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

JANUARY 16, 2026

UPCOMING DATES

JAN 16	6:00pm = Mini Cheer Performance (FHS Gym)
JAN 19	Martin Luther King Jr. Day (No School)
JAN 20	2:45-5:15pm = Robotics (K8 MPR)
JAN 21	2:45-4:15pm = FES/FMS Musical Rehearsal (K8MPR)
	2:45-4:00pm = Math is Cool (Lrg. Conf. Rm.)
	2:45-4:00pm = Girl Scouts (Comm. Clsrm.)
JAN 22	2:45-4:00pm = Chess Club (Comm. Clsrm.)
	2:45-5:15pm = Robotics (K8 MPR)
JAN 26	2:45-4:15pm = FES/FMS Musical Rehearsal (K8MPR)
	4:00-6:00pm = FSD Board Mtg. (PRTC)
JAN 27	6:30pm = Mat Dawgs Info/Sign Up Mtg. (K8 MPR)
JAN 28	2:45-4:15pm = FES/FMS Musical Rehearsal (K8MPR)
JAN 29	2:45-4:00pm = Chess Club (Comm. Clsrm.)
JAN 30	Math is Cool Competition (Mead HS)

NEW FES OFFICE E-MAIL

More and more of you are starting to use our FES Office e-mail address. Thank you for communicating your students' attendance, transportation changes and any other questions for the FES Office. The Attendance Voicemail is still available. We just want to provide another way for you to communicate with us where both Shayla and I get the information to best assist you.

FESOffice@freemansd.org

FES REPORT CARDS

We are having some technical difficulties getting our Semester 1 Report Cards posted to Family Access. We will hopefully have them posted next week, once the issue is resolved. In the meantime, if you have any questions, please call the office at (509) 291-4791.

Thank you for your understanding.

ATTENDANCE LETTERS

All students will bring home an attendance "zone" letter and individualized report in their homework folder on Friday. If your student has a prearranged alternative schedule, like standing appointments or other extenuating circumstances, you will not be receiving a letter. The reports include both unexcused and excused absences. Please note, these informative letters are to increase our communication between the school and parents on the status of your children's attendance. Thank you for continuing to work together to make attendance a priority for your student.

IT'S TIME FOR MAT DAWGS!

WRESTLING

All interested wrestling families, please come to the Parent Informational/Sign Up Meeting!
Any and all experience levels welcome for ages 5-14 years old. Please see sign up sheet attached.
January 27th at 6:30pm
K8 MPR (K8 Cafeteria)
Coaches: Coach Crow and Coach Kegley
Questions? www.freemanmatdawgs@gmail.com

EXTRA ACTIVITIES AND OPPORTUNITIES!

See attached flyers for more information!
*Winter Chess Club
*Freeman Band Alumni-Basketball Game
*Mat Dawgs for ages 5-14
*Spokane Chiefs School Night
*FHS Athletic Auction

SCOTTIE GEAR YEAR AROUND

The PTSG has opened an online store where you can purchase Freeman Gear all year long. The company is called BCI Creative. Check it out! The link is below and a flyer is attached!

PTSG Online Store

SALMON EGGS!

They are here, they are HERE! Our salmon fish eggs were delivered today and are safely in our tank. Thank you Mr. and Mrs. Hendrickson for bringing this fun project to our school every year.

NUTRITION SERVICES

ELEMENTARY BREAKFAST: $2.20 ADULTS: $3.20

1	20	21	22	23
Martin Luther King Day MLK DAY Martin Luther King Day	Breakfast Pizza ---------- Cereal & Goldfish ---------- Craisins Juice Variety Chocolate Milk White Milk	Cherry Strudel ---------- Cereal & Goldfish ---------- Fresh Orange Chocolate Milk White Milk	Pancake & Sausage Pancake Syrup ---------- Cereal & Goldfish ---------- Banana Juice Variety Chocolate Milk White Milk	Biscuit Omelet ---------- Cereal & Goldfish ---------- Banana Chocolate Milk White Milk

ELEMENTARY LUNCH: $3.60 ADULTS: $5.00

19	20	21	22	23
Martin Luther King Day MLK DAY Martin Luther King Day	Chicken Alfredo Bread Sticks ---------- Chicken Caesar Wrap ---------- Alternate Lunch Chocolate Milk White Milk	Chicken Tenders Dinner Roll WG ---------- Alternate Lunch ---------- Chocolate Milk White Milk	Corn Dog Tater Tots ---------- Turkey Cranberry Wrap ---------- Alternate Lunch ---------- Chocolate Milk White Milk	Chicken Burger ---------- Alternate Lunch ---------- 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.

SPOKANE CHIEFS TICKETS

Click on the link below to purchase tickets for the upcoming Spokane Chiefs School Night Hockey Game! First 2000 kids (12 and under) get a free Zipper Pull!
A portion of the Freeman ticket sales comes back to the school!

Spokane Chiefs Tickets LINK

COUNSELING CORNER

with School Counselor
Kayleen Archibald
karchibald@freemansd.org

The Courage to Be Honest

Being honest can sometimes be hard, especially if a child is worried about getting in trouble. But telling the truth is a sign of courage and helps others trust us. It shows that we are reliable and responsible.

Try This: Read a book or watch a short video about a character who tells the truth. Talk about why being honest was the right thing to do.

FHS ATHLETIC AUCTION

4th Annual Freeman Athletics Auction and Dinner Fundraiser

We invite you to join us for a fun community evening raising funds to support student athletics at Freeman High School. The benefits of school athletics are profound and we are proud to provide high quality and equitable athletic experiences for over 275 student athletes on over 40 teams in the Freeman School District. In addition to the obvious physical benefits athletics provide, we feel strongly that being a student athlete helps to build and improve lifelong skills such as perseverance, patience, dedication, leadership, teamwork, time management, accountability and responsibility.

Click HERE for more information.

JANUARY-WORLD CULTURES

While January doesn't have a specific "heritage" month to celebrate, many cities and schools celebrate different world cultures!

Some Fun World Culture Facts:

*Families celebrate special moments in many different ways.

*Some languages are written from right to left.

*Patterns and designs are important in art around the world.

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 Mat Dawgs Wrestling Sign Up (Ages 5-14)

Wrestler Name (First & Last): _____
Age (by 1/1/26): _____
Date of Birth:(month, day, year) _____

Parent/Guardian: _____

Phone Number: _____

Email: _____

Address: _____

Emergency Contact (Name & Number): _____

Any Allergies/ Medical Conditions:
_____

_____

Parent/Guardian Signature: _____

T-Shirt Size: Please circle one

Youth small
Youth medium
Youth large
Youth X-large
Adult small

Bring $50 Cash or Check payable to Freeman Mat Dawgs on 01/27/26 at 6:30 in K8 MPR
$20 USA Wrestling card also required
Donation for scholarships and/or singlets: $_____

Questions? Contact Coach Crow or Coach Kegley at freemanmatdawgs@gmail.com

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

13 WAYS MILK

Can help your body

One serving of **milk** contains many of the essential nutrients your body needs, including:

25%

Calcium

Helps build and maintain strong bones and teeth.

16%

Protein

Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.

15%

Vitamin D

Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

20%

Phosphorus

Helps build and maintain strong bones and teeth, supports tissue growth.

15%

Vitamin A

Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

30%

Riboflavin

Helps your body use carbohydrates, fats and protein for fuel.

50%

Vitamin B12

Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.

20%

Pantothenic acid

Helps your body use carbohydrates, fats and protein for fuel.

15%

Niacin

Used in energy metabolism in the body.

10%

Zinc

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

10%

Selenium

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

60%

Iodine

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

10% DRI

Potassium*

Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and maintain normal muscle function.

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

● = daily value | **10%** or higher is a good source | **20%** or higher is an excellent source

REFERENCES

- USDA FoodData Central online at http://fdc.nal.usda.gov/. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources (n=12).
- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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www.USDairy.com

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