



OCTOBER 4, 2024

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

This next week aims to be a very exciting one as Freeman celebrates Homecoming! We've already enjoyed a spirited kick-off to this week thanks to our hard-working Leadership Class and ASB. Please encourage your student to get involved in one or all of the exciting events that Leadership students have planned throughout Homecoming - these events are listed on page 7 in this week's Friday Flyer; they are a part of what make a high school experience fun! Speaking of high school experiences, many of you know that sometimes financial barriers prevent some students from full participation in extra-curricular activities. While we certainly do everything in our power as a school to provide students with access, some materials needed for the activity are beyond our capabilities. If you feel like helping students in these situations, we do have an outside charitable entity named InvestEd which can provide for students needing a bit of extra financial help for purchase such as: clothing, shoes, class fees, toiletry items, and so much more. All donations are tax-deductible and your donations through this [link](#) will go directly to FREEMAN STUDENTS only. We would love to meet our goal of \$500 this year to help our students as needs arise. Thank you for your partnership in the success of students at Freeman.

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 beginning Monday, October 7th at 8:00am. 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.

FSD NUTRITION SERVICES POLICY ON LUNCHES

Freeman School District Nutrition Services (FSD-NS) will always feed students one full breakfast and one full lunch every day, regardless of free, reduced or paid status (F/R/P), and regardless of funding on a student's account. Even if a student has a negative balance on their meal account, FSD-NS will always serve a full meal if requested by the student. However, please note that regardless of eligibility (F/R/P), if a student's meal account has a negative balance, FSD-NS **will not** serve a la carte items to that student (chips, drinks, Rice Krispy Treats, individual mil or juice, etc.) We **will serve** them a full breakfast or lunch if requested. Additionally, if a student wants a second service of breakfast or lunch, there needs to be sufficient funds on the account to pay for the second meal/entree. If you have questions, feel free to reach out to FSD-NS Director, Kent Beavers: kbeavers@freemansd.org or 291-7510.

DIFFERENT BELL SCHEDULES	
OCTOBER	
OCTOBER 3RD	AM ACTIVITY SCHEDULE FOR HOCO ASSEMBLY
OCTOBER 4TH	AM ACTIVITY SCHEDULE - 1ST FRIDAY ADVISORY
OCTOBER 8TH	AM ACTIVITY SCHEDULE FOR HOCO ASSEMBLY
OCTOBER 10TH	AM ACTIVITY SCHEDULE FOR HOCO ASSEMBLY
OCTOBER 11TH	PM EXT. ACTIVITY SCHEDULE FOR HOCO ASSEMBLY
OCTOBER 18TH	AM ACTIVITY SCHEDULE FOR SURVEY
OCTOBER 30TH	LATE START SCHEDULE

UPCOMING events

OCTOBER 7TH
NO SCHOOL - PD for Staff

OCTOBER 8TH
AM Activity Bell Schedule

OCTOBER 10TH
AM Activity Bell Schedule

OCTOBER 11TH
PM Extended Activity Schedule

OCTOBER 12TH
Homecoming Dance 8pm

OCTOBER 23RD
PSAT Testing

OCTOBER 23RD
Board Mtg. - 6pm PRTC

OCTOBER 24TH-25TH
Parent/Teacher Conferences
NO SCHOOL FOR STUDENTS

OCTOBER 30TH
LATE START



CTE

COLLEGE CAREER
readiness



National College Fairs

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



SCOTTIES summerdays

a look at what some of our students were up to this summer



Addison Bowen

Addison was selected to attend the Washington Aerospace Scholar summer residency at the Museum of Flight this summer. Students worked together to develop and present a Manned Mission to Mars to industry representatives. She earned cords to wear at graduation, toured the UW campus and Blue Origin in Seattle.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 9: Seniors Money Live with STCU 9am
- October 9: Grand Canyon University visit during lunch 12:30pm
- October 18: Paul Mitchell visit during lunch 12:30pm
- October 23: PSAT 10th & 11th Graders
- October 29: Spokane National College Fair @ Convention Center 9am-12pm
- November 1: EWU Instant Decision Day @ FHS 12-1:15pm
- November 5: ASVAB
- December 1: FAFSA Opens for Class of 2025



Upcoming Sports



10/4 - Varsity @ Lakeside 7pm

10/7 - JV vs. Lakeside 5pm

10/11 - Varsity vs. Newport (HOMECOMING) 7pm



10/5 - vs. Cheney JV-4pm, Var-6pm

10/8 - vs. Davenport 4pm

10/10 - @ Reardan 6pm



10/8 - @ Liberty . Lind/Ritzville JV/C-4:30pm, Var-6:30pm

10/10 - vs. Asotin JV/C-5pm, Var - 6:30pm

10/11 - Varsity vs. Manson 4pm

CROSS COUNTRY

10/5 - @ Battle of the 509 at Spokane Polo Grounds 9am

10/8 - @ Home 3:30pm (SENIOR NIGHT)

Sports Links:



[Pay Fines/Fees](#)



CONGRATULATIONS



ATHLETE OF THE WEEK

NASH
MCLEAN

FOOTBALL



CONGRATULATIONS



ATHLETE OF THE WEEK

NICOLE
DUPONT

SOCCER



SENIOR PICTURES DUE TO YEARBOOK NEXT WEEK

Yearbooks on Sale Now

It's time to purchase your yearbooks! If you purchase before October 15th, you can take advantage of our early bird special! \$45 for your yearbook, or \$50 if you want your name on the cover. You can purchase your book through your school account by sending a check to the HS office made out to Freeman HS, memo line: yearbook. Or, you can select yearbook online through the ["Make a Payment"](#) link on the district website.

Senior Pictures Due Soon

Seniors, it's time to start getting those pictures in for your senior section! Please see the attachment on page 7 in this Friday Flyer for directions on how to rename and upload your senior photo and your kid picture to our yearbook. You can also get a copy in Mr. Thompson's room or from Mrs. Lagreid. All photos are due to upload on Tuesday, October 15th. Please remember that your photos should be vertical. Horizontal photos will be cropped to fit our layout. If you have any questions or concerns, please email to talk to Ms. Longinotti.

October is
PRINCIPAL APPRECIATION
month

LISA PHELAN
FES PRINCIPAL

MIKE ALLEN
K-8 TOSA

JIM STRAW
FMS PRINCIPAL

CHAD RIPKE
HS AD/DEAN OF STUDENTS

JEFF SMITH
FHS PRINCIPAL

thank you for all you do for students at Freeman



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.



Homecoming *Themes/Activities*

OCTOBER 7TH - 12TH

Monday NO SCHOOL

JV Football @ Home 5:00pm

Girls Kickball immediately after JV Football Game - around 6:30pm

Hall decorating open to class groups 12:00pm - 5:00pm

Tuesday

Theme: Pippen's Planets (Space Theme)

Color: Black

Cross Country @ Home (Sr. Night) 3:30pm

Soccer @ Home vs. Davenport 4:00pm

Wednesday

Theme: Pippen's Paradise (Beach/Under the Sea)

Color: Blue

Macho Volleyball at 6:30pm

Thursday

Theme: Pippen's Peak (Arctic/Tundra)

Color: White

Volleyball @ Home vs. Asotin 6:30pm

Friday

Theme: Pippen's Place (Scottie Spirit)

Color: Freeman Colors

Volleyball @ Home vs. Manson 4:00pm

Football @ Home vs. Newport 7:00pm

Saturday

Homecoming Dance @ Freeman 8:00pm

Tickets on Sale Oct. 8th - 11th at Lunch for \$12/person



is proud to present, in partnership with



AMERICAN
BATTLEFIELD
TRUST ★ ★ ★
PRESERVE. EDUCATE. INSPIRE.



DAR
Daughters of the
American Revolution®

American Revolution Experience: October 5-27, 2024



Limited-time
special
engagement!!

Museum Hours:
Wednesday, Friday & Saturday
11:00 a.m. - 4:00 p.m.
Thursday 11:00 a.m.-5:00 p.m.

12114 E Sprague Ave.
509-922-4570
spokanevalleymuseum.com



Class of 2025: Yearbook Senior Pictures & Tributes

**Deadline -
October 15**

***Senior portraits and kid pictures are due
October 15 for the 2025 Yearbook!***

Submitting Senior Photos - both kid 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" (vertical orientation) and at least 300 dpi. Scanned kid pictures should also be 300 dpi and approximately 2"x3". They can be any photo of your student starting from birth to whatever age you prefer/have access to a photo.

Deadline to submit **both** these photos to the yearbook is **Tuesday, October 15.**

Directions to upload your photos:

- A. **RENAME** before uploading your photo so that we avoid misnaming your senior. Please save the image as a full size save and rename the photo as follows:
Student's firstname_lastname (ex. Jenny_Smith) and your kid portrait to
firstname_lastname_kid (Jenny_Smith_kid) so that it is easy to identify photos.
- A. Next, go to www.hjeshare.com and enter the school code for Freeman (dawcountry)
- B. You will be asked to put in your name, email and phone number.
- C. You will then be asked to "Agree to Terms", which is typical.
- D. 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.
- E. 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 default to your student's given name in the yearbook. They may see me if they'd like to use a preferred name instead per state law). That's all there is to it!

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 your student's account by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 1. Payment is due by December 15th. For more information regarding the senior pics, kid pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, or at plonginot@freemanschools.org


October 15 - Deadline to submit kid and senior pics
October 31 - Deadline to reserve a senior tribute
December 1 - Deadline to submit pictures and words for tributes (the sooner, the better).
December 15 - Deadline to pay for tributes (the sooner, the better).

Class of 2025: 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 October 31: 291-3721, ext 205. or plonginotti@freemansd.org
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
- **1/4 Page - 2 graphics & 80 words** Approx. 3.5" x 4.5" or 7.125" x 2"
Cost - \$100
- **1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"
Cost - \$200
- **Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5" Cost - \$400

Emma Nees

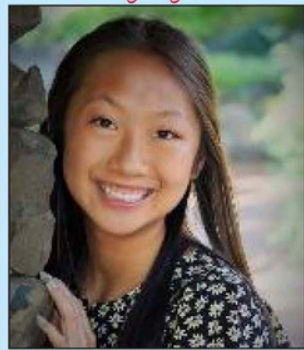


Emma, Emma Jo, Em, MJ, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will give you storms along the way and you have shown that you can weather those challenging times with grace and dignity. You are graduating with your AA and will soon be off to bigger, better, and brighter things. God has an amazing plan for you and we can't wait to see where that takes you. We love you sweet girl. Be you and be PROUD, because we are!




WE LOVE YOU, Dad, Mom, Hannah & Jeremy, Hunter, Olivia & George

Abby Pylant




We are so proud of you and can't wait to see what you accomplish in the next stage of your life!
Love, Mom and Dad

Katehyn Tippet



Katie Grace- You are the daughter any parent would be proud of! You are a natural leader who possesses the gifts of strength, intuition, resiliency, bravery and kindness. A brilliant light in this world with just enough sass to be a force to be reckoned with! Beautiful in every way, you make us proud and we love you so very much! Keep shining Sis! You will do great things.
Proverbs 4:25-26
Congratulations! Love, Momma, Dad & Gabe




Sarah Simmerman

We are so proud of you and blessed to have such a wonderful daughter! We will miss your sweet personality but we're excited to see where your intelligence, hard work and kindness will take you.
Love, Mom and Dad



Cotton Cayce

Cotton- We are so proud of all you have accomplished during your first 18 years! We can't wait to see what your future holds! Work hard and follow your dreams!
Love always, Dad, Mom, and Cody




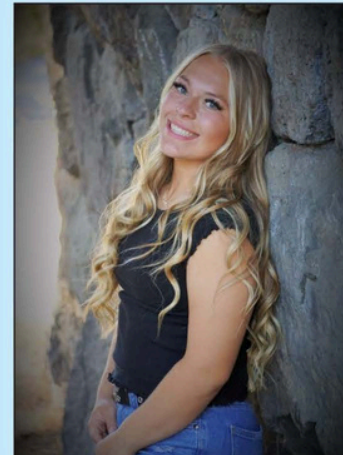
Gracie Jensen



"And one day she discovered that she was fierce and strong." Gracie- truer words could not be written about you. You are a beautiful balance of tough and kind; strong yet gentle. Somehow you managed to take a high school experience that was not what you planned, and strived to see the best in everything, and everyone. Tragedy could have defined you, but you did not let it write your story. You grabbed the pen from tragedy's grasp and chose your own adventure! It is time to turn the page and start a new chapter. It has been a great read to this point, and we are excited to see what the next chapter holds. God has big plans for you and we could not be more proud! Love Mom and Dad!

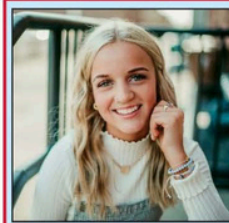
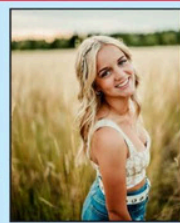
Peyton Brewer

Peyton, Your Dad and I couldn't be more proud of the person you are becoming! Your hard work and commitment to everything you do is amazing. We know you have had to already go through more than most people do in their lifetime, but you have done it gracefully. We are so excited to see where your next journeys take you, but wherever they will be, we know you will have a blast! Love you more than anything, Mom and Dad

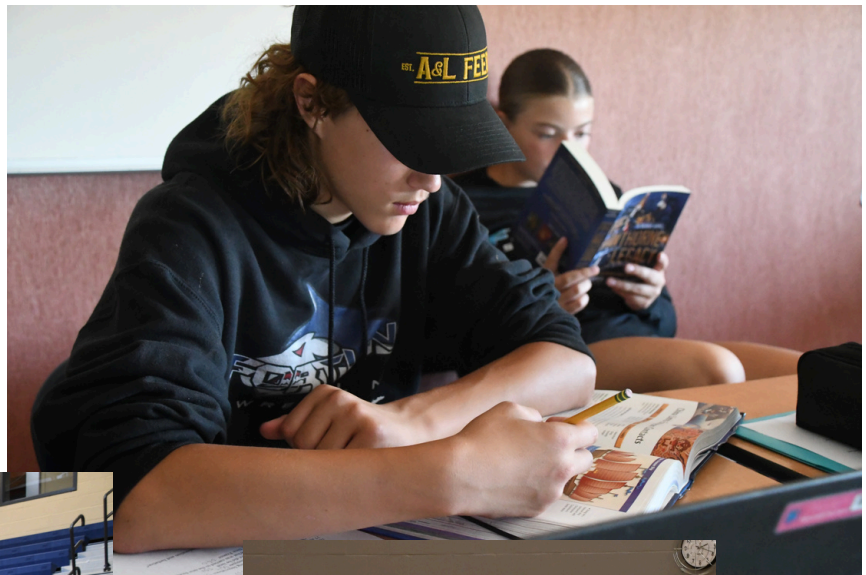



Brooklynn Showalter

Brooke! We are so excited for your next exciting chapter in life! We are incredibly proud of the amazing young woman you are, full of beauty, wit, compassion, and kindness. And your ability to make us LAUGH and SMILE (even when we don't want to) is your true gift. We love you to the moon sweet girl! Mom, Travis, Josie & Courtney

Student HIGHLIGHTS



Photos: FHS Yearbook Students

Student HIGHLIGHTS



Photos: FHS Yearbook Students