

FRIDAY FLYER

Freeman High School

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509-291-3721



DECEMBER 17, 2021

Upcoming Events:

**December 20th -
January 2nd**

Winter Break - No School

January 14th

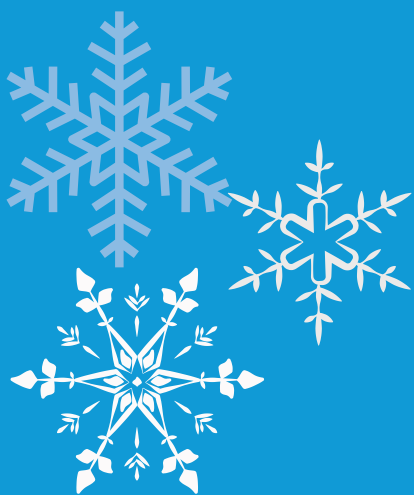
Teacher PD - No School

January 15th

MLK Jr. Day - No School

January 28th

End of 1st Semester



Hello Scottie Families!

As winter break approaches, here are a few things to keep in mind to help ensure your teen has a restorative break over the next couple of weeks. While this season can be notoriously busy and recognizing that can carry over into the New Year, here are a few tangible ideas to help ease stress and anxiety. Your students learned about these techniques in Advisory this week as well.

How can you help reduce your teen's anxiety during the holidays?

1. **Do Less** The number one thing parents can do to help their teens during the holidays is to simply do less. Release your teen and yourself from the burden of trying to do everything and see everyone. Consider video chatting with family and friends, prioritizing which holiday gatherings to attend, or making new, smaller traditions when needed. When commitments are a priority, think about limiting the time you have to stay. This allows your teen to be present while not feeling overwhelmed.
2. **Sleep More** Practicing good sleep hygiene can equip the entire family to better deal with holiday ups and downs. Consider limiting caffeine intake to mornings only, using a blue light filter on your phone in the evenings, taking a hot bath before bed or using calming scents in your home like lavender. Even though it is a "break," keeping your teen in a good sleep pattern (having a regular bedtime and wake time) will help them feel calmer during break and transition back to school well in January.
3. **Manage Tech** Use technology mindfully to form good sleep habits and help teens connect with their friends during breaks. As parents, this is a great time to model healthy technology usage by implementing a family charging station for nighttime outside of a bedroom, limiting tech usage during family gatherings and encouraging teens to engage in activities other than screen time. Play games, bake, wrap gifts, and spend time together this holiday season.
4. **Get Out** Plan a few meaningful activities that are active and outdoors for both mental health and social benefits. Exercise and exposure to nature are calming and help prevent depression. Even if they might complain about going, teens really do look back on these memorable experiences positively.

It is our hope that you find joy and calm this Holiday Season!

Kaela Holm

School Counselor

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.

COLLEGE CAREER r e a d i n e s s

Winter Break is a perfect time for our Seniors to complete the 2022-2023 Free Application for Federal Student Aid (FAFSA) application if they plan on attending a 4 year university, 2 year college, or a trade school in the fall. Contact Ms. Youseph if you need assistance filling it out.

Parents & Guardians,

We wanted to make you aware that we will be having another scheduled lockdown drill upon our return in January. It is scheduled for January 6th during 2nd period. We will announce the drill over the intercom before it takes place and it should only last a few minutes. We encourage students to speak with Deputy Reno, Mrs. Holm, Ms. Youseph, Mr. Smith, Mr. Ripke or any other staff member if they have concerns or you may call us at 291-3721.

We are SOLD OUT!

"Thank you" to everyone who purchased a blanket!



*Merry Christmas
from Freeman HS
FBLA!*





UPCOMING SPORTS



Friday, Dec. 17

vs. Lakeside
Boys JV - 4:00pm
Girls JV - 5:30pm
Boys Varsity - 5:45pm
Boys C - 7:15pm
Girls Varsity - 7:30pm

Monday, Dec. 20

vs. Clarkston
Boys JV - 4:00pm
Boys C - 5:45pm
Boys V - 5:45pm

Tuesday, Dec. 28

vs. Liberty Bell
Boys JV - 4:00pm
Girls Varsity - 4:00pm
Girls JV - 6:00pm
Boys Varsity - 6:00pm

Wednesday, Dec. 29

vs. Warden
Boys JV - 3:00pm
Girls Varsity - 3:00pm
Girls JV - 5:00pm
Boys Varsity - 5:00pm

Thursday, Dec. 30

@ West Valley
vs. Lakeland
Girls JV - 9:00am



Fri & Sat, Dec. 17-18

@ NIC
Tri State Wrestling

Tuesday, Dec. 21

vs. Lakeside
6:00pm

Thursday, Dec. 23

@ Central Valley HS
Tri County
9:30am

Thursday, Dec. 30

Freeman Winter Classic
10:00am

For the most up-to-date game times/locations, see our Athletics Website:
goscotties.org

COUNSELOR REQUEST
FORM



**NEED TO SEE YOUR
COUNSELOR?**

SCAN THE QR CODE

Does your student need to meet with one of the counselors?

If your student is wanting to meet with Mrs. Holm or Ms. Youseph, we have set up a scheduling system with a QR code. These signs are hanging around the school so students can scan the code and schedule an appointment. We hope this system will be beneficial for both students and counselors alike.

Freeman Cares for Kids

On Saturday, December 11, Freeman High School's Future Business Leaders of America (FBLA) chapter sponsored their fifteenth "Freeman Cares 4 Kids". Parents had the opportunity to drop their kids (K-5) off at the high school for a "play day", providing them with extra time for Christmas shopping, decorating the house, or simply to take a relaxing break. While there, members of Freeman's award winning FBLA chapter entertained the children with crafts, board and video games, coloring, movies, snacks and a variety of games in the gymnasiums. There was no cost for the program, although donations were welcomed. All donations were given to the Ronald McDonald House. The day totally surpassed all expectations - 114 kids attended (the most ever) and \$1,241.50 was raised for our charity. FBLA would like to say "Thank you" for your continued support!

