



OCTOBER 18, 2024

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

With the excitement of Homecoming behind us, it has been a quiet and business-like week at FHS. Fall athletic teams are entering the post-season, and all of our clubs are in full swing - did you know that we have approximately 204 students participating in our co-curricular clubs this year? Thanks to your support of Freeman Schools, we are able to offer all Freeman students these types of experiences!

I'd like to remind all parents/guardians that student/parent/teacher conferencing is available next Thursday and Friday. While conferencing may traditionally be viewed as a negative, I invite you to consider it as an opportunity to learn about how your student is progressing and collaborate around how to maintain or improve this momentum.

Our ASB and Leadership class is working hard to plan our program to honor all Veterans. Our all-district Veterans Day Program is scheduled for Friday, November 8th. This event will begin at 8:45am with a free continental breakfast hosted in FHS's MPR room followed by the program at 9:30am. I'd like to personally invite all Veterans and their significant others to attend this event; our students look forward to honoring you! Go Dawgs!

Jeff Smith, Principal

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.

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## PARENT/TEACHER/STUDENT CONFERENCES

Parent-Teacher-Student Conferences will be held Thursday and Friday, October 24th and 25th. There will be NO SCHOOL on these days. This is an opportunity to meet with teachers about your student's academic progress, and regardless of whether you have a concern or just some questions about your student's progress, please consider meeting with teachers on one of these two days as partners in education. You can schedule a conference through Family Access until Tuesday, October 22nd. Or, if you would like a group conference with multiple teachers at once, please contact Mrs. Lagreid in the office at 291-3721 or email [elagreid@freemansd.org](mailto:elagreid@freemansd.org).

## PTSG STAFF CONFERENCE MEAL SIGN UPS

The Freeman PTSG is pleased to organize meals for our teachers during conferences next Thursday, October 24th. If you would like to help bless our teachers on this long work day, please use the sign up genius links below by clicking on the meal of your choice.

**Breakfast**

**Dinner**



Need some Freeman Swag?

The Freeman PTSG has opened a store through Momentum Ink that will be open until November 25th.

[ORDER HERE!](#)



# UPCOMING events

### OCTOBER 23RD

PSAT Testing  
Board Mtg. - 6pm PRTC

### OCTOBER 24TH-25TH

Parent/Teacher Conferences  
NO SCHOOL FOR STUDENTS

### OCTOBER 30TH

LATE START

### NOVEMBER 8TH

Veterans Day Program 9:30am

### NOVEMBER 11TH

NO SCHOOL - Veterans Day

### NOVEMBER 18TH

Winter Sports Begin

### NOVEMBER 20TH

FSD Board Mtg. 6pm - PRTC

### NOVEMBER 22ND

Vitalant Blood Drive

### NOVEMBER 25TH-29TH

NO SCHOOL - Thanksgiving  
Break





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E

COLLEGE CAREER

readiness



**EASTERN**  
WASHINGTON UNIVERSITY

## Instant Decision Day

Fri. Nov. 1st

12:15-1:15pm in the Library

Students can apply for EWU and know their acceptance status all at once. Let Ms. Youseph know if you will be attending.



Explore Your College Options  
Over 100 colleges in attendance

Tuesday, October 29, 2024  
9 a.m.-12 p.m. & 6-8 p.m.  
Spokane Convention Center

Learn more at:  
[www.nacacfairs.org](http://www.nacacfairs.org)



### IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 21: Respiratory Care Info Session @ SCC 2-3pm. See Google Classroom for more information.
- October 21: Medical Assist Info Session @ SCC 6pm
- October 23: PSAT 10th & 11th Graders
- October 29: Spokane National College Fair @ Convention Center 9am-12pm
- October 30: Construction Days (Jrs./Srs. sign up with Ms. Youseph) 10am-2:30pm
- October 30: Radiology Tech Program Info Session @ SCC 6pm
- November 1: EWU Instant Decision Day @ FHS 12-1:15pm
- December 1: FAFSA Opens for Class of 2025
- December 2: ASVAB Testing



## Upcoming Sports



**10/18** - Varsity @ Reardan  
7pm

**10/21** - JV vs. Reardan 5pm

**10/25** - Varsity vs. Chewelah  
(SENIOR NIGHT) 7pm



**10/19** - vs. Warden 12pm

**10/22** - vs. UCA (SENIOR  
NIGHT) 5pm

**10/24** - @ Kettle Falls 4pm



**10/19** - Varsity vs. Lakeside  
& Chelan 12&2pm

**10/22** - @ UCA JV-4:30pm,  
C-pm, Var-6:30pm

**CROSS COUNTRY** **10/18** - @ League  
Championships in Reardan  
11am

## Sports Links:



[Pay Fines/Fees](#)



## CONGRATULATIONS



## ATHLETE OF THE WEEK

ASPYN  
REED

**VOLLEYBALL**



## CONGRATULATIONS



## ATHLETE OF THE WEEK

WILLIAM  
MORPHY

**FOOTBALL**





## OSPI HIGH SCHOOL DIRECTORY - OPTION TO OPT OUT

The Washington Office of Superintendent of Public Instruction (OSPI) High School Directory is new this year ([RCW 28A.150.515](#) and [RCW 28B.10.041](#)) and will include key information about students and their parent or guardian, which is shared with the Washington student achievement council and institutions of higher education. All students, parents and guardians can opt out of having their information included. Unless you opt out, the directory will include names, addresses, email addresses and telephone numbers of students and their parents or legal guardians and the associated statewide student identifier. If you do not wish for your student's information, or your own, to be included in this directory, you have the right to opt out. **To opt out, please complete and submit Freeman High School OSPI Directory Opt-Out by Thursday, October 24th.**



## RAISE SOME DOUGH

*Help support us!*

25% of sales will benefit  
**FREEMAN PTSG**

**October 24, 2024**  
**4:00 pm to 8:00 pm**  
**15716 East Indiana Ave**  
**Spokane Valley, WA**

In Cafe • Drive-Thru • Pick-Up • Delivery  
Enter promo code **FUND4U** at online checkout.

**Panera**  
**FUNDRAISING**



# Daily Happenings & General Information

We understand that communication is key. Our primary form of communicating with you as parents/guardians is through this Friday Flyer each week. Here is some basic FHS details...

## BELL SCHEDULES

Regular Schedule		
1	8:15 -- 9:02	47 min
2	9:06 -- 9:53	47 min
SCOTTIE BREAK	9:53 -- 10:01	8 min
3	10:04 -- 10:51	47 min
4	10:55 -- 11:42	47 min
5	11:46 -- 12:33	47 min
LUNCH	12:33 -- 1:03	30 min
6	1:07 -- 1:54	47 min
7	1:58 -- 2:45	47 min

Late Start Schedule		
1	10:15 -- 10:46	31 min
2	10:50 -- 11:21	31 min
3	11:25 -- 11:56	31 min
4	12:00 -- 12:31	31 min
LUNCH	12:31 -- 1:01	31 min
5	1:05 -1:36	30 min
6	1:40 -- 2:11	31 min
7	2:15 -- 2:45	30 min

## ATTENDANCE LINE

We do not have an "attendance only" phone number at the high school. Please call our main phone line at 291-3721 if your student will be absent/tardy or leaving early on any given day. If we do not receive a note or a call, your student's absence will remain unexcused.

## BREAKFAST/LUNCH

We are operating under the standard National School Lunch guidelines, which means students pay for meals unless qualifying for Free/Reduced prices. The application is included in your online registration for returning students so please complete all forms ASAP. Instructions on how to apply [here](#).

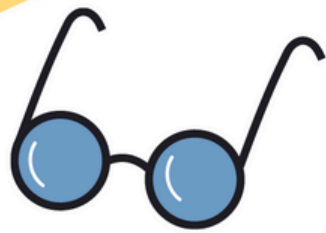
**SCOTTIE BREAK** We have brought back Scottie Break at the High School this year. A light snack will be available for students to purchase from 9:53am - 10:01am. Cost: \$2.50

**LUNCH** - served at the High School in the MPR. Cost: \$3.80

## ACTIVITY BUS

We have an Activity Bus that runs after sports M-F for the first two weeks of Middle School Sports Seasons and then M-Th the rest of the year. Bus departs at 5:25pm. Questions on more details, call the Transportation Department at 291-5555.





*Save the Date!*

FSD

# CURRICULUM AND INFORMATION



## FAIR

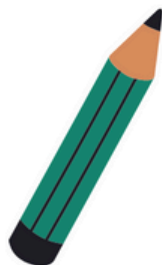
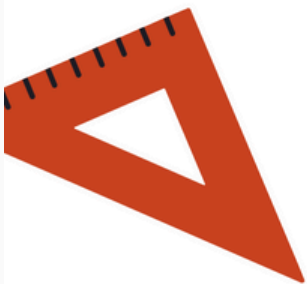
4:30- 6:30 PM

Thursday, October 24



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

- FSD Strategic Plan (TK-12)
- Social-Emotional Learning (K-12)
- Sexual Health and Education (5-12)
- Suicide Prevention (7-12)
- High School and Beyond Plan (7-12)
- STEAM Enrichment (K-5)
- Title/ LAP Reading Intervention (K-5)
- Balanced Calendar (TK-12)





# FSD TECHNOLOGY NEWS

October, 2024

Dear Parent / Guardian,

As part of our commitment to your child's online safety, we want to let you know about an important update. Freeman School District has partnered with Qustodio, the world's leading provider of online safety solutions.

As devices play an increasing role in children's education it is crucial that we put safeguards in place. Your child already benefits from internet filtering technology which blocks inappropriate web content on their school-owned Chromebook. This is also mandated by US legislation.

Freeman School District is going one step further. We are granting every parent a free Qustodio Parental App account. Qustodio will give you important insights into your child's online activity on their school Chromebook. You can use it to review and manage activities on other devices in your home too.

#### **With Qustodio, you'll be able to:**

- Manage your child's screen time
- Supervise your child's online activity
- Access expert advice via **Freeman School District's Online Safety Hub**

Qustodio is a valuable partner that prioritizes privacy, safety and rights of students and parents worldwide.

#### **Activate Your Free Account**

On the following page, you will find simple instructions to register your account. Please be sure to use the same email address we have on file for you when registering to connect to your child's device.

We are excited to work with you and Qustodio to help our students develop healthy and safe online habits. Please visit **Freeman School District's Online Safety Hub** for more information about Qustodio, access to expert advice and additional resources.

**Freeman does not provide support for Qustodio; instead, Qustodio offers support for their own product. Please email inquiries to: [myschool@qustodio.com](mailto:myschool@qustodio.com)**

Freeman School District  
Information Technology



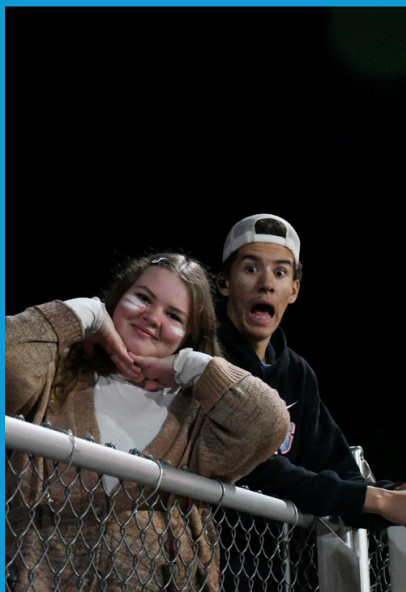
[myschool@qustodio.com](mailto:myschool@qustodio.com)



<https://freemansd.onlinesafetyhub.io>



# HOCKEY HIGHLIGHTS



PHOTOS: FHS YEARBOOK STAFF



# HOCKEY HIGHLIGHTS



PHOTOS: FHS YEARBOOK STAFF



# HOCKEY HIGHLIGHTS



PHOTOS: FHS YEARBOOK STAFF



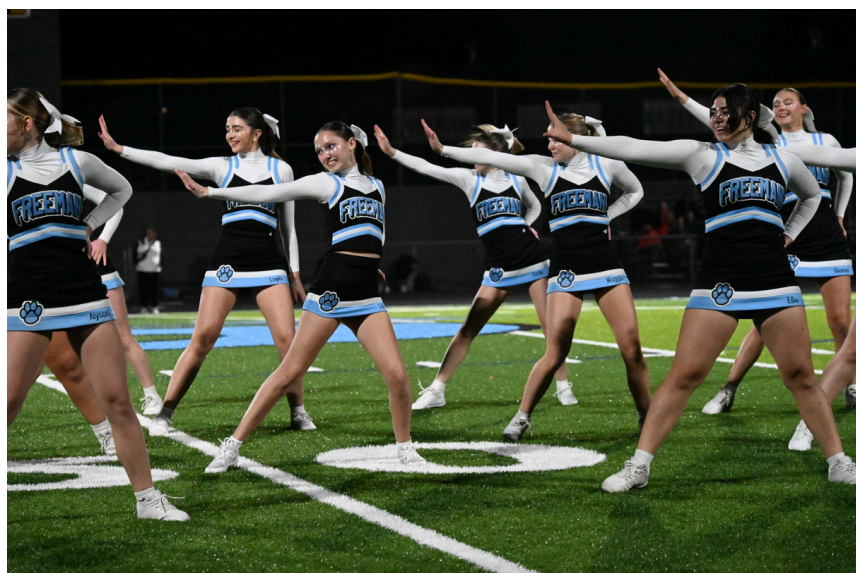
# HOCO HIGHLIGHTS



PHOTOS: FHS YEARBOOK STAFF



# HOCKEY HIGHLIGHTS



PHOTOS: FHS YEARBOOK STAFF



# Student HIGHLIGHTS



A group of FHS seniors attended the inaugural Senior Summit hosted by Launch NW! Students were able to learn about several aspects of planning for their future.

## Senior Summit





# Student HIGHLIGHTS



## NE2B League CC RESULTS

CONGRATULATIONS TO OUR CROSS COUNTRY TEAMS AT THE NE2B LEAGUE CHAMPIONSHIP RACES TODAY:  
GIRLS TEAM TOOK 2ND PLACE  
BOYS TEAM TOOK 3RD PLACE

DISTRICTS WILL TAKE PLACE ON NOVEMBER 1ST

