

# FREEMAN ELEMENTARY SCHOOL

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Main Line: 509-291-4791  
Attendance Line: 509-291-7425  
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Brianne Wineinger, FES Secretary  
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Student Services/FES Secretary  
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**\*\*FESOffice@freemansd.org\*\***

# SCOTTIE SCOOP

MARCH 27,  
2026

## UPCOMING DATES

- MAR 31 2:45-4:00pm = Fit for Bloomsday (big playground)
- APR 1 1:30-2:30pm = Science Fair (Students' Classrooms)  
2:30-4:00pm = Girl Scouts (Community Classroom)  
2:45-3:30pm = **BOOK FAIR OPEN**
- APR 2 8:00am-7:00pm = Parent-Teacher Conferences  
8:00am-7:00pm = **BOOK FAIR OPEN**
- APR 3 8:00am-12:00pm = Parent-Teacher Conferences

**Spring Break April 6<sup>th</sup> - 10<sup>th</sup>**  
**No School during Conferences or Spring Break!**

- APR 13 Welcome Back!!! Hope you had a wonderful break!
- APR 14 2:45-4:00pm = Fit for Bloomsday (Big Playground)
- APR 15 Girl Scouts (Community Classroom)
- APR 16 2:45-4:00pm = Fit for Bloomsday (Big Playground)  
6:00-8:00pm = Mat Dawgs End of Season (K8 MPR)

## FES FOOD DRIVE!


**Superhero Food Drive Results Are In!**  
Freeman Elementary superheroes truly saved the day!  
Thanks to the incredible generosity of our students and families, this year's Superhero Food Drive was a **HUGE success.**  
Our goal was 3,000 pounds... and you didn't just meet it—you smashed it with an amazing **4,826 pounds** of food collected!

Congratulations to our grade-level winners:

- TK-1st Grade: Mrs. Hawk's class with 713 points
- 2nd-3rd Grade: Mrs. Jensen's class with 745 points
- 4th-5th Grade: Mrs. Thompson's class with an incredible 3,340 points



## CONFERENCE SCHEDULER!



FREEMAN SCHOOL DISTRICT

Login ID:

Password:

[Sign In](#)

[Forgot your Login/Password?](#)

05.25.10.00.12

Login Area: Family/Student Access

Gradebook

Attendance

Student Info

Food Service

Schedule

Graduation Requirements

**Conferences**

Portfolio

Health Info

### 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.



While we celebrate these winning classes, the truth is every single Scottie is a winner. Your teamwork, generosity, and school spirit made a real difference for families in our community.

**Way to go, Scotties! You proved that when we work together, we can accomplish something truly SUPER!**

**Conference Scheduler will CLOSE end of day Monday, March 30th! Please log into Family Access and schedule your student's conferences for April 2<sup>nd</sup> or April 3<sup>rd</sup>!**  
See images to the left and instructions below for how to schedule.

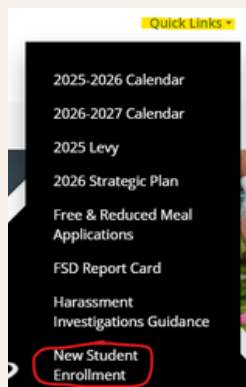
1. Go to our website [www.freemansd.org](http://www.freemansd.org) and click on Parents & Community then choose Family Access.
2. Once you login, you will see blue tabs on the left side of the page. Go near the bottom of those tabs and click Conferences.
3. When in Conferences click on All Conferences 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.

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.\*\***

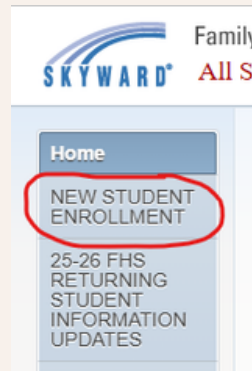
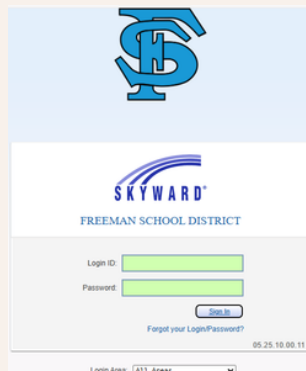
## NEW STUDENT ENROLLMENT (any school)

If your family is new to our district, please go to our website: [www.freemansd.org](http://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

Every class will have the opportunity to preview and purchase books during their scheduled Library time. Please see the schedule below!

- \*March 30<sup>th</sup>, 31<sup>st</sup> and April 1<sup>st</sup> = Book fair will be open for student shopping during their Library class these days.
- \*APR 1<sup>st</sup> 2:45-3:30pm = Parents can come with their students to purchase books after school.
- \*APR 2<sup>nd</sup> 8:00am - 7:00pm = Book Fair is open
- \*On April 3<sup>rd</sup> the Book Fair will be closed.

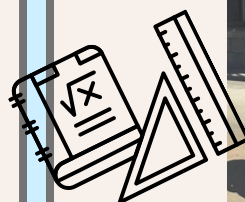
Please follow this **Book Fair LINK** for all of the details about the upcoming Scholastic Book Fair here at the Freeman TTK-8th Library!

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!

**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**

## 4TH GRADE MATH IS COOL

We sent our 4<sup>th</sup> Grade Math is Cool Team off to their big competition today! We wish them the best of luck and know they will represent Freeman well! Thank you to Coach Nick Rawson and Mrs. Rawson for leading this team!



## CONFERENCE MEALS!

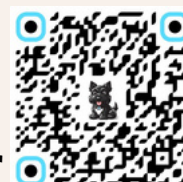
Help us treat our amazing educators and staff to breakfast and dinner during conference day! Scan one of the QR codes at the end of the Scottie Scoop or click the links below to sign up and help make their day extra special.

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

Or scan the QR Codes below!



**Breakfast**



**Dinner**

## EXTRA ACTIVITIES AND OPPORTUNITIES!

- See attached flyers for more information!
- \*SE SPK Go Fair Royalty Coronation
- \*Book Fair
- \*VFW Art Competition (K-5th)
- \*Class of 2029 Flower Basket Fundraiser
- \*Spring Chess Club
- \*Rockford Youth Baseball

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

30 Breakfast Cookie ----- Cereal & Goldfish ----- Craisins Juice Variety Chocolate Milk White Milk	31 French Toast Sticks Sausage Patty ----- Cereal & Goldfish ----- Gala Apple Juice Variety Chocolate Milk White Milk	1 Mini Filled Bagel ----- Cereal & Goldfish ----- Fresh Orange Chocolate Milk White Milk	2 Conferences No School	3 Conferences No School
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**ELEMENTARY**  
**LUNCH: \$3.60**  
**ADULTS: \$5.00**

30 Mozzarella Bread Sticks ----- Alternate Lunch ----- Chocolate Milk White Milk	31 Corn Dog Tater Tots ----- Alternate Lunch ----- Chocolate Milk White Milk	1 Totchos Apple Churro ----- Italian Wrap ----- Alternate Lunch ----- Chocolate Milk White Milk	2 Conferences No School	3 Conferences No School
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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.

## 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](#)

## TASTE TESTING

On Thursday, March 19, FSD Nutrition Services offered 3rd-, 4th-, and 5th-graders the opportunity to sample a few new recipes. The event was planned and coordinated by Kindergarten Teacher Gena Hawk and Nutrition Services Director Kent Bevers. The event was a huge success, with overwhelmingly positive results on student feedback. Many students asked for recipes for these items. Links for the recipes are below.

3<sup>rd</sup> Graders - Egg Bites:

<https://www.landolakesfoodservice.com/recipes/cheesy-egg-bites>.

- a. This recipe calls for Land O' Lakes shredded cheddar cheese. However, any brand of shredded cheddar cheese will work.
- b. The original recipe is for mini egg bites. However, the amount of liquid egg mixture placed in each muffin cup can be doubled to make a standard-size egg bite (regular muffin size).

4<sup>th</sup> Graders - Cheesy Garlic Bread:

<https://healthyschoolrecipes.com/recipes/cheesy-garlic-french-bread/>.

5<sup>th</sup> Graders - Tangy BBQ Sauce:

<https://healthyschoolrecipes.com/recipes/tangy-bbq-sauce/>.



## COUNSELING CORNER

with School Counselor

Kayleen Archibald

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

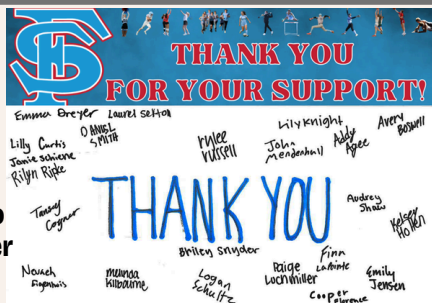
The Joy of Sharing

Sharing isn't just about toys; it's also about sharing ideas, feelings, and smiles. When a child learns to share, they learn to cooperate and build friendships. It's a key skill for getting along with others.

Try This: Bake cookies together and have your child share them with a sibling or friend. Talk about how sharing a treat makes everyone feel good.

## ATHLETICS AUCTION UPDATE

On behalf of Freeman Athletics, we want to thank you all for your support of our Athletics Auction on March 14th! Due to the generous support of our community we were able to raise just over \$50,000 after expenses! These funds will have a direct impact on our student-athletes helping to maintain and update equipment, replace uniforms, cover official's fees and support the overall cost of operating athletics. **THANK YOU!**



## 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.

Malala Yousafzai began speaking up for girls' education as a child and became the youngest Nobel Prize winner at age 17.  
 Katherine Johnson was a mathematician whose work helped send astronauts safely into space.

These women show us that courage, determination, intelligence, and kindness can change the world!

**Student Reflection Question:**

Who is a woman in your life that inspires YOU? It could be a family member, teacher, coach, community leader, or someone you've learned about in history!

# PACE AND PERFECT ATTENDANCE AWARDS!

We love recognizing our amazing kids! We gave PACE Awards for Caring, Fairness, Honesty and Diligence along with Perfect Attendance for Semester 1. Thank you to all of the families that support these kids. You help make our students and school so special!



Kindergarten through 2<sup>nd</sup> Grade PACE Recipients



3rd through 5th Grade PACE Recipients



Along with the monthly PACE Awards and the Perfect Attendance we also announced our PACE Student of the Year. Congratulations Audrina Kazmi! You have show great character through your entire Elementary career! You are such a great example of what a student with all around PACE Character looks like!

## TECHNOLOGY CORNER

### EES-FAMILY SURVEY

The EES-Family Survey will open on Monday, March 30<sup>th</sup>.

- \*Scan the QR code to the right.
- \*Choose your language preference on the opening page of the survey.
- \*Select your child's school. If you have children in multiple schools, complete one survey per school.
- \*Complete the survey and click submit.



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



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

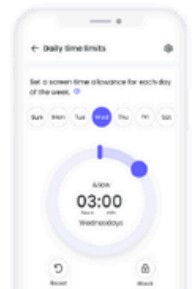
Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

- 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](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)

## 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](#)**



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 3<sup>RD</sup>, 2026

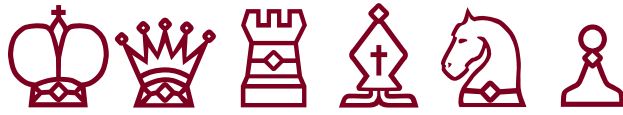
Delivery:

**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](http://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](http://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](mailto:chess@inlandchess.org) [www.inlandchess.org](http://www.inlandchess.org) [facebook.com/inlandchess](https://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](mailto: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](http://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](mailto:chess@inlandchess.org)

[www.InlandChess.org](http://www.InlandChess.org)

[facebook.com/inlandchess](https://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 4<sup>th</sup> and 5<sup>th</sup>  
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](http://www.rockfordwa.com) for a link to the REQUIRED forms

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

**\$40 Registration Fee**

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

**Mail completed forms to:**

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# 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: \_\_\_\_\_