

AUGUST 29, 2024

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Over the course of this week, it's been a delight to enjoy the sights and sounds of cheer, cross country, football, soccer and volleyball activities once again bringing our campus to life after the school day is done. To date, we have 16 students participating in cheer, 24 students in cross country, 53 students in football and 33 in volleyball - that is close to 1/2 of our entire student body! Yesterday, I met with club advisors as they begin to plan for initial meetings as we move into September, so please remind your child to be on the look-out for several equally important extra-curriculars that students can join which may include: Art Club, Conservation Club, Knowledge Bowl, FFA/FFA Trap, FBLA, Pep Band, First Tech Robotics, and Skills USA. Extra-curriculars are not only a part of making a high school experience fun, they are healthy: they teach valuable skills, they give students a reason to better manage their time, and they create positive memories that can last a lifetime. If a barrier exists that may impede your child's participation in an extra-curricular, please feel free to contact us; we may be able to help. I encourage all of our students to jump into the high school experience through one of these exciting opportunities!

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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FREE/REDUCED LUNCH APPLICATIONS DUE SOON

If you would like to apply for Free/Reduced meals, please do so [here](#) ASAP so we can process your applications.

Please note: there are more programs available for students that qualify for F/R lunch so even if your student does not do school lunches but you qualify, please go ahead and complete the application for us. With your consent, they may be able to receive assistance with some ASB clubs and sports fees.



Every year we must have all back to school forms completed for every student. Please log in to Family Access and complete form sets for each student. To date,

only 1/2 of our FHS students have completed forms. You can find this on the left side of your home page on the Skyward Family Access screen titled "FHS Registration for All Returning Students". Also important in these forms is opting in or out of Chromebook Assurance Plan by September 15th (see page 6).

PICTURE DAY

Leos will be here for individual school pictures on Thursday, September 5th, first thing in the morning. If you are a Running Start, Newtech or Skills Center student, please plan to come at 8:00-8:15am to have your picture taken for yearbook and ASB cards.

Order online: Code - FAL224994

Fall Sport photos will also be taken on September 5th after school. Order online: Code - SPO4014

UPCOMING events

AUGUST 30TH
NO SCHOOL

SEPTEMBER 2ND
NO SCHOOL - Labor Day

SEPTEMBER 5TH
School Picture Day
Fall Sports Pictures

SEPTEMBER 6TH
AM Activity Bell Schedule

SEPTEMBER 15TH
Deadline to purchase
Chromebook Insurance

SEPTEMBER 18TH
Class of 2025 Information
Night - 6pm FHS MPR

SEPTEMBER 23RD
Board Mtg. - 6pm PRTC
Conference Room

SEPTEMBER 25TH
LATE START Bell Schedule



C

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E

COLLEGE CAREER
readiness



Freeman FBLA Makes Strong Showing at 2024 National Conference

From June 26th - July 3rd, FBLA members from FHS were honored to attend the 2024 National FBLA Leadership Conference in Orlando. This event attracted more than 18,000 middle school, high school and college students, educators and volunteers from across the country. More than 12,000 students competed in more than 100 business-related events

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Freeman was represented by Brooke Berglund, Avery Boswell, Dallin Cotton, Eli Cotton, Mari Hirayama, Emma Hollen and Kate Schneider. Kate Schneider finished 5th in the nation in Job Interview. Our FBLA chapter was honored to receive the "Gold Seal Award of Merit" honoring the top chapters in the nation.

Congratulations to all! Qualifying for Nationals is no small feat!



IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 18: Class of 2025 Parent/Student Post-Secondary Planning Information Night 6-7:15pm
- September 20: Western Washington University visit @ FHS Library - lunch time
- September 25: Trades Night @ Mt. Spokane HS 5-7:30pm
- October 4: WSU Instant Decision Day @ FHS 12-1:15pm
- November 1: EWU Instant Decision Day @ FHS 12-1:15pm
- December 1: FAFSA Opens for Class of 2025



Upcoming Sports



8/31 - Jamboree @ Home
11am

9/6 - Varsity @ Home vs.
East Valley 7pm



9/4 - Jamboree @ Cheney
5pm



9/4 - Jamboree @ Home
4pm

**CROSS
COUNTRY**

Sports Links:



Pay Fines/Fees



FALL SPORTS NEWS

- Each athlete must pay their fees prior to the first athletic competition:

ASB Card: \$35

Transportation: \$20

Sport Fee: \$25

(Please pay using this link. Select items at student's school then each item separately)

- As stated in our Student Handbook, if your student-athlete will miss more than 15 minutes of school, they must come with a doctor's note or have prior approval from Mr. Ripke otherwise they will not be able to participate that day in practice or a game.

SEASON PASS PRICES/PURCHASING

We are pleased to offer season passes for all home, regular-season games. ALL season passes must be purchased through GoFan. Below is a listing of the different passes as well as a link to purchase them directly. Please note that the family passes include two adults and your children in Kindergarten - 8th grade. Senior passes are individual passes for seniors 60+.

<u>Fall Season Family Pass</u>	\$101.75 (fees incl.)
<u>Fall Season Individual Senior Pass</u>	\$ 33.50 (fees incl.)

<u>All Season Family Pass</u>	\$233.00 (fees incl.)
<u>All Season Individual Senior Pass</u>	\$ 75.50 (fees incl.)

Winter Season Family Pass	\$141.46 (fees incl.)
Winter Season Individual Senior Pass	\$ 44.00 (fees incl.)

Please note: Winter Passes will no go on sale until November 15th.



2024-25 YEARBOOK NEWS

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.

EXTENDED ABSENCES

If you know your student will be absent for 3 consecutive days or more, please have them pick up a pre-arranged absence form from the office to complete and submit prior to their absence. This allows for them to communicate with teachers and arrange for assignments. The office uses this form to formally excuse the absence as well.

SCHEDULE CHANGES

The beginning of the school year brings with it changing and adjusting students' schedules as to best meet their academic needs and goals.

**Changes to schedules
have been made
and will no longer be
available beginning
Tuesday, September 3rd.**

Beginning Tuesday, September 3rd, students who request and are granted a late schedule change will receive a "W" on their transcript.

Please contact the
FHS School Counselor, Kaela Holm,
with questions about student schedules.
kholm@freemansd.org
(509)291-4860



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.

Class of 2025: Yearbook Senior Pictures & Tributes

**Deadline -
October 15**

***Senior portraits and kid pictures are due
Friday, October 13 for the 2024 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 (dawgcountry)
- 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 the Freeman Store 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 plonginotti@freemansd.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

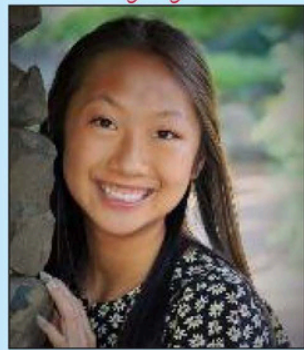


Emma, Emma Jo, Em, MJ, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will 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




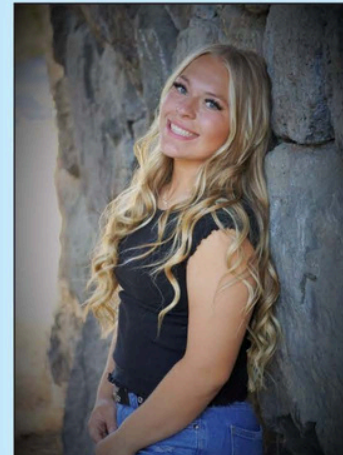
Gracie Jensen



"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!

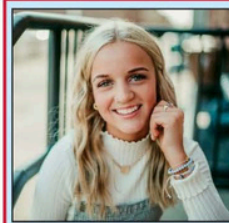
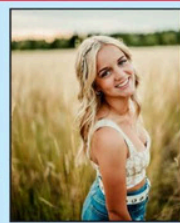
Peyton Brewer

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

SCOTTIES summer days

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



Lexie Kennedy

worked as an assistant in a local vet clinic

"My first day was so fun. We had six different puppies come in! It's definitely hard work though."

Claire Poulsen

worked as a lifeguard at Comstock this summer

"It was like summer camp every day, but you get paid for it!"



Jack Florence

attended the US Naval Academy, US Military Academy West Point and Olympia where he participated in the operation of varying levels of government.

Student HIGHLIGHTS

2024 AP Scholars

Class of 2025

Addison Bowen

AP Scholar

Vance Coyner

AP Scholar with Honor

Preston Eigenhuis

AP Scholar with Honor

Jackson Florence

AP Scholar

Lillian Truett

AP Scholar

Class of 2024 (Recent Grads)

Dallin Cotton

AP Scholar with Distinction

Mari Hirayama

AP Scholar

Kanoa Rogan

AP Scholar

Kate Schneider

AP Scholar

AP Scholar Award Levels

AP Scholar

Granted to students who receive scores of 3 or higher on three or more AP Exams

AP Scholar with Honor

Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams

AP Scholar with Distinction

Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams

Congrats, Scotties!

Student HIGHLIGHTS



All District Assembly
8-23-24