

OCTOBER 28, 2022

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

A Message from Our Principal

Hello Scottie Parents/Guardians/Families!

Wow - welcome to Fall/Winter - wasn't it 70 a week or so ago? Just like the weather, Freeman students are moving full steam ahead: all of our athletic teams are preparing for the post-season, the Knowledge Bowl and Trap teams are ready to start their season, and our ASB is ready to welcome all Veterans and their families to our annual celebration on November 10th.

The atmosphere in the hallways is light, but businesslike. In my classroom visits, I see students being asked tough questions, completing challenging problems, engaging in thought-provoking labs, and creating pieces of fascinating artwork or beautiful wood cutting boards. One of my favorite classrooms to visit right now is the choir room - I can't wait for you to hear them perform!

Just a reminder, an important opportunity to meet with staff to discuss student learning is available next week, November 3-4, at our parent/student/teacher conferences. Please consider scheduling a time to stop in and discuss your child's academic progress with our teaching staff.

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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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

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

MON. NOVEMBER 14TH
ASVAB Test
Winter Sports Begin

WED. NOVEMBER 23RD
Early Release Schedule

THURS/FRI NOV 24TH-25TH
No School - Thanksgiving

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 *r e a d i n e s s*

WELCOME KELLY MURPHY, MA, LMHC

We are excited to introduce Kelly Murphy, MA, LMHC as a resource to our school community. Kelly is a private practice mental health counselor who is using our schools as a secondary location for her private counseling services. She takes many private insurances in addition to Medicaid and is here at Freeman to serve students and families who need mental health counseling support.

Stacey Rawson (FES/FMS School Counselor) and Kaela Holm (FHS School Counselor) will be responsible for connecting students to Kelly through a needs-based referral system. If you would like to refer a student, please contact Stacey or Kaela directly. Kelly will be on-site on Thursdays and work out of the elementary school for FES and FMS students and out of the high school for FHS students, during and after school hours.

This will fulfill a significant need for our students, so when you see her around, give her a warm Freeman welcome!



FAFSA ASSISTANCE

Senior Families! FAFSA assistance is available with Ms. Youseph on 11/3-11/4. Please email her at hyouseph@freemansd.org to make an appointment.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 31: Lewis Clark State College @ FHS during lunch
- November 1: National College Fair @ Convention Center 9-12pm & 6-8pm
- November 2: Trades Night @ East Valley High School 5-8pm
- November 2: Pacific Lutheran University visit during lunch
- November 3: FAFSA Assistance with Ms. Youseph 7:45am - 6:00pm
- November 4: FAFSA Assistance with Ms. Youseph 7:45am - 11:00am
- 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



10/28 - Varsity @ Medical Lake 7pm

10/31 - JV vs. Medical Lake 5pm



11/1 - @ SFCC vs. Colville 6pm

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



10/29 - District Championship vs. Lakeside @ home 1pm

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

Pre-purchase tickets here

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 or call 291-3721.

Thank you 

A huge thank you to everyone who donated, supported and attended the 1st Annual Athletics Auction & Dinner Fundraiser last weekend! Because of your support, we raised over \$60,000!




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

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

BLOOD DRIVE



Because of you
life doesn't stop.

FREEMAN HIGH SCHOOL BLOOD DRIVE

TUESDAY, NOV. 8TH
8:30AM – 2PM

See Mr. Moore for information and forms required to sign-up!

Please bring photo ID to your appointment.

Help us get a
\$2,000
STEM grant!



APPOINTMENTS
are encouraged.



Ask us how you can
POWER UP your donation.

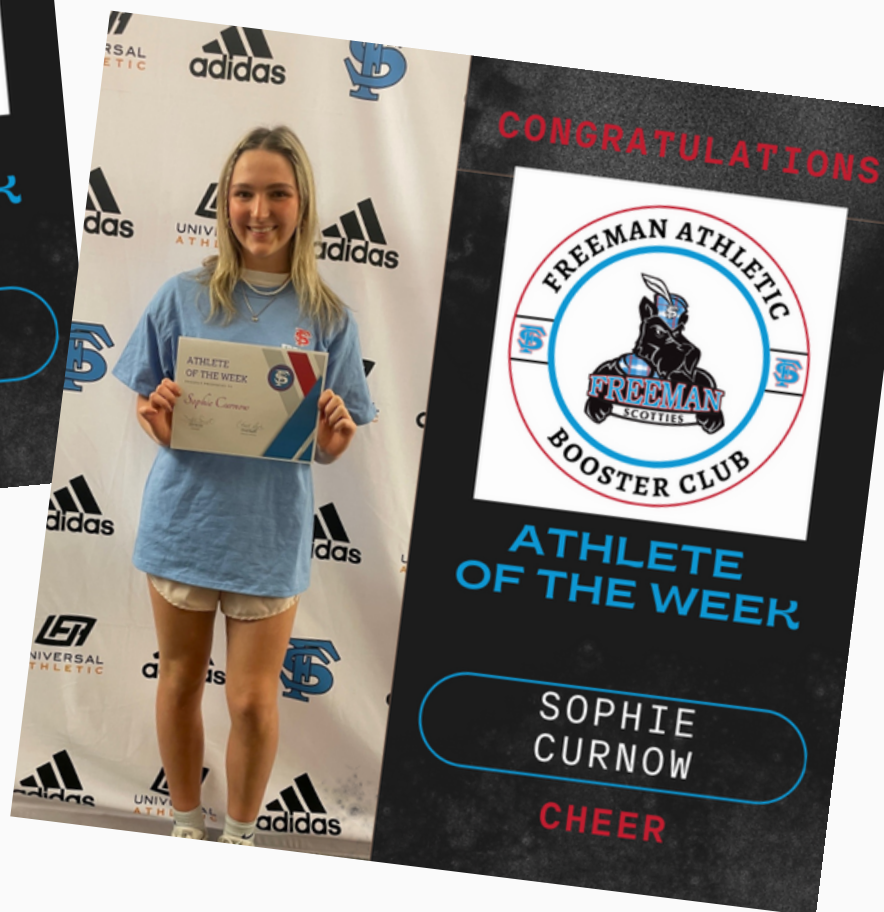


DONATE BLOOD
vitalant.org 877-25-VITAL

vitalant. 

Schedule Your Appointment Here

Student HIGHLIGHTS



Student HIGHLIGHTS



A big thanks to the above 18 FBLA members for spending part of their Sunday morning picking up trash along Hwy 27.

They, and a few of their classmates, clean up nicely too for the FBLA Fall Conference on Thursday, October 20th at Eastpoint Church.



Student HIGHLIGHTS



UNIFIED BOWLING





Lily



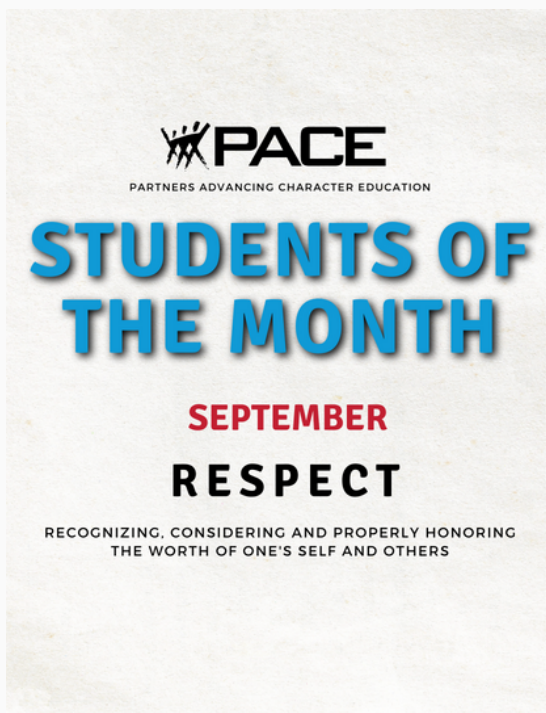
Tucker



Addison



Ryan



Ava



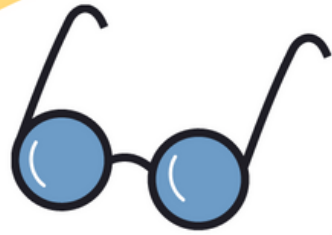
Nick



Evelyn



Zachary



Save the Date!

FSD CURRICULUM NIGHT



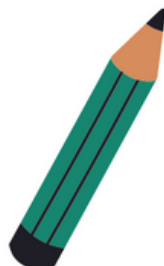
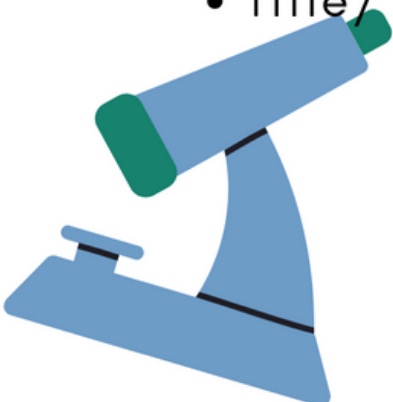
4:30- 6:30 PM
Thursday, Nov. 3



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

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!