



SEPTEMBER 22, 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 30th.

## 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 (coverage for 1 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 NEEDS YOU!!

# HELP FUND OUR INVESTED ACCOUNT

InvestED provides necessary support to students in need. From fees, to essential items, these funds are available to assist students in finding success along their high school journey.

[Click Here to Donate](#)

Your donations are tax deductible and will stay with students at Freeman High School.



**SEPTEMBER 27TH**

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

**OCTOBER 6TH**

Picture Re-takes 8:30am

**OCTOBER 9TH**

NO SCHOOL - Teacher PD Day

**OCTOBER 10TH - 14TH**

Homecoming Week

**OCTOBER 14TH**

Homecoming Dance

**OCTOBER 25TH**

LATE START - 10:15am

**OCTOBER 26TH**

PSAT Testing for 10th & 11th  
Grades

A complete listing of High School events can be found under the High School website at the "Calendar" tab.

**Friday  
October 6th  
8:30am**



To order pictures online, go to [leosphotography.com](http://leosphotography.com) and use code: FAL223022



**PSAT DAY: 10th & 11th Graders**  
**Thursday, October 26, 2023**  
**8:15am - 11:30am**  
**\$18.00**

- 10th and 11th graders are invited to take the PSAT/NMSQT during PSAT School Day on 10.26.23
- Please let Heidi Youseph know if you would like to sign your student up to take the PSAT at [hyouseph@freemansd.org](mailto:hyouseph@freemansd.org).
- Test fee is \$18 and can be paid AFTER the test date. For questions about possible test fee waivers, please contact Heidi.
- Digital scores will be released on November 20.

The PSAT is great for...

- Possible qualifying score for a National Merit Scholarship (10th and 11th)
- Practicing for the SAT
- Knowing what areas to work on for a higher SAT score
- SAT practice on Khan Academy

**IMPORTANT COLLEGE & CAREER READINESS DATES:**

- 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 12: Trades Night @ Ferris High School 5pm-8pm.
- October 24: Spokane National College Fair @ the Convention Center 9am-noon and 6pm-8pm
- October 26: PSAT/NMSQT School Day 8:15am - 11:30am

**COLLEGE CAREER**  
*r e a d i n e s s*





## Upcoming Sports



**9/22** - Varsity @ Lakeside  
7pm

**9/25** - JV vs. Lakeside 5pm

**9/29** - Varsity vs. Deer  
Park 7pm



**9/26** - @ Home vs. Colville  
6pm

**9/28** - @ Newport 4pm



**9/26** - @ Home vs. Colville  
JV/C - 5pm, Var - 6:30pm

**9/28** - @ Newport  
JV/C - 5pm, Var - 6:30pm

**9/29-30** - @ Sheridan /  
Welch Crossover. First  
game Fri. 7pm @ Lewis &  
Clark Ct. 3

**CROSS  
COUNTRY**

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

**9/27** - @ Deer Park 4pm

**9/30** - @ Battle for 509  
9:30am

## Sports Links:



**Pay Fines/Fees**



# 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 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
- **1/2 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 firstname\_lastname (ex. Jenny\_Smith) and your baby portrait to firstname\_lastname\_kid (Jenny\_Smith\_kid) so that it is easy to identify photos.
- Next, go to [www.hjshare.com](http://www.hjshare.com) and enter the school code for Freeman (dawcountry)
- 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 plonginot-

- 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).

|   |   |   |
|---|---|---|
| <p><b>Emma Moss</b><br/>Emma, Emma, Emma, Emma...<br/>Your high school years were such what any of us would have predicted. However, those difficult times have helped you realize and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Being an proud of you is an understatement. We will give you a shout-out for the way you have shown that you can weather those growing pains with grace and dignity. You are graduating with great skills and will continue to shine, smile, and laugh. God has an amazing plan for you and we can't wait to see where life takes you. We love you and we are so proud of you!<br/>We LOVE YOU, Mom, Dad, Grandma &amp; Jenny, Marissa, Chelsea &amp; George</p> | <p><b>Abby Pajant</b><br/>We are so proud of you and can't wait to see what you accomplish in the next stage of your life!<br/>Love, Mom and Dad</p>  | <p><b>Cassie Jensen</b><br/>"And one day she discovered that she was fierce and strong." Cassie, your 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 instead to see the best in everything, and everyone. "Angels 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 have the page and start a new chapter. It has been a great ride 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!</p> |
| <p><b>Katelyn Tippett</b><br/>Katie Grace...<br/>You are the daughter any parent would be proud of! You are a natural leader who possesses the gifts of strength, resilience, 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! Big love will do great things.<br/>Parental Love, Momma, Dad &amp; Grace</p>   | <p><b>Sarah Simmerman</b><br/>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.<br/>Love, Mom and Dad</p> | <p><b>Peyton Brewer</b><br/>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 journey takes you, but whenever they will be, we know you will have a blast! Love you more than anything.<br/>Mom and Dad</p>   |
| <p><b>Sarah Simmerman</b><br/>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.<br/>Love, Mom and Dad</p>   | <p><b>Cotton Cayce</b><br/>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 dream! Love always, Dad, Mom, and Cody</p>                             | <p><b>Brookynn Skoweter</b><br/>Brook! We are so excited for your next exciting chapter in life! We are excitedly 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 &amp; Courtney</p>   |

# SE Spokane County Fair

*Schedule of Events*  
Free Admission

Rockford, WA



## Tues Sept. 19th

9am-9pm

Still Exhibit Entries

Excluding: Floral, Livestock, & Baking  
Community Org. Booths Final Set Up

## Wed Sept. 20th

9am Judging of Still Exhibits

## Thurs Sept. 21st

8:30-11am Baking & Floral Entries

9am-9pm Large Animal Entries

12pm-3pm Baking & Floral Judging

2pm-9pm Poultry & Rabbit Entries

## Fri Sept. 22nd

12pm Fair Opens

Opening Ceremony, Flag Raising

1pm-2pm Magician/Hypnotist

3pm Carnival Begins

3:30pm Tarot Reading

4pm Livestock Fitting & Showing

6pm-7pm Magician/Hypnotist

6pm-9pm Truck Pulls

8pm Exhibit Building Closes



For More Info Visit:

[www.sespokanecountyfair.com](http://www.sespokanecountyfair.com)

## Saturday Sept. 23rd

7am-10am Lions & FD 11 Pancake Breakfast

7:45am Harvest Hustle Fun Run

9am Exhibit Bldg Opens

10am Children's Parade

10:30am Grand Parade

11:30am Carnival Opens

12pm Cornhole Tournament

12pm-1pm Magician Hypnotist

12pm-5pm Bingo & Cake Walk

12pm Tractor Show

12pm Greased Pig Contest

12pm Royalty Introductions

1:15pm- 2:45 Princess Party with SESCOF Royalty

1:15pm Marimba Band

2pm Rabbit & Poultry Judging

2pm-5pm Mini Motorcycle Race

3pm Pie Eating Contest

4pm-5pm Magician & Hypnotist

7pm-8pm Magician/Hypnotist

8pm Exhibit Building Closes

8pm-11:00pm Band & Dance

## Sun Sept. 24th

9am Horse Playday

9:30am Donuts & Coffee in the Park

10am Community Worship Service

10am Lawn Mower Races

11am Exhibit Building Opens

11am Carnival Begins

11am-5pm Bingo/Cake Walk

11:30am Watermelon Eating Contest/Children's Games

12pm- 2pm Princess Party with SESCOF Royalty

12pm Soapbox Derby

1pm Rock Creek Band

2:30pm Stan Seehorn Mem. Go-Carts

4pm Sewing Entries Style Show

5pm Exhibit Building Closes

6pm-8pm Exhibit Pick Up



# MAX CASTO MEDICAL FUNDRAISER

# HOCO GAME

RIVERSIDE VS FREEMAN

OCT  
13

HOMEcomings GAME TAILGATE  
5 PM - 7 PM AT FHS  
HOT DIGGITY DOG DINNER - \$8  
(includes hotdogs, chips, a drink and cookie)  
INDIVIDUAL HOTDOGS - \$3



*Max*, a Freeman High School Alumni who dedicates his free time by volunteering to serve anywhere he is needed in the Freeman District, has a heart of gold. He had a medical emergency while out of state on the Fourth of July weekend that ended with being life-flighted, intubated, and in the ICU for many days. Medical bills are stacked high. The Freeman community is going to rally behind him and throw a tailgate party, which all proceeds will go directly to Max for his medical bills.

## RAFFLE

Thanks to some wonderful members of the community we have awesome donations to be raffled off. You're not going to want to miss it!

### Prizes Include:

- (2) Gonzaga Men's Basketball Tickets
- (1) painted room by Paintagonia
- (1) hour long family photo session with Konzal Photo
- (1) load of gravel from Integrity Excavation
- Items from the Golden Gem Mercantile
- ...and so many more!





# Student HIGHLIGHTS

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Our Freeman ASB Officers attended a leadership conference on Monday at Ridgeline High School.

# Student HIGHLIGHTS



CONGRATULATIONS



ATHLETE OF THE WEEK

JOCELYN LASHAW

CHEER



CONGRATULATIONS



ATHLETE OF THE WEEK

ETHAN HERNANDEZ

FOOTBALL



CONGRATULATIONS



ATHLETE OF THE WEEK

ROWAN MCGARITY

SOCCER