



SEPTEMBER 6, 2024

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

The heat is on, and things are definitely cooking at FHS this week! Several athletic jamborees have been completed and meetings for ASB clubs are starting up! Our ASB/Leadership team is producing "Dog Chow" videos for the student body again this year which is a fun and entertaining way to provide fellow students with "all things Freeman" for the current and upcoming weeks. Today is our initial "First Friday"! First Fridays will take place on every first Friday of the school month with the intent to kick-off a focused theme that will be emphasized by staff and ASB/Leadership throughout the rest of the month. The goal is to provide more authentic social emotional learning and to continue improving the social culture at FHS. This month's theme is "Respect". First Fridays will also provide all students with College and Career Readiness information/activities as well as allowing them time to work on their High School and Beyond Plan; a Washington State graduation requirement. Have a super weekend!

Go Dawgs!

Jeff Smith, Principal

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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## FREE/REDUCED LUNCH APPLICATIONS DUE SOON

If you would like to apply for Free/Reduced meals, please do so [here](#) ASAP so we can process your applications.

Please note: there are more programs available for students that qualify for F/R lunch so even if your student does not do school lunches but you qualify, please go ahead and complete the application for us. With your consent, they may be able to receive assistance with some ASB clubs and sports fees.



Every year we must have all back to school forms completed for every student. Please log in to Family Access and complete form sets for each student. To date, only 1/2 of our FHS students have completed forms. You can find this on the left side of your home page on the Skyward Family Access screen titled "FHS Registration for All Returning Students". Also important in these forms is opting in or out of Chromebook Assurance Plan by September 15th.



- SEPTEMBER 15TH**  
Deadline to purchase Chromebook Insurance
- SEPTEMBER 18TH**  
Class of 2025 Information Night - 6pm FHS MPR
- SEPTEMBER 23RD**  
Board Mtg. - 6pm PRTC Conference Room
- SEPTEMBER 25TH**  
[LATE START Bell Schedule](#)
- OCTOBER 3RD**  
Picture Re-takes
- OCTOBER 7TH**  
NO SCHOOL - PD for Staff
- OCTOBER 7TH-12TH**  
Homecoming Week
- OCTOBER 12TH**  
Homecoming Dance 8pm





## CLASS OF 2025 FAMILY/STUDENT POST-SECONDARY PLANNING INFO NIGHT

Wednesday, September 18th, 2024

6:00 - 7:15pm

Freeman High School Multipurpose Room

### WHAT TO EXPECT:

- Go over how to navigate through various pathways after graduation
- Learn about the overall college application process
- Go over financial aid options and the FAFSA process
- Learn about scholarships
- Q&A Session

## PSAT DAY: 10TH & 11TH GRADERS

Wednesday, October 23rd, 2024

8:15 - 11:30am

\$18

- 10th & 11th graders are invited to take the PSAT/NMSQT during PSAT School Day on 10/23/24.
- 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.
- Deadline to register is **October 2nd**.

The PSAT is great for...

- Possible qualifying score for a National Merit Scholarship (10th-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 18: Class of 2025 Parent/Student Post-Secondary Planning Information Night 6-7:15pm
- September 20: Western Washington University visit @ FHS Library - lunch time
- September 25: Trades Night @ Mt. Spokane HS 5-7:30pm
- September 26: ER Open House @ Sacred Heart Medical Center 3:30-6:30pm
- October 4: WSU Instant Decision Day @ FHS 12-1:15pm
- October 23: PSAT 10th & 11th Graders
- October 29: Spokane National College Fair @ Convention Center 9am-12pm
- November 1: EWU Instant Decision Day @ FHS 12-1:15pm
- December 1: FAFSA Opens for Class of 2025



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COLLEGE CAREER

readiness





## Upcoming Sports



**9/6** - Varsity vs. East Valley 7pm

**9/9** - JV vs. East Valley 5pm

**9/13** - Varsity @ One Stadium vs. Rogers 5pm



**9/9** - JV @ Ridgeline 4pm

**9/10** - JV @ Dwight Merkel vs. North Center 4pm  
Varsity @ One Stadium vs. North Central 6pm

**9/12** - @ Newport 4pm

**9/13** - JV @ Ridgeline 4pm

**9/14** - @ CDA Charter 3pm



**9/9** - @ UHigh JV/C- 5:30pm, Var-7pm

**9/11** - vs. UCA JV-5pm, Var-6:30pm

**9/14** - Kenny Davis Rip a Shot Tourney @ Home

**CROSS COUNTRY**

**9/11** - @ VCS Jamboree 4pm

**9/14** - @ Highlander Invite 9:30am

## Sports Links:



## FALL SPORTS NEWS

- Each athlete must pay their fees prior to the first athletic competition:

ASB Card: \$35  
Transportation: \$20  
Sport Fee: \$25

(Please pay using this link. Select items at student's school then each item separately)

- As stated in our Student Handbook, if your student-athlete will miss more than 15 minutes of school, they must come with a doctor's note or have prior approval from Mr. Ripke otherwise they will not be able to participate that day in practice or a game.

## ATHLETIC TICKETING & SEASON PASS PRICES/PURCHASING

Individual game ticket pricing is as follows:

Adults & Students w/out ASB Card	\$7
Senior Citizens & Students K-8	\$5
Freeman Jr/Sr High Student w/ASB Card	FREE
Kids Under 5	FREE

You can pay cash, check or card (through GoFan) at the gate or to save time, buy your GoFan tickets ahead of time [here](#).

We are pleased to offer season passes for all home, regular-season games. ALL season passes must be purchased through [GoFan](#). Below is a listing of the different passes as well as a link to purchase them directly. Please note that the family passes include two adults and your children in Kindergarten - 8th grade. Senior passes are individual passes for seniors 60+.

<u>Fall Season Family Pass</u>	\$101.75 (fees incl.)
<u>Fall Season Individual Senior Pass</u>	\$ 33.50 (fees incl.)

<u>All Season Family Pass</u>	\$233.00 (fees incl.)
<u>All Season Individual Senior Pass</u>	\$ 75.50 (fees incl.)

Winter Season Family Pass	\$141.46 (fees incl.)
Winter Season Individual Senior Pass	\$ 44.00 (fees incl.)

Please note: Winter Passes will no go on sale until November 15th.





## 2024-25 YEARBOOK NEWS

### **Yearbooks on Sale Now**

It's time to purchase your yearbooks! If you purchase before October 15th, you can take advantage of our early bird special! \$45 for your yearbook, or \$50 if you want your name on the cover. You can purchase your book through your school account by sending a check to the HS office made out to Freeman HS, memo line: yearbook. Or, you can select yearbook online through the ["Make a Payment"](#) link on the district website.

### **Senior Pictures Due Soon**

Seniors, it's time to start getting those pictures in for your senior section! Please see the attachment on page 7 in this Friday Flyer for directions on how to rename and upload your senior photo and your kid picture to our yearbook. You can also get a copy in Mr. Thompson's room or from Mrs. Lagreid. All photos are due to upload on Tuesday, October 15th. Please remember that your photos should be vertical. Horizontal photos will be cropped to fit our layout. If you have any questions or concerns, please email to talk to Ms. Longinotti.

## DONATE TO INVEST ED AND HELP FREEMAN STUDENTS

Hello Freeman families and community! As the school year begins, we see a variety of needs arise for students from basic needs to the various school fees associated with student growth and potential. One of the ways we can help to meet these needs is with financial assistance to cover a wide variety of resources for students through InvestEd. Our InvestEd funds are matched so we can expand our reach potential. If you feel inclined to make a tax deductible donation, your donations will be matched up to \$500 and will go directly to Freeman students. You can donate online by using this custom Freeman [link](#).

If you have questions, please contact Kaela Holm or Kristal Hayek in the office. Thank you for your continued generosity in supporting all students in our Freeman community.



## EXTENDED ABSENCES

If you know your student will be absent for 3 consecutive days or more, please have them pick up a pre-arranged absence form from the office to complete and submit prior to their absence. This allows for them to communicate with teachers and arrange for assignments. The office uses this form to formally excuse the absence as well.



# 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		
1	8:15 -- 9:02	47 min
2	9:06 -- 9:53	47 min
SCOTTIE BREAK	9:53 -- 10:01	8 min
3	10:04 -- 10:51	47 min
4	10:55 -- 11:42	47 min
5	11:46 -- 12:33	47 min
LUNCH	12:33 -- 1:03	30 min
6	1:07 -- 1:54	47 min
7	1:58 -- 2:45	47 min

Late Start Schedule		
1	10:15 -- 10:46	31 min
2	10:50 -- 11:21	31 min
3	11:25 -- 11:56	31 min
4	12:00 -- 12:31	31 min
LUNCH	12:31 -- 1:01	31 min
5	1:05 -- 1:36	30 min
6	1:40 -- 2:11	31 min
7	2:15 -- 2:45	30 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. If we do not receive a note or a call, your student's absence will remain unexcused.

## 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 9:53am - 10:01am. Cost: \$2.50

**LUNCH** - served at the High School in the MPR. Cost: \$3.80



## 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.



# Class of 2025: Yearbook Senior Pictures & Tributes

**Deadline -  
October 15**

***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 **Tuesday, October 15.**

### **Directions to upload your photos:**

- A. **RENAME** before uploading your photo so that we avoid misnaming your senior. Please save the image as a full size save and rename the photo as follows:  
Student's firstname\_lastname (ex. Jenny\_Smith) and your kid portrait to  
firstname\_lastname\_kid (Jenny\_Smith\_kid) so that it is easy to identify photos.
- A. Next, go to [www.hjeshare.com](http://www.hjeshare.com) and enter the school code for Freeman (dawgcountry)
- B. You will be asked to put in your name, email and phone number.
- C. You will then be asked to "Agree to Terms", which is typical.
- D. 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.
- E. 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, kid pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, or at [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org).

**October 15 - Deadline** to submit kid 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).



# Class of 2025: 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](mailto: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
- **1/4 Page - 2 graphics & 80 words** Approx. 3.5" x 4.5" or 7.125" x 2"  
Cost - \$100
- **1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"  
Cost - \$200
- **Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5" Cost - \$400

*Emma Nees*



Emma, Emma Jo, Em, MJ, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will give you storms along the way and you have shown that you can weather those challenging times with grace and dignity. You are graduating with your AA and will soon be off to bigger, better, and brighter things. God has an amazing plan for you and we can't wait to see where that takes you. We love you sweet girl. Be you and be PROUD, because we are!



WE LOVE YOU, Dad, Mom, Hannah & Jeremy, Hunter, Olivia & George

*Abby Pylant*



We are so proud of you and can't wait to see what you accomplish in the next stage of your life!  
Love, Mom and Dad

*Katehyn Tippett*



Katie Grace- You are the daughter any parent would be proud of! You are a natural leader who possesses the gifts of strength, intuition, resiliency, 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 Sis! You will do great things.  
Proverbs 4:25-26  
Congratulations! Love, Momma, Dad & Gabe



*Sarah Simmerman*

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.  
Love, Mom and Dad



*Cotton Cayce*

Colton- 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 dreams!  
Love always, Dad, Mom, and Cody



*Gracie Jensen*



"And one day she discovered that she was fierce and strong." Gracie- truer 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 strived to see the best in everything, and everyone. Tragedy 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 turn the page and start a new chapter. It has been a great read 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!

*Peyton Brewer*

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 journeys take you, but wherever they will be, we know you will have a blast!  
Love you more than anything, Mom and Dad





*Brooklynn Showalter*



Brooke! We are so excited for your next exciting chapter in life! We are incredibly 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 & Courtney





# Student HIGHLIGHTS

## SCOTTIES

# summer days

a look at what some of our students were up to this summer



### **Tucker Hawk**

worked harvest for his fourth season - what a great experience!

### **Josiah Kann**

“Not holding up the Leaning Tower of Pisa!” in Italy



### **Austin Guinn**

worked at J&J Rods and Restoration all summer.



*“There is nothing cooler than taking something old and making it new. I love fast cars, and how to make them!”*

# Student HIGHLIGHTS



# Classroom Photos