

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

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

****FESOffice@freemansd.org****

SCOTTIE SCOOP

MARCH 20,
2026

UPCOMING DATES

- MAR 20 5:00pm = CAST B Musical Performance (FHS MPR)
7:00pm = CAST A Musical Performance (FHS MPR)
 - MAR 21 2:00pm = CAST A Musical Performance (FHS MPR)
4:00pm = CAST B Musical Performance (FHS MPR)
 - MAR 23 6:00-8:00pm = FSD Board Meeting (PRTC)
 - MAR 24 2:45-4:00pm = 4th Grade Math is Cool (CC)
2:45-4:00pm = Fit for Bloomsday (big playground)
 - MAR 25 2:45-4:00pm = FES Girl Scouts (CC)
 - MAR 26 2:45-4:00pm = Fit for Bloomsday (big playground)
 - MAR 27 2:00pm = 4th Grade Math is Cool Competition!
 - MAR 31 2:45-4:00pm = Fit for Bloomsday (big playground)
 - APR 1 1:30-2:30pm = Science Fair (Students' Classrooms)
 - APR 2 8:00am-7:00pm = Parent-Teacher Conferences
 - APR 3 8:00am-12:00pm = Parent-Teacher Conferences
- Book Fair March 26th through April 2nd!**
Parent-Teacher Conferences April 2nd and 3rd
Spring Break April 6th - 10th
No School during Conferences or Spring Break!

FOOD DRIVE POSTER CONTEST!

Fantastic work to all the **SOUP-er Heroes** who helped kick off our amazing food drive this week by making a poster to get our drive into high gear! Your **SOUP-er Hero** powers produced 125 artistic, original, and amazing posters. Congratulations to this year's poster contest winners in each category! TK-1, **Cooper Chesher** and **Lenora Messinger**. Grades 2-3, **Elizabeth Santman** and **Penny Heidt**. Grades 4-5, **Clementine Patton** and **Joe Jensen**. Job well done to all of the **SOUP-er Heroes** who participated this year! We also appreciate all of the support from Cenex Harvest States (CHS) and their Harvest For Hunger Program. Special thanks for providing hats to each of our poster winners too!



Pictured with Ed Huber from CHS are the six Freeman **SOUP-er Hero** poster winners. Not only are they displaying their award winning posters, but they are also donning their special prize - Harvest for Hunger hats they received from CHS. Great job!

CONFERENCE SCHEDULER!

Conferences

Scheduled Conferences Report

Print All Scheduled Conferences for Guardian

(FREEMAN ELEMENTARY SCHOOL) [View Scheduled Times](#) | [All Conferences](#)

No conferences are scheduled for this student.

Conference Scheduler is now OPEN! Please log into Family Access and schedule your student's conferences for April 2nd or April 3rd!
See images to the left and instructions below for how to schedule.

1. Go to our website www.freemansd.org and click on **Parents & Community** then choose **Family Access**.
2. Once you login, you will see blue tabs on the left side of the page. Go near the bottom of those tabs and click **Conferences**.
3. When in **Conferences** click on **All Conferences** and you will then see all of the available times for your students' teacher. Please select which time works for you!
4. Do **Step 3** for each of your students if you have multiple children who need conferences.

2026-2027 NEW ENROLLMENT

Enrollment for the 2026-2027 school year is now open for Transition to Kindergarten (TTK), Kindergarten and New Students on March 1st. Please note, Transition to Kindergarten students must be 4 on August 31, 2026 or earlier and Kindergarten students must be 5 on August 31, 2026 or earlier. Please call the FES Office to schedule your TTK and Kindergarten Roundup time (509) 291-4791.

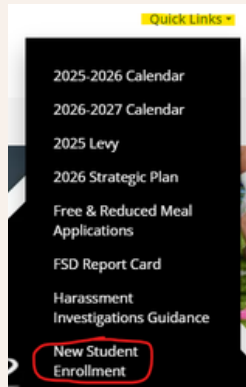
****If you have a current TTK student, he/she does not need to go through Roundup, nor do they need to re-enroll.****

NEW STUDENT ENROLLMENT (any school)

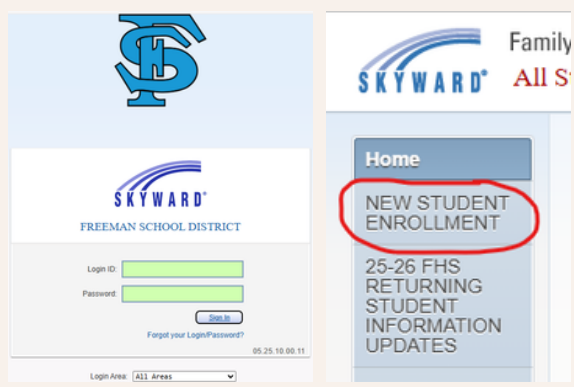
If your family is new to our district, please go to our website:

www.freemansd.org to enroll your student for next year. Find Quick Links, then choose New Student Enrollment or use the **Register Now!** link.

REGISTER NOW!



Already at Freeman? Please log in through Family Access to enroll your new student. See images.



BOOK FAIR

Guess what?!?! The Book Fair will open earlier than expected! Every class will have the opportunity to preview and purchase books during their scheduled Library time. Please see the schedule below!

*March 26th, 27th, 30th, 31st and April 1st = Book fair will be open for student shopping during their Library class these days.

*APR 1st 2:45-3:30pm = Parents can come with their students to purchase books after school.

*APR 2nd 8:00am - 7:00pm = Book Fair is open

*On April 3rd the Book Fair will be closed.

Please follow this [Book Fair LINK](#) for all of the details about the upcoming Scholastic Book Fair here at the Freeman TTK-8th Library!

We need YOU! Please click on this [BOOK FAIR VOLUNTEER LINK](#) to help! We always appreciate and greatly need your support in bringing these fun activities to our school!

WE'RE HAVING A BOOK FAIR!

3/26 - 4/2

FREEMAN MIDDLE SCHOOL
Freeman K-8 Library
14626 S Jackson Rd
Rockford, WA 99030

MORE DAYS TO SHOP!!!
Student Shopping is now open March 26th-April 1st 8:00-3:00
*April 1st only open until 3:45
Send your student shopping the easy way with e-wallet! Students may shop without an adult with Cash or e-wallet only.

Family Event
April 2nd
8:00-6:30
Join us before or after your student's conference. **Thursday only**

CONFERENCE MEALS!

Help us treat our amazing educators and staff to breakfast and dinner during conference day! Scan one of the QR codes at the end of the Scottie Scoop or click the links below to sign up and help make their day extra special.

Breakfast --> [Freeman PTSG: Conference Breakfast Bar on 04-02-2026](#)

Dinner --> [Freeman PTSG: Italian Night Conference Meals on 04-02-2026](#)

FES FOOD DRIVE!

Freeman Elementary Superhero Food Drive
March 23th-27th

From March 23rd-27th, Freeman Elementary is continuing our Superhero Food Drive—and we need your help to save the day! This week, we are focusing on dinner foods such as stew, chili, ravioli, crushed tomatoes, pasta, chunky soups, and instant mashed potatoes. Every can, box, or jar you bring is like using a superpower to help families in our community:

- Cans = Super Strength
- Boxes = Super Speed
- Jars = Super Kindness

Special Point Items:

•Flour, sugar, salt, oil, and rice = 5 points each. These are the items the food bank needs most, and bringing them helps them save money for other important needs. Please bring regular-sized bottles or bags—think about what your family uses at home. Large Costco-size items cannot be accepted. Great examples: regular rice, Rice-A-Roni, standard-sized oil 48 fl oz bottle, and Plain Salt 26 oz.

•STARTING MONDAY, March 23rd, the 10 Point Item for the week of Monday, March 23rd-Friday, March 27th are Cans of Chicken worth 10 points each!

Food Bank Reminder:

Please remember the food bank is overloaded with Top Ramen and Cup-a-Soup and they receive cans of corn and green beans from another source. Let's focus on the items they really need so every donation has super impact!

Superhero Update:

Wow, Freeman Elementary—you are AMAZING! In just the first two days of the food drive, we've already collected 681 pounds of donations! Our goal is to break 3,000 pounds, a milestone we've reached the past couple of years—and we know we can do it again with your help.

The food drive runs through March 27th, so keep those donations coming. Every donation counts, and together, we are superheroes for our community!

ELEMENTARY
BREAKFAST: \$2.20
ADULTS: \$3.20

23	Chocolate Chip Scone ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk	24	Banana Bread ----- Cereal & Goldfish ----- Gala Apple Juice Variety Chocolate Milk White Milk	25	Bagel Mini Cinnamon ----- Cereal & Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk	26	Cherry Strudel ----- Cereal & Goldfish ----- Fresh Orange Juice Variety Chocolate Milk White Milk	27	Cinnamon Roll w/icing ----- Cereal & Goldfish ----- Pear Juice Variety Chocolate Milk White Milk
----	--	----	--	----	---	----	--	----	---

ELEMENTARY
LUNCH: \$3.60
ADULTS: \$5.00

23	Nachos w/Ground Beef ----- Alternate Lunch ----- Chocolate Milk White Milk	24	Assorted Pizza ----- Alternate Lunch ----- Chocolate Milk White Milk	25	Chicken Nuggets Mashed Potatoes Dinner Roll WG ----- Alternate Lunch ----- Chocolate Milk White Milk	26	Macaroni & Cheese Bread Sticks ----- Alternate Lunch ----- Chocolate Milk White Milk	27	Hamburger ----- 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.

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](#)



COUNSELING CORNER

with School Counselor
Kayleen Archibald

karchibald@freemansd.org

Being a Good Sport

Winning is fun, but what matters most is how we play the game. Teach your child that being a good sport means being kind, whether you win or lose. It includes cheering for others, being respectful, and having fun.

Try This: Play a game with your child and practice saying, "Good game!" no matter who wins.

EXTRA ACTIVITIES AND OPPORTUNITIES!

See attached flyers for more information!

- *FES Food Drive
- *SE SPK Co Fair Royalty Coronation
- *Book Fair
- *VFW Art Competition (K-5th)
- *Class of 2029 Flower Basket Fundraiser
- *Spring Chess Club
- *Rockford Youth Baseball
- *Ukelele Parent Letter from Mrs. Beazer

GIRL SCOUT COOKIES FOR SALE!

SUPPORT FREEMAN GIRL SCOUT TROOP 2526!
ORDER YOUR 2026 COOKIES NOW!

OUR 2026 COOKIE LINEUP

Adventurefuls® Caramel & Brownie	Samoas® Caramel & Coconut
Lemon-Ups® Lemon Messages	Tagalongs® Chocolatey Peanut Butter
Trefoils® Traditional Shortbread	Thin Mints® Famous Chocolate Mint
Do-Si-Dos® Peanut Butter Sandwich	Exploremores® NEW! Rocky Road-Inspired with chocolate, marshmallow, almond
Samoas® Caramel & Coconut	Toffee-tastic® Crunchy Toffee

PICK-UP DETAILS
 Date: April 3rd
 Location: School Conferences

HOW TO ORDER
 1. Scan QR Code
 2. Select Favorites
 3. Choose In-Person Delivery or Pick-Up

ALL BOXES \$6 EACH

QUESTIONS? CALL OR TEXT: 707-599-5515

MARCH-WOMEN'S HISTORY MONTH

Women's History Month – Fun Facts for Our Students!

March is Women's History Month! This is a time to learn about and celebrate amazing women who made a difference in history.

Marie Curie was the first woman to win a Nobel Prize and the only person to win Nobel Prizes in two different sciences!

Serena Williams is one of the greatest tennis players of all time and has won 23 Grand Slam titles.



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.



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:

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



JOIN US
FOR THE SE SPOKANE
COUNTY FAIR

ROYALTY
CORONATION

Sunday, March 29th at 4pm

FREEMAN K-8
MULTI-PURPOSE ROOM



VFW Auxiliary National Art Contest

Illustrating America

2025-2026

VFW Auxiliary National is pleased to present this national art contest to introduce, encourage and recognize young artists with patriotism through art. Entries will be judged on patriotic themes and technique.

VFW Auxiliary National Level Awards

Grades K-2

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Grades 3-5

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Grades 6-8

First place: \$100 gift card
Second place: \$50 gift card
Third place: \$25 gift card

Contest Eligibility

- Students do not have to be related to a VFW or VFW Auxiliary member to participate
- Students in grades K-8 by March 31 deadline who are enrolled in a public, private, parochial or home school program in the United States, its territories and possessions, or dependents of U.S. military or civilian personnel in overseas schools.
- Although U.S. citizenship is not required, students must be lawful U.S. permanent residents or have applied for permanent resident (the application for which has not been denied) and intends to become a U.S. citizen.
- Foreign exchange students, students aged 15 or older are **not** eligible.
- Previous winners of VFW Auxiliary National Illustrating America Art Contests are **not** eligible for the same grade division of which they are a previous national winner. However, the students may enter the subsequent grade division.

Contest Rules

- Entry must be completed during the current school year.
- Entry must be two dimensional.
- Entry must be on canvas or paper.
- Canvas entries must be submitted on a stretcher frame or canvas board.
- Paper entries must be reinforced with heavy paper.
- Do **not** frame art with wood, metal, plastic or glass.
- Mats may be used, including mounted and floating mats.
- Entries may **not** be smaller than 8"x10" and **not** larger than 18"x24" **including** mat.
- Acrylic, chalk, crayon, ink, marker, pastel, pen, pencil, tempera, watercolor, glitter or other media may be used.
- If the American Flag is used, it does **not** need conform to the Federal Flag Code in relation to colors, numbers of stars and stripes and other pertinent rules of the code.
- Coloring sheets, digital art and photography are **not** accepted.
- Completed typed or printed legible entry form including parent and/or guardian signatures.
- Students' name, age and grade level must be printed on back of art entry.

VFW Auxiliary National reserves the right to modify these rules and eligibility without notice.



VFW Auxiliary National Art Contest

Illustrating America

Contest Entry Form 2025-2026

Please print or type. Incomplete and/or illegible entry forms will disqualify the entrant.

Student Name: _____ Age: _____

School Name: _____ Grade: _____

Title of entry: _____ Date completed: _____

Media used: _____

Parent/Guardian Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

*Parent/Guardian Signature: _____ Date: _____

*I hereby grant permission for the artwork of the student listed above to be published in the VFW Auxiliary National Magazine, website and social media and to be used for any and all promotional purposes by the VFW Auxiliary National organization. VFW Auxiliary is not responsible for entries which are lost, late, illegible, damaged, incomplete, misdirected, stolen, or reproduced. All scores are final as received from the judges. All contestants must agree to abide by the contest rules. Falsifying information on the entry form or any violation of these rules shall cause immediate disqualification and forfeiture of the award.

Participating/Sponsoring VFW Auxiliary contact information

Contact Name: Michelle Madonna Contact Phone: (509) 230-2958

Contact email: michellemadonna@msn.com Auxiliary No. 1435

To avoid entrant disqualification, this section is to be filled out completely by VFW Auxiliary at each judging level. VFW Auxiliary National Headquarters only accepts Department level first-place winning entries.

Participating/Sponsoring VFW Auxiliary Name & No.: _____ Dept. of: _____

March 31: Student entries due to participating/sponsoring VFW Auxiliary for judging.

Authorized VFW Auxiliary verification signature: _____ Date: _____

Artwork is the property of the student and must be returned immediately to the address listed above if not advancing to the next level.

April: (Optional) First place winner from each participating sponsoring VFW Auxiliary VFW Auxiliary due to VFW Auxiliary District for judging.

Authorized VFW Auxiliary District verification signature: _____ Date: _____

Artwork is the property of the student and must be returned immediately to the address listed above if not advancing to the next level.

April 15: First place winner from each participating sponsoring VFW Auxiliary or optional VFW Auxiliary District judging due to the VFW Auxiliary Department for judging.

Authorized VFW Auxiliary Department verification signature: _____ Date: _____

Artwork is the property of the student and must be returned immediately to the address listed above if not advancing to the next level.

May 5: First place winner from each VFW Auxiliary Department must be received at VFW Auxiliary National Headquarters for judging.

July/August: All students will be notified of entry status via email provided on entry form. Selected winning entries in each grade division may be announced on VFW Auxiliary National social media pages and an image may be shown at the VFW Auxiliary National Convention.

August/September: All art entries received at VFW Auxiliary National will be returned to students and awards mailed to the address provided on the entry form.

VFW Auxiliary National reserves the right to modify these rules and eligibility without notice.

FREEMAN CLASS OF 2029

HANGING FLOWER BASKET

Fundraiser

Orders Due

FRIDAY, APRIL 3RD, 2026

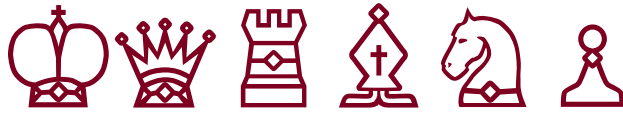
Delivery:

First week of May
Just in time for Mother's Day!

**\$45/
BASKET**



This is a parent led fundraiser, not an ASB Fundraiser. Please use this [ORDER FORM LINK](#) to order flower baskets and support the Class of 2029..



Freeman School CHESS CLUB

Sign up for Spring 2026 Grades 2-8

SCHEDULE: After School, Thursdays 3:00 – 4:00 pm
7 Weeks: Apr 16, 23, 30 May 7, 14, 21, 28



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.
See tournament and camp schedule: www.inlandchess.org

TUITION ~ \$78 for 7 weeks. Each session is one hour. *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 ~ Spring 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 _____

___ \$78 Chess club tuition for 7 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 ~ Licensed, insured WA state non-profit, 501c3, educational organization.

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. *Tournament schedule: www.InlandChess.org*

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.

"Chess is the only activity for our youth where they are expected to sit quietly and think long thoughts." JJ Dill II

Inland Chess Academy

An insured and licensed 501c3 WA non-profit educational organization.

920 N. Argonne Rd., Suite 120, Spokane Valley, WA 99212 509-822-9800

chess@inlandchess.org

www.InlandChess.org

facebook.com/inlandchess

2026 Rockford Youth Baseball

T-BALL	Ages 5-6	Mon & Wed	6pm practice/5:30 games
CAPS	Ages 7-9	Mon & Wed	6pm practice/games (or following t-ball game)
MINORS	Ages 10-12	Tue & Thu	6pm practice/games

**Practice starts May 4th and 5th
Games begin the first week of June**

Home fields are at Shelley Altmeyer Park and/or the Rodeo Grounds in Rockford

****Freeman teams are created only after Rockford teams are full****

Away games will be played in Worley, Fairfield and at Liberty School in Spangle.

Call or go to www.rockfordwa.com for a link to the REQUIRED forms

**** (1) Registration, (2) concussion form, and (3) payment must be submitted before April 15th to ensure placement****

\$40 Registration Fee

Due to limited space and time, we will not be accepting any latecomers

Mail completed forms to:

ROCKFORD YOUTH BASEBALL

c/o Nicki Seehorn @ PO Box 242 Rockford, WA 99030

nseehorn@gmail.com (509-998-6476)

or

ROCKFORD YOUTH BASEBALL

c/o Heidi Johnson @ Rockford Town Hall 20 W Emma St (drop off only)

PO Box 49 Rockford, WA 99030 (mail)

hroecks@yahoo.com (509-270-3311)

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



[cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____



Dear Freeman Families,

In music, we have recently wrapped up our recorder unit, and I am very proud of the progress students have made on their instruments. They have worked very hard, and their growth is truly exciting to see. I encourage you to ask your child to play some of the songs they have learned—many are eager to share their accomplishments!

If your child wishes to continue practicing recorder at home, I highly recommend it. I am happy to provide level-appropriate sheet music upon request. Please also keep your child's recorder in a safe place. We will use recorders again as we prepare for our spring concert, and they will continue to be part of our music curriculum next school year.

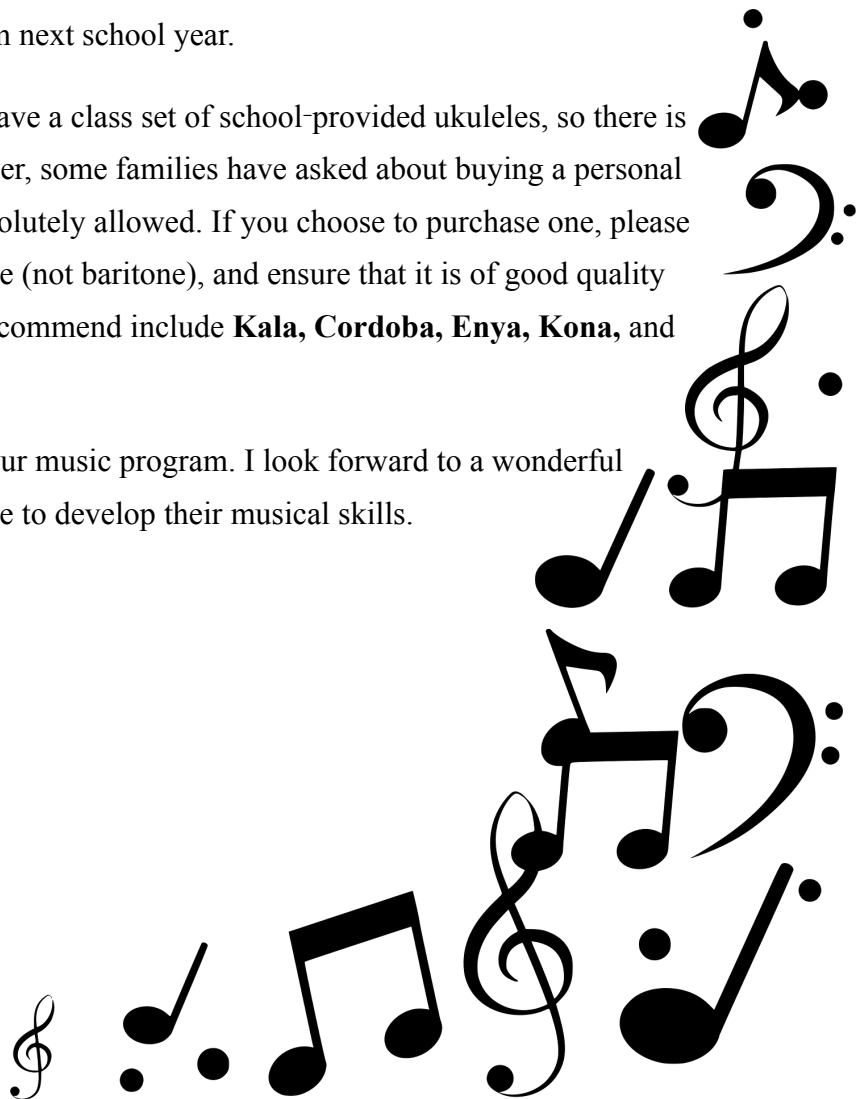
Our next unit will focus on ukuleles. We have a class set of school-provided ukuleles, so there is no need to purchase an instrument. However, some families have asked about buying a personal ukulele for their student to use. This is absolutely allowed. If you choose to purchase one, please select a **soprano, concert, or tenor** ukulele (not baritone), and ensure that it is of good quality and durable for classroom use. Brands I recommend include **Kala, Cordoba, Enya, Kona, and Ohana**.

Thank you for your continued support of our music program. I look forward to a wonderful ukulele unit and to seeing students continue to develop their musical skills.

Warm regards,

Amy Beazer

K-5 Music Arts Teacher





An addendum for 5th graders:

Recorders will not be used in middle school. If your child does not wish to keep their recorder, I recommend one of two options: save the recorder for a younger sibling to use in the future, or consider donating the recorder to the music program. It's very helpful to have extra recorders available for students who are unable to purchase their own, or to use when they get forgotten at home, or to replace the school's damaged or lost recorders.

Thank you for your support!