FREEMAN ELEMENTARY SCHOOL

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

Main Line: 509-291-4791 Attendance Line: 509-291-7425 Transportation: 509-291-5555 Brianne Wineinger, Secretary bwineinger@freemansd.org Shayla Daniel, SPED/Elem. Secretary sdaniel@freemansd.org

Suamere reemans d.org

SCOTTIE SCOOP MAR 14,

Spring Conference Scheduler

Spring Conference Scheduler is now open! 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!

Athletic Auction



Upcoming Dates

MAR 15	5:00pm = FHS Athletics Auction
MAR 17-28	FES Food Drive Begins!
MAR 18	Musical Rehearsal-Check Schedule (K8 MPR)
	Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
MAR 19	Girl Scouts (FES CC)
	Math is Cool (FES Large Conf.)
	Musical Rehearsal-Check Schedule (K8 MPR)
MAR 20	Musical Rehearsal-Check Schedule (K8 MPR)
	Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
MAR 24	6:00-8:00pm = FSD Board Mtg (PRTC)
MAR 25	3:00-4:00pm = Pages w/the Principal (Lrg. C.)
	Musical Rehearsal-Check Schedule (K8 MPR)
	Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
MAR 26	Girl Scouts (FES CC)
	Math is Cool (FES Large Conf.)
	Musical Rehearsal-Check Schedule (K8 MPR)
MAR 27	Mat Dawgs = 5:30 (10Under) 6:30 (11Up)
	6:00pm = Dare to Dream Musical (FHS MPR)
MAR 28	MOD Pizza Fundraiser Night
	6:00pm = Dare to Dream Musical (FHS MPR)
MAR 29	6:00pm = Dare to Dream Musical (FHS MPR)

ENROLLMENT for 2025-2026

Enrollment for the 2025-2026 school year for Transitional Kindergarten, Kindergarten and New Students is now open! 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.

Math is Cool!



More incredible news from the Math is Cool Team! Our 4th Grade Team competed on Friday, March 7th and took 1st place!!! Cole Sherwood took 1st place individually! They are onto State! What a great job our Freeman students did to represent our school.

We also found out this week that the 5th grade team qualified for State as well! We are excited to send off our Math is Cool Teams in May!







Food Drive!

Ed Huber, Cenex Harvest States (CHS) Primeland agronomist, is shown presenting hats to the first place winners of the poster contest for the kick off of the "FREEMAN FOOD DRIVE" that starts Monday. CHS is matching what Freeman brings in for food which will go to the Second Harvest Food Bank. The food drive runs from Monday, March 17- Friday, March 28. The first week breakfast items are the focus and lunch/dinner items are the focus for the second week. However, all foods will be accepted throughout the duration of the drive. Our goal for the drive is 3000 pounds! Go Scotties!

Ed also helped us kick off our Food Drive by bringing frisbees for each of our classes to enjoy in our upcoming Spring weather! Thank you Ed for helping us start off this Food Drive right!







Counseling Corner

with School Counselor Stacey Rawson srawson@freemansd.org



UNDERSTANDING FEELINGS: Kids need to learn how to recognize and talk about their feelings. Ask your child, "How do you feel?" and help them name their emotions. When children understand their feelings, they can handle them better. They also become better at understanding how others feel. Learning to express emotions in a healthy way improves communication and relationships.

Try This: Use a feelings chart with different faces to help your child identify their emotions. Check in with them about their feelings at different times of the day.

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

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.

Scottie Gear!



Game-One website has Scottie Gear year around. Please follow this <u>LINK</u>.

Online Safety Hub

Please follow this <u>LINK</u> 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.

Nutrition Services

BREAKFAST

Elementary Kids: \$2.20 Adults: \$3.20

Cereal & Goldfish

Juice Variety Chocolate Milk White Milk
> Juice Variety Chocolate Milk White Milk Gala Apple

9 Mini Filled Bagel Cereal & Goldfish

> Fresh Orange Juice Variety Chocolate Milk White Milk

Banana Bread Cereal & Goldfish

Banana Juice Varlety Chocolate Milk White Milk Cereal & Goldfish
Cinnamon Roll w/Icing

Pear Juice Variety Chocolate Milk White Milk

LUNCH

Elementary Kids: \$3.50 Adults: \$5.00

Macaroni & Cheese Alternate Lunch Beans Black Chocolate Milk White Milk Egg McFreeman
-----Alternate Lunch

Chocolate Milk White Milk Pretzel w/Cheese Sauce
Alternate Lunch

Chocolate Milk White Milk Grilled Cheese Sandwich

Alternate Lunch
Chocolate Milk
White Milk

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.



RAISESOME DOUGH

Bring in this flyer, or order online through the MOD app or website, to use the fundraiser code provided and MOD will donate 25% of your bill to support this great work!

JOIN MOD IN SUPPORTING

ORGANIZATION NAME: FREEMAN PTSG

FUNDRAISER DATE: MARCH 28, 2025

ADDRESS: 3104 E PALOUSE HWY

SPOKANE, WA 99223

FUNDRAISER CODE: MODGIVES25

Offer valid only on the date(s) and at the MOD location identified on this flyer. Offer valid for dine-in, takeout, or delivery when ordered through the MOD app or website only. For online or in-app orders, please use the code provided by GroupRaise. For delivery, customer must live within delivery boundary. Only nonprofit organizations and nonprofit schools are eligible to participate in the MOD fundraising program. MOD will donate 25% of food and beverage sales to the organization. Tax, gift cards, and retail sales are excluded from the donation. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit https://modpizza.com/fundraisers/



Support Freeman Girl Scout Troop 2526

Two Ways to Order:

 Order your cookies online using this QR Code



 Stop by our Cookie Sales Booth in front of FES during conferences April 3rd and 4th!



Freeman School CHESS CLUB

Sign up for Spring 2025 ~ Grades 2-8

AFTER SCHOOL ~ Thursday 3:00 to 4:00 PM 7 Weeks ~ Apr 17, 24 May 1, 8, 15, 22, 29



Professional chess coach Dennis Pirello provides 15 minutes of lectures, exercises, or videos, then directs tournament play. Students compete in chess club tournament for awards. The chess club also competes in regional tournaments held on Saturdays. Qualifying students are encouraged to attend the WA State Elementary Chess Championship, April 26, 2025, Tacoma, WA.

See schedule: www.inlandchess.org

Chess registration of \$70 includes: Registration form below.

Tuition provides: A. coaching fees, B. coaching supplies, C. end of semester awards, D. insurance, coach development, and administration costs. Note: Inland Chess Academy does not contact children directly by phone, text, or email.

Registration for Freeman School Chess Club ~ Spring 2025

Student's name:			Grade	New to Chess Club?			
2nd Student's name:				_ Grade	New to Chess Club?		
Chess Skill: B	eginner	Intermediate	Advanced	Played in to	urnament? _	_Yes _	_No
ALLERGIES and/or SF IMPORTANT: As requ check-out registry. Co confirmed in writing.	iired by school aches have oth	and insurance po er teaching obliga	ations and must not	be delayed. No	n-parental pick	c-up mus	t be
Parent:(or Guardian)			Phone:		il:		
Parent:(or Guardian)			Phone:	eMa	il:		
Address:			City	WA ZIP			
\$15 OPTION \$18 OPTION .	AL tourname AL Annual su	nt style chess s bscription to v	Iment payments et for study and vww.chesskid.co Chess Magnet Sc	play at home om a child saf	fe study and	play we	
Pay total: \$	Make check payable to Inland Chess Academy. Leave check and registration form at school office, mail to Inland Chess Academy office, or bring them to first day of Chess Club.						

NOTICE to PARENTS: Scientific research proves the study of chess enhances academic performance, increases overall brain functions, and builds positive behavior. In order for students to realize the enormous benefits of chess, daily study is required. Research shows that a minimum of 20 minutes of daily study yields significant academic and behavioral benefits. Inland Chess Academy offers two optional child-safe websites programs for home study: Chess Magnet School and ChessKid, at discounted prices. Also available are home study workbooks. Please support chess study at home.

Contact chess@inlandchess.org or phone 509-822-9800

The Inland Chess Academy's curriculum is built on research proven methods developed by chess masters and educators, and recommended by the United States Chess Federation (USCF).

Beginner - Beginners learn and demonstrate the basics of chess play, chess rules, and etiquette.

Intermediate - Students learn algebraic notation, playing with a clock, an understanding of strategies for opening a chess game, major tactical techniques, and basic endgame theory.

Advanced - Students develop advanced competitive strategies including an opening repertoire, positional strategies, tactical combinations, endgame play, and methods of applying sport psychology to their games.

All students gain knowledge of chess history, chess news, and grow their appreciation of chess. Students are encouraged to play in regional and state tournaments for individual and team awards.

The Inland Chess Academy is building a vibrant chess community:

- ~ Regional tournaments for students and parents, twice monthly on Saturdays.
- ~ Camps on holidays, spring break, and during summer.
- ~ Tutoring and special interest study groups.

Inland Chess Academy

920 N. Argonne Rd., Suite 120, Spokane Valley, WA 99212 509-822-9800 chess@inlandchess.org www.InlandChess.org facebook.com/inlandchess



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
- o Access expert advice via Freeman School Districts 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

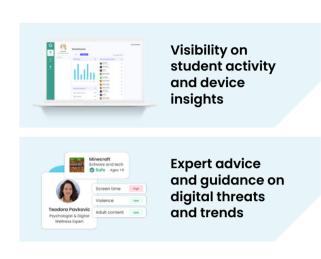


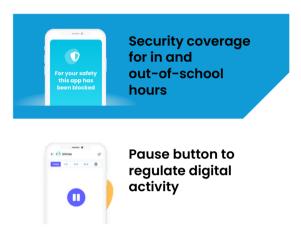
TEAMWORK MADE EASY

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.





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Set a screen time allowance for each day

Allow 03:00

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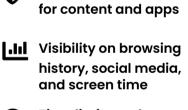
6

← Daily time limits

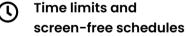
of the week. 3

b

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:



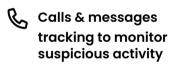
Filter and block feature

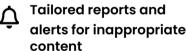


Works on the

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

Kindle

- 2. Create your account using the email address your school has on file
- 3. Get real-time visibility