

FRIDAY FLYER

Freeman High School

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509-291-3721



JANUARY 13, 2022

Upcoming Events:

January 14th

Teacher PD - No School

January 15th

MLK Jr. Day - No School

January 27th

Finals - Periods 1,3,5

School Board Mtg. - 6pm

January 28th

Finals - Periods 2,4,6

End of 1st Semester

February 2nd

Late Start - School begins
10:15am



We are almost to the end of our first semester. Finals will be taking place on Thursday and Friday, January 27th and 28th. We will be doing a block schedule on those two days to allow extended time for testing. Thursday, January 27th, students will have periods 1,3,5 and Friday, January 28th, will be periods 2,4,6. Below is the bell schedule:

Periods 1/2	8:15 – 10:11
Periods 3/4	10:16 – 12:12
LUNCH	12:12 – 12:44
Periods 5/6	12:49 – 2:45

Does your student need to meet with one of the counselors?

If your student is wanting to meet with Mrs. Holm or Ms. Youseph, we have set up a scheduling system with a QR code.

These signs are hanging around the school so students can scan the code and schedule an appointment. We hope this system will be beneficial for both students and counselors alike.



The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability or the use of a trained guide dog or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S. Jackson Road, Rockford, WA 99030, 509-291-3695.

GOLDEN GARMENT SPIRIT WEEK

Jan. 18th - Jan 21st



Monday - No School

Tuesday - **GOLD** medalist (sports)

Wednesday - **GOLD** rush (career)

Thursday - **GOLDEN** globes (formal)

Friday - **GOLDEN** age (Scottie spirit)

GOLDEN GARMENT GAMES: FRIDAY, JANUARY 21ST 6 & 8 PM

@ Eastern Washington University

All FHS students with ASB card will get in free otherwise it is \$7.

This year only - all Freeman winter season passes will be honored as if it were a home game so be sure to bring your pass to show at the gate.

FAN BUS FOR STUDENTS: First come, first served - about 10 spots left. There will be free pizza and transportation. See Mr. Moore to sign up.

Help Kids Balance Their Media Lives

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to TV shows, games, and information. Parents and caregivers love that kids can stay in contact while they explore their independence. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips 

1

Create screen-free times and zones.

Help tweens and teens take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table. Consider carving out regular family time when screens are either put away or enjoyed together.

2

Explore built-in digital well-being tools.

Together with your kids, check out the features on their devices and in their apps that can help them use tech more intentionally. Consider turning off autoplay functions, limiting notifications from certain apps, using settings that turn off devices at a certain time each night, and more.

3

Model the behavior you want to see.

Tweens and teens learn more from watching adult behavior than listening to lectures. Consider how you use your devices and other media, and make changes if your use doesn't follow your expectations for your kids.

4

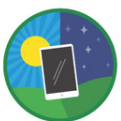
Help kids identify healthy behaviors.

Ask kids to notice their feelings, both physical and emotional, during screen and non-screen activities. Does their heart rate increase when their phone vibrates? Does their self-esteem dip after viewing a friend's Instagram feed? Do they feel good when they get positive feedback on a post? Encourage kids to keep the constructive activities and let go of the rest.

5

Understand how tech companies make money.

Along with your tween and teen, research how digital devices, social media platforms, and apps and games get paid. Do they sell ads? Do they sell kids' data? Discuss why companies might want kids to spend more time on their platforms and what tricks they use to keep their attention.



UPCOMING SPORTS



Friday, Jan. 14

@ Colville
Boys JV - 4:00pm
Boys C - 5:30pm
Boys Varsity - 5:45pm

Tuesday, Jan. 18

vs. Newport
Girls JV - 5:30pm
Boys JV - 5:45pm
Boys C - 7:15pm
Boys V - 7:30pm

Wednesday, Jan. 19

@ Riverside
Boys JV - 4:00pm
Boys V - 5:45pm
Girls V - 7:30pm

Thursday, Jan. 20

@ Lakeside
Boys C - 4:00pm
Girls JV - 5:30pm
Boys JV - 7:15pm

Friday, Jan. 21

GOLDEN GARMENT GAME
@ EWU vs. Lakeside
Girls V - 6:00pm
Boys V - 8:00pm



Tuesday, Jan. 18

@ Colville
6:00pm

Thursday, Jan. 20

vs. Deer Park
SENIOR NIGHT
6:00pm

**For the most up-to-date game times/locations, see our Athletics Website:
goscotties.org**



fhs drama performance

