

# FRIDAY FLYER

Freeman High School

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509-291-3721



DECEMBER 18, 2020



## Upcoming Events:

**December 21st -  
January 1st**

Winter Break - No School

**January 15th**

No School - Staff PD Day

**January 18th**

No School - MLK, Jr. Day

**January 29th**

1st Semester Ends



InvestED provides funding to schools throughout Washington State to help fill the gap between what families can afford and what schools can support. They help pay for items like college application fees, shoes, ASB cards, athletic equipment, nutritional health, remote learning support, and more - little things that make a big difference in a student's life. We have students in our community who need help. We are partnering with InvestED to help meet these needs. One hundred percent of funds raised will support young people in our own school who are experiencing hardships beyond their control. **Right now all donations will be matched up to \$500 for our school.** Thank you for supporting our campaign and being a valued partner to our students. [Learn more and donate here.](#)



## COLLEGE CAREER



## *r e a d i n e s s*

### Dec. 7

[Washington State Opportunity Scholarship](#) Opens! (Seniors) deadline Feb. 11  
[WSOS Informational Doc](#)

### Jan. 7

[Business After School - TV Production](#) 3:30 - 4:30 pm

### Jan. 11

EWU Auto-Admissions Session (Seniors) 11:30 am - 1:30 pm (sign up with Ms. Youseph)

### Feb. 20

[SCRUBS Virtual Camp](#)

- **Youth Advocates for Health Internship Posting**

Focusing on two projects - food and nutrition and opioid-use prevention, both of which are issues of increasing concern, especially during the COVID-19 crisis.  
[learn more here](#)

All links to these events are available in our students' College and Career Google Classroom. ?'s - email Ms. Youseph [hyouseph@freemansd.org](mailto:hyouseph@freemansd.org).



# ATHLETICS UPDATE

As we go to break and move into 2021, I wanted to give a quick update on Athletics here in the Freeman School District. Unfortunately at this time, nothing is set and there could still be some movement. We will know a lot more in January when the WIAA determines if they are going to move forward with the schedule as set or make another change. For those updates, you can find them [here](#).

Regarding our plans at FHS, FMS, and within the Northeast A League, we are continually meeting. I meet monthly with the GSCL for our Middle School, weekly with the NEA League for the High School, and monthly with District 7 for our region.

Under the guidance and recommendations from the Governor, Department of Health, and WIAA, we are working on plans to give our students the chance to participate in extracurricular activities. We know the importance of their physical and mental health and want to provide hope and happiness in any way possible.

Please have a safe and fantastic break and I will work to get out communication as timely as possible as we move into January and continue to put plans in place.

Kris Herda  
Assistant Principal & Athletic Director



## PEGGY WELLS

MATH



My focus is to try to be a good example of what it looks like to learn in a situation where things feel different. I have been humbled through this experience - I have talked for a long time while I have been muted, I have taught lessons while not sharing my screen, I have posted assignments on the wrong days, but through it all we have continued to be a learning community. This has been one of the most challenging teaching arenas I have experienced in my 31 years of education. Hopefully, the lesson is one that when challenges come our way (and they will) we can indeed face them head on. We truly are "in this together".

IT STARTS WITH  
ME FEATURE



## ANKE COSTON

PARA-EDUCATOR



With all the challenges and changes this year, it is hard to have a goal or something to work towards. It is so much easier to just succumb to the pressure of the world and feel sorry for myself, my family, my students, the world.

But, I refuse, I adapt, I overcome, I adjust so I can be there for the ones who are struggling, the ones who need support, a helping hand, a kind gesture. It's all about my mindset and being a positive influence for those around me. Let's do this together, because we can!



The Scottie Blankets are here and for sale now. However, if you didn't pre-order and arrange for pick up, they will not be available until our office reopens on January 4th.

They are 80"x60" and are \$60. You can purchase them online over break or in person at the High School or over the phone at 291-3721 once our office reopens.

We've sold almost half of them already!

## FREEMAN YEARBOOK

# GINGERBREAD HOUSE CONTEST

This year the yearbook class is hosting a gingerbread house making contest. We thought it would be a fun way to feature students' creativity while showing Christmas spirit. Students will submit pictures of themselves with the gingerbread house they made (student must be in photo). Please email photos to Ms. Longinotti. Photos due TODAY.



Hello parents!

Are you looking for another Christmas present for your student? A yearbook would be a great gift to help them remember this year! It's not too late to get a yearbook. To purchase, go to the Freeman School District Website and click on the tab for Make a Payment. Once there you can choose to buy a yearbook for \$45. For just \$5 more, you can choose to have a personalized yearbook that includes your student's name on the cover. Please contact Ms. Longinotti if you have any questions ([plonginotti@freemansd.org](mailto:plonginotti@freemansd.org)).

Thanks in advance,

The 2021 Freeman Yearbook Staff



Parents, it isn't too late to buy a tribute for your senior. Please contact Ms. Longinotti ASAP with the size you'd like to purchase. Ideally, we'd like to get the text and pictures for the tribute **by December 18th** so we can complete them over Christmas break. You can pay online or by check when you are able.

Costs are: 1/8 page for \$40, 1/4 page for \$75, 1/2 page for \$140, and a full page for \$250. See next page for example of ad sizes.

Please reach out to Ms. Longinotti with questions or to make arrangements for your message! [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org)



# Yearbook Ad Sizes

Although you are allowed a certain number of words based on your ad size, remember that too many words can make an tribute look cluttered. If you would like some assistance in developing your tribute, feel free to contact the Yearbook staff at 291-3721, ext 205.

## Business Card Size Ad - 1/8 page

Approximately 3.5" x 2"

Cost - \$40

Limited to 1 graphic & 40 words

## 1/4 Page - Approx. 3.5" x 4.5" or

7.125" x 2"

Cost - \$75 2 graphics & 80 words



## 1/2 Page - Approx. 7.125" x 4.5"

Limited to 3 graphics & 160 words.

Cost - \$140



**Full Page -**  
Approx.  
7.125" x 9.5"  
Limited to 4  
graphics &  
300 words

Cost - \$250



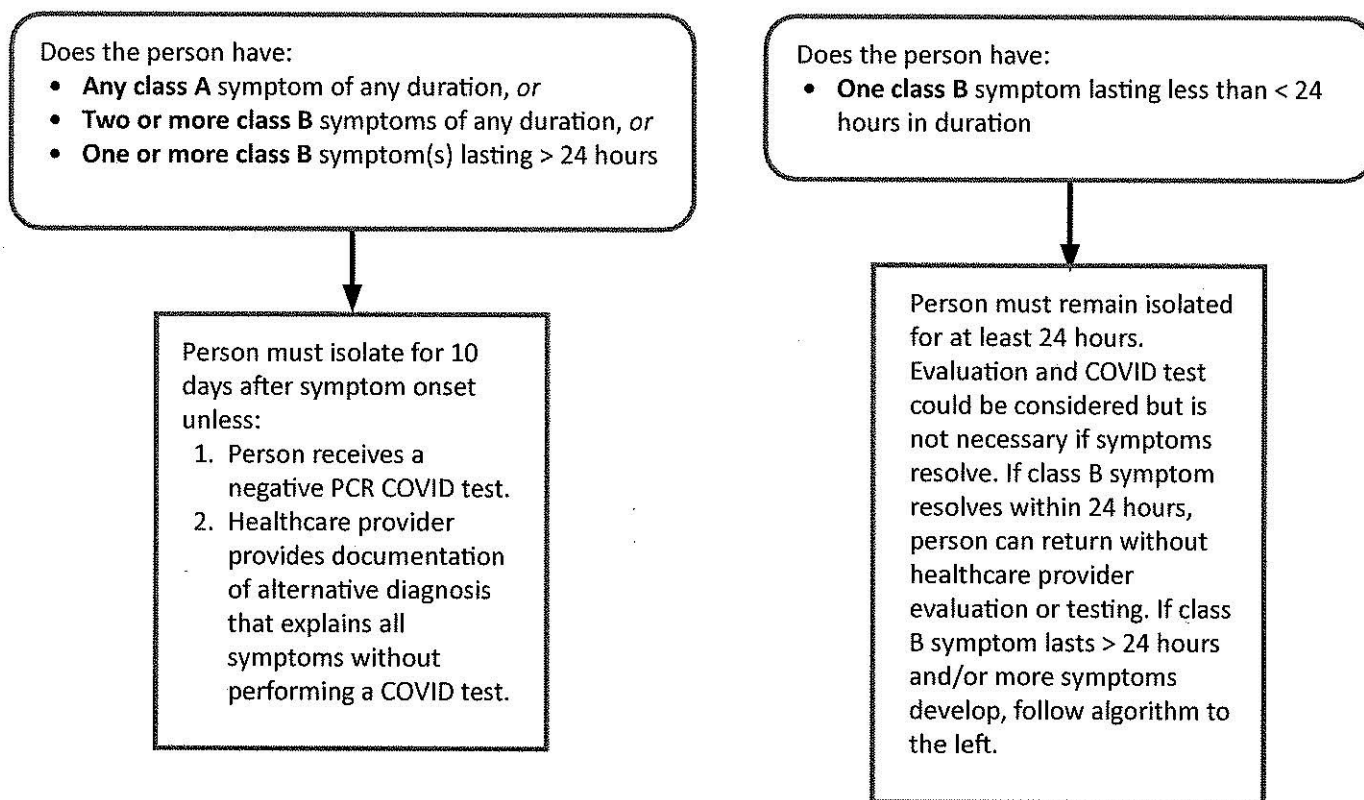
# Here is what we will be using as a guideline for COVID-19 exposure and symptoms and return to school/work protocols.



## RETURN TO SCHOOL/CHILDCARE/WORK GUIDANCE FOLLOWING A POSITIVE SYMPTOM SCREEN FOR COVID-19 AND NO EXPOSURE

This guidance can be used by schools, childcare and parents when the COVID-19 rate in the community is MODERATE — HIGH (>25 cases/100,000 population over 14 days) and applies to persons with:

- One or more new, unexplained symptom consistent with COVID-19, AND
- No known COVID-19 exposure in prior 14 days



Symptoms consistent with COVID-19	
Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> <li>• Fever (defined as subjective or 100.4°F or higher)</li> <li>• Cough</li> <li>• Loss of sense of taste and/or smell</li> <li>• Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Headache</li> <li>• Muscle or body aches</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea (defined as two or more loose stools in 24 hours)</li> </ul>

<sup>1</sup> Examples of alternative diagnosis made by healthcare provider include childhood rash illness, acute otitis media, or a lab confirmed diagnosis such as strep throat or non-COVID-19 viral pathogen. If testing for other viral pathogens, strongly recommend testing for COVID-19 as well.