

# FREEMAN ELEMENTARY SCHOOL

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# SCOTTIE SCOOP

**JANUARY**  
**23, 2026**

## UPCOMING DATES

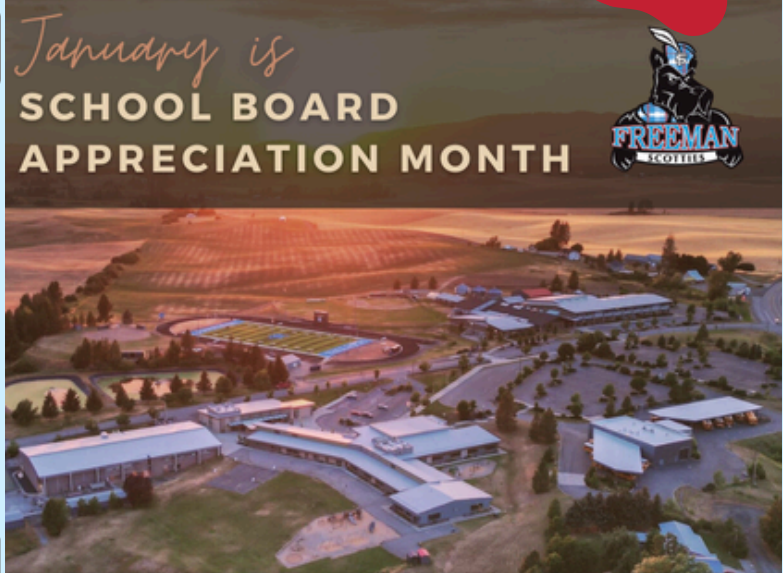
- JAN 26** 2:45-4:15pm = FES/FMS Musical Rehearsal (K8MPR)  
4:00-6:00pm = FSD Board Mtg. (PRTC)
- JAN 27** 6:30pm = Mat Dawgs Info/Sign Up Mtg. (K8 MPR)
- JAN 28** 2:45-4:15pm = FES/FMS Musical Rehearsal (K8MPR)
- JAN 29** 2:45-4:00pm = Chess Club (Comm. Clsrn.)
- JAN 30** Math is Cool Competition (Mead HS)
- FEB 2** 2:45-4:15pm = FES/FMS Musical Rehear. (K8 MPR)
- FEB 4** 10:15am = Late Start  
2:45-4:15pm = Girl Scouts (Comm. Clsrn.)  
2:45-4:15pm = FES/FMS Musical Rehear. (K8 MPR)
- FEB 5** 2:45-4:00pm = Chess Club (Comm. Clsrn.)

## FES REPORT CARDS

**Thank you for your patience while we resolved the technical difficulties with Semester 1 Report Cards. 1st through 5<sup>th</sup> grade report cards are now posted in Family Access under the Portfolio tab.**

## HAPPY BIRTHDAY MRS. PHELAN

**Ms. Nelson had the great idea to make Mrs. Phelan and her dog Rossi into a coloring sheet. The kids colored them and they were posted in the foyer to welcome Mrs. Phelan into school today for a birthday surprise! Mrs. Phelan thanks all the kids and parents for the birthday wishes!**



Dave Teague    Danielle Santman    Bill Morphy    Annie Keebler    Nate Talbott

*Thank you for your dedication and service to our students, schools and community!*

It's Competition time!! Freeman Robotics Team ROBO REX is headed to WA STATE CHAMPIONSHIP for First Lego League Challenge!! They'll compete at St George's School, 2929 West Waikki Road, Spokane WA 99208, this Saturday January 24, 2026. Freeman Community, you are all welcome to come and cheer on ROBO REX & GO SCOTTIES!! The Coaches Annie Thompson, Barbara Berg & Chris Thosath are Proud of and Excited for ROBO REX team!

### Robo Rex Team



# IT'S TIME FOR MAT DAWGS!

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 27<sup>th</sup> at 6:30pm

K8 MPR (K8 Cafeteria)

Coaches: Coach Crow and Coach Kegley

Questions? [www.freemanmatdawgs@gmail.com](mailto:www.freemanmatdawgs@gmail.com)

# WRESTLING



## EXTRA ACTIVITIES AND OPPORTUNITIES!

See attached flyers for more information!

\*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](#)

Join us for our annual

# BAND ALUMNI NIGHT

@ Freeman Basketball



# 24 JAN

## 3:00pm

FHS Band Room

If you ever played an instrument while at Freeman, please consider joining the Freeman Pep Band on Saturday 1/24. Freeman Arts Boosters will pay your entry to the game and if you email Mr. Jydstrup ([jjydstrup@freemansd.org](mailto:jjydstrup@freemansd.org)) with your name, instrument and favorite pep song you will have your sheet music and practice recordings sent to you to prepare. If you need an instrument, no worries, just let Mr. Jydstrup know in the email and he will find you one. You will need to be in the high school band room at 3:00pm and we will be playing for both games and will be done around 7:30 -8:00pm We hope to see you there.

# FREEMAN

## FREEMAN SCHOOLS SPIRITWEAR

More Options Available Online



See More Options online / HOW TO ORDER  
go to: [www.bcicreative.com/Freeman](http://www.bcicreative.com/Freeman)

ORDERS ARE PROCESSED MONTHLY THE 1ST AND 15TH OF EACH MONTH.  
If the 1st or 15th falls on a weekend, orders will be processed the following Monday. Orders will be decorated, packaged and ship between the 20th and 30th of each month depending on your order date. USPS postage fees apply to all shipments. A portion of each sale benefits Freeman PTSG..

Credit Card payment will appear on your statement from BCI Creative  
Questions?? Please email: [kim@bcicreative.com](mailto:kim@bcicreative.com) or call 465-9775

In order to ensure speed of delivery and avoid delays, BCI Creative reserves the right to substitute equivalent product in the event of supplier shortages. Please see fulfillment details in the Welcome info on the site.

**ELEMENTARY**  
**BREAKFAST: \$2.20**  
**ADULTS: \$3.20**

26	Chocolate Chip Scone ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk	27	Banana Bread ----- Cereal & Goldfish ----- Gala Apple Juice Variety Chocolate Milk White Milk	28	Bagel Mini Cinnamon ----- Cereal & Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk	29	Cherry Strudel ----- Cereal & Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk	30	Cinnamon Roll w/Icing ----- Cereal & Goldfish ----- Pear Juice Variety Chocolate Milk White Milk
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**ELEMENTARY**  
**LUNCH: \$3.60**  
**ADULTS: \$5.00**

26	Mandarin Orange Chicken Bread Sticks ----- Alternate Lunch ----- Chocolate Milk White Milk	27	Nachos w/Ground Beef ----- Chicken Caesar Wrap ----- Alternate Lunch ----- Chocolate Milk White Milk	28	Honey Garlic Chicken Stir Fry ----- Alternate Lunch ----- Chocolate Milk White Milk	29	Fish Sticks Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk	30	Chicken Burger ----- Alternate Lunch ----- Chocolate Milk White Milk
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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.**

## 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](mailto:karchibald@freemansd.org)

### Setting Healthy Boundaries

It's okay to say "no" when we don't feel comfortable! Teach your child that they have the right to set their own boundaries and that a friend will respect them. This is an important part of building healthy relationships.

**Try This: Practice a few scenarios where your child can use the word "no." For example, "What would you do if a friend wanted you to play a game you don't like?"**

## 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:

- \*Storytelling is used in every culture to teach lessons.**
- \*Traditional clothing often shows where people are from.**



## 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](mailto:myschool@qustodio.com)

Freeman School District  
Information Technology

[myschool@qustodio.com](mailto: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](https://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](mailto:myschool@qustodio.com)

## 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](mailto:freemanmatdawgs@gmail.com)**



# 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%  
D R I



### 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.

