FREEMAN ELEMENTARY SCHOOL

Lisa Phelan
Principal/Asst. Superintendent
lphelan@freemansd.org
Mike Allen
Principal Assistant
mallen@freemansd.org

Main Line: 509-291-4791
Attendance Line: 509-291-7425
Transportation: 509-291-5555

FESOffice@freemansd.org

Brianne Wineinger, FES Secretary
bwineinger@freemansd.org
Shayla Daniel,
Student Services/FES Secretary
sdaniel@freemansd.org

SCOTTIE SCOOP

DECEMBER 19, 2025

UPCOMING DATES

Dec 22	10:30-12:30 = FREE Basketball Camp (FHS)
Dec 22	12:00-4:00pm = Freeman Cares 4 Kids (FHS)
Dec 22-Jan 5	Winter Break
Jan 5	Professional Development Day (No School)
Jan 6	Welcome Back! (Beginning of Semester 2)

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

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!

NEW WEBSITE!!

We're excited to announce the launch of our new Freeman School District website!

The new freemansd.org website went live today, and while we're thrilled for you to explore it, we also want to let you know that we are still fine-tuning a few areas and adding final touches to ensure everything works smoothly.

Thank you for your patience as we continue making improvements and improving functionality. Our goal is to strengthen communication and make it easier for you to find the information that matters most to your family.

BOOK FAIR/LIBRARY VOLUNTEERS

Thank you very much for all of the volunteers who have been supporting the library and the Book Fair! Mrs. Chadduck and Ms. Longinotti really appreciate your help!

SNOW MAKE UP DAY!

Guided by our unwavering commitment that the safety of students, staff, and families—and our ability to safely transport and care for students—must always be Priority #1, we determined that proceeding with in-person instruction under the evolving conditions was not safe and we cancelled school for the day on Wednesday, December 17th. That missed day of school will be made up on March 6, 2026.

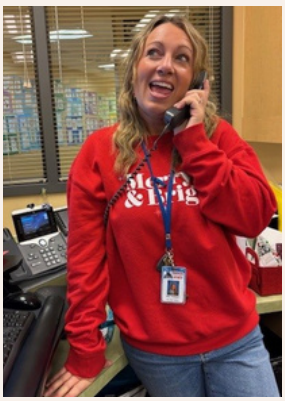
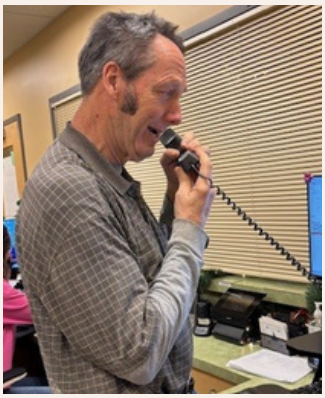
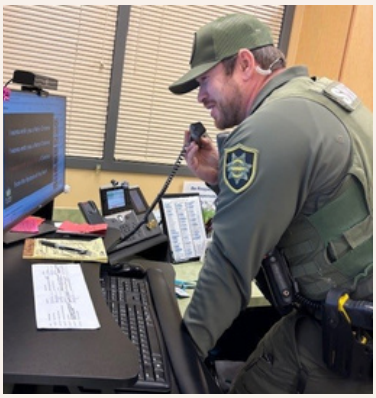
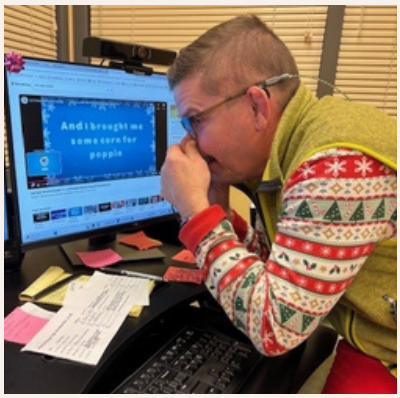
HAPPY HOLIDAYS!

We wish you all a wonderful Winter Break. Find some time to relax, enjoy your families and friends and the holidays!
From the Freeman Elementary School Staff!

FES MASKED SINGER & HOLIDAY FUN

Thank you to our brave staff who sang their hearts out for the Masked Singer. We continued with more singers this week! It was so fun to hear the songs and enjoy a whole building activity together! We had fun with some dress up days, holiday bowling and ended the week with a pancake feed and holiday parties!

Singers: Miss Kaylynn (para), Mrs. Thompson (5th grade teacher), Ms. Nelson (2nd grade teacher), Mr. Allen (Principal Assistant), Mrs. Heideman (Speech Language Pathologist), Mr. Slover (Night Custodian), Office Felvarg (Resource Officer), Mrs. Schweiger (1st grade teacher) and Mrs. Phelan (Principal), Mrs. Beazer (Music Teacher), Dr. Russell (Superintendent), Mr. Steinolfson (Director of Fiscal), Stacey Rawson (Interim Director of Student Services), Mrs. DePeralta (District Office Secretary) and Mrs. Phelan (Asst. Superintendent). Not all are pictured.

NUTRITION SERVICES

ELEMENTARY BREAKFAST: $2.20
ADULTS: $3.20

5	6	7	8	9
Professional Development No School	French Toast Sticks Sausage Patty --- Cereal & Goldfish --- Gala Apple Juice Variety Chocolate Milk White Milk	Mini Filled Bagel --- Cereal & Goldfish --- Fresh Orange Juice Variety Chocolate Milk White Milk	Banana Bread --- Cereal & Goldfish --- Banana Juice Variety Chocolate Milk White Milk	Cinnamon Roll w/Icing --- Cereal & Goldfish --- Pear Juice Variety Chocolate Milk White Milk

ELEMENTARY LUNCH: $3.60
ADULTS: $5.00

5	6	7	8	9
Professional Development No School	Mozzarella Bread Sticks --- Chicken Caesar Wrap --- Chocolate Milk White Milk	Nachos w/Ground Beef --- Flaming Hot Chicken Sriracha Wrap --- Chocolate Milk White Milk	Corn Dog Tater Tots --- --- Chocolate Milk White Milk	Chicken Burger --- Turkey Sandwich --- Chocolate Milk White Milk

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

COUNSELING CORNER

with School Counselor
Kayleen Archibald
karchibald@freemansd.org

The Importance of Gratitude

Being grateful can make us feel happier and more content. When we take time to think about all the people and things that we are thankful for, it helps us appreciate what we have. It's a simple way to fill our hearts with joy.

Try This: At the dinner table, have everyone share one thing they are grateful for that day.

EXTRA CURRICULAR ACTIVITES!

See attached flyers
*FBLA Freeman Cares 4 Kids Babysitting
*Mini Cheer Camp Grades TK-8th
*Winter Chess Club
*Winter Weather Notice
*Mealtime Memo

ATTENDANCE TIPS & TRICKS

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

If you are concerned that your child may have a contagious illness, call your school nurse orhealth-care provider for advice. Ask the teacher for ideas to support missed learning time.

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

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**

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

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

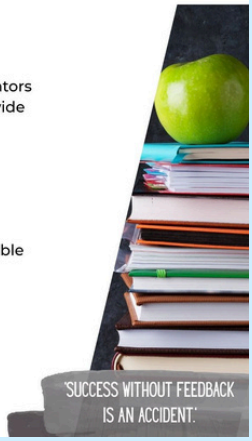
Why are we doing this?
Your feedback helps us:

- 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.

cee
The Center for Educational Effectiveness



Linewize | Qustodio

TEAMWORK MADE EASY

App for Parents & Families

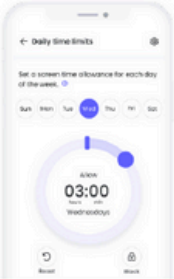
Technology makes a direct impact on children, their families, and their learning environment. For children to learn and grow as digital citizens in our increasingly connected world, we must first lay out the foundations of online safety, digital literacy, and wellbeing.

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**

Freeman School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Civil Rights, Title IX, and Section 504 Compliance Coordinator: Randy Russell, rrussell@freemansd.org, (509) 291-3695, 15001 S Jackson Rd. Rockford, WA 99030 (Updated 2021)

FREEMAN

Cares 4 Kids

GET YOUR LAST MINUTE CHRISTMAS SHOPPING DONE

DECEMBER

MONDAY 22 12-4 PM

FREE FOR EVERYONE! (DONATIONS ONLY TOWARDS FBLA)

@ FREEMAN HIGH SCHOOL

TO SIGN UP, SCAN THE QR CODE

Freeman High School Mini/Junior Cheer Camp

Grades TK-8th. Camp days will be after school on **January 14th and 15th. Grades TK-4, 3-4pm. Grades 5-8 4-5pm.** The game is **Friday, January 16th.** Mini Cheer will perform at halftime of the boys game. Junior Cheer will perform at halftime of the girl's basketball game. There will **NOT** be an activity bus available for clinic days. Your child will need to be picked up from the Elementary Gym. More info will be provided during the week of camp. Please turn this form into any school office by January 6th.

$30 per camper.

T-shirt and bow provided.

Cash or check made out to Freeman High School

Limited to 40 spots per age group

If you are interested in volunteering, email or text Coach Maddie at 509-863-7592 or goscottiescheer@gmail.com

Name:	
Age,Grade,Teacher:	
Shirt Size (Circle)	**Youth S M L XL Adult S M L**
Parent Email Address:	
Parent Name/Phone	
Emergency Contact/Phone	
Doctor Name/Phone	

YES I am okay with my child's picture being taken during camp or the performance to be used on the school website or social media

NO please do not take my child's picture

In case of 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. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover an injury while participating at this event. Further, I agree to indemnify and hold harmless the Freeman School District.

Parent Signature: _____ Date: _____

Freeman School
CHESS CLUB

Sign up for Winter 2026 Grades 2-8

SCHEDULE: After School, Thursdays 3:00 – 4:00 pm
8 Weeks: Jan 22, 29 Feb 5, 12, 19, 26 Mar 5, 12

Professional Chess Coach Dennis Pirello provides lectures, videos, and exercises, then facilitates tournament play. Students compete for club tournament awards. The chess club also competes against other clubs in regional tournaments held on Saturdays (this is an optional activity). Qualifying students are encouraged to enter the WA State Elementary Chess Championship, April 25, 2026, Tacoma, WA.

TUITION ~ $90 for 8 weeks. ***Registration form below.***

Tuition pays for: **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.

Installment payments are accepted and limited scholarships are available.

Parents are encouraged to attend chess club to learn and play (free of charge).

Cut > ----------

REGISTRATION for Freeman School Chess Club ~ Winter 2026

Student's name: _____ Grade _____ New to Chess Club? _____

2nd Student's name: _____ Grade _____ New to Chess Club? _____

Chess Skill: ___ Beginner ___ Intermediate ___ Advanced Played in tournament? ___Yes ___ No

ALLERGIES and/or SPECIAL ISSUES: _____

IMPORTANT: As required by safety best practice and school and insurance policy, parents are required to pick up students on time and must sign the check-out registry. Coaches have other teaching obligations and must not be delayed. Non-parental pick-up must be confirmed in writing.

Parent: _____ Phone: _____ eMail: _____
(or Guardian)
Parent: _____ Phone: _____ eMail: _____
(or Guardian)
Address: _____ City _____ WA ZIP_____

___ $90 Chess club tuition for 8 weeks. Partial payments are accepted. Scholarships are available.
___ $15 **OPTIONAL** Tournament style chess set for study and play a home.
___ $18 **OPTIONAL** Annual subscription to www.chesskid.com a child safe study and play website.
___ $22 **OPTIONAL** Annual subscription to Chess Magnet School, a child safe study website.

Total: $ _____ Make check payable to Inland Chess Academy. Mail registration to Inland Chess Academy, leave them with the school office, or bring them to first day of Chess Club.

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

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

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!

MEALTIME MEMO

November 2025

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!