajes de en
su teléfono
móvil ahora!**



**Sólo tiene
que enviar
"Y" o "Yes"
a 67587**

 **Information on SMS text messaging and Short Codes:** SMS significa "servicio de mensajes cortos" y comúnmente se conoce como un "mensaje de texto". La mayoría de los teléfonos celulares son compatibles con este tipo de mensajes de texto. Nuestro proveedor de notificación, SchoolMessenger, utiliza un cierto protocolo SMS desarrollado por la industria de las telecomunicaciones específicamente para enviar mensajes de texto en masa, referido como mensajes de texto "código corto." Este método es rápido, seguro y muy confiable, y está estrictamente regulado por los proveedores de servicios inalámbricos y sólo permite el acceso a los proveedores aprobados. Si alguna vez ha enviado un voto de texto para un programa de televisión a un número como 46999, usted ha usado los mensajes de texto de código corto.

*Términos y condiciones: Las frecuencias de los mensajes pueden variar. mensajes y datos estándar pueden aplicar. Responda HELP para obtener ayuda. Texto STOP para cancelar. Los operadores móviles no son responsables por los mensajes retrasados o los que no se entregan. Mire schoolmessenger.com/tm para mas información.



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

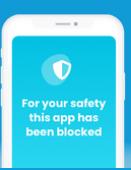
App for Parents & Families

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.

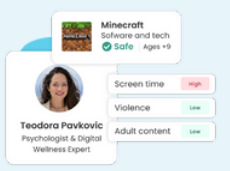
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



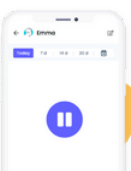
Visibility on student activity and device insights



Security coverage for in and out-of-school hours









Expert advice and guidance on digital threats and trends



Pause button to regulate digital activity

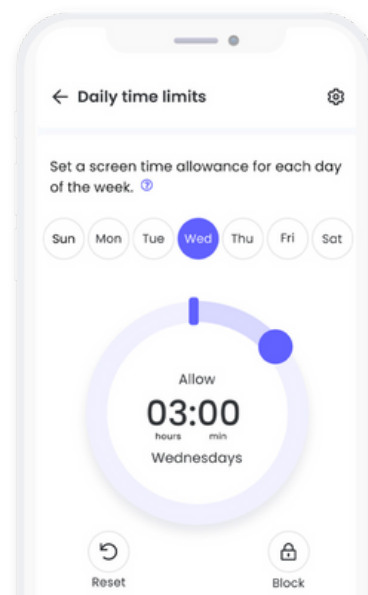
Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

-  **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