

SEPTEMBER 23, 2022

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

2023 Seniors: important yearbook deadlines...

Friday, October 14th:

Deadline to submit senior portraits and baby pictures (see flyer on page for directions on how to submit your photos to the yearbook). If you have any issues meeting the 10/14 deadline, please reach out to Ms. L ASAP at plonginotti@freemansd.org to make arrangements.

Friday, October 14th:

Senior quotes are due. Ms. L has created the google form to submit. Please go to your advisory google classroom/running start google classroom to access your links. Any quotes that are not school appropriate or reference things that are not school appropriate will not be used. If you miss the deadline, you will not have a senior quote with your photo.

TBD:

Senior superlatives: we will post a google form to vote on senior superlatives later this month. Winners will be notified and a time will be scheduled to take your photo in October.

TBD:

All class photo: watch your email for the date and time of our all class and 13-year senior photo. Goal is by the end of October. This will be a before school photo shoot.

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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.

Dawghouse Coffee



Did you know that Freeman High School FBLA has a coffee stand? They are open school days from 7:45 - 8:10am (not on late start days). They are now offering \$25 prepaid coffee gift cards! Students and staff can use their "Dawg Cards" to purchase a wide variety of drinks in the morning. Come see them to purchase or call (509) 291-4920 (during open hours).



PSAT DAY: 9th, 10th, & 11th Graders

Wednesday, October 12, 2022

8:15am - 11:30am

No test fee

- All students in 9th - 11th grade will be taking the PSAT.
- If a student WILL NOT be taking the PSAT on October 12, please contact Ms. Youseph @ hyouseph@freemansd.org to let her know. Study hall in the library will be available for those students not testing.
- Once scores are out, there will be a College & Career Advisory lesson to explain scores.

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

UPCOMING events

MON. SEPTEMBER 26TH

Sr. Information Night - 6pm

TUES. SEPTEMBER 27TH

School Board Mtg. - 6pm
K-8 MPR

WED. SEPTEMBER 28TH

Late Start - 10:15am

MON. OCTOBER 3RD

Powderpuff Football

WED. OCTOBER 5TH

Macho Volleyball

FRI. OCTOBER 7TH

Picture Retakes
Homecoming Game - 7pm

SAT. OCTOBER 8TH

Homecoming Dance - 8pm

MON. OCTOBER 10TH

No School - Teacher PD Day

WED. OCTOBER 12TH

School Board Mtg. - Latah
Creek Golf Course - 6pm

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



CLASS OF 2023 SENIOR INFORMATION NIGHT:

Attention Class of 2023 Parents & Guardians! You are invited to a Senior Information Night on Monday, September 26th, at 6pm in the Multi-purpose Room. Here are some items we will go over:

- General timeline for College and Career planning for senior year
- Financial aid information (FAFSA)
- Scholarships
- College applications
- Answer any college and career questions

We hope you will take advantage of this informative evening.

AP EXAM DATES 2023

Here are the testing dates for AP Exams this Spring. Exam fees are \$97/test (\$35 for Free & Reduced Lunch) when ordered by November 15th. More information will follow from both your students' teachers and Ms. Holm.

AP U.S. Gov't. & Politics - May 1 8am

AP Environmental Science - May 2 8am

AP English Literature - May 3 8am

AP U.S. History - May 5 8am

AP Calculus AB - May 8 8am

AP Biology - May 10 12pm

IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 26: Senior Parent/Guardian Information Night 6-7pm
- September 29: Scottie Time - How to fill out Common App 10-10:30am
- September 29: Grand Canyon University visit at FHS during lunch
- October 4: T24 College Fair @ Spokane Valley Tech 5:30 - 7:30pm
- October 12: PSAT Day 9-11
- October 12: Senior Financial Information by STCU at FHS
- October 13: Business After School - Wagstaff 3-5pm
- November 1: National College Fair @ Convention Center
- November 2: Trades Night @ East Valley High School 5-8pm



Upcoming Sports



9/23 - Varsity vs. Lakeside
7pm

9/26 - JV @ Lakeside 5pm

9/30 - Varsity @ Deer Park
7pm



9/23 - vs. CDA Charter 4pm

9/29 - @ Lakeside 4pm



9/23 - @ Linda Sheridan
Tourney @ North Central HS
7:30pm

9/24 - @ Linda Sheridan
Tourney @ North Central HS
9am & 12pm then TBD

9/27 - @ Pullman JV-5pm,
Var-6:30pm

9/29 - @ Lakeside JV-5pm,
Var-6:30pm

**CROSS
COUNTRY**

9/24 - Can-Am Invite
10:45am

9/28 - @ Deer Park 4pm

10/1 - @ Fairways Golf
Course 9am

Sports Resources



Pay Fines/Fees



Athletics Auction/Dinner is 1 Month Away

Our Athletics Auction/Dinner Fundraiser is 4 weeks away!

Have you purchased your tickets yet? If not, do so today through this [easy pay link](#). They are \$40/individual, \$75/couple or \$300/table of 8. See below for more details and answers to common questions...

Q: How can I donate items/services to the auction?

We would like to know about all donation items by next Friday, September 30th, so we have time to organize everything before the event. Please reach out to a committee member (listed below) and let us know what you plan to donate. We are looking for anything that will draw a bid (gift certificates, tickets to events, experience packages, homemade items, Freeman stuff, etc.)

Q: Can students attend the event?

This event will be an adults only event because of the venue and nature of the event. But all proceeds are going to benefit the student-athletes of Freeman so come out and support!

Q: What if I want to stay out at the resort?

The resort has given us a block of rooms at both their spa side as well as the hotel next to the venue. Simply call 1-800-523-2464 and give them code 9935. Be sure to specify which room type you would like. As of now there are only 12 rooms left.

Q: What is the goal and plan for the proceeds?

The primary goal would be to raise enough money to cover our sports travel fund and officials fees. We have had hugely successful programs and last year we spent over \$24,000 on hotel rooms for post season play! Our officials bill was over \$15,000 and they have raised their rates 8% this year. All monies above those expenses will be shared amongst all athletic programs as needed. The ASB funds are managed by the ASB Student Council, ASB Advisor, the Principal, Athletic Director and ASB Bookkeeper.



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

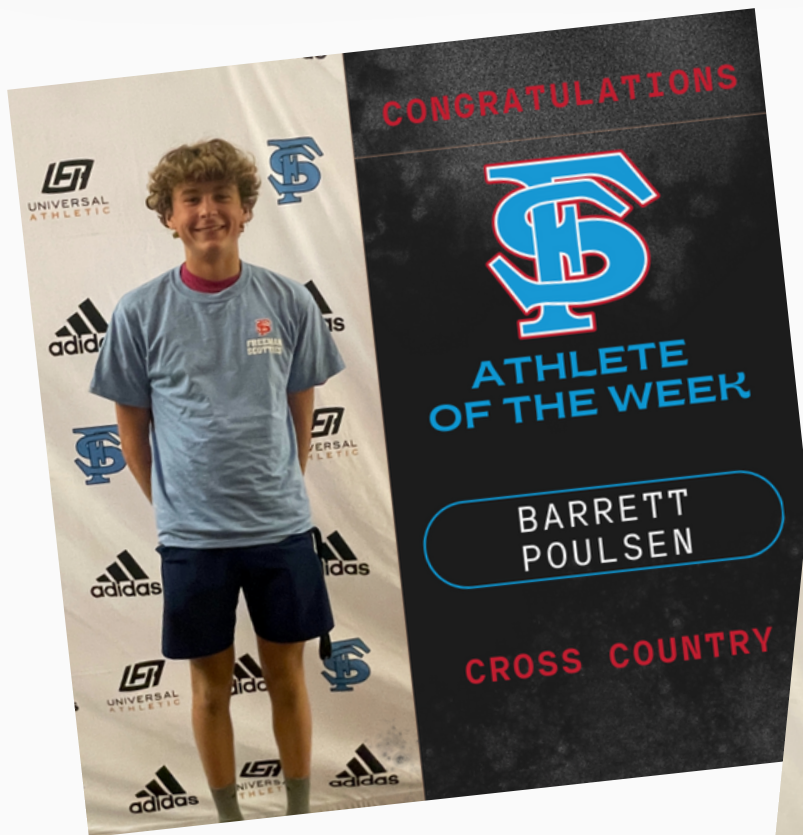
LUNCH - served at the High School in the MPR. Cost: \$3.25



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



Student HIGHLIGHTS



**CROSS
COUNTRY**



Student HIGHLIGHTS



VS
ROGERS

photos by Nate Cochran



Student HIGHLIGHTS



V
S

Medical Lake



photos by Dawson Bickler

Student HIGHLIGHTS



VS.
**MEDICAL
LAKE**

photos by Dawson Bickler

Class of 2023: Yearbook Senior Pictures & Tributes

**Deadline -
October 14**

**Senior Pictures and Baby Pictures are due
Friday, October 14 for the 2023 Yearbook!**

Submitting Senior Photos - both baby 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" (portrait) and at least 300 dpi. Scanned baby pictures should also be 300 dpi and approximately 2"x3". **Deadline to submit both these photos to the yearbook is Friday, October 14.**

Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAME** your senior portrait to your students first_lastname (ex. Jenny_Smith) and your baby portrait to first_lastname_baby (Jenny_Smith_baby) 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 always use the students given name). That's all there is to it!
- (If you cannot submit your photos on-line, please deliver them to Pia Longinotti at the high school in an envelope labeled with your name. Please do so as soon as possible, prior to October 14)

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. 15. Payment is due by January 31st. 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@freemansd.org.

October 15 - Deadline to submit baby and senior pics
November 15 - Deadline to reserve a senior tribute
December 15 - Deadline to submit pictures and words for tributes (the sooner, the better).
January 31 - Deadline to pay for tributes (the sooner, the better).

Class of 2023: 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 November 15: 291-3721, ext 205.

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



2023 FHS yearbook Business ad agreement:

CONTACT INFORMATION

BUSINESS NAME & OWNER: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 EMAIL: _____ PHONE: _____

PURCHASE OPTIONS

- ☐ FULL PAGE: \$450 \$_____ Includes full-page ad in the yearbook
- ☐ HALF PAGE: \$230 \$_____ Includes half-page ad in the yearbook
- ☐ 1/4 PAGE: \$120 \$_____ Includes quarter-page ad in the yearbook
- ☐ 1/8 PAGE: \$65 \$_____ Includes eighth-page ad in the yearbook

☐ ANGEL BOOK(S): \$50 \$_____

Please donate my copy of the yearbook to:

PAYMENT OPTIONS

☐ CASH ☐ CHECK: # _____ ☐ SEND INVOICE

FINAL INFORMATION

IMPORTANT DEADLINES:

ARTWORK: Dec. 15 • PAYMENT: January 15
 Please note: Our design team can create your business ad if you prefer. Submit graphics and text/finished ads to plonginotti@freemansd.org in jpg or pdf format.

Yearbook staffer or adviser _____

Customer name (printed) _____

Date _____

Customer signature _____

ARTWORK INSTRUCTION:

**HAVE YOU BOUGHT
YOUR YEARBOOK?**

**EARLY BIRD PRICING ENDS ON
OCTOBER 15TH**

**\$45 FOR YEARBOOK - \$50 WITH
PERSONALIZATION. AFTER THE 15TH
IT WILL BE \$50 AND \$55.**





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
or online [HERE](#)**

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

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Contact Us

Cindy Schneider - schneidervandals@aol.com
Lesley Lochmiller - lesleylochmiller11@gmail.com

Kristal Hayek - khayek@freemansd.org
Chad Ripke - 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 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!



GIRLS SCOTTIE BALLER CAMP



The Girls Basketball coaching staff is excited to offer the same quality instruction that has led the Lady Scotties to the state tournament for the last 4 consecutive years.

Be a part of something great and join "Scottie Ballers" to improve on individual and team fundamentals leading into the "YMCA/AAU" season. We will be running a skills camp for girls grade 3-6th on Sundays, starting Oct. 2nd and running through Oct. 30th, from 3:30-5:00pm at Freeman High School. The cost is \$50 and each participant will receive a t-shirt on the last day of camp.

Freeman players grade 7-12th may come in to work on individual skills and shooting, but there will be no instruction from coaches during this time. "per WIAA rules".

Please don't hesitate to
contact me with any
questions regarding this
camp, AAU, or the
program in general.

Email:

tracy@momentumink.com

Phone:

509-991-7170

2022 Scottie Ballers Basketball Camp REGISTRATION FORM

1. Form must be filled out, signed & registration fee paid before participation in camp will be allowed.
2. Athlete DOES NOT have to be a Freeman student.
3. Cost \$50 Please make all checks payable to Freeman High School.

(circle one) T-SHIRT SIZE: (Youth) S M L XL. (Adult) S M L XL (circle one) GRADE: 3 4 5 6

Camper Name _____ Phone _____

Address _____ State/City/Zip _____

Emergency Contact _____ Phone _____

By completing this form, I take full responsibility for my child's coverage of accidents that may occur while practicing at this camp. I, _____ give my permission for the above student to participate in the Freeman Basketball Camp at Freeman High School.

Parent/Guardian Signature _____ Date _____

REGISTRATION: Mail registration by Sept 27th to:

Freeman High School 14626 S. Jackson Rd. Rockford, WA 99030

OR turn into Freeman Elementary School or Middle School Front Office.

No refunds. One registration per camper . Registration for m must be signed and camp paid for in order to participate. **Walk up campers welcome, but not guaranteed a t-shirt.**