

FRIDAY FLYER

Freeman High School

Follow us on Facebook 

509-291-3721



NOVEMBER 6, 2020

Upcoming Events:

November 6th

1st Quarter Ends

November 9th & 10th

2nd Quarter Meet & Greets

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

IMPORTANT INFORMATION FOR NEXT WEEK:

Meet & Greets with Advisors are Monday and Tuesday. There is no school those days.

- **9th & 10th grade students** will enter at the main entrance
- **11th & 12th grade students** will enter at the side entrance by student parking
- Please plan to return your 1st quarter books to the school office

You will notice on page 2 our **new schedule** that begins Thursday, November 12th. All students will be required to attend/login to every class, every day. Also notice times have changed for Tues - Fri. We ask that students arrive no earlier than 8:50am on school days.

Oct. 1

FAFSA Fall 2021 Opens (Seniors)

Nov. 7

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

Nov. 8

Virtual College Fair 11am - 7pm

Nov. 9

ACTSIX Scholarship Presentation (Jrs & Srs) 12:30pm

Nov. 10

Virtual Career Expo: Agriculture (9-12) 9am-12pm

EWU ROTC Presentation 11-11:45am

Nov. 12

Whitworth University Presentation FHS (9-12) 3 - 3:45pm

Nov. 18

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

Nov. 19

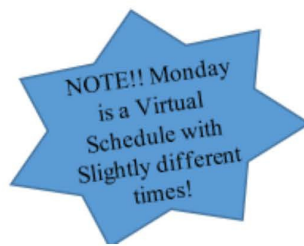
Everett Community College Virtual (9-12) 3-4:30pm

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**



Freeman High School Quarter 2 Schedule

*All Students are to attend all classes every day whether in person or online.

*To accomodate needed breaks on Monday's virtual day, the times are different.

| | |
|--|-------------------|
| | Online classes |
| | In Person classes |

| MONDAY - ALL STUDENTS ONLINE | | |
|------------------------------|---------------|-------------------|
| | 7:45 - 8:55 | Office Hours/PREP |
| 4th Period | 9:00 - 10:00 | Cohort A & B |
| 5th Period | 10:15 - 11:15 | Cohort A & B |
| Academic Enrichment | 11:30 - 12:30 | Cohort A & B |
| LUNCH - ALL | 12:30 - 1:00 | |
| 6th Period | 1:15 - 2:15 | Cohort A & B |
| | 2:15 - 3:15 | Office Hours/PREP |
| | | |

| TUESDAY - FRIDAY COHORTS A & B | | | | | |
|--------------------------------------|---------------------------------|----------------------|----------------------|----------------------|----------------------|
| | | Tuesday | Wednesday | Thursday | Friday |
| | 7:45 - 8:50 | Office Hours/PREP | Office Hours/PREP | Office Hours/PREP | Office Hours/PREP |
| 4th Period | 8:50 - 10:05 | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B |
| 5th Period | 10:15 - 11:30 | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B |
| Academic Enrich 10th & 11th grade | 11:40 - 12:00 & 12:30 - 1:05 | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B |
| *LUNCH ONE | 12:00 - 12:30 | | | | |
| Academic Enrich 9th & 12th grade | 11:40 - 12:35 | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B |
| *LUNCH TWO | 12:35 - 1:05 | | | | |
| 6th Period | 1:15 - 2:30 | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B | Cohort A Cohort B |
| | 2:30 - 3:15 | Office Hours/PREP | Office Hours/PREP | Office Hours/PREP | Office Hours/PREP |

*LUNCH ONE - 10th & 11th grade

*LUNCH TWO - 9th & 12th grade



Senior Girls: if you are interested in participating in the Spokane Lilac Festival Royal Court, please contact Deena Jackson at 291-3721 ext. 284 or email her at djackson@freemansd.org. She is needing to know who is interested.



PAYSEN PHELPS
VICE-PRESIDENT

My goal is to make every student at Freeman feel that this year is normal and better than ever. We will stay connected and lead by example.

IT STARTS WITH
ME FEATURE



MATT SMITH

CIVICS | HISTORY | AP GOV



My goal for this year is to roll with the punches and be flexible in trying times, while still providing a quality education to my students and the Freeman community. My hope is we come closer together through all of the adversity in 2020 and come out of it stronger than ever.

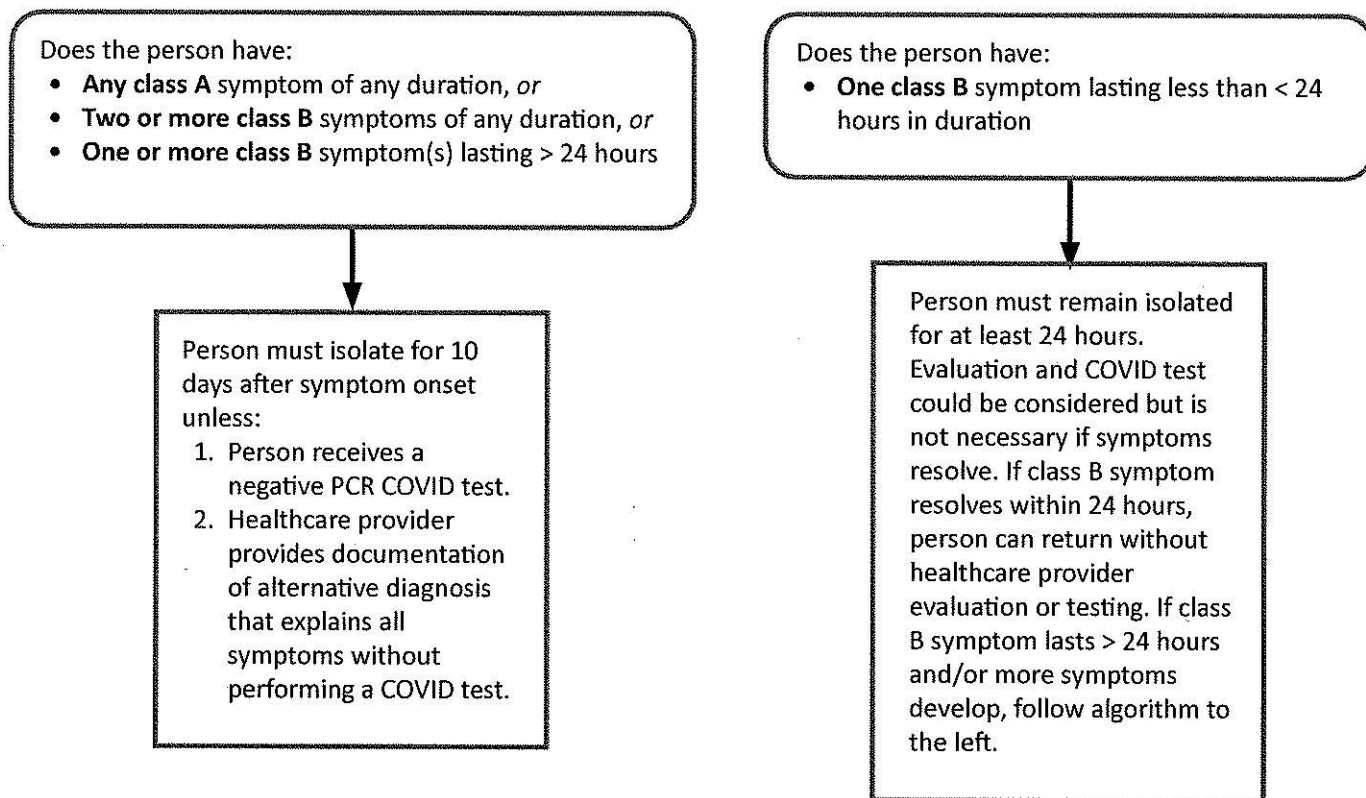
Here is what we will be using as a guideline for COVID-19 exposure and symptoms and return to school/work protocols.



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.

YEARBOOK

- Buy your yearbook! You are not going to want to forget this crazy year, and a yearbook is a great way to do that. Buy your yearbook now. You can order one online here or send a check to the office. \$45 for a yearbook or \$50 for a personalized yearbook!
- Help the yearbook out by submitting a school photo. We took student photos on the first day of school, but we want to give students a chance to submit their own headshots instead (head and shoulders only, portrait orientation). If you'd like to submit a student photo, we need them by next Wednesday (November 11th). All photos must be submitted through our Google Form to ensure that your photo is not misplaced. Please use this link: <https://forms.gle/HiTBWYZBn2nfjJ7U7>
- The yearbook wants to feature Halloween Celebrations: The yearbook staff is looking for photos of how FHS students and staff celebrated Halloween this year, among the COVID-19 Pandemic. Whether it's trick or treating, having a party, or simply staying home and watching movies, we'd love to hear about it! Please share what you did, and share 1-3 photos (selfies are great) for inclusion in the yearbook. Thank you! <https://forms.gle/VE4NJxZnjxDLRczo6>
- SENIORS: Last call for senior quotes. These were due last Friday, but I will still accept them through today. It's time to submit your senior quotes to go with your yearbook photos. Please complete the Google Form to submit your quotes. Do NOT send them to Ms. L directly as we want to have them accessible for the yearbook staff to do your layouts. Use this link to submit your senior quote: <https://forms.gle/YJypnnTCTb5hq7uV7>

2020 FOOD DRIVE



The 2020 Freeman Food Drive will be a district-wide effort, with a goal of raising 3,000 pounds of food!

When: November 9th - November 23rd

Where: Items will be collected in each Advisory class. Community members can also drop off items on Friday, November 20 in front of Freeman High School from 8:30 to 2:45.

Donation: North Palouse Food Bank

Basics: Our goal is to gather over 3,000 pounds of non-perishable food as a School District!
(See reverse side for donation suggestions)



Providing food to families in our community for the holiday season!

Do your part to help someone in need this holiday season!

NORTH PALOUSE COMMUNITY FOOD BANK

Suggestions of Non-Perishable Food Products

The North Palouse Food Bank appreciates all donated items! The following is simply a list of suggested items that are low in our pantry:

Staples

5 pound bags of flour
4 pound bags of sugar
Vegetable oil
Table salt

Canned Goods

Vegetables*: Potatoes, carrots, beets, asparagus, etc...
Fruit: Any kind
Ready to eat: Any kind
Peanut Butter, Pasta Sauce, Manwich

*At this time, 2nd Harvest has been keeping the Food Bank well supplied with all kinds of canned corn and beans (green, pinto, etc...). Although the Food Bank appreciates these items being donated, they have plenty of corn and beans at this time.

Miscellaneous

Condiments
Dinner Mixes: Such as Hamburger Helper, Rice-a-Roni, Macaroni and Cheese, etc...
Seasoning packets
Dry soup mix
Jello and pudding mixes
Snack items
Shelf stable juice
Instant potatoes: Mashed, Scalloped, etc.
Baking mixes
Shelf stable milk: Dry, Canned, Boxed
Jam, jelly, syrup, toppings, etc.



We sincerely thank you for your generosity, work, and time given to help our Community Food Bank feed those who are in need.



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

SCHOOL MEALS

MEAL KITS:

- No meal kits service on November 9-11th, or Nov 26-27th – We wish you a restful Thanksgiving!
- Meal kit pickup will be 12:15-12:45pm on Wednesday, Nov 25th due to early release
- Starting Nov 12th, all meal kits will be 3 day meal kits
- 3rd graders will be removed from the meal kit list when they go full-time
- High school students need to pick up their meal kits when they leave from school at the bus turnaround regardless of if they are driving or taking the bus, please make sure you let them know if they are signed up so they know to pick them up! 4th-8th graders will continue getting their meal kits on the bus, or picked up by parents.
- To sign up, fill out this google form [**Sign Up Here**](#)

MEAL COSTS:

- Meals are free through the end of the school year (applies to both meal kits and meals on campus)
- Second meals still cost the regular rate (\$2.95 at Elementary, \$3.15 at Middle School and \$3.30 at High School). If your child has seconds, their lunch account will be charged accordingly
- Milk also still costs \$0.60

Hot lunch is in full swing with plenty of modifications for safety and distancing. We have been loving getting to see our students again!

They're Back - All New Design Plush "Cuddly" Blankets - 80" x 60"




Just in time for Christmas

Only \$60 - Supplies are limited!

Purchasing Options:

- In person at Freeman HS with cash, check or credit card
- Call FHS 291-3721 to pay over the phone by credit card
- Contact FBLA Advisor Scott Moore (smoore@freemansd.org)
- <https://wa-freeman.intouchreceipting.com/> (must have student enrolled to use this option)

Blankets are expected to arrive around Thanksgiving

Proudly brought to you by FBLA 









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> | | | | |