

OCTOBER 14, 2022

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721



HOMECOMING 2022

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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.



2023 Seniors: important yearbook deadlines...

Friday, October 14th TODAY:

The deadline to submit Senior photos and baby photos for the yearbook is TODAY. See the directions on the flyer on page 13.

Friday, October 14th:

Senior quotes are due today as well. Please submit your quotes through this [link](#).

TBD:

Senior superlatives: we will post a google form to vote on senior superlatives later this month. Winners will be notified and a time will be scheduled to take your photo in October.

ALL CLASS SENIOR PHOTO:

We will have our all class Senior photo on Wednesday, October 19th, at 7:30am. Please wear a white shirt. 13-year Seniors should also bring a Scottie blue shirt as well. Meet at 7:20am in the MPR.

Monday, October 31st:

This is the deadline for Remember Whens and photos for that page. Please identify events and people in your photos you submit. If a Remember When is embarrassing for another student, it will need to be OK'd by Ms. L before it goes to print. Please use this [link](#) to submit your memories.

yearbook



UPCOMING events

THURS. OCTOBER 20TH

FBLA Conference @ Eastpoint

SAT. OCTOBER 22ND

Athletics Dinner/Auction
Fundraiser @ CDA Casino
5:30pm

WED. OCTOBER 26TH

Unified Bowling Field Trip -
8:30am
Late Start 10:15am

THURS. OCTOBER 27TH

School Board Mtg. - K8MPR
6pm

THURS/FRI NOV. 3RD-4TH

Conferences - no school

A complete listing of High School events can be found under the High School website at the ["Calendar"](#) tab.



In-Person National College Fairs

Spokane National College Fair

Tuesday, November 1

9am – 12pm & 6pm – 8pm

Spokane Convention Center

NACAC
National College Fairs



SIGN UP NOW FOR FREE!
nacacattend.org/fairs



Parent/Teacher Conferences

We will be having Parent/Teacher Conferences on November 3rd and 4th.

Conferences are not required at FHS but are recommended if your student is struggling in a class or you would like to connect with a specific teacher.

Our Conference Scheduler will open in Skyward Family Access on October 17th.

If you would like a group conference with multiple teachers, please contact Raelyn Davis in the office at 291-3721.



NATIONAL COLLEGE FAIR

We will be taking a bus to the National College Fair on November 1st at the Spokane Convention Center. This event has over 70 colleges represented, both nationally and internationally. If your Junior or Senior would like to attend, please have them see Ms. Youseph by October 17th. There is also an evening event for families to attend from 6-8pm.

AP EXAM DATES 2023

Here are the testing dates for AP Exams this Spring. Exam fees are \$97/test (\$35 for Free & Reduced Lunch) when ordered by November 15th. More information will follow from both your students' teachers and Ms. Holm.

AP U.S. Gov't. & Politics - May 1 8am

AP Environmental Science - May 2 8am

AP English Literature - May 3 8am

AP U.S. History - May 5 8am

AP Calculus AB - May 8 8am

AP Biology - May 10 12pm

IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 20: WSU visit during Advisory
- October 31: Lewis Clark State College @ FHS during lunch
- November 1: National College Fair @ Convention Center
- November 2: Trades Night @ East Valley High School 5-8pm
- November 2: Pacific Lutheran University visit during lunch
- November 9: Whitworth University visit during lunch
- November 14: ASVAB Testing 8:15am - 11:15am @ FHS



Upcoming Sports



10/14 - Varsity @ Riverside
7pm

10/17 - JV vs. Riverside 5pm

10/21 - Varsity vs. Newport
(Senior Night) 7pm



10/15 - @ Quincy 12pm

10/18 - @ Medical Lake 4pm

10/22 - Tiebreakers TBA



10/15 - vs. Ferris JV-12pm,
Var-1:30pm

10/18 - @ Medical Lake JV-
5pm, Var-6:30

10/22 - vs. Chelan/Cashmere
Var-12pm & 2pm

**CROSS
COUNTRY**

10/15 - @ Lake Spokane
Invite 10:15am

10/19 - @ Newport 4pm

Sports Resources



Pay Fines/Fees



Winter Sports Begin Practice November 14th

Any students interested in participating in Basketball or Wrestling - the season begins in one month!

There will be pre-season meetings this next week on Tuesday, October 18th, during lunch. Please plan to have your student attend to meet the coaches and get all the important details on the upcoming season.

As with any sport, we must have a current sports physical on file in the school office before an athlete can practice. We also need each student registered in Final Forms and all forms completed by both parent and student. You can find a link to Final forms to the bottom left of this page.

If you have any questions regarding Winter Sports, Final Forms, payments, etc. please reach out to Chad Ripke at cripke@freemansd.org or call 291-3721.



TRADES NIGHT

WEDNESDAY, NOVEMBER 2, 2022

5:00 P.M. TO 8:00 P.M.

EAST VALLEY HIGH SCHOOL

15711 E WELLESLEY AVE. SPOKANE VALLEY, WA 99216

FREE COMMUNITY EVENT FOR ALL AGES!
OPERATE EQUIPMENT & USE POWER TOOLS
NO TICKET REQUIRED

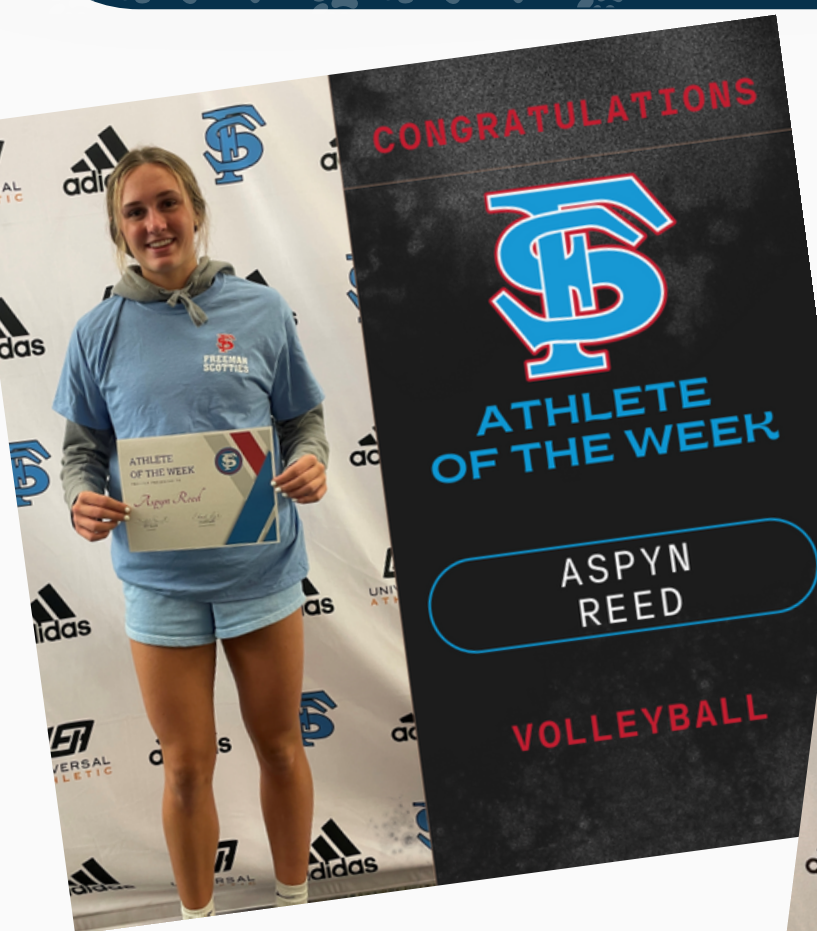
Parents and students from all over our region are invited to participate in a HANDS-ON experience and talk with companies who work and train people in the trades. From electricians to welders to general contractors and subcontractors, all will be there to share firsthand experience and employment opportunities.

Pants and closed toed shoes required for participants



For More Information, Call the ABC Office at 509-534-0826 or
Visit the ABC Website at www.abcipc.org/trades-night

Student HIGHLIGHTS



Student HIGHLIGHTS



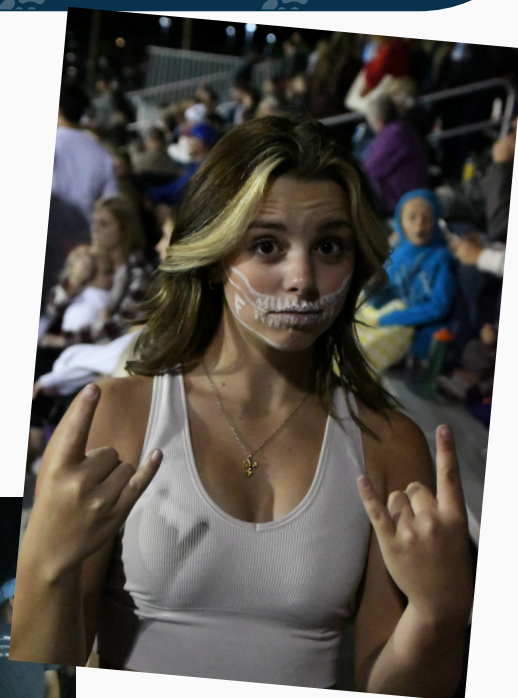
Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Class of 2023: Yearbook Senior Pictures & Tributes

**Deadline -
October 14**

**Senior Pictures and Baby Pictures are due
Friday, October 14 for the 2023 Yearbook!**

Submitting Senior Photos - both baby and senior portraits.

In order to receive the highest quality image, **we are requesting that you submit your photos on-line** this year (see directions below). Many studios will be able to do this for you. The senior portrait must be 2"x3" (portrait) and at least 300 dpi. Scanned baby pictures should also be 300 dpi and approximately 2"x3". **Deadline to submit both these photos to the yearbook is Friday, October 14.**

Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAME** your senior portrait to your students first_lastname (ex. Jenny_Smith) and your baby portrait to first_lastname_baby (Jenny_Smith_baby) so that it is easy to identify photos.
 - Next, go to www.hjshare.com and enter the school code for Freeman (dawgcountry)
 - You will be asked to put in your name, email and phone number.
 - You will then be asked to "Agree to Terms", which is typical.
 - You will then be asked to browse to your photo. Simply navigate to where you have the photo saved, select the photo, and click on upload.
 - You are almost done - it will then ask for some information about the picture, such as who is in it - please type in your child's name (we always use the students given name). That's all there is to it!
- (If you cannot submit your photos on-line, please deliver them to Pia Longinotti at the high school in an envelope labeled with your name. Please do so as soon as possible, prior to October 14)

Senior Tributes: If you are interested in purchasing a tribute, or "shout-out" for your child or grandchild, please see the reverse side of this flyer for information. You will be able to submit photo(s) and a message for your senior in the yearbook! What a great way to say something special that will last a lifetime! Hurry though - space is limited! **We sold out last year! To reserve your spot, simply contact Ms. Longinotti with the size you would like, or purchase your tribute through the Freeman Store by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 15. Payment is due by January 31st. For more information regarding the senior pics, baby pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at plonginot@freemansd.org.

October 15 - Deadline to submit baby and senior pics
November 15 - Deadline to reserve a senior tribute
December 15 - Deadline to submit pictures and words for tributes (the sooner, the better).
January 31 - Deadline to pay for tributes (the sooner, the better).

Class of 2023: Senior Tributes

Senior tributes: Please see the sizes below for cost, and the number of graphics/words recommended for your tribute size. Contact Ms. Longinotti to reserve your tribute size by November 15: 291-3721, ext 205.

Please note that once the allotted spaces have sold out, we can't sell more.

- 1/8 page tribute- 1 graphic & 40 words** Approximately 3.5" x 2"
Cost - \$65
- 1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"
Cost - \$200
- 1/4 Page - 2 graphics & 80 words** Approx. 3.5" x 4.5" or 7.125" x 2"
Cost - \$100
- Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5"
Cost - \$400



2023 FHS yearbook Business ad agreement:

CONTACT INFORMATION

BUSINESS NAME & OWNER: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 EMAIL: _____ PHONE: _____

PURCHASE OPTIONS

- ☐ FULL PAGE: \$450 _____
Includes full-page ad in the yearbook
- ☐ HALF PAGE: \$230 _____
Includes half-page ad in the yearbook
- ☐ 1/4 PAGE: \$120 _____
Includes quarter-page ad in the yearbook
- ☐ 1/8 PAGE: \$65 _____
Includes eighth-page ad in the yearbook

☐ ANGEL BOOK(S): \$50 _____
Please donate my copy of the yearbook to:

PAYMENT OPTIONS

☐ CASH ☐ CHECK: # _____ ☐ SEND INVOICE

FINAL INFORMATION

IMPORTANT DEADLINES:
ARTWORK: Dec. 15 • PAYMENT: January 15
 Please note: Our design team can create your business ad if you prefer. Submit graphics and text/finished ads to plonginotti@freemansd.org in jpg or pdf format.

Yearbook staffer or adviser _____

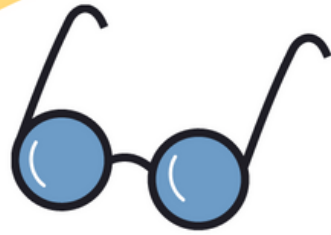
Customer name (printed) _____ Date _____

Customer signature _____

ARTWORK INSTRUCTION:

**HAVE YOU BOUGHT
YOUR YEARBOOK?**
**EARLY BIRD PRICING ENDS ON
OCTOBER 15TH**
**\$45 FOR YEARBOOK - \$50 WITH
PERSONALIZATION. AFTER THE 15TH
IT WILL BE \$50 AND \$55.**





Save the Date!

FSD CURRICULUM NIGHT



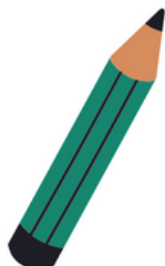
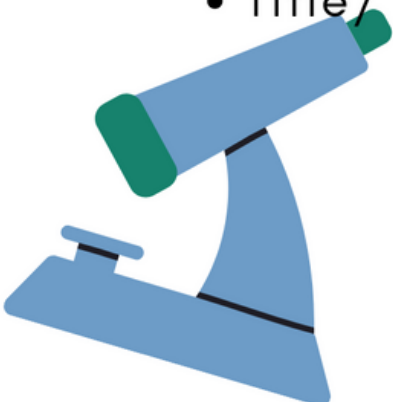
4:30- 6:30 PM
Thursday, Nov. 3



Join us in the K-8 MPR and the FHS MPR to
preview curricula that are of interest to our
community including:



- Social-Emotional Learning (K-12)
- Sexual Health and Education (5-12)
- Suicide Prevention (7-12)
- STEAM Enrichment (K-5)
- Title/ LAP Reading Intervention (K-5)



FREEMAN HIGH SCHOOL ASB PRESENTS



Looking for a fun way to get together with the Freeman Community and support Freeman's students and athletes? Join us this fall for Varsity Football Tailgating!



FREEMAN HIGH SCHOOL

SCHOOL BUS PICKUP LOT



4 PM

EVERY HOME GAMEDAY

**ALL FREEMAN FAMILIES AND
COMMUNITY MEMBERS WELCOME!**

FINAL HOME GAME NEXT FRIDAY!

EMAIL SMOORE@FREEMANS.D.ORG WITH QUESTIONS!

FREEMAN HIGH SCHOOL

TACKLE CANCER NIGHT



ACCEPTING CASH
DONATIONS FOR
SPOKANE'S
COMMUNITY
CANCER FUND!



OCT 21, 2022



**FREEMAN HIGH SCHOOL
VARSITY FOOTBALL GAME**

**ALL DONATIONS STAY IN THE SPOKANE COMMUNITY!
DONATE AT THE DOOR!**

WHAT IS THE COMMUNITY CANCER FUND?



**COMMUNITY CANCER FUND
WORKS COLLABORATIVELY
WITH EXISTING REGIONAL
CANCER ORGANIZATIONS TO
IDENTIFY AND FUND GAPS IN
SERVICES PROVIDED TO CANCER
PATIENTS. THEY ARE
COMMITTED TO INVESTING
DONATED FUNDS IN LOCAL
PROGRAMS THAT BENEFIT
CANCER PATIENTS, THEIR
FAMILIES, AND THE INLAND
NORTHWEST ORGANIZATIONS
THAT SERVE THEM.**

PLEASE HELP US GREATEN THE IMPACT
OF OUR CANCER AWARENESS FOOTBALL
GAME AND DONATE AT THE GAME!






Spokane Lilac Festival Association



Royalty Scholarship Program

To Qualify to participate in the 2023 “Onward”

*Royalty Scholarship Program you must
be:*

-  In your senior year of high school, on track to graduate in the spring of the current academic year.
-  Currently reside in Spokane County and agree to continue residing in Spokane County until Graduation from high school.
-  Currently have at least a 3.0 unweighted GPA and agree to maintain at least a 3.0 unweighted GPA until graduation from high school.
-  Have good citizenship, community and school involvement, and school attendance.
-  Attend one of the below orientation meetings with a parent or guardian.

Tuesday
November 1, 2023
6:00pm
Moran
Prairie Library
6004 S Regal St.

Wednesday
November 2, 2023
6:00pm
N Spokane Library
44 E Hawthorne
Rd.

Sunday
November 6, 2023
2:00pm
The Hive
2904 E Sprague

Monday
November 7, 2023
6:00pm
Spokane Valley
Library
12004 E Man Ave.

Be a part of Spokane’s 85-year tradition!

For more information, contact your school coordinator or
contact the Spokane Lilac Festival Office at 509.535.4554

www.spokanelilacfestival.org