

OCTOBER 21, 2022

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

***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 is open in***

***Skyward Family Access until October 28th.***

***If you would like a group conference with multiple teachers, please contact***

***Raelyn Davis in the office at 291-3721.***



## In This Issue

Senior Yearbook Deadlines

PAGE 02

Upcoming Events

PAGE 02

Veterans Day Program

PAGE 03

College & Career

PAGE 04

Athletic Events/News

PAGE 05

Trades Night/College Fair

PAGE 06

Tackle Cancer Night

PAGE 06

Student Highlights

PAGE 07

FSD Curriculum Night

PAGE 08

Lilac Royalty Scholarship

PAGE 09

FSD Food Drive

PAGE 10

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.



>>>

**OCTOBER** IS NATIONAL PRINCIPAL'S MONTH



**LISA PHELAN**  
FES PRINCIPAL



**JIM STRAW**  
FMS PRINCIPAL



**CHAD RIPKE**  
FHS A.D./DEAN OF STUDENTS



**JEFF SMITH**  
FHS PRINCIPAL

principal (prinsepel) *noun*

an educational leader who lives to inspire, to encourage and makes the world a better place.  
see also: superstar, problem solver, difference-maker

## 2023 Seniors: important yearbook deadlines...

### 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.

### 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

### 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

### TUES. NOVEMBER 8TH

Vitalant Blood Drive 8:30-2:30

### THURS. NOVEMBER 10TH

FSD Veteran's Day Program  
9am - FHS Main Gym

### FRI. NOVEMBER 11TH

Veteran's Day - no school

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





### - 2022 Veterans Day Celebration -

*The Freeman Community and special guests are invited to join the Freeman School District for a program to honor those who have served our great country!*

**November 10, 2022 9:00 - 10:15**  
**Freeman High School Gymnasium**

- \* Continental Breakfast: 7:45 - 8:30 (Veterans and their families)
- \* Socializing: 8:30 - 8:55
- \* Program: 9:00 - 10:15

*Join us to celebrate those who have sacrificed so much!*



## DO YOU KNOW A FREEMAN VETERAN?



**WE WANT TO HONOR THEM IN THIS YEAR'S VETERAN'S DAY VIDEO AT OUR COMMUNITY VETERAN'S DAY EVENT!**



**SCAN THE QR CODE OR FOLLOW THIS [LINK](#) AND COMPLETE THE FORM TO SUBMIT YOUR VETERAN!**

**SUBMIT**





## COLLEGE CAREER FREEMAN SCOTTIES r e a d i n e s s

### DIGITAL SAFETY BILLBOARD

It is always important to remember digital safety. What goes online stays online forever so if you are using social media, be safe out there.



### IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 27: Navy at FHS during lunch
- 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 8: Navy @ FHS during lunch
- November 8: WSU @ FHS during lunch
- November 9: Whitworth University visit during lunch
- November 14: ASVAB Testing 8:15am - 11:15am @ FHS





## Upcoming Sports



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

**10/24** - JV @ Newport 5pm

**10/28** - Varsity @ Medical Lake 7pm



**10/25** - vs. TBD 4pm @ home

**10/27** - @ Lakeside (if a win on 10/25) 3:30pm

\*please note playoff adm. is \$8/\$6 - no passes



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

**10/26** - vs. TBD @ home 7pm

**10/29** - District Championships TBD @ home

\*please note playoff adm. is \$8/\$6 - no passes

**CROSS COUNTRY**

**10/28** - Boys Bi-District Championship in Yakima

**10/29** - Girls District Championship @ Chewelah Golf Course

## Sports Resources



**Pay Fines/Fees**



## Winter Sports Begin November 14th

Any students interested in participating in Basketball or Wrestling - the season begins in three weeks!

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.

A reminder of the fees to participate in sports:

ASB Card (once annually) \$35

Transportation (once annually) \$20

Sport Fee (per sport) \$25

The link to pay fees can be found at the bottom left of this page. Please note: fees are not paid in Final Forms and we have to manually enter payments in Final Forms once they have been made. The office has not had a chance to enter all paid winter sport fees yet so if you are unsure, please check your account history, call Mrs. Hayek in the office or wait another week or two so she can get those updated. Thank you.

If you have any questions regarding Winter Sports, please reach out to Chad Ripke at [cripke@freemansd.org](mailto: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.abcpic.org/trades-night](http://www.abcpic.org/trades-night)

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](http://nacacattend.org/fairs)



## 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?



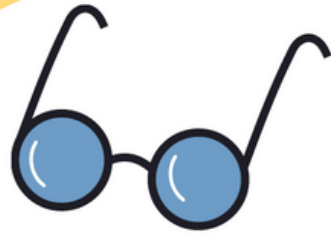
**COMMUNITY CANCER FUND  
WORKS COLLABORATIVELY  
WITH EXISTING REGIONAL  
CANCER ORGANIZATIONS TO  
IDENTIFY AND FUND GAPS IN  
SERVICES PROVIDED TO CANCER  
PATIENTS. THEY ARE  
COMMITTED TO INVESTING  
DONATED FUNDS IN LOCAL  
PROGRAMS THAT BENEFIT  
CANCER PATIENTS, THEIR  
FAMILIES, AND THE INLAND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

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



# Student HIGHLIGHTS





*Save the Date!*

# FSD CURRICULUM NIGHT



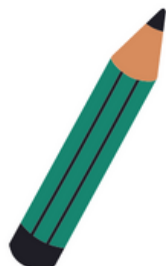
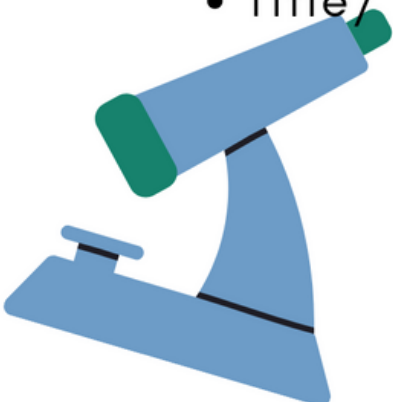
4:30- 6:30 PM  
Thursday, Nov. 3



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)










# 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](http://www.spokanelilacfestival.org)

# 2022 FOOD DRIVE



**The 2022 Food Drive will be a district-wide effort, with a goal of raising 3,000 pounds of food!**

**When:** November 7th - November 17th

**Donation:** North Palouse Food Bank

**Basics:** Our goal is to gather over 3,000 pounds of non-perishable food as a school district!  
(Top Ramen, corn & beans are welcomed, but please keep this to a minimum - they have a lot of these)

**Prize:** Prizes will be awarded at all three buildings for who brings in the most food. At the HS and MS it will be a pizza feed. The Elementary prize will be determined.



**Providing food to families in our community for the holiday season!**

**Do your part to help someone in need this holiday season!**