

FREEMAN ELEMENTARY SCHOOL

Lisa Phelan
Principal/Asst. Superintendent
lphelan@freemansd.org
Mike Allen
Principal Assistant
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Main Line: 509-291-4791
Attendance Line: 509-291-7425
Transportation: 509-291-5555
****FESOffice@freemansd.org****

Brianne Wineinger, FES Secretary
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Shayla Daniel,
Student Services/FES Secretary
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SCOTTIE SCOOP

DECEMBER
5, 2025

UPCOMING DATES

Dec 6	Barnes and Noble Book Fair
Dec 6-7	Robotics Regionals at Freeman
Dec 9	2:45-5:15pm = Robotics (K8 MPR)
Dec 10	2:45-4:00pm = Girl Scouts 2:45-5:15pm = Robotics (K8 MPR) 6:00-8:00pm = Board Mtg. (PRTC)
Dec 11	2:45-4:00pm = Chess Club (Comm. Clsrm) 2:45-5:15pm = Robotics (K8 MPR)
Dec 12	PTSG Holiday Craft Night
Dec 15	5:30-6:30pm = K-2 Winter Concert
Dec 19	End of Semester 1
Dec 22-Jan 5	Winter Break
Jan 5	Professional Development Day (No School)
Jan 6	Welcome Back! (Beginning of Semester 2)

TREE OF SHARING

Our generous community has already committed to donate more than 75 gifts to Freeman families this year! We still need about 50 more gift cards to fulfill our Tree of Sharing wishes! These gift cards are used not only at the holidays but throughout the year to support Freeman families as needs arise- please consider signing up to donate a gift card this holiday season!

For more information, please email Student Services Director, Stacey Rawson at srawson@freemansd.org or call (509) 291-4791.

See attached flyer and follow this [LINK](#) to sign up to purchase gift cards!

Happy Holidays!

NEW FES OFFICE E-MAIL

We are happy to announce that we now have an FES Office e-mail address to communicate your students' attendance, transportation changes and any questions for the FES Office. The Attendance Voicemail is still also available. We want to provide another way for you to communicate with the office where both Shayla and I get the information to best assist you.
FESOffice@freemansd.org



FREEMAN SCHOOL DISTRICT

TREE OF SHARING



Spread holiday joy this season by giving gifts to a Freeman family in need.

Turn in your purchased gifts from the sign up list to FES by **MONDAY, DECEMBER 15**

SELECT A GIFT TO GIVE:
[CLICK HERE](#)

For More Information:
509-291-4791 or
srawson@freemansd.org



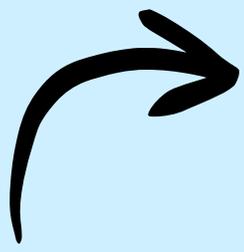
WE NEED YOU - PARA SUBS!

We're looking for paraeducator substitutes to join the FES team! Paraeducators play an important role in supporting our school and helping students succeed. As a substitute, you may work with small groups, support individual students, or help supervise during recess and lunch. Subbing is a great option if you're looking for a flexible schedule—you can choose the days you're available. It's also a wonderful way to get involved in our school community and work alongside our amazing staff and students.

If you or someone you know is interested, we'd love to hear from you!

Please click on this [JOBS LINK](#) to take you to the District Jobs website, where you can apply.

This is a fun way to support your school!



When you check out at Barnes and Noble, please either present the barcode that you see to the left, provide the Bookfair ID, also shown at the left, or tell them you are supporting the Freeman Bookfair.

- **WEAR FREEMAN GEAR & SHOW THIS VOUCHER BEFORE YOU PAY!**
- **The best time to go is 10:00-1:00 while Mrs. Longinotti is there to assist families.**
- **If you cannot make it on Saturday, shop online!**

BARNES & NOBLE
BOOKFAIRS
supporting

Freeman School District
Saturday, December 06, 2025
Spokane Valley
15310 E. Indiana Ave.



12922803

Please present this voucher prior to making your purchase. A percentage of the net sale will be contributed to your school/organization.*

*The purchase of gift cards, Barnes & Noble memberships, textbooks, video games, digital devices including NOOK, purchases made at Cafes owned and operated by Starbucks, and other items Barnes & Noble may exclude from time to time in its sole discretion are not included in bookfair totals. Institutional discounts may not be applied. See BNCOM/bookfairs for more details and to shop online.

#BNBOOKFAIRS



BARNES & NOBLE
BOOKFAIRS

Freeman School District
Saturday, December 6th
Barnes & Noble 15310 E. Indiana

Shop in store or online Dec. 6th – 11th.

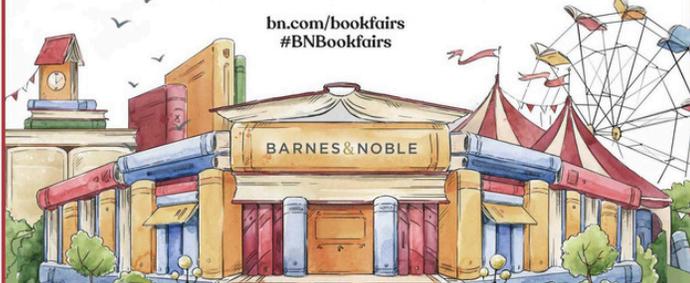
- See our choir perform at 11:00am!
- Barnes & Noble will donate a portion of Freeman sales toward the purchase of new books the students have chosen. In order for us to earn credits, please let the checkout counter know you came to support the Freeman Book Fair & show code below.

Can't attend our bookfair at Barnes & Noble?

Visit bn.com/bookfairs to support us online from 12/6/25 to 12/11/25 by entering Bookfair ID 12922803 at checkout.

A percentage of your Barnes & Noble purchases will benefit our school/organization.

bn.com/bookfairs
#BNBookfairs





JOIN FREEMAN PTSG FOR

Kids Holiday Craft Night

FRIDAY, DECEMBER 12
4:30- 6:30 PM
FREEMAN ELEMENTARY GYM



FREE EVENT FOR FREEMAN STUDENTS!
Includes 10 "make and take" holiday crafts and a holiday photo opportunity!

Hot Cocon and Cookies provided

SAVE THE DATE:
K-2ND GRADE
WINTER CONCERT
DECEMBER 15TH
5:30-6:30PM
FHS BLUE GYM

Please look forward to more communication from Mrs. Beazer regarding the Kindergarten through 2nd grade performance details.

MS/HS Band/Choir concert will immediately follow the K-2 Concert
3rd through 5th grades will have a Spring Concert

WINTER CLOTHING!

Dear Parents and Guardians,

As the weather continues to be cold, wet, and often muddy, we want to ensure that all students stay comfortable and ready for outdoor learning and play. Please make sure your child comes to school each day with appropriate gear, including:

warm coat, waterproof boots, hat, gloves and rain gear (raincoat or waterproof jacket).

Students may get wet or muddy throughout the day, so having an extra set of clothes, including socks and underwear, in your child's backpack is very helpful. Having these items on hand helps us keep students dry and comfortable so they can focus on learning.

Thank you for your support and help in keeping our classrooms running smoothly! A great idea is to also write his/her name in all of their gear, in case it gets misplaced.

Please reach out if you have any questions or if you need assistance with getting these items. Please contact our counselor Kayleen Archibald, the office or your classroom teacher.

<p>ELEMENTARY</p> <p>BREAKFAST: \$2.20</p> <p>ADULTS: \$3.20</p>	<p>8 Breakfast Cookie ----- Cereal & Goldfish ----- Craisins Chocolate Milk White Milk</p>	<p>9 Breakfast Pizza ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk</p>	<p>10 Cherry Strudel ----- Cereal & Goldfish ----- Fresh Orange Chocolate Milk White Milk</p>	<p>11 Pancake & Sausage Pancake Syrup ----- Cereal & Goldfish ----- Banana Juice Variety Chocolate Milk White Milk</p>	<p>12 Biscuit Omelet ----- Cereal & Goldfish ----- Banana Chocolate Milk White Milk</p>
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<p>ELEMENTARY</p> <p>LUNCH: \$3.60</p> <p>ADULTS: \$5.00</p>	<p>8 Macaroni & Cheese Bread Sticks ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>9 French Toast Sticks Sausage Patty ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>10 Corn Dog Tater Tots ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>11 Popcorn Chicken Bowl Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk</p>	<p>12 Hamburger ----- Alternate Lunch ----- Chocolate Milk White Milk</p>
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Please click on this [MENU LINK](#) if you would like to see full menus from our website.



Just a reminder: Please do not pack any caffeinated or energy drinks in your students' lunch.

Community Food Resources and Information for the Freeman Community

The Freeman School District recognizes the challenges that many may face during the current government shutdown, and the upcoming holiday season. The Freeman School District has compiled resources below that families might find helpful during this time. Please know that Free/Reduced Price Meal Applications can be filled out at any time during the year. Applications can be downloaded from this link: [APPLICATION LINK](#) or filled out through Skyward Family Access

COMMUNITY FOOD RESOURCES: Please click on the links below for more information.

- [Second Harvest LINK](#)
- [WA 211 LINK](#)
- [Hunger Free Washington LINK](#)
- [Second Harvest Bite 2 Go LINK](#)
- **Hunger Free America Hunger Hotline:**
1-866-3-HUNGRY or (Spanish) 1-877-8-HAMBRE
- [Healthy Choices on a Budget LINK](#)
- [Budget Smart Sample Menu LINK](#)

FIND FOOD RESOURCES NEAR YOU

HARVEST

Scan the QR code or visit
2-harvest.org/food-near-me



COUNSELING CORNER

with School Counselor
Kayleen Archibald
karchibald@freemansd.org

How to Be a Good Listener

Listening is a huge part of being a good friend and student! It's not just about hearing the words—it's about paying attention with our whole body. We listen with our ears, our eyes (by looking at the speaker), and our minds (by thinking about what they're saying).

Try This: Play a simple listening game. Tell your child a story, and then ask them to retell it to you, paying attention to all the details.

EXTRA CURRICULAR ACTIVITIES!

See attached flyers

- *Barnes and Noble Book Fair
- *Craft Night
- *Tree of Sharing
- *FREE Volleyball Camp (K-5th)
- *FREE Basketball Camp (K-8th)
- *Mealtime Memo
- *Christmas Bureau

ATTENDANCE TIPS & TRICKS

We care about your students' learning and attendance, which go hand in hand.

Try to schedule nonurgent medical appointments and extended trips when school isn't in session.

If you have any questions or need to excuse absences, please reach out to the FES Office (509) 291-4791.

LIBRARY VOLUNTEERS

Mrs. Chadduck in the library appreciates all of the support from her volunteer parents. Check out the library volunteer opportunities that she still has available:

Thursdays 8:15-11:10
Shelving, Processing New Books &
Book Repair



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 Districts Online Safety Hub](https://freemansd.onlinesafetyhub.io)

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](https://freemansd.onlinesafetyhub.io) 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>

PRIDE | COMMITMENT | CARING

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

FMS AND FHS NEWSLETTERS

Want to find out what's going on in the Middle School and/or High school? Check out their weekly newsletters as well!

[Freeman Middle Scoop](#)
[FHS Friday flyer](#)



FREEMAN SCHOOL DISTRICT
PRIDE | COMMITMENT | CARING

WE ARE LAUNCHING DISTRICT-WIDE SURVEYS
IN PARTNERSHIP WITH THE
CENTER FOR EDUCATIONAL EFFECTIVENESS (CEE).

Who is participating, and when?

- Staff, October 17-29, 2025
- Students, October 20-29, 2025
- Families, Winter-2026

Why are we doing this?

- Your feedback helps us:
- Strengthen our Strategic Plan
 - Guide Professional Development for educators
 - Shape the supports and resources we provide across the district

How does it work?

Surveys are confidential and take just a few minutes.

Family links will be shared by email and available on the district website.



The Center for Educational Effectiveness

SUCCESS WITHOUT FEEDBACK
IS AN ACCIDENT.

Linewize | Qustodio

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: Windows, Mac, Chromebook, Android, iPhone/iPad, Kindle

Multi-parent access and management available

Qustodio is COPPA compliant and does not share personal data with third parties.

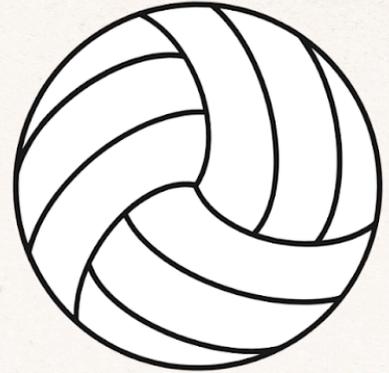


How to get started

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

Free Freeman Volleyball Camp

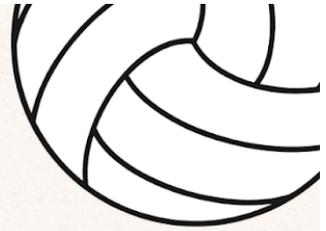


Ran by Greta Van Gemert and Kellynn Beach

- Two senior Freeman volleyball players
- Both attending Corban University in the fall to play volleyball

- December 11th from 3-5 pm
- Elementary school gym
- students from grades k-5th
- Snacks will be provided

Our why...



We both have been playing volleyball since a young age and when we got the opportunity to create a personal leadership project in our leadership class we thought this would be a perfect way to show younger kids our love for this sport, and continue building Freeman volleyball!

MEDICAL RELEASE:

I understand that this activity is voluntary and my child's participation is not mandatory. In case of emergency, the supervisor on site has my permission to obtain medical treatment for my student. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover any injury while participating at this event.

Name Of Player _____

Parent Signature _____

Date _____

**MUST TURN IN NO LATER THAN
WEDNESDAY DECEMBER 10TH TO THE
OFFICE OR EMAIL!**

Email: Margaret.vangemert@goscotties.com
& Kellynn.beach@goscotties.com for any
Signed medical release/Questions/Concerns/



CHRISTMAS BUREAU



**Celebrating 79 years of providing
holiday assistance to those in need!**

Spokane County Fair and Expo Center | 404 N Havana, Spokane Valley, WA 99202

December 11-18, 2025

December 11, 12 and 13 | 10am-2pm

December 15, 16 and 17 | 3pm-7pm

December 18 | 10am-2pm

(Closed on Sunday, December 14)

Required Documentation

The following documentation is required to receive assistance:

Children (17 yrs. and younger)

Bring Proof of:

Name

Date of Birth or Age

(Examples of acceptable documentation)

- Birth Certificate
- Insurance Card
- Letter from school, DSHS or daycare
- WA Apple Health Statement

Adults (18 yrs. and older)

Bring Proof of:

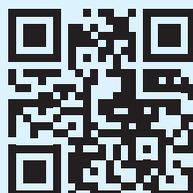
Photo ID (copies acceptable)

Proof of Physical Residence

(Examples of acceptable documentation)

- Bills
- Rental Agreement

**No Pre-Registration
Required!**



ChristmasSpokane.org

Follow us on Facebook
[@christmasbureauspokane](https://www.facebook.com/christmasbureauspokane)

FREE K-8 BOYS & GIRLS BASKETBALL CAMP

THIS CAMP IS FOR BOTH BOYS AND GIRLS K-8. RAN BY THE HIGH SCHOOL GIRLS AND BOYS BASKETBALL TEAMS.



WHEN?
DECEMBER
22, 2025
10:30AM-
12:30PM

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL US AT
PARKER.TEAGUE@GOSCOTTIES.COM
ADDYSYN.AGEE@GOSCOTTIES.COM

THE FREEMAN GIRLS/BOYS BASKETBALL COACHING STAFF AND CURRENT PLAYERS ARE EXCITED TO OFFER A GREAT OPPORTUNITY TO GROW THE DEVELOPMENT AND PASSION FOR THE GAME OF BASKETBALL IN OUR COMMUNITY!

THE GIRLS AND BOYS BASKETBALL TEAMS WILL BE HAVING A BASKETBALL CAMP AVAILABLE. GRADES K-8TH ARE INVITED TO COME PARTICIPATE IN THE BASKETBALL CAMP ON DECEMBER 22ND FROM 10:30-12:30 AT FREEMAN HIGH SCHOOL. YOU WILL IMPROVE SKILLS AND FUNDAMENTALS AT OUR CAMP. AND HAVE FUN!

REGISTRATION DEADLINE: DECEMBER 19TH
(CIRCLE ONE) GRADE: K 1 2 3 4 5 6 7 8

STUDENT NAME _____ PHONE _____
ADDRESS _____ STATE/CITY/ZIP _____
EMERGENCY CONTACT _____ PHONE _____
DOCTOR NAME: _____ PHONE: _____
INSURANCE COMPANY: _____ POLICY NUMBER: _____
ANY ALLERGIES (IF SO, PLEASE LIST): _____
ANY MEDICATIONS TAKEN BY STUDENT (PLEASE LIST): _____

IN CASE OF AN EMERGENCY, THE SUPERVISOR ON SITE HAS MY PERMISSION TO OBTAIN MEDICAL TREATMENT FOR MY CHILD. I UNDERSTAND THIS ACTIVITY IS VOLUNTARY AND MY CHILD'S PARTICIPATION IS NOT MANDATORY. IN CASE OF EMERGENCY, THE SUPERVISOR ON SITE HAS MY PERMISSION TO OBTAIN MEDICAL TREATMENT FOR MY STUDENT. I UNDERSTAND THE FREEMAN SCHOOL DISTRICT DOES NOT PURCHASE OR HAVE MEDICAL/DENTAL/HOSPITALIZATION INSURANCE TO COVER ANY INJURY WHILE PARTICIPATING IN THIS EVENT.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

MAIL TO: FREEMAN HIGH SCHOOL 14626 S. JACKSON RD, ROCKFORD, WA 99030
OR TURN IN TO FREEMAN ELEMENTARY SCHOOL OR MIDDLE SCHOOL FRONT OFFICE.

PLEASE EMAIL ADDYSYN.AGEE@GOSCOTTIES.COM OR PARKER.TEAGUE@GOSCOTTIES.COM IF YOU HAVE ANY QUESTIONS.



Winter Weather Information

According to several forecasts, this winter may bring more snow than we've seen in recent years. We want to be sure all Freeman families are prepared in advance for possible schedule changes due to inclement weather.

Communication

If weather impacts the school day, we will share updates by 6:00 a.m. through:

- Automated emails, texts, and voice messages—please ensure your contact information in Skyward is accurate and Freeman SD is not blocked.
- The Freeman School District website and our Facebook & Instagram pages.
- Local news stations (note: their reports may not always be accurate — please rely on Freeman messaging first).

Weather Monitoring

When snow or ice is in the forecast, our Transportation Director and staff drive routes early in the morning to check conditions. Maintenance crews begin plowing and clearing parking lots and sidewalks before staff and students arrive. Even with these efforts, icy spots may remain—please use extra caution!

The elementary and middle school students go out to recess unless the temperature is below 12 degrees (wind chill is factored into this decision). We rely on the Apple Weather App to make this determination. Please ensure your students are dressed for the weather.

Delays and Cancellations

Our goal is always to keep schools open when possible.

- Two-Hour Delay: School begins at 10:15 a.m. Breakfast will not be served. Staff should report when they can do so safely.
- Cancellation: All school programs, activities, and events, and facility usage are canceled for the entire day and evening, even if conditions later improve. The day will be made up on the next scheduled make-up day.

Safety Tip: Walk Like a Penguin!

- Wear shoes with slip-resistant soles.
- Take short steps and keep your arms slightly out for balance.
- Hold onto your vehicle when getting in or out.

Thank you for your continued cooperation in helping keep our Freeman students, staff, and families safe this winter!



November 2025



Healthy Cooking

A nutritious meal starts with healthy ingredients, and how those ingredients are prepared or cooked is important. This *Mealtime Memo* explores ways to prepare nutritious meals in the Child and Adult Care Food Program (CACFP) using healthy ingredients and cooking methods.

In This Issue:

- Healthy Cooking Methods
- Retaining Nutrients in Fruits and Vegetables
- Cooking With Healthy Ingredients



[MEALTIME MEMO LINK for more information!](#)