

SEPTEMBER 2, 2022

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## Have you completed online registration?

It is very important that all parents/guardians go on Skyward and complete the online registration for each student. Yes, even returning Freeman students need to have their forms completed each year in Skyward. And, this year, we have the added Chromebook checkout piece (explained further on pages 9-10). Please note that if you skip this process, you will not have the option to purchase the Chromebook Assurance Plan which covers the Chromebook checked out to your student should it get damaged or lost.

You will see forms for family updates, address updates, health information updates, the Free/Reduced meal application, Chromebook checkout and more. Please go through each step for each student and then submit the forms by September 6th. If you have any questions, please call the office at 291-3721.

## ASB Cards - they're not just for clubs & sports

ASB Cards are required for any student who participates in a sport or club at Freeman High School but did you know that it also allows them to get into all home sporting events (other than tournaments & playoffs) for FREE? Home games start this week so purchase one for your student online [here](#) or in the High School Office during school hours. Price: \$35

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.

## In This Issue

Freeman Apparel

PAGE 02

Upcoming Events

PAGE 02

What is SEL &amp; CCR?

PAGE 03

Upcoming Sports &amp; Fees

PAGE 04

Class/Club/Sport Fees

PAGE 04

General Information

PAGE 05

Student Highlights

PAGE 06-08

Advisory Information

PAGE 09

Online Reg/Chromebooks

PAGE 10-11

Athletics Auction/Tailgating

PAGE 12-14

Booster Club

PAGE 15

School Pictures Flyer

PAGE 16

Student Insurance Info

PAGE 17

# 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!



## UPCOMING events

**MON. SEPTEMBER 5TH**  
NO SCHOOL - Labor Day

**THURS. SEPTEMBER 8TH**  
School Board Mtg. - 6pm  
K-8 MPR

**FRI. SEPTEMBER 9TH**  
School Pictures ([order here](#)).  
Use code FAL220877

**TUES. SEPTEMBER 27TH**  
School Board Mtg. - 6pm  
K-8 MPR

**FRI. OCTOBER 7TH**  
Picture Retakes

Homecoming Football Game

**SAT. OCTOBER 8TH**  
Homecoming Dance - 8pm

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





## WHAT IS SEL, OR SOCIAL AND EMOTIONAL LEARNING?

SEL, or Social and Emotional Learning, is education surrounding the whole human student. When we talk about SEL, we're talking about:

- helping our students understand and manage their emotions
- creating positive and achievable goals
- practicing empathy - the awareness of other people's experiences and emotions
- building and maintaining healthy and positive relationships
- making responsible decisions in all aspects of their lives

The ultimate goal of SEL is to build skills in our students that help them to see themselves as fully capable humans, whatever their paths may be. When students feel connected to their school community and see the value in who they are, their academic achievement is likely to improve; we are likely to see improvement in the culture and climate of the school and community as a whole as well!

We will be using The Core Project for our SEL curriculum. This is new to us this year and we are looking forward to utilizing their engaging and applicable materials. The team at The Core Project has created a lesson platform based on best practices - focusing on the skills mentioned above - and created an age-based curriculum for Middle and High School students. Families will have access to a curriculum overview for every lesson and teachers, in collaboration with Ms. Holm, will provide these lessons to students on Wednesdays during advisory. You can find resources regarding The Core Project on the Freeman High School website as well as [The Core Project online](#).

## WHAT IS CCR, OR COLLEGE & CAREER READINESS?

CCR, or College and Career Readiness, involves working with students and families as students explore career options and begin making postsecondary plans for being CCR ready. CCR means students graduate from high school prepared for success in a wide range of high-quality postsecondary opportunities. Being CCR ready means students have the knowledge, skills and disposition needed to be successful in any pathway they choose to pursue. A few of the ways we connect students to opportunities are:

- Weekly CCR lessons in advisory
- College & Career presentations at school
- Community events like Construction Days, Trades Night & Business After School
- Individual planning sessions with students
- Individual planning sessions with parents/guardians
- Senior Information Night
- Financial Aid information



## Upcoming Sports



**9/2** - Varsity Football  
@ West Valley 7pm

**9/6** - JV Football vs. West  
Valley 5pm

**9/9** - Varsity Football vs. St.  
Maries 7pm



**9/2** - Soccer vs. West Valley  
4pm

**9/6** - Soccer vs. Lakeside  
4pm

**9/8** - Soccer @ Colville 4pm

**9/9** - Soccer @ UHigh 4pm



**9/6** - Volleyball vs. Lakeside  
JV-5pm Var-6:30pm

**9/8** - Volleyball @ Colville JV-  
5pm Var-6:30pm

**9/10** - Volleyball Rip-a-Shot  
Tourney @ Home-9am

**CROSS COUNTRY** **9/10** - Highlander Invite  
@ Shadle 9:30am

## Sports Resources



**Pay Fines/Fees**



## Class/Club/Sports Fees at FHS

In order to cover the costs of enrichment in advanced and specialized classes and to help cover costs associated with student activities and athletics, the School Board has approved the following fees for students who participate in clubs, specific classes and sports at Freeman High School. See Board Policy [here](#).

If any of these fees create a hardship for your family or would keep your student from full participation, please contact Kristal Hayek in the office. Part of the process will be completing the Free/Reduced Lunch application that is available in Family Access (Skyward). Click [here](#) for instructions on how to apply. Please do this ASAP.

All of the fees listed may be paid for online through our [payment portal](#). You will use your Family Access login and password to access your student's account. From there you can select each item accordingly. Please wait until after September 30th to pay class fees as sometimes schedules change in the first couple weeks of school.

ASB FEES		DISTRICT FEES	
	AMT		AMT
ASB CARD	\$35.00	ANATOMY & PHYSIOLOGY	\$10.00
ASB CARD REPLACEMENT	\$ 5.00	AP BIOLOGY	\$10.00
BAND	\$15.00	AP ENVIRONMENTAL SCIENCE	\$10.00
BAND PERCUSSION	\$10.00	ART (per semester)	\$20.00
CONSERVATION CLUB	\$12.00	CHEMISTRY	\$10.00
FBLA DUES	\$25.00	CONSTRUCTION/SHOP (per semester)	\$10.00
FFA DUES	\$20.00	HORTICULTURE	\$ 5.00
ART CLUB	\$10.00	PHYSICS	\$10.00
HONOR SOCIETY DUES	\$12.00	RENTAL INSTRUMENT	\$40.00
SPIKEBALL CLUB	\$10.00	TRANSPORTATION/EXCURR (per year)	\$20.00
SKILLS USA CLUB	\$20.00		
SPORTS FEE (per season)	\$25.00		
YEARBOOK	\$45.00		
YEARBOOK – (late purchase)	\$50.00		
YEARBOOK – (engraving)	\$ 5.00		
		SCHOOL BREAKFAST	\$ 2.10
		SCHOOL LUNCH	\$ 3.25





## 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
ADVISORY	10:05 - 10:35	30 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

For the last two years Freeman School District has provided free meals to all students regardless of free/reduced or paid status. This year we will be operating under the standard National School Lunch guidelines, which means students will once again pay for meals. However, families can still fill out Free/Reduced price meal applications. Instructions on how to apply [here](#).

**BREAKFAST** - served only in the K-8 MPR. High school students wishing to have breakfast at school will need to go to the K-8 MPR to get their "grab-n-go" breakfast. Cost: \$2.10

**LUNCH** - served at the High School in the MPR. Cost: \$3.25

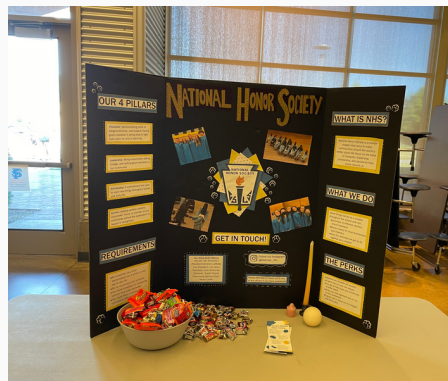
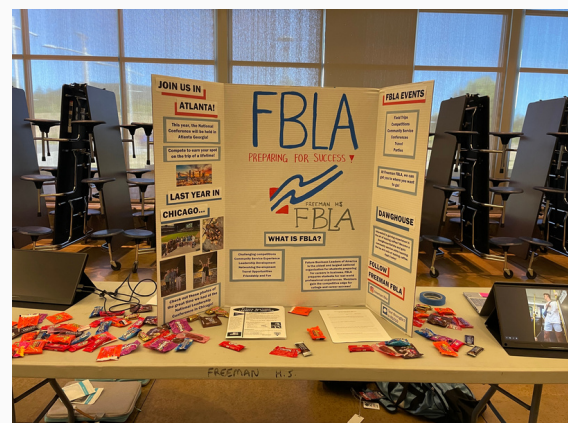
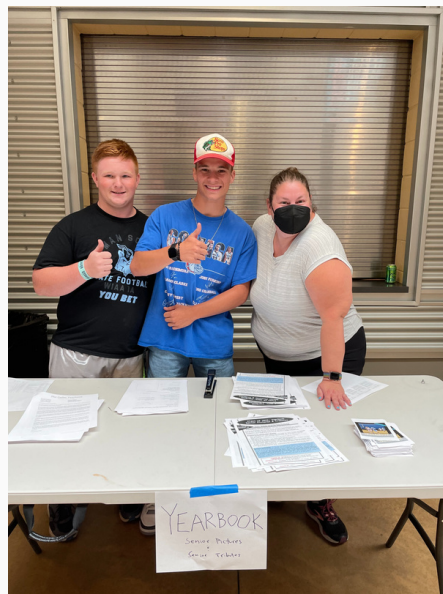


### ACTIVITY BUS

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.

# Student HIGHLIGHTS

## BACK TO SCHOOL NIGHT





# Student HIGHLIGHTS



2  
0  
1st day 2 2



# Student HIGHLIGHTS



## PETER MINICK

representing Freeman FFA last weekend at the Lincoln County Fair - Go Scotties!





## **Freeman High School Advisory 2022-23**

### **Why do we have an Advisory period?**

State requires designated Social Emotional Learning (SEL) instruction, College & Career Readiness (CCR) guidance and a High School and Beyond Plan (HSBP - also a grad requirement). FHS staff also wants to support a variety of school clubs, school assemblies, guest speakers, etc.

Housing all of this in an Advisory period allows FHS to meet state requirements and minimizes disruptions to regular class periods of instruction.

### **What are the changes for advisory this year?**

New SEL lessons

New options for Tuesday and Thursday

Students will earn a  $\frac{1}{4}$  credit per semester for advisory. Attendance, participation and completed activities for SEL, Scottie Time, and HSBP will all figure into a Satisfactory/Unsatisfactory grade.

### **What does a typical Advisory Week Look Like this year? 30 minutes per day**

<b>Monday</b> (or first day of the week)	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Launching Day	Scottie Time	SEL Lesson	Scottie Time	CCR Lesson

### **Potential Variations to an Advisory Week (regardless of the day)**

- School Assemblies
- ASB Meetings
- Club Meetings
- Guest Speakers (including CCR speakers)
- Course Registration

### **What is the purpose for Scottie Time on Tuesday and Thursday?**

- Time for re-learning or for receiving course specific educational assistance/intervention
- Time for re-assessing or to make up an assessment due to excused absences
- Time for extended learning about a particular subject/topic
- Time for learning something new that may be tied to a teacher's personnel expertise/interest

## FREEMAN SCHOOL DISTRICT 1:1 TECHNOLOGY FOR EVERY STUDENT 6-12 GRADE

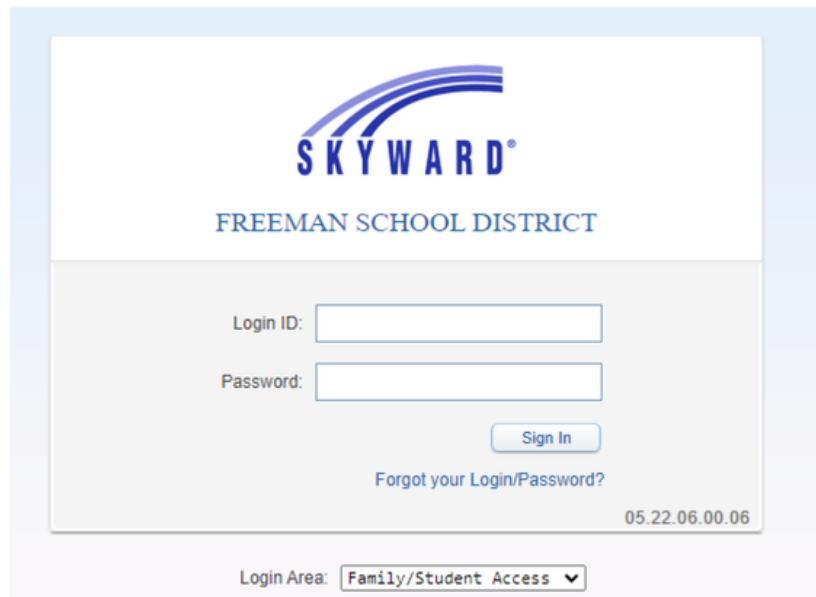
This year the Freeman School District will be providing and assigning 6th – 12th grade students a Chromebook for use at school and at home as a means to promote achievement and provide flexible learning opportunities.

Family Access is open for one parent/guardian of each student to be able to go in and update their student's information and sign the Chromebook Mandatory Agreement form, Chromebook FAQ and either Opt-In or Opt-out for an Assurance Program. The Chromebook forms will need to be completed by Monday, Sept 5, 2022 and Chromebooks and chargers will be handed out during school on Tuesday, Sept 6<sup>th</sup>, 2022.

If you do not already have the link to "Family Access", go to [freemansd.org](https://freemansd.org) and click on the blue header in the middle is the link you need:



Once you have clicked on the link you will need to enter your log-in. If you do not have your log-in information, contact Raelyn Davis in the office at 291-3721. (NOTE: if you change your password it does take up to 24 hours to change).



**SKYWARD®**

FREEMAN SCHOOL DISTRICT

Login ID:

Password:


[Forgot your Login/Password?](#)

05.22.06.00.06

Login Area: Family/Student Access ▼



Once you are logged in you will see the following page:



**Family Access**  
All Students ▼

**Home**

New Student  
Online  
Enrollment

FHS Registration  
for all returning  
students

FMS  
Registration for  
all returning  
students

Calendar

Attendance

Student Info

Busing

**Family Access for FREEMAN ELEMENTARY SCHOOL**

Family Access has been turned off while we finalize class are being made due to changing enrollment. You are invit  
 pm Open House where final classroom assignments will t  
 (Kindergarten/Transitional Kindergarten Orientation begin

**Wellness Screening**

**1. In the last 24 hours, have you experienced any of t  
 symptoms in a way not normal to you?**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing

Either click on the FHS Registration or the FMS Registration – depending on which student you are completing the paperwork for. You will need to complete the paperwork for each student individually. Once you have clicked on the link, you will need to click on your student’s name. Once you have clicked on your student’s name you will be taken to this screen:

**Home**

New Student  
Online  
Enrollment

FHS Registration  
for all returning  
students

**FMS Registration  
for all returning  
students**

Calendar

Attendance

Student Info

Busing

**FMS Registration for all returning students**

JOSHUA (FREEMAN MIDDLE SCHOOL 2022-2023)

**District Message**  
 Welcome to Online Registration for the 2022-23 School Year. Please verify your student's information using the steps on the right by 9/5/22. If you have any questions, please call: 509-291-7301

**District Message**  

1. Verify Ethnicity/Race
2. Verify Military Family
3. Verify Student Information
  - a. Student Information
  - b. Family Address
  - c. Family Information
  - d. Emergency Information
  - e. Emergency Contacts
  - f. Health Information
4. Add a Food Service Application
5. Inadequate Technology Access

You will then need to click on the links – under the “District Message”. This will update all information that is needed for the new School year. All steps must be completed for all students.



# 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 in the HS Office**

**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

PAGE 12

## 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)



FREEMAN HIGH SCHOOL ASB PRESENTS

# FOOTBALL TAILGATING

Looking for a fun way to get together with the Freeman Community and support Freeman's students and athletes? Join us this fall for Varsity Football Tailgating!



**FREEMAN HIGH SCHOOL**

SCHOOL BUS PICKUP LOT



**4 PM**

EVERY HOME GAMEDAY

**ALL FREEMAN FAMILIES AND  
COMMUNITY MEMBERS WELCOME!  
BEGINS NEXT FRIDAY!**

**FREE EVENT!**

EMAIL [SMOORE@FREEMANSD.ORG](mailto:SMOORE@FREEMANSD.ORG) WITH QUESTIONS!

**FREEMAN HIGH SCHOOL**  
**VARSITY FOOTBALL TAILGATING RULES AND GUIDELINES**

Thank you for your participation in the inaugural year of Freeman High School ASB's Football Tailgating! The goal of this event is to provide the Freeman community a way to come together in support of Freeman High School's students and athletes. To ensure a safe and fun experience for all, please follow the following guidelines.

- Tailgating will be allowed only in the designated area – the southwestern most parking lot next to Jackson Road, where busses pick up students at the end of the day
- To ensure easy access to spectators who require shorter walking distance to the venue, the six parking spots closest to the sidewalk will be left open
- The lot will open at 4:00 p.m. prior to Varsity football games for tailgating
- Propane or electric grills are allowed but must be extinguished by kickoff or upon entering the stadium and must not be left unattended
- Open flames are NOT allowed
- Alcohol of any kind is NOT allowed. Violation of this state law may result in arrest or citation
- Generators are allowed; however, the fuel must be stored in approved safety containers
- Please keep your space clean. Garbage can be placed in the dumpsters on the south side of the MS/ES MPR
- All tailgaters must leave the lot within 30 minutes of the conclusion of the game
- Failure to adhere to any listed regulation may result in removal from the tailgate area
- Freeman School District reserves the right to remove any tailgater(s) who poses a public nuisance or hazard at any time
- All Freeman School District rules, policies, and laws will be enforced

**REMEMBER THE PURPOSE OF THIS EVENT IS TO SHOW SCHOOL SPIRIT – ONLY BANNERS, SIGNS, ETC. THAT DEMONSTRATE SCHOOL SPIRIT WILL BE ALLOWED**

Tailgating at Freeman Football games is free of charge. Donations for Freeman High School ASB will be accepted at the event to help fund future activities like this.

**GO SCOTTIES!**







## FREEMAN HIGH SCHOOL ATHLETIC BOOSTER CLUB

*The support of parents, community, and local businesses is a huge part of the Freeman Scotties winning tradition. We thank you in advance for your support and look forward to cheering our teams on to Victory!*

FHS Athletic Booster Club supports baseball, basketball, cross country, football, golf, soccer, softball, tennis, track & field, volleyball and wrestling. We also support the two programs that support our teams: cheer squad and pep/marching bands. Our funds come primarily from memberships, and concession sales. Please help us continue a great legacy of charity and volunteerism that will make this year the best yet for the Freeman athletic program.

**FHS Booster Club memberships have helped provide the following to our athletic program:**

student-athlete college scholarships, baseline concussion testing program for all FHS athletes, water bottle filling station, cross country & track tents, soccer tent & benches, team gear bags, cheer mats, gym scorer's tables and team chairs, track & field recorder, golf bags, wrestling mats, softball pitching machines, pep band drum stands and drumline equipment, boys and girls basketball Krossover Program, Vertimax machine in weight room, Hudl program, volleyball rolling carts, tennis court sweeper, baseball Turface, restroom/concession building at football field, and so much more!

Please help support athletics at Freeman by becoming an active member of the FHS Athletic Booster Club! All boosters are honored with their names displayed on the FHS Athletic Booster Club banner in the FHS Blue Gym. Meetings are at the high school each month and open to everyone. Be sure to check out our Facebook page at [www.facebook.com/FreemanAthleticBoosterClub](http://www.facebook.com/FreemanAthleticBoosterClub).

**Your 2022-2023 FHS Athletic Booster Club Executive Board Officers are:**

President: Brad Boswell [brad@boswellhomes.com](mailto:brad@boswellhomes.com)

Vice President: Doug Goldsmith [gfarms@air-pipe.com](mailto:gfarms@air-pipe.com)

Treasurer: Amy Flaig [amyflaig@icloud.com](mailto:amyflaig@icloud.com)

Secretary: Stephanie Jones [We3jones@hotmail.com](mailto:We3jones@hotmail.com)

Concessions: Stephanie Sather [barrydsather@gmail.com](mailto:barrydsather@gmail.com)

Membership: Rachael Schwartz [rachael.schwartz@yahoo.com](mailto:rachael.schwartz@yahoo.com)

Leslie Lochmiller [Lesleylochmiller11@gmail.com](mailto:Lesleylochmiller11@gmail.com)

***Cut here and return the bottom portion with your check – NO CASH, please. ↓***

**2022-2023 Membership Options – choose one**

- |   |   |
|---|---|
| <input type="radio"/> \$20 Alumni/Freeman Staff <i>circle one</i> | <input type="radio"/> \$125 Business _____<br>(Business Name)             |
| <input type="radio"/> \$30 New Individual/Family                  | <input type="radio"/> \$100 Century Club                                  |
| <input type="radio"/> \$25 Renewal Individual/Family              | <input type="radio"/> \$500 Lifetime Member \$ _____ Additional Donation? |

Name \_\_\_\_\_ Phone \_\_\_\_\_  
*as you would like it displayed*

Address \_\_\_\_\_ Email \_\_\_\_\_  
*to receive Booster info*

I have children at (check all that apply): ☐ Freeman Pre-School ☐ FES ☐ FMS ☐ FHS ☐ None

Please make your check payable to **FHS ATHLETIC BOOSTER CLUB** and return to main office or mail to: FHS Athletic Booster Club c/o FHS S. 14626 Jackson Rd., Rockford, WA 99030

Revised 06/13/2022



Freeman High School

# PICTURE DAY IS HERE



## ORDER YOUR PHOTOS TODAY!

To order online at  
[www.leosphotography.com](http://www.leosphotography.com)  
use school code

# FAL220877



FHS Picture  
Day  
is Sept. 9th

SPOKANE: 509-924-3600  
AUBURN: 253-736-2180



2022-2023  
School Year



# Student Accident & Sickness Insurance



Some families have little or no financial resources to fall back on during an unexpected emergency. Uncovered costs of medical care following an injury or illness may be a serious problem for families.

## MYERS-STEVENSON & TOOHEY CAN HELP!

Our plans can provide useful insurance protection for your children. They can even be used to assist with the high co-insurance, deductibles and other cost sharing requirements common to many of today's health plans. To assist you during unforeseen emergencies, and help expand your choice of provider, your school has partnered with us to offer voluntary coverage for accidents or illnesses.

**See full brochure**  
**Enroll online**



Arranged and Administered by:



myers | stevens | toohey