

FRIDAY FLYER

Freeman High School

Follow us on Facebook 

509-291-3721



OCTOBER 30, 2020

Upcoming Events:

November 2nd - 6th

Seniors Financial Aid Week
(see pg. 2 for details)

November 6th

1st Quarter Ends

November 9th & 10th

2nd Quarter Meet & Greet

November 11th

Veteran's Day - no school

November 12th

2nd Quarter begins
2 days/week cohorts begin

November 25th

Early Release

November 26th-27th

Thanksgiving - No School

SCHEDULE YOUR 2ND QUARTER MEET & GREET

Our scheduler is open in Skyward for you to reserve your student's Meet & Greet time with their Academic Enrichment Advisor. Please be sure to login to Family Access > Select your student > go to the conferences tab > select "all conferences" > then "select a time".

Parents do not need to attend our Meet & Greet time unless you want to. It will not be a conference format but more of a time to make sure students know their 2nd quarter schedule, have all their Google Classroom codes, textbooks, etc. Scheduler is open until Friday, November 6th.

Oct. 1

[FAFSA Fall 2021](#) Opens (Seniors)

Nov. 2

Financial Aid Info Zoom for Seniors 7-8pm [Zoom Link](#)

Nov. 3

Virtual Career Expo: Family & Consumer Science (all)
9am-12pm

What is Financial Aid Zoom (Seniors) 12:30 - 1:00pm

Nov. 3

ROTC Presentation (9-12) 6:30-7:30pm

Nov. 4

Creating your FSAID Zoom (Seniors) 12:30 - 1:00pm

Nov. 5

Scholarship Information Zoom (Juniors & Seniors) 12:30 - 1:00pm

[Wagstaff Virtual Tour](#) (9-12) 3:30-4:00pm

Nov. 6

Open Zoom with Ms. Youseph for Financial Aid Questions & Assistance (Seniors) 8-11am

Nov. 7

[University of Idaho Design Day](#) (all) 9am-3:30pm

Nov. 18

Trades/Apprenticeship Information 6:30-7:30pm

Nov. 30

[College Bound Scholarship Application](#) Deadline (Freshmen)

All links to these events are available in our students' College and Career Google Classroom. ?'s - email Ms. Youseph hyouseph@freemansd.org.

**College
&
Career**



FHS Class of 2021 Financial Aid Week

Nov. 2 - Nov. 6

Info on how to pay for what you want to do after high school

Financial Aid is an important part of planning for what students want to do after high school. Whether a student is interested in going into the trades/apprenticeship, a 4 year university, a two year college, or a technical school, these sessions will provide information about what is available and how to apply.

Information Zoom Sessions

- November 2 7pm - 8pm: *Financial Aid Information for Students & Families*
- November 3 12:30pm - 1pm: *What is Financial Aid?*
- November 4 12:30pm - 1pm: *Creating your FSAID*
- November 5 12:30pm - 1pm: *Scholarship Information*
- November 6 8am - 11am: *Open Zoom time with Ms. Youseph for questions & assistance*

» Zoom link



Contact Heidi Youseph at
hyouseph@freemansd.org for questions!

What will be covered...



- How to apply for FAFSA
- What scholarships are available
- Using College Bound Scholarship after high school
- I'm going into the trades, how can financial aid help me?
- Getting individual assistance with FAFSA

See what is available to you!



Class of 2023 & 2024: Apply by November 30, 2020

Are you interested in health care? Construction? Video game design? Running a business? Whatever your career goals, the College Bound Scholarship will help you attend and pay for the school that is right for you!. The College Bound Scholarship covers average tuition, fees, and a book allowance at over 60 colleges, universities, and technical schools in Washington.

 **Apply Here**

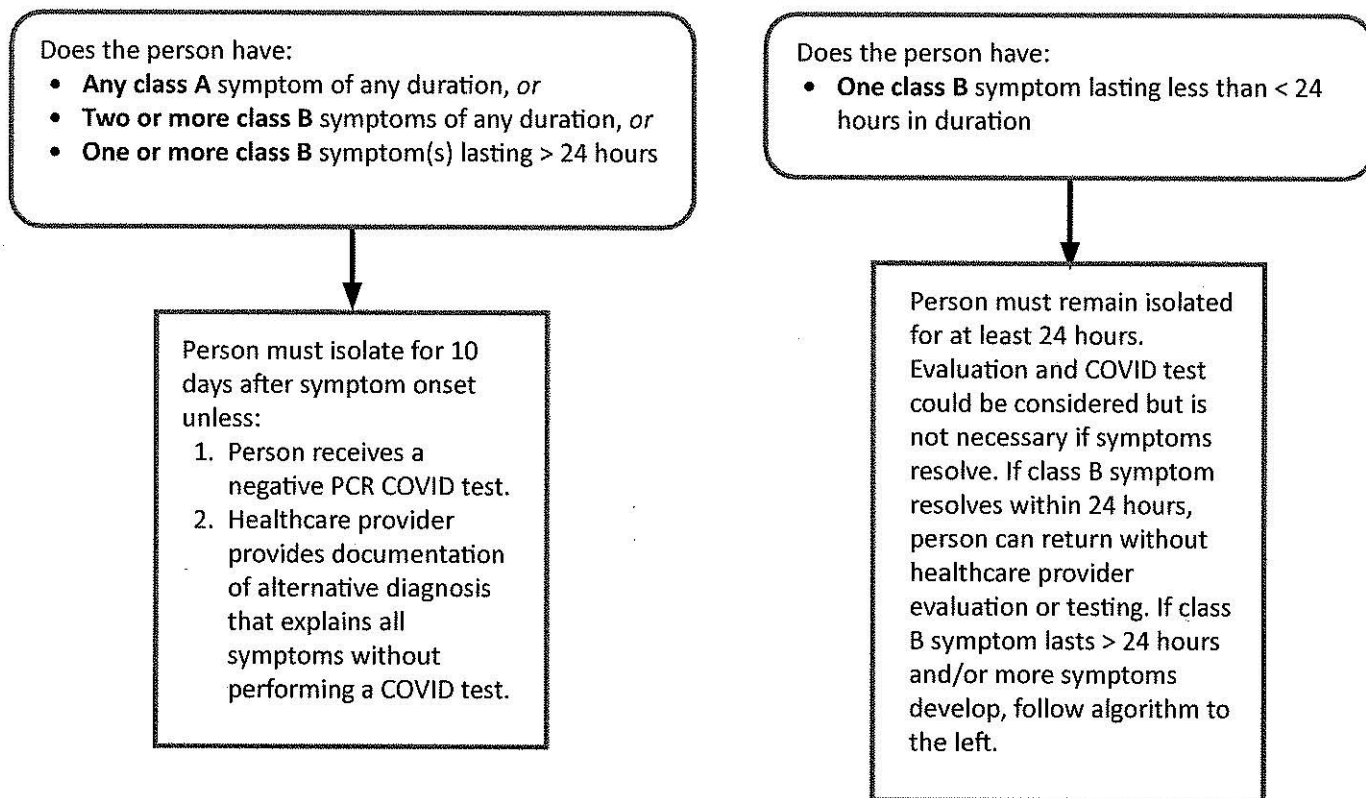
Here is what we will be using as a guideline for COVID-19 exposure and symptoms and return to school/work protocols.



RETURN TO SCHOOL/CHILDCARE/WORK GUIDANCE FOLLOWING A POSITIVE SYMPTOM SCREEN FOR COVID-19 AND NO EXPOSURE

This guidance can be used by schools, childcare and parents when the COVID-19 rate in the community is MODERATE — HIGH (>25 cases/100,000 population over 14 days) and applies to persons with:

- One or more new, unexplained symptom consistent with COVID-19, AND
- No known COVID-19 exposure in prior 14 days



Symptoms consistent with COVID-19	
Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> • Fever (defined as subjective or 100.4°F or higher) • Cough • Loss of sense of taste and/or smell • Shortness of breath 	<ul style="list-style-type: none"> • Fatigue • Headache • Muscle or body aches • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea (defined as two or more loose stools in 24 hours)

¹ Examples of alternative diagnosis made by healthcare provider include childhood rash illness, acute otitis media, or a lab confirmed diagnosis such as strep throat or non-COVID-19 viral pathogen. If testing for other viral pathogens, strongly recommend testing for COVID-19 as well.

VIRTUAL LEARNING SCHEDULE FOR NEXT WEEK

SCHEDULE for all 5 Day Weeks						
Four Period Day		Monday	Tuesday	Wednesday	Thursday	Friday
Common Prep	7:45-8:55					
Instructional Block	9:00-10:00	1 st Period Required Log In	Academic Enrichment	1 st Period Small Group	1 st Period Small Group	1 st Period Required Log In
Instructional Block	10:15-11:15	2 nd Period Required Log In	2nd Period Small Group	Academic Enrichment	2 nd Period Small Group	2 nd Period Required Log In
Instructional Block	11:30-12:30	3 rd Period Required Log In	3 rd Period Small Group	3 rd Period Small group	Academic Enrichment	3 rd Period Required Log In
Lunch	12:30-1:00					
Required Log In	1:15-2:15	Academic Enrichment Required Log In	1 st Period Required Log In	2 nd Period Required Log In	3 rd Period Required Log In	Academic Enrichment Required Log In
Staff Support	2:30-3:15	Office Time	Office Time	Professional Development	Office Time	Office Time

Red Required Attendance

Yellow Flexible class periods (Office Hours, small groups, one on ones, etc.)



Can't come to us? We'll come to you!

Get your morning coffee and support Freeman FBLA at the same time. Drive into the high school's "drop off area" and order some great DawgHouse coffee!

Call (509) 291-4920

We'll run it out to you!

Open 7:30 am to 9:00 am



JORDYN GOLDSMITH
SECRETARY

My goal for this school year is to make sure each student feels welcome. Not only at Freeman, but also feels comfortable enough to reach out to me and the rest of the ASB if they need anything. Especially when we aren't together in school.

IT STARTS WITH
ME FEATURE



STEFANI PETERSON

CHOIR | MUSIC | DRAMA



My goal for this year is to discover the joy of music with my students. Even in difficult times, we can find places of joy, and music is a wonderful gift that can help us find those moments of beauty. I want to help every student discover and develop their own creative voice.

SENIORS:

YEARBOOK NEEDS THE FOLLOWING FROM YOU:



03

[LINK](#)

Remember Whens:
Use this link to
submit your
memories by Oct. 30

01

Senior/Baby Photos
If you haven't submitted
them yet, please email
directly to:
plonginotti@freemansd.org

04

[LINK](#)

Senior Superlatives:
Use this link to
submit your Senior
Superlative by Oct.
30

02

[LINK](#)

Senior Quotes:
Submit your senior
quote here by Oct. 30

05

[LINK](#)

Purchase your
yearbook online by
midnight tonight for
just \$40



Hello Seniors,
Can you believe it is almost November already? It is time to order your Graduation items: Caps and Gowns, Announcements etc. We will be doing a "Senior Week" this Fall, during which you will place your order to receive the best pricing and reserve your items for Graduation.

This Fall is going to be a little different for the ordering process of your Graduation items. **Your order will need to be placed online at [Jostens.com](https://www.jostens.com) or mailed directly to Jostens.** Jostens is our official supplier for graduation items and they will be reaching out to you via mail and email.

"Senior Week" for ordering your Graduation items will be November 2nd - 6th. **The deadline for placing your order will be November 6th.**

Please contact Jostens at 509-468-1608 or email at peter.bauernfeind@jostens.com with any questions.

I know this is not the senior year you had envisioned when you began high school. We will be continuing to reach out to you with additional information as necessary. Keep up with your work in your classes. We will get through this together. I hope you are all well and healthy. Go Scotties!

Peter Bauernfeind - Jostens

NUTRITION SERVICES INFO

FREEMAN NUTRITION SERVICES

**ALL MEALS FREE NOW THROUGH END
OF SCHOOL YEAR!**

- The USDA announced the extension of free meals through June 2021
- This applies to all meals, including on campus breakfast and lunch and take home meal kits
- This does not apply to standalone items, so if your child buys milk with their cold lunch, there will still be a \$0.60 charge

MEAL KIT INFO

[Sign Up Here](#)

- Meal kits are distributed Tues-Fri 2:15-3pm at the High School bus turnaround (on the west side of Jackson Road just past the high school parking lot)
- Meal kits contain 4 days worth of breakfast and lunch



**FOR MORE INFO VISIT THE
"LUNCH MENUS" PAGE ON THE
FREEMAN SCHOOL DISTRICT
HOMEPAGE AT
FREEMANSCHOOLDISTRICT.ORG**

Open Site Media Release Statement

The Freeman School District announces the sponsorship of the Summer Food Service Program for children. Meals are available at no charge to children 18 years of age and younger.

Meals will be served at the following location(s):

Site Name and Address	Inclusive Dates (e.g., 7/5 – 8/30)	Meals/Times (e.g., Breakfast/8-8:30)	Contact and Phone Number
Freeman Elementary School	10/1/2020-6/17/2021 (school days only)	Breakfast 8:15-9am Lunch 10:45-1pm	Ellen Arguinchona (509)291-7510
Freeman High School	10/1/2020-6/17/2021 (school days only)	Breakfast 8:15-9am Lunch 12pm-1pm Meal Kit distribution	Same as above

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD- 3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov.

This institution is an equal opportunity provider.





Wreath Sale

Freeman FFA

Now- December 13th

Help support the Freeman FFA Chapter by purchasing your holiday wreaths and centerpieces through Lynch Creek. Supporting our chapter is easy-just follow the link and 15% of items sold go towards Freeman FFA.

100% of all donations made will also go to our Chapter!

Order Here 

Need a Gift Idea? These wreaths are directly shipped! Send one to your friends and family as a beautiful holiday surprise!

If you don't need a wreath, you can always make a donation, 100% of it will go to our Chapter!



The Christmas Bureau provides holiday assistance to families in the Greater Spokane area. Approved applicants will receive one grocery voucher, a book for children 14 years and under and a toy for children 17 years and under.

Applications for assistance are no longer in person and now must be completed online for everyone's safety.

Applications Now Open

Applications NOW OPEN online through November 6, 2020.

APPLY NOW



Questions?

Please email
christmas.bureau@cceasternwa.org
or call (509) 358-4250.










Freeman Athletics 2020

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://freemanathletics20.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Friday November 20th, 2020 (11:59pm MST)



adidas Men's Team 19 Long Sleeve 1/4 Zip  2 Colors \$47.95	adidas Women's Team 19 Long Sleeve 1/4 Zip  2 Colors \$47.95	adidas Youth Team 19 Track Jacket  2 Colors \$47.95	adidas Men's Amplifier Short Sleeve  3 Colors \$17.95	adidas Adult Creator Long Sleeve Tee  3 Colors \$29.95	adidas Youth Climate Tech Tee  2 Colors \$16.95
adidas Stadium II Backpack  \$54.95	adidas Medium Team Issue II Duffel  \$49.95	adidas Team Issue II Backpack  \$24.95	adidas Women's Amplifier Short Sleeve Tee  3 Colors \$17.95	adidas Women's Creator Long Sleeve  3 Colors \$29.95	Sport-Tek Ladies Posicharge Competitor Cotton Touch Scoop Neck Tee  3 Colors \$16.95
Sport-Tek Youth Posicharge Competitor Cotton Touch Tee  3 Colors \$15.95	Sport-Tek Posicharge Competitor Cotton Touch Tee  3 Colors \$16.95	adidas Men's Fleece Crew  2 Colors \$34.95	adidas Adult Fleece Hood  3 Colors \$39.95	adidas Men's Under The Lights Long Sleeve Knit 1/4 Zip  2 Colors \$59.95	adidas Women's Long Sleeve 1/4 Zip Knit  2 Colors \$59.95
adidas Men's Fleece Pants  2 Colors \$39.95	adidas Cuffed Beanie  2 Colors \$19.95	Custom Face Mask  2 Colors \$14.95	adidas Adult Creator Short Sleeve Tee  3 Colors \$24.95	District V.I.T Fleece Hoodie  \$24.95	District Youth V.I.T Fleece Hoodie  \$24.95
District V.I.T Fleece Jogger  \$27.95	<div> <p>powered by  ORDERMYGEAR</p> <p> Questions? Steve Leifer 509-209-7696 sleifer@universalathletic.com http://www.universalathletic.com/ </p> </div>				