The word of the week is

 Distribute

**It means:** to pass out in portions, to spread out evenly

**Used in a sentence:**

Please distribute the dress down notices to all the classes.

In math, we use the FOIL method to distribute two binomials.

The volcano’s powerful eruption distributed volcanic rock over a huge area of land.

He planted the seeds and distributed the fertilizer evenly over the top of them.

She distributed the pamphlets to the people as they entered the theater.