

# FRIDAY FLYER

Freeman High School

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509-291-3721



JANUARY 21, 2022

## Upcoming Events:

### 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 for Students -  
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

### COUNSELOR REQUEST FORM



**NEED TO SEE YOUR  
COUNSELOR?**

SCAN THE QR CODE

## 2nd Semester Schedules/Schedule Changes

Second Semester begins on Monday, January 31st. For most students, their schedule will remain the same as first semester, however there are some freshmen as well as other students who have some changes. We encourage you to login to your Skyward Parent Access or have your student login and check everything before second semester begins. Should you have any questions or concerns, please email Kaela Holm at [kholm@freemansd.org](mailto:kholm@freemansd.org).

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.



Freeman and Lakeside Communities,

We are excited to host our annual Golden Garment rivalry game tomorrow, 1/21 at Reese Court on the campus of Eastern Washington University (EWU). Students at both of our schools have been working tirelessly to prepare for a memorable event. The girl's game will tip off at 6:00 PM with the boy's game to follow at 8:00 PM. EWU has graciously agreed to hosting this event under the clause that **all spectators and fans must be masked.** Please do your part and mask up for the duration of the event so our student bodies and communities can enjoy this awesome event!

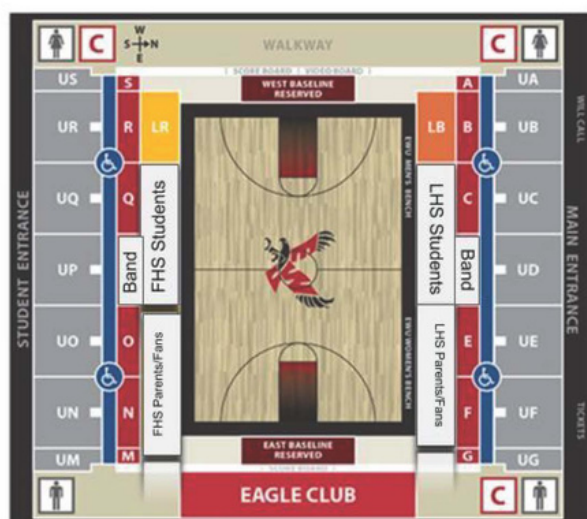
See below for details regarding the games tomorrow:

**Gate:** The ticket gate will open at 5:00 PM and will be Cash Only. ASB card holders and Seasons Passes from both schools will be honored. Otherwise, ticketing will follow our NEA regular season prices (\$7 for adults and \$5 for seniors and students).

**Masking:** **ALL** spectators and fans are required to wear masks while attending the Golden Garment games. A large part of being able to move forward with this event is our collective adherence to this policy. Please do your part and wear your masks for the duration of the event.

**Concessions:** Due to a recent spike in cases in the region, EWU is not offering concessions for the Golden Garment game. Please plan on eating before arriving at Reese Court. **\*\*Outside food and drink is not allowed into the building.**

**Seating:** See the map below for the seating arrangements for the game:



**Parking:** Parking is available both above Roos Field (P12) and in front of Reese Court (P9, after 5:00 PM) and can be seen in the map below.



## Guidelines for

# REMOTE LEARNING



*Per several emails in recent weeks from Freeman School District, we want to assure parents and students that we are prepared to move to remote learning for a brief duration **if necessary**. As stated in previous District emails, a move to remote is **NOT imminent**, but in the interest of trying to be as prepared as possible, we want to share some expectations should we need to move to remote as a last resort.*

Guiding Philosophy: It is expected that any movement to remote learning will be brief in duration. Therefore, it is in the best interest of students and staff that this year's "re-established" routine remains intact so that any transition from in-person to remote or vice-versa is as smooth as possible.

Guidelines: If we move to remote learning, we want to replicate our typical day as closely as possible:

- Students are expected to attend their 6 class periods every single day of remote learning. If a student cannot attend class, a parent/guardian must phone the school office for the absence to be excused. Students with excused absences will be allowed to make up all missed work.
- Students are expected to attend virtual class appropriately dressed, sitting or standing, per typical operating procedures. Students are expected to attend with their cameras turned on; teachers may use the zoom "focus" feature to allow for student privacy in a remote setting.
- Students are expected to attend class on time per typical operating procedures. Students not on time to class will be marked tardy.
- Students are expected to complete and submit assignments by the assigned date per typical operating procedures.
- Teachers are expected to provide a meaningful online activity/lesson that can require synchronous learning for up to 40 minutes maximum per class period. It is understandable that some online activities/lessons may not require a full 40 minutes of synchronous learning; it is also understandable that some lessons may require increments of time for synchronous and asynchronous learning in the same period (ie: students start the lesson together online, are released to work at a skill on their own, and then are asked to return to meet as a group online before the end of the class period).

Advisory: potential check in with students on a rotation per day; potential office hours for all classes.



# 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. 21**

GOLDEN GARMENT GAME

@ EWU vs. Lakeside

Girls V - 6:00pm

Boys V - 8:00pm

## **Tuesday, Jan. 25**

### **SENIOR NIGHT!**

vs. Riverside

GJV - 4:00pm

BJV - 5:30pm

GV - 5:45pm

BC - 7:15pm

BV - 7:30pm

## **Wednesday, Jan. 26**

@ Colville

GJV - 4:00pm

GV - 5:30pm

## **Friday, Jan. 28**

vs. Medical Lake

GJV - 4:00pm

BJV - 5:30pm

GV - 5:45pm

BC - 7:15pm

BV - 7:30pm



## **Thursday, Jan. 27**

@ Riverside

6:00pm

## **Saturday, Jan. 29**

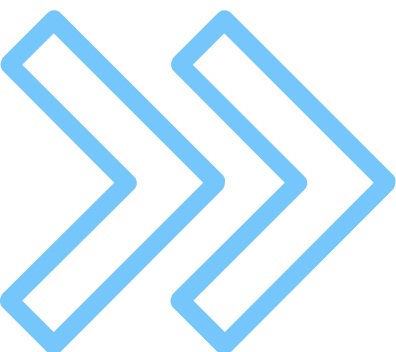
### **SENIOR NIGHT!**

vs. Deer Park

3:00pm

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

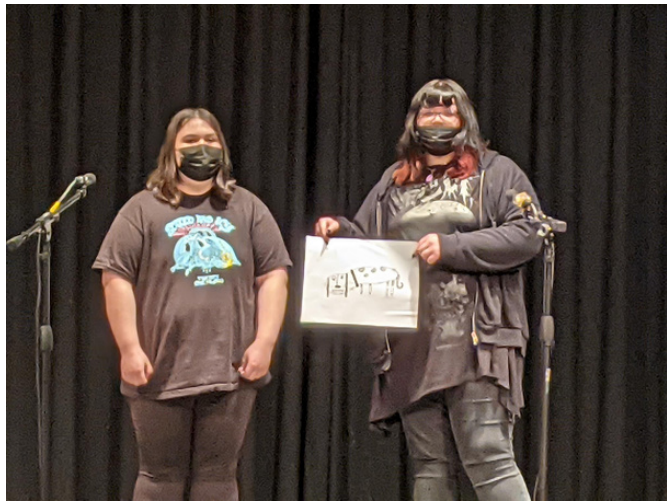
# Student HIGHLIGHTS



**Our band, drumline and choir were able to hold a live performance for the first time in 2 years this past week! They did a phenomenal job! Thank you Mr. Jydstrup and Mrs. Peterson and students for all your hard work.**



# Student HIGHLIGHTS



**We were excited to see our Drama Class have two live performances last week!**





# Student HIGHLIGHTS



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ASSEMBLY

