

SEPTEMBER 15, 2023

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

HAVE YOU COMPLETED REGISTRATION FORMS FOR YOUR RETURNING STUDENT?

Every year we must have all back to school forms completed for every student. Please log in to Family Access and complete "Registration Forms for all Returning Students" no later than September 20th.

OPTIONAL CHROMEBOOK INSURANCE PLAN DEADLINE IS SEPTEMBER 30TH

As part of our learning program, we have issued a Chromebook and charger to all secondary students who did not refuse because they have their own device. This device is property of the Freeman School District. You have the opportunity to enroll in optional Chromebook Assurance Plan (CAP). While not mandatory, this insurance program is highly recommended as it provides coverage in the event the device is lost or damaged. Annual cost is \$20 per student for the school year. Defective devices will be replaced or repaired at no cost (after first incident). To opt in, you must select "opt-in" on the form in Skyward registration forms AND pay your \$20 by September 30th. You can make the payment in person at the office or online [here](#).



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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FHS COUNSELING INFORMATION NIGHT

WHEN?! COME SEE US!

Wednesday
September 20th
6:00 PM
FHS MPR

KAELA HOLM, MA, NCC
FHS School Counselor

HEIDI YOUSEPH, M. ED.
FHS College and Career Counselor

**CHRIS MARKS, MA,
LMFTA**
SB-SBIRT

ACADEMIC SUPPORT

Academic support & guidance
Skill building
Communication with teachers
Dual Credit and Dual Enrollment opportunities
Credit monitoring

COLLEGE & CAREER READINESS

College Applications
Job Applications
Career Exploration
Ordering Transcripts
13th Year Prep
NCAA/NAIA Portal Management

SEL & RESPONSIVE SERVICES

Individual and Group Counseling
Crisis Support
Referral Services
Parent/Guardian Meetings
Class Lessons

WHAT WE DO

While many of our services overlap, we are each uniquely qualified to support the varying needs of our student body and their families. We take a team approach to ensuring students feel supported and understood while they navigate their time at FHS.

WHO WE ARE

We are proud and excited to work with you and your students. We are looking forward to what this year will bring and what our growing team will get to accomplish!

WHAT'S NEW!?

In partnership with Spokane County and ESD101, we are excited to add Chris to our team to provide targeted support to our students through screening and brief-intervention therapy. Come learn more about what this **FREE** resource means for our community!

Looking forward to seeing you there!

UPCOMING events

SEPTEMBER 20TH
FHS Counseling Information
Night - 6pm FHS MPR

SEPTEMBER 21ST
3 Week Grades Sent Home

SEPTEMBER 27TH
LATE START - 10:15am
School Board Mtg. 6pm K-8
MPR

OCTOBER 6TH
Picture Re-takes

OCTOBER 9TH
NO SCHOOL - Teacher PD Day

OCTOBER 10TH - 14TH
Homecoming Week

OCTOBER 14TH
Homecoming Dance

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



Fill the Gap provides weekend food supplies to youth in need during the school year.

The Fill the Gap kits include a good mix of healthy, single-serving, nonperishable food items to cover four meals (breakfast and lunch) and two snacks over the weekend when school meals are unavailable.

To enroll your student in the program, please contact:

Stacey Rawson at (509) 291-4791 or srawson@freemansd.org.

OR scan the QR code to enroll now.



IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 19: Washington State University @ FHS in Library 10-10:30am
- September 26: University of Idaho @ FHS in the Library 10-10:30am
- September 30: Business After School: SHMC Surgical Center Tour. Registration is in students' CCR Google Classroom.
- October 3: Grand Canyon University @ FHS in the Library 10-10:30am
- October 5: Business After School: Manufacturing Career at Wagstaff 3 - 5pm. Registration is in students' CCR Google Classroom.
- October 26: PSAT/NMSQT School Day 8:15am - 11:30am



Upcoming Sports



9/15 - Varsity @ Rogers
4pm

9/18 - JV vs. Rogers 4pm

9/22 - Varsity @ Lakeside
7pm



9/18 - @ Home vs. CDA
Charter 6pm

9/21 - @ Deer Park 4pm



9/19 - JV & Var @ G Prep
playing at 4:00 & 5:30pm
C @ Mead playing at 4:00
& 5:30pm

9/21 - @ Deer Park
JV/C - 5pm, Var - 6:30pm

**CROSS
COUNTRY**

9/16 - @ Asotin Invite 1-
10:30am

9/23 - @ Can-Am Invite in
Kettle Falls - 11:00am

Sports Links:



GO FAN

Pay Fines/Fees

 **goscotties.org**
athletics website

FREEMAN SCOTTIES

SHOP FREEMAN SCOTTIES GEAR NOW!



Now you can order Scottie gear anytime you want. No minimum orders. Direct shipping to your home in 5-7 days!

If you are looking for Freeman gear, we now have an online storefront that is open 24/7. Each item has the option of several different designs and colors.

Follow this [link](#) to start shopping. Go Scotties!





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		
0	7:00 - 7:50	50 min
1	8:15 - 9:05	50 min
2	9:10 - 10:00	50 min
SCOTTIE BREAK	10:00 - 10:10	10 min
ADVISORY	10:13 - 10:35	22 min
3	10:40 - 11:30	50 min
4	11:35 - 12:25	50 min
LUNCH	12:25 - 12:55	30 min
5	1:00 - 1:50	50 min
6	1:55 - 2:45	50 min

2 Hour Late Start		
1	10:15 - 10:51	36 min
2	10:56 - 11:32	36 min
3	11:37 - 12:13	36 min
LUNCH	12:13 - 12:43	30 min
4	12:47 - 1:23	36 min
5	1:28 - 2:04	36 min
6	2:09 - 2:45	36 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.

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 10:00am - 10:10am. Cost: \$2.20

LUNCH - served at the High School in the MPR. Cost: \$3.50



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.

They're Back! - All New Design!

Plush "Cuddly" Blankets - 80" x 60"



Great gift for that special someone or yourself!

Only \$70

Purchasing Options:

1. In person at Freeman HS
2. Call FHS 291-3721 (Mrs. Hayek)
3. Contact FBLA Advisor Scott Moore (smoore@freemansd.org)



Proudly brought to you by FBLA
They won't last long - Don't miss out!

Class of 2024: 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 ploniginotti@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
- **1/2 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

Class of 2024: Yearbook Senior Pictures & Tributes

Deadline - October 13

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 **Friday, October 13.**

Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAME** your senior portrait as follows to avoid misnaming: student's first_name_lastname (ex. Jenny_Smith) and your baby portrait to first_name_lastname_kid (Jenny_Smith_kid) so that it is easy to identify photos.
- Next, go to 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 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, baby pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at ploniginotti@freemansd.org

October 13 - Deadline to submit baby 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).



Free

Valleyfest



SEPTEMBER 22-24, 2023

Admission is **FREE** for All Ages!

LOCATION: MIRABEAU POINT PARK | CENTERPLACE REGIONAL EVENT CENTER

VALLEYFEST FAMILY HIGHLIGHTS:

Evening Parade | Pancake Breakfast | Car Show | Astronomy | Robotics
NASA Presentation | Pacific Science Center | STEAM Showcase | Petting Zoo
Celebrate the City of Spokane Valley's 20th Anniversary | Toy Maker
Fishing at the Falls | Swing Dancing

VALLEYFEST PERFORMANCES BY:

Christopher Anderson | Seterra Bell | Sidetrack
Cheryl Branz | Integrity Martial Arts | Tamarack Ridge Band
Nu Jack City | Kevin Shay Band

PLUS: BOOTHS, FOOD, DRINKS

CultureFest



CULTUREFEST AT MIRABEAU POINT PARK

Saturday, September 23, 2023 – 10:30 a.m. to 6:00 p.m.

Sunday, September 24, 2023 – 11:00 a.m. to 4:00 p.m.

CULTUREFEST PERFORMANCES BY:

Indian Youth Club | Natanam | Mariachi Las Aguilas
K-Pop by SWF | Coeurimba | and more!

WE'RE GOING TO

The South Pacific



Dear FHS parents and students,

Hello! I am excited to inform you that I'm organizing an educational tour of Australia/New Zealand on **June 25 – July 2, 2025** for Freeman High School students. International travel offers a wealth of opportunities for learning outside the classroom, and this will be a fun, easy way for students to see the world with their friends. Please join me for an informational meeting to learn more about our tour itinerary, the sign up process, and the payment schedule.

Meeting Date: Tuesday, September 19th, 2023

Meeting Time: 6:00 pm

Meeting Location: FHS Room 205

If you'd like a sneak peak of the tour before the meeting, just visit

www.explorica.com/FRYE-2025 to see the full itinerary, print important information about the tour and learn more about the tour destinations.

I look forward to speaking with you and traveling with your student!

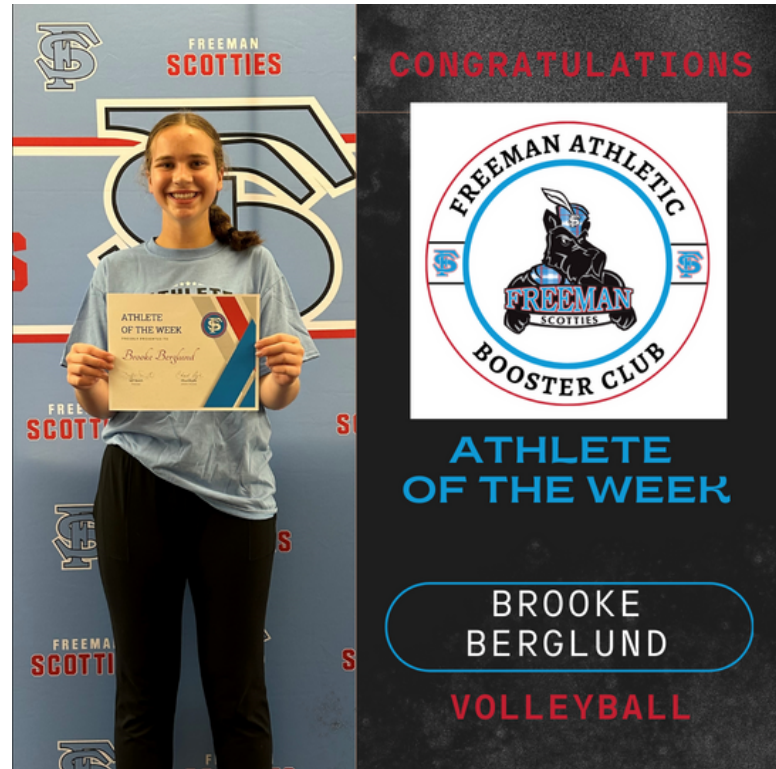
Sincerely,

Mrs. Frye

Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Freeman FFA students have embraced the values of hard work, responsibility and the importance of taking care of another living being. These experiences at the fair go beyond the arena; they shape character and build lifelong skills. We are proud of you!

