

SEPTEMBER 30, 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.

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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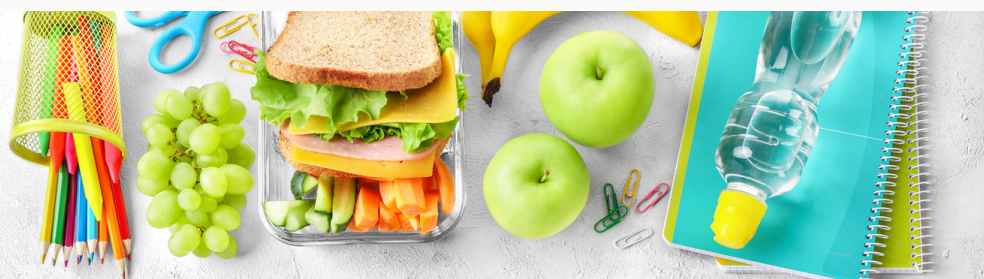
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Athletics Dinner/Auction

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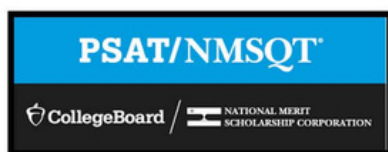
Scottie Ballers Camp

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Important News Regarding Free/Reduced Lunch

On Friday, October 14th, any students/households/families with students that have not submitted a Free/Reduced price meal application for the 2022-23 school year will automatically be rolled over to "PAID" status. This applies only to Students, Households and Families who qualify for Free or Reduced meals based on filling out an application from previous years. If you have not yet filled out a 2022-23 Free/Reduced Meal Application, please do so as soon as possible. Applications can be done online [here](#) or [downloaded](#).



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. 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

PSAT Testing 9-11 - 8am

STCU Money Live for Seniors

School Board Mtg. - Latah

Creek Golf Course - 6pm

SAT. OCTOBER 22ND

Athletics Dinner/Auction

Fundraiser @ CDA Casino

5:30pm

THURS. OCTOBER 27TH

School Board Mtg. - K8MPR

6pm

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



FEDERAL STUDENT AID

Attention Class of 2023! The Free Application for Federal Student Aid opens on October 1st for the 2023-24 school year.

If you have any questions, please see Ms. Youseph or email her at hyouseph@freemansd.org



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:

- 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 31: Lewis Clark State College @ FHS during lunch
- November 1: National College Fair @ Convention Center
- November 2: Trades Night @ East Valley High School 5-8pm



Upcoming Sports



9/30 - Varsity @ Deer Park 7pm

10/3 - JV vs. Deer Park 5pm

10/7 - Varsity vs. Colville (Homecoming) 7pm



10/4 - vs. Colville - 4pm

10/6 - @ Deer Park 4pm



10/4 - vs. Colville JV-5pm, Var-6:30pm

10/6 - @ Deer Park JV-5pm, Var-6:30pm

CROSS COUNTRY

10/1 - @ Fairways Golf Course 9am

10/5 - @ Lakeside 4pm

Sports Resources



Pay Fines/Fees



Athletics Auction/Dinner is 3 Weeks Away

Our Athletics Auction/Dinner Fundraiser is 4 weeks away!

Have you purchased your tickets yet? **Tickets must be purchased by Friday, October 7th** as we have to give our head count to the Casino. If you have not purchased yours yet, please do so today through this [easy pay link](#). They are \$40/individual, \$75/couple or \$300/table of 8.

You won't want to miss out! We have some amazing items up for auction including:

- 1 Driver's Ed Session at All Seasons Driving School
- Homemade Custom Freeman Cornhole Boards
- Brand new Xbox and controllers
- Seattle Mariner Tickets
- 4 hrs. yardwork session by 10 Freeman Cross Country Athletes
- Several homemade Freeman signs/wine racks, etc.
- Freeman T-shirt quilt
- Multiple themed baskets with too much cool stuff to list
- So much more

If you have items you wanted to donate, we need those in hand, or at least knowledge of the item and value by mid next week.

Please email Cindy Schneider (schneidervandals@aol.com) or Lesley Lochmiller (lesleylochmiller11@gmail.com) with your donation details or drop items by the High School office.

Freeman Baseball Hats for Sale



The Freeman Baseball team will be selling hats at the Homecoming Football Game next Friday, October 7th.

Drop by the table near the concessions stand to pick one up.

Student HIGHLIGHTS



Conservation Club

Backpacking trip
Hub Lake

Student HIGHLIGHTS



Student HIGHLIGHTS



Fun with art from the
Resource Center

Student HIGHLIGHTS



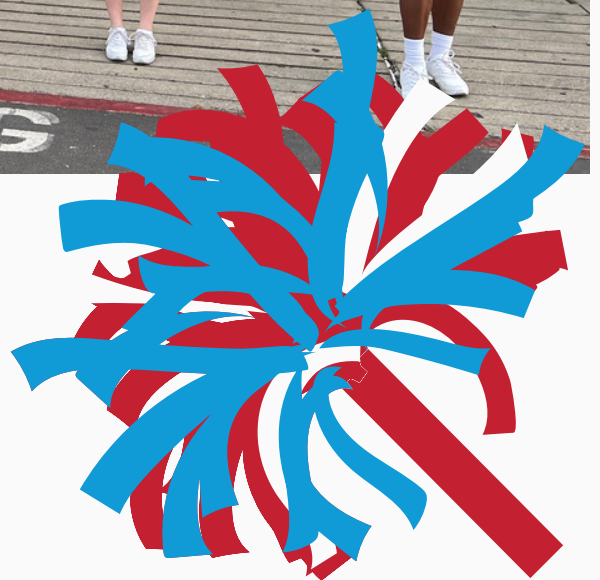
Mr. Ripke and FHS Students
at the HUB Sports Center
All-Star Breakfast
(a fundraising event for the HUB)

Student HIGHLIGHTS



fhs cheer

at Safeway for their
Coats 4 Kids Drive



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 by Oct. 7th
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

Contact Us

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

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

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.**