



OCTOBER 25, 2024

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

I'd like to start this week by highlighting the excellent work by our students in Art and their instructor, Mrs. Forkner. Freeman had 11 students enter a recent state-wide self-portrait competition hosted by Central Washington University, and two students, Lily Pace and Kassie Broers, were recipients of awards - congratulations to these talented and hardworking artists! I'd also like to officially announce three new opportunities for your students: FTC Robotics Club, Unified Club and Cybersecurity. Our volunteer Robotics advisor is Mr. James Reynolds, and even though work has started on building a robot to compete in games with other clubs, more members are always welcome. As an extension of our Big Buddies program, our volunteer Unified advisor is Mrs. Hannah Warr, and this club focuses on bringing together students with and without disabilities to participate in various activities with other Unified Clubs at local school districts. Finally, our volunteer Cybersecurity advisor is Mr. Daniel Schwartz, and this program focuses on teaching interested students the "ins and outs" of cybersecurity, including providing them with a safe, virtual environment to practice skills. Thank you to these volunteers for your willingness to offer these activities to our students!

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.

## In This Issue

Principal's Message

PAGE 01

Veterans Day Celebration

PAGE 02

Upcoming Events

PAGE 02

College/Career & CTE News

PAGE 03

Athletic News & Events

PAGE 04

Daily Happenings/Schedule

PAGE 05

Qustodio Online Safety Monitoring

PAGE 06-07

Construction Days

PAGE 08

Student Highlights

PAGE 09-14



## SUBMISSIONS FOR VETERANS DAY SLIDESHOW

We will be having our slideshow during the Veterans Day Program honoring Veterans that are related to Freemanites. If you'd like to have a veteran you know featured in our slideshow, please send the following information to [lane.mathews@goscotties.com](mailto:lane.mathews@goscotties.com):

- Name
- Branch
- Years Served
- Relation to Freeman
- Honors or Medals Received
- Photo



Freeman School District's

# VETERANS DAY CELEBRATION



### FRIDAY, NOV 8TH

Breakfast for Veterans: 8:45-9:25am

Program: 9:30-10:45am

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

Freeman High School Gymnasium 



**OCTOBER 30TH**  
LATE START

**NOVEMBER 1ST**  
AM Activity Bell Schedule

**NOVEMBER 8TH**  
Veterans Day Program 9:30am  
Late Start Bell Schedule After Program

**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

**DECEMBER 4TH**  
LATE START



C  
T  
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 28: University of Washington during lunch in the Library
- 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
- November 13: Central Washington University here during lunch in Library
- November 14: Coast Guard here during lunch
- December 1: FAFSA Opens for Class of 2025
- December 2: ASVAB Testing



## Upcoming Sports



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

**10/28** - JV vs. Newport 5pm

**11/1** - Varsity @ Ritzville 7pm



**10/31** - @ Davenport 6pm



**10/29** - @ Lind/Ritzville JV/C-5pm, Var-6:30pm

**CROSS COUNTRY** **11/1** - @ District Championships in Colfax 11am

## Sports Links:



## CONGRATULATIONS



## ATHLETE OF THE WEEK

**TRISTIN ASHMOORE**

**CROSS COUNTRY**



## CONGRATULATIONS



## ATHLETE OF THE WEEK

**AVERY GASS**

**SOCCER**



# 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.



# 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 Districts 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>

TEAMWORK MADE EASY

# App for Parents & Families

Technology makes a direct impact on children, their families, and their learning environment. For children to learn and grow as digital citizens in our increasingly connected world, we must first lay out the foundations of online safety, digital literacy, and wellbeing.

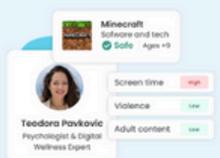
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



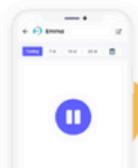
**Visibility on student activity and device insights**



**Security coverage for in and out-of-school hours**



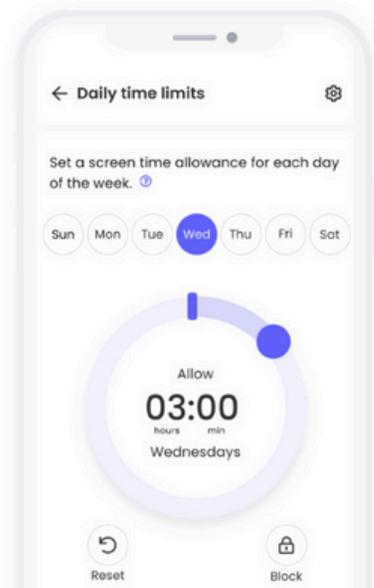
**Expert advice and guidance on digital threats and trends**



**Pause button to regulate digital activity**

Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

-  **Filter and block feature for content and apps**
-  **Location tracking and panic button feature**
-  **Visibility on browsing history, social media, and screen time**
-  **Calls & messages tracking to monitor suspicious activity**
-  **Time limits and screen-free schedules**
-  **Tailored reports and alerts for inappropriate content**



Works on the following devices:      

**Multi-parent access and management available**

Qustodio is COPPA compliant and does not share personal data with third parties.



## How to get started

- 1. Scan the QR code or visit [qustodio.com/my-school](https://qustodio.com/my-school)**
- 2. Create your account using the email address your school has on file**
- 3. Get real-time visibility**



# CONSTRUCTION CAREER DAYS

OCT. 30-31, 2024 | SPOKANE COUNTY FAIR & EXPO CENTER



VISIT [BIT.LY/SPOKNECCD](https://bit.ly/spokneccd)

## WHAT TO EXPECT:

### WELCOME & ORIENTATION (30 MIN)

Learn important safety information before you head out to the jobsite and hear from current industry professionals about why they chose a career in construction.

### HEAVY EQUIPMENT (1 HOUR 15 MIN)

This is your chance to sit in the seat and operate the equipment you see at real construction sites! From giant cranes to backhoes, scissor lifts to semis, you'll want to make sure you try them all.

### HANDS-ON DEMOS & INFO (1 HOUR)

Time to try your hand at bricklaying, drywall installation, painting, and more. This area will provide an up-close look at the MANY types of skills needed for the construction industry. Plus, meet with the programs and companies that can help you pursue a career in construction!



@SPOKANECCD

#SPOKANECCD2024

*Lunch will be scheduled and included for each session.*

**WANT TO ATTEND? CONTACT YOUR SCHOOL COUNSELOR!**

# Student HIGHLIGHTS



## college art day at

# CWU



9 students went to CWU Art Day last week with Mrs. Forkner. Kassie Broers & Lily Pace received scholarship offers (14 given total out of 90 students). During the day they took a campus tour and participated in studio sessions (drawing, painting, ceramics, sculpture, jewelry, woodworking and graphic design).



# Student HIGHLIGHTS



T  
R  
A  
C  
T  
O  
R

D  
R  
I  
V  
I  
N  
G

Freeman & East Valley FFA practiced for the upcoming Tractor Driving competition this week. Thank you, Greg Utecht, for assisting our our FFA members with practice!



# Student HIGHLIGHTS



23 Freeman H.S. FBLA members attended the NE Region's Fall Conference last Thursday. Students had the opportunity to hear from various business leaders around the Spokane area, as well as network with over 300 other students from area schools. Our group had a great time, and even won the "Quick-innovation entrepreneurship challenge"!

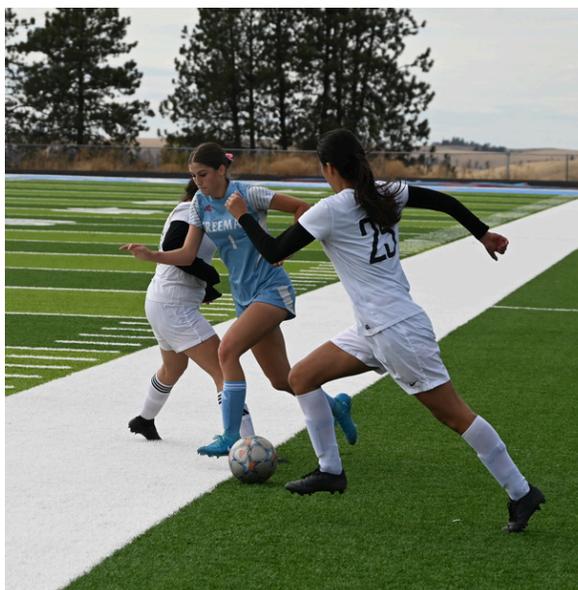


# Student HIGHLIGHTS

*in the classroom*



# Student HIGHLIGHTS



# Student HIGHLIGHTS

