

OCTOBER 7, 2022

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A Message from Our Principal

Hello Scottie Parents/Guardians/Families!

From my point of view, this school year is off to a fantastic start! In classes and in hallways, a vibrance exists with students and staff that is heartening to see. This week, Homecoming activities have seen a positive increase in participation - thank you for encouraging your students to be a part of so many opportunities that are unique to Freeman.

As I move in and out of classrooms, I see our staff working hard at challenging students to think with hands-on activities and increased student accountability in lessons, and I see our students rising to meet these challenges. As we move through October, I challenge all of you to communicate with your students about their learning at FHS; not just their classroom grade, but also about what is or is not working for them. Then, feel free to reach out to classroom teachers or myself with feedback; we want to make your students' educational experience the best that it can be. Outside of the classroom, Freeman students are representing the community well at the Interstate and SE County Fairs, in various club activities, and in athletics. One item of note: this year's ASB is very focused on creating a sense of community - inside and outside of school.

Please consider joining any of their advertised events such as tailgating or movie nights as a community member - you are welcome to all!

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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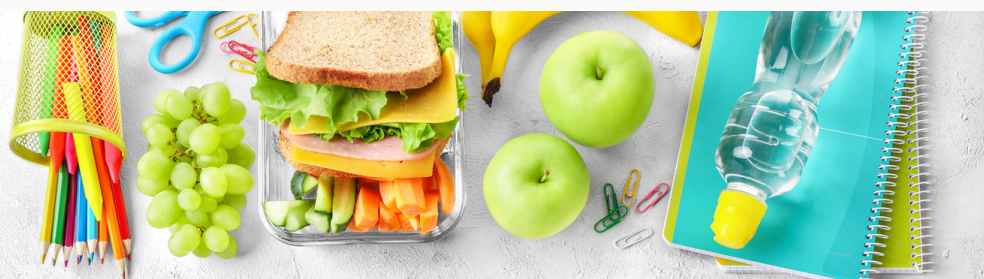
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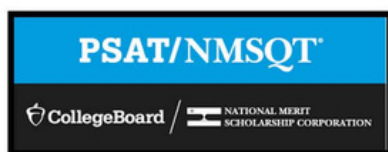
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## Important News Regarding Free/Reduced Lunch

On Friday, October 14th, any students/households/families with students that have not submitted a Free/Reduced price meal application for the 2022-23 school year will automatically be rolled over to "PAID" status. This applies only to Students, Households and Families who qualify for Free or Reduced meals based on filling out an application from previous years. If you have not yet filled out a 2022-23 Free/Reduced Meal Application, please do so as soon as possible. Applications can be done online [here](#) or [downloaded](#).



### PSAT DAY: 9th, 10th, & 11th Graders

Wednesday, October 12, 2022

8:15am - 11:30am

*No test fee*

- All students in 9th - 11th grade will be taking the PSAT.
- If a student WILL NOT be taking the PSAT on October 12, please contact Ms. Youseph @ [hyouseph@freemansd.org](mailto:hyouseph@freemansd.org) to let her know. Study hall in the library will be available for those students not testing.
- Once scores are out, there will be a College & Career Advisory lesson to explain scores.

The PSAT is great for...

- Possible qualifying score for a National Merit Scholarship (10th and 11th)
- Practicing for the SAT
- Knowing what areas to work on for a higher SAT score
- SAT practice on Khan Academy

# UPCOMING events

## FRI. OCTOBER 7TH

Homecoming Game - 7pm

## SAT. OCTOBER 8TH

Homecoming Dance - 8pm

## MON. OCTOBER 10TH

No School - Teacher PD Day

## WED. OCTOBER 12TH

PSAT Testing 9-11 - 8am

STCU Money Live for Seniors

School Board Mtg. - Latah

Creek Golf Course - 6pm

## THURS. OCTOBER 20TH

FBLA Conference @ Eastpoint

## SAT. OCTOBER 22ND

Athletics Dinner/Auction

Fundraiser @ CDA Casino

5:30pm

## THURS. OCTOBER 27TH

School Board Mtg. - K8MPR

6pm

## THURS/FRI NOV. 3RD-4TH

Conferences - no school

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



## 2023 Seniors: important yearbook deadlines...

### Friday, October 14th:

Deadline to submit senior portraits and baby pictures (see flyer on page for directions on how to submit your photos to the yearbook). If you have any issues meeting the 10/14 deadline, please reach out to Ms. L ASAP at [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org) to make arrangements.

### Friday, October 14th:

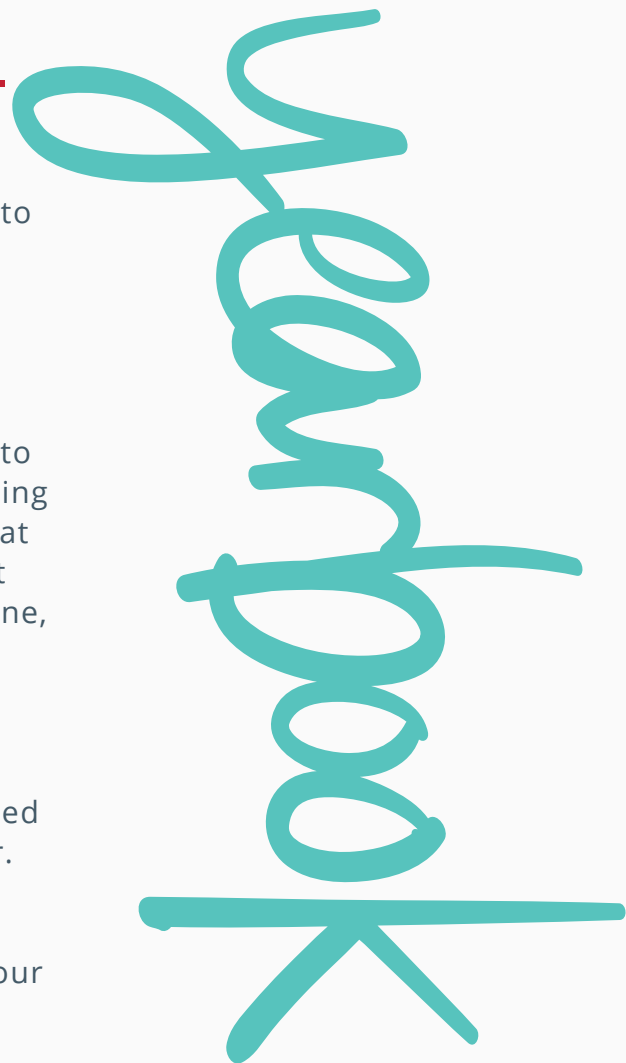
Senior quotes are due. Ms. L has created the google form to submit. Please go to your advisory google classroom/running start google classroom to access your links. Any quotes that are not school appropriate or reference things that are not school appropriate will not be used. If you miss the deadline, you will not have a senior quote with your photo.

### 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.

### TBD:

All class photo: watch your email for the date and time of our all class and 13-year senior photo. Goal is by the end of October. This will be a before school photo shoot.



*There will be an FFA parent meeting on Tuesday, October 11th, at 6pm in the MPR. Please plan to attend if your student is in or planning to participate in FFA.*

***If you have not completed your student's back to school forms in Skyward Family Access, these must be completed by October 15th. Please login and select "FHS Registration for All Returning Students" and complete each form.***





## MONEY LIVE EVENT SPONSORED BY STCU - 10/12

All Seniors will be participating in a Money Live event sponsored by STCU on October 12th while other grades are PSAT testing. They will also be receiving information on Financial Aid. This is a great opportunity for our seniors to get important financial information as they plan for their next steps after high school.

## NATIONAL COLLEGE FAIR

We will be taking a bus to the National College Fair on November 1st at the Spokane Convention Center. This event has over 70 colleges represented, both nationally and internationally. If your Junior or Senior would like to attend, please have them see Ms. Youseph by October 17th. There is also an evening event for families to attend from 6-8pm.

## AP EXAM DATES 2023

Here are the testing dates for AP Exams this Spring. Exam fees are \$97/test (\$35 for Free & Reduced Lunch) when ordered by November 15th. More information will follow from both your students' teachers and Ms. Holm.

AP U.S. Gov't. & Politics - May 1 8am

AP English Literature - May 3 8am

AP Calculus AB - May 8 8am

AP Environmental Science - May 2 8am

AP U.S. History - May 5 8am

AP Biology - May 10 12pm

## IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 12: PSAT Day 9-11
- October 12: Senior Financial Information by STCU at FHS
- 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





## Upcoming Sports



**10/7** - Varsity vs. Colville (Homecoming) 7pm

**10/10** - JV @ Colville 5pm

**10/14** - Varsity @ Riverside 7pm



**10/11** - vs. Newport 4pm

**10/13** - vs. Riverside (Senior Night) 4pm

**10/15** - @ Quincy 12pm



**10/11** - @ Newport JV-5pm, Var-6:30pm

**10/13** - vs. Riverside (Senior Night) JV-5pm, Var-6:30pm

**10/15** - vs. Ferris JV-12pm, Var-1:30pm

**CROSS COUNTRY**

**10/12** - vs. Colville, Riverside and Deer Park (Senior Night) 4pm

**10/15** - @ Lake Spokane Invite 10:15am

## Sports Resources



**Pay Fines/Fees**



## Athletics Auction/Dinner is 3 Weeks Away

Our Athletics Auction/Dinner Fundraiser is 2 weeks away! Have you purchased your tickets yet? **Tickets must be purchased by Monday, October 10th** as we have to give our head count to the Casino. If you have not purchased yours yet, please do so today through this [easy pay link](#). They are \$40/individual, \$75/couple or \$300/table of 8.

You won't want to miss out! We have some amazing items up for auction including:

- 1 Driver's Ed Session at All Seasons Driving School
- Homemade Custom Freeman Cornhole Boards
- Brand new Xbox and controllers
- Seattle Mariner Tickets
- 4 hrs. yardwork session by 10 Freeman Cross Country Athletes
- Several homemade Freeman signs/wine racks, etc.
- Freeman T-shirt quilt
- Multiple themed baskets with too much cool stuff to list
- So much more

If you have items you wanted to donate, we need those in hand, or at least knowledge of the item and value by mid next week.

Please email Cindy Schneider (schneidervandals@aol.com) or Lesley Lochmiller (lesleylochmiller11@gmail.com) with your donation details or drop items by the High School office.

## Freeman Baseball Hats for Sale



The Freeman Baseball team will be selling hats at the Homecoming Football Game tonight, October 7th. Drop by the table near the concessions stand to pick one up.





# 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.abcipc.org/trades-night](http://www.abcipc.org/trades-night)



# Student HIGHLIGHTS



Tucker Hawk teaching first graders about tractors!



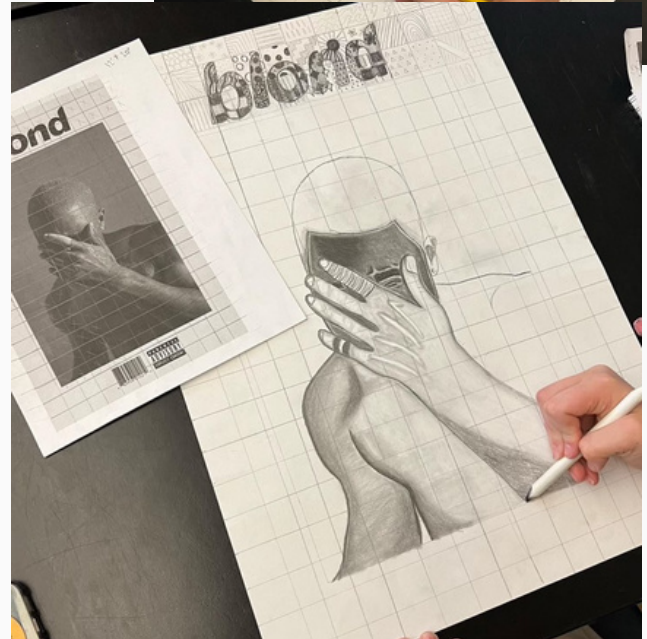
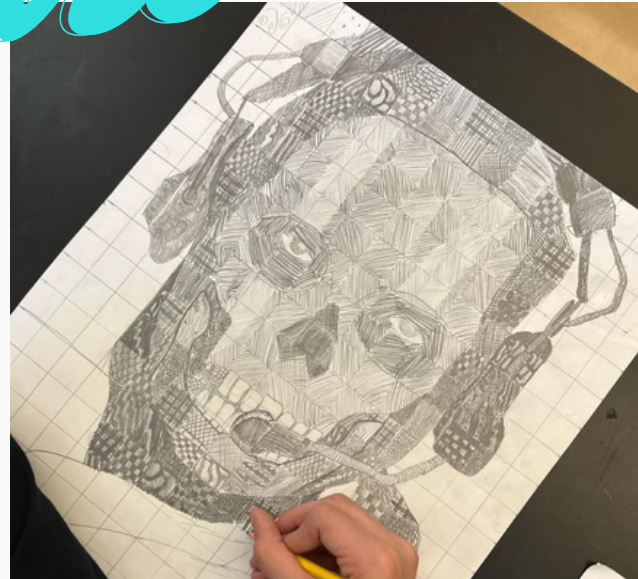
# Student HIGHLIGHTS





# Student HIGHLIGHTS

*student art*





# Student HIGHLIGHTS





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## Class of 2023: Yearbook Senior Pictures & Tributes

**Deadline -  
October 14**

**Senior Pictures and Baby Pictures are due  
Friday, October 14 for the 2023 Yearbook!**

### Submitting Senior Photos - both baby 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" (portrait) and at least 300 dpi. Scanned baby pictures should also be 300 dpi and approximately 2"x3". **Deadline to submit both these photos to the yearbook is Friday, October 14.**

### Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAM** your senior portrait to your students first\_lastname (ex. Jenny\_Smith) and your baby portrait to first\_lastname\_baby (Jenny\_Smith\_baby) so that it is easy to identify photos.
  - Next, go to [www.hjshare.com](http://www.hjshare.com) and enter the school code for Freeman (dawgcountry)
  - You will be asked to put in your name, email and phone number.
  - You will then be asked to "Agree to Terms", which is typical.
  - 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.
  - 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 always use the students given name). That's all there is to it!
- (If you cannot submit your photos on-line, please deliver them to Pia Longinotti at the high school in an envelope labeled with your name. Please do so as soon as possible, prior to October 14)

**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 the Freeman Store by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 15. Payment is due by January 31st. For more information regarding the senior pics, baby pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at [plonginot@freemansd.org](mailto:plonginot@freemansd.org).

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

## Class of 2023: 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 November 15: 291-3721, ext 205.

*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
- 1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"  
Cost - \$200
- 1/4 Page - 2 graphics & 80 words** Approx. 3.5" x 4.5" or 7.125" x 2"  
Cost - \$100
- Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5"  
Cost - \$400



## 2023 FHS yearbook Business ad agreement:

### CONTACT INFORMATION

BUSINESS NAME & OWNER: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

### PURCHASE OPTIONS

- ☐ FULL PAGE: \$450 \$\_\_\_\_\_ Includes full-page ad in the yearbook
- ☐ HALF PAGE: \$230 \$\_\_\_\_\_ Includes half-page ad in the yearbook
- ☐ 1/4 PAGE: \$120 \$\_\_\_\_\_ Includes quarter-page ad in the yearbook
- ☐ 1/8 PAGE: \$65 \$\_\_\_\_\_ Includes eighth-page ad in the yearbook
- ☐ ANGEL BOOK(S): \$50 \$\_\_\_\_\_
- Please donate my copy of the yearbook to:

### PAYMENT OPTIONS

☐ CASH ☐ CHECK: # \_\_\_\_\_ ☐ SEND INVOICE

### FINAL INFORMATION

IMPORTANT DEADLINES:  
**ARTWORK: Dec. 15 • PAYMENT: January 15**  
 Please note: Our design team can create your business ad if you prefer. Submit graphics and text/finished ads to [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org) in jpg or pdf format.

### ARTWORK INSTRUCTION:

Yearbook staffer or adviser \_\_\_\_\_

Customer name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Customer signature \_\_\_\_\_

**HAVE YOU BOUGHT  
YOUR YEARBOOK?**  
**EARLY BIRD PRICING ENDS ON  
OCTOBER 15TH**  
**\$45 FOR YEARBOOK - \$50 WITH  
PERSONALIZATION. AFTER THE 15TH  
IT WILL BE \$50 AND \$55.**







# Freeman Athletics Dinner & Auction

**Help us continue the tradition of excellence**

Join us for a fun evening featuring a social hour, auction and dinner to raise funds for Sports Travel and Officials Fees at Freeman.

**Buy tickets by Oct. 10th  
online [HERE](#)**

**Ticket Price**  
**\$75/\$40**  
couple/ind.  
on sale beg. 8/29

## How to Get Involved

- ✓ Purchase tickets
- ✓ Donate/procure items by 9/30
- ✓ Help on the committee/volunteer day of
- ✓ Stay the night - discounted room rate - use code 9935 CALL 1-800-523-2464

## Date/Time

**Oct. 22, 2022 - 5:30pm**

## Location



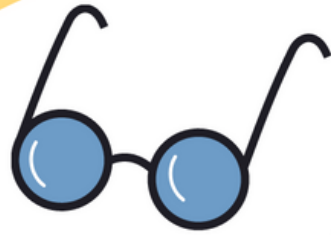
Coeur d'Alene Casino  
37914 S. Nukwalqw Rd.  
Worley, ID 83876

## Contact Us

Cindy Schneider - [schneidervandals@aol.com](mailto:schneidervandals@aol.com)  
Lesley Lochmiller - [lesleylochmiller11@gmail.com](mailto:lesleylochmiller11@gmail.com)

Kristal Hayek - [khayek@freemansd.org](mailto:khayek@freemansd.org)  
Chad Ripke - [cripke@freemansd.org](mailto:cripke@freemansd.org)





*Save the Date!*

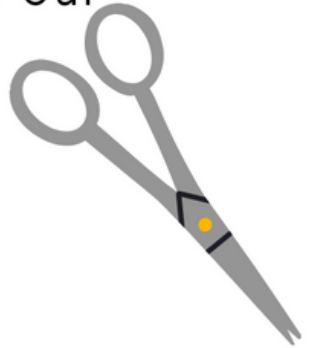
# FSD CURRICULUM NIGHT



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)

