

# 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 will post a google form to submit your quote (you will need to be logged in with your goscotties email to access it). 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. You must use the google form to submit your quote (don't email Ms. L).

### 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, martial 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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### Scotties, Be Kind Week

The week of September 12-16 is Scotties, Be Kind Week at FHS. This week places a special emphasis on the different ways students and staff may treat each other with kindness and respect. Below is a list of five different challenges that emphasize kindness.

### Monday - "Favor Day"

Your challenge for today is to do a favor for someone. This could be a friend, family member, staff member or anyone who you would like to make their day better.

### Tuesday - "Day of Remembrance"

Your challenge for today is to reconnect to someone you haven't spoken to for over a year.

### Wednesday - "Five Ways of Kindness"

Your challenge for today is to make a list of five ways which you will exhibit "kindness" in the next week. These will be kept confidentially in advisory. In one week, students will re-explore this list and discuss whether or not they completed their challenge and the impact it may have provided.

### Thursday - "Staff Appreciation Day"

Your challenge for today is to write a note to a teacher or adult who has impacted your life in one way or another.

### Friday - "One Family"

Your challenge for today is to give a "shout out" to a fellow student or staff member. This could be for someone who helped you in one way or another, or possibly why you are proud to be a Scottie. This would be done during lunch in the MPR.

Jeff Smith, Principal



MON. SEPTEMBER 12TH FFA Field Trip - Fairgrounds

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

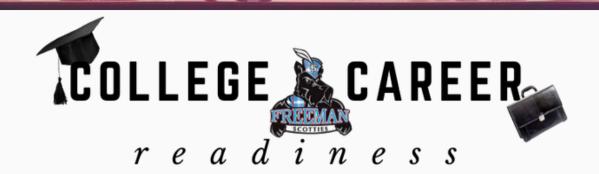
FRI. OCTOBER 7TH
Picture Retakes
Homecoming Game - 7pm

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 INFORMATON 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.

### **IMPORTANT COLLEGE & CAREER READINESS DATES:**

- September 14: Army visit at FHS during lunch
- September 20: University of Idaho visit at FHS during lunch
- September 26: Senior Parent/Guardian Information Night 6-7pm
- September 29: Grand Canyon University visit at FHS during lunch
- October 12: PSAT Day 9-11
- October 12: Senior Financial Information by STCU at FHS
- November 1: National College Fair @ Convention Center



# Upcoming Sports



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

9/12 - IV Football @ St. Maries 5pm

9/16 - Varsity Football vs. Rogers 7pm



9/9 - Soccer @ UHigh 3:30pm

9/13 - Soccer vs. Deer Park 4pm

9/16 - Soccer @ Newport 4pm



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

9/13 - Volleyball vs. Deer Park JV-5pm, Var-6:30pm

9/15 - Volleyball vs. Timberlake JV-5pm, Var-6:30pm

9/16 - Volleyball vs. Newport JV-4pm, Var-5:30pm

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

9/17- Asotin Invite 10am

# **Sports Resources**







### **Athletics Auction/Dinner Fundraiser FAQ's**

We are having a fundraiser for Athletics at Freeman on Saturday, October 22nd at the Coeur d'Alene Casino (see flyer on page ?). This adults-only evening will be a fun community get together as well as an opportunity to raise funds for our ASB Athletics. Here are some common questions we have heard in regards to the event so we hope you find this information helpful:

### Q: Why an additional fundraiser after the Golf **Tournament?**

Our Golf Tournament Fundraiser was a great success again this year! We raised \$16,000! Thank you to everyone who was involved. This is a great fundraiser but we were looking for an additional way to fundraise that would also be a great community event where more people can be involved.

### O: Where do the funds go?

Funds will go into the General Athletics ASB fund. This fund is used to cover officials fees, sports travel, uniforms, general equipment, WIAA participation fees and more. All funds are managed by the ASB Student Council, the ASB Advisor, the Athletic Director and the Principal and are used to cover things on an as needed/necessary basis.

### O: How else does Athletics receive funds?

The only other source of revenue for General Athletics at Freeman is our gate/tickets for home games or the few tournaments that we host throughout the year. Because of Covid with either no sporting events or minimal with no gate/tickets sold, we saw a need to raise additional funds.

### Q: What is the goal for the funds raised?

The primary goal would be to raise enough 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 vear.

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# 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 A

| 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 |  |  |



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** - <u>served only in the K-8 MPR</u>. 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



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.



# **GO SCOTTIES!**







# Congratulations

# JACK SCHNEIDER

Jack Schneider has been recognized for his academic achievements in school and outstanding performance on the PSAT/NMSQT, PSAT 10 and/or AP exams.

He was awarded recognition with the National Rural and Small Town Award from College Board! This is an impressive accomplishment during a demanding period of his high school career.

Congratulations, Jack!

### 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 abl 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.

- <u>Directions to upload your photos:</u>

  A. Before uploading your photo, please save the image as a full size save and **RENAN** 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 tor identify photos.
- B. Next, go to www.hjeshare.com and enter the school code for Freeman

- (dawgcountry)
  C. You will be asked to "Agree to Terms", which is typical.
  E. 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 a 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 mo information regarding the senior pics, baby pics, or a senior tribute, please contact ou Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at plonginotti@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).

# HAVE A BUSINESS? WANT TO ADVERTISE IN OUR

### 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
- 1/4 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





### 2023 FHS yearbook Business ad agreement:

| CONTACT INFORMATION  |   |  |  |
|--|---|--|--|
| BUSINESS NAME & OWNER:   |   |  |  |
| ADDRESS:   | <u></u>   |  |  |
| сіту:  | STATE:ZIP:  |  |  |
| EMAIL:   | PHONE:  |  |  |
| PURCHASE OPTIONS   |   |  |  |
| FULL PAGE: \$450 \$  | HALF PAGE: \$230 \$ Includes half-page ad in the yearbook |  |  |
| 1/4 PAGE: \$120 \$   | 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 INSTRUCTION:                                      |  |  |
| 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   | PAGE 08   |  |  |



Dear FHS parents and students,

Hello! I am excited to inform you that I'm organizing an educational tour of Australia/New Zealand on <u>June 24 – July 3, 2024</u> for Freeman High School students. International travel offers a wealth of opportunities for learning outside the classroom, and this will be a fun, easy way for students to see the world with their friends. Please join me for an informational meeting to learn more about our tour itinerary, the sign up process, and the payment schedule.

Meeting Date: Wednesday, September 21, 2022

Meeting Time: 5:00 pm

Meeting Location: FHS Room 205

If you'd like a sneak peak of the tour before the meeting, just visit <a href="www.explorica.com">www.explorica.com</a>; enter the TourCenter ID <a href="free-8011">Frye-8011</a> under the Sign Up link to see the full itinerary, print important information about the tour and learn more about the tour destinations.

Please let me know if you are interested in learning more about this trip by completing the Google form at <a href="https://bit.ly/FryeAusNZ2024">https://bit.ly/FryeAusNZ2024</a>, emailing me at <a href="mailto:afrye@freemansd.org">afrye@freemansd.org</a>, or having your student stop by my room to get an informational brochure.

I look forward to speaking with you and traveling with your student!

Sincerely,

Mrs. Frye

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### FREEMAN SCHOOL DISTRIC 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.

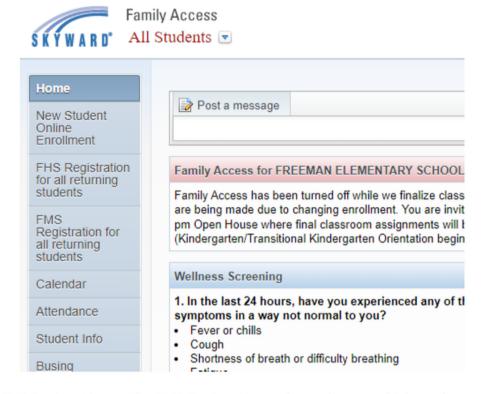
If you do not already have the link to "Family Access", go to freemansd.org and click on the blue header in the middle is the link you need:



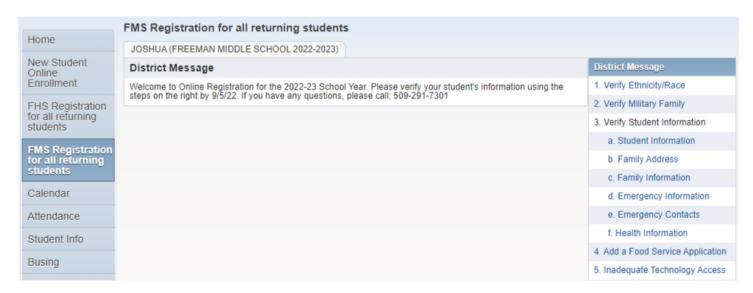
Once you have clicked on the link you will need to enter your log-in. If you do not have your log-in information, contact Raelyn Davis in the office at 291-3721. (NOTE: if you change your password it does take up to 24 hours to change).



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



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:



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

Buy tickets in the HS Office or online HERE **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.

Ticket Price 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 Worley, ID 83876

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### FREEMAN HIGH SCHOOL ASB PRESENTS



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 FAMLIES AND COMMUITY 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!





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.

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

| President: Brad Boswell brad@boswellhomes.com        | Vice President: Doug Goldsmith gfarms@air-pipe.com      |
|--|---|
| Treasurer: Amy Flaig amyflaig@icloud.com             | Secretary: Stephanie Jones We3jones@hotmail.com         |
| Concessions: Stephanie Sather barrydsather@gmail.com | Membership: Rachael Schwartz rachael.schwartz@yahoo.com |
| Leslie Lochmiller Lesleylochmiller11@gmai            | l.com   |

| Cut nere and return the bottom portion with your check – NO CASH, please. $lacktriangle$ |   |                       |                 |           |            |                     |  |
|--|---|-----------------------|-----------------|-----------|------------|---------------------|--|
| 2022 2022 Momborship Options shape on  |   |                       |                 |           |            |                     |  |
| 2022-2023 Membership Options – choose one  |   |                       |                 |           |            |                     |  |
| 0  | \$20 Alumni/Freeman Staff circle one    | O \$125 Business      |                 | (B. )     |            |                     |  |
| O  | \$30 New Individual/Family              | O \$100 Century Club  | (Business Name) |           |            |                     |  |
| 0  | \$25 Renewal Individual/Family          | O \$500 Lifetime Meml | oer \$          | S         |            | ditional<br>nation? |  |
| Name   |   | Pho                   | one             |           |            |                     |  |
| as you would like it displayed   |   |                       |                 |           |            |                     |  |
| Address Email  |   |                       |                 |           |            |                     |  |
|  |   |                       |                 | to receiv | ve Booster | info                |  |
| I h  | ave children at (check all that apply): | O Freeman Pre-Schoo   | l O FES         | O FMS     | O FHS      | O 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