

FRIDAY FLYER

Freeman High School

Follow us on Facebook 

509-291-3721



NOVEMBER 13, 2020

Upcoming Events:

November 25th

Early Release

November 26th-27th

Thanksgiving - No School



book return

Many students have not returned their 1st Quarter reading books. Please ask your student if they have a book they should return - primarily English Literature books such as:

**To Kill a Mockingbird
A Raisin in the Sun
The Things They Carried**

IMPORTANT SAFETY PROTOCOL REMINDERS:

It's a new quarter and it was so great to have our Cohort A & B groups here on Thursday and Friday. Here are some important safety protocols to remind your students of so we can continue to have in-person classes:

1. Masks MUST BE WORN AT ALL TIMES unless eating
2. Social distancing of at least 6 ft. must be followed at all times.
3. One-way hallways and arrows must be followed during passing periods
4. Please do not have your students arrive for school before 8:30am but we prefer closer to 8:45am.
5. At lunch students need to sit in their designated seats ONLY

If your student will not be attending school on their in-person day, please plan to call the office and give us a heads up otherwise we will be calling you.

Nov. 14

[Eastern Oregon University Virtual Preview Day](#) 10am - 1:30pm
[Gonzaga University Virtual Tour](#) 11am - 3pm

Nov. 17

Carroll College Presentation 11:40am - 12:10pm

Nov. 18

[Trades/Apprenticeship Information](#) 6:30-7:30pm

Nov. 19

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

Nov. 23

Washington State University Presentation 11:40am - 12:10pm

Nov. 24

[Eastern Washington University Presentation](#) 11:40am - 12:10pm

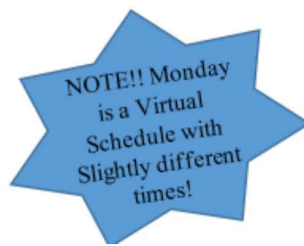
Nov. 30

[College Bound Scholarship Application](#) Deadline (9th & 10th grade)

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.



DREW SCHMICK
SPIRIT COMMISSIONER

My goal is to create positive vibes and motivate people to get more connected and involved within the Freeman community. And we will have fun doing that, even in the challenging circumstances we have.

IT STARTS WITH
ME FEATURE



AMBER DUNN
COMPUTER SCIENCE



My goal for this school year is to bring calm and positivity to each group of students I interact with at Freeman, and I am working toward helping students achieve and develop a new form of success and ownership with their education. We are all being asked to develop new skills and experiment in unfamiliar territory, so I want to help all students recognize that they are not alone and that we are better when we all work together.



BROOKLYNN COOK



LOGAN ALLEN



GRACIE CONLEY



ADAM RAE



KAYLIE SMITH



DABA PHILLIPS



PAIGE ALLEN



JOSIAH LYNN

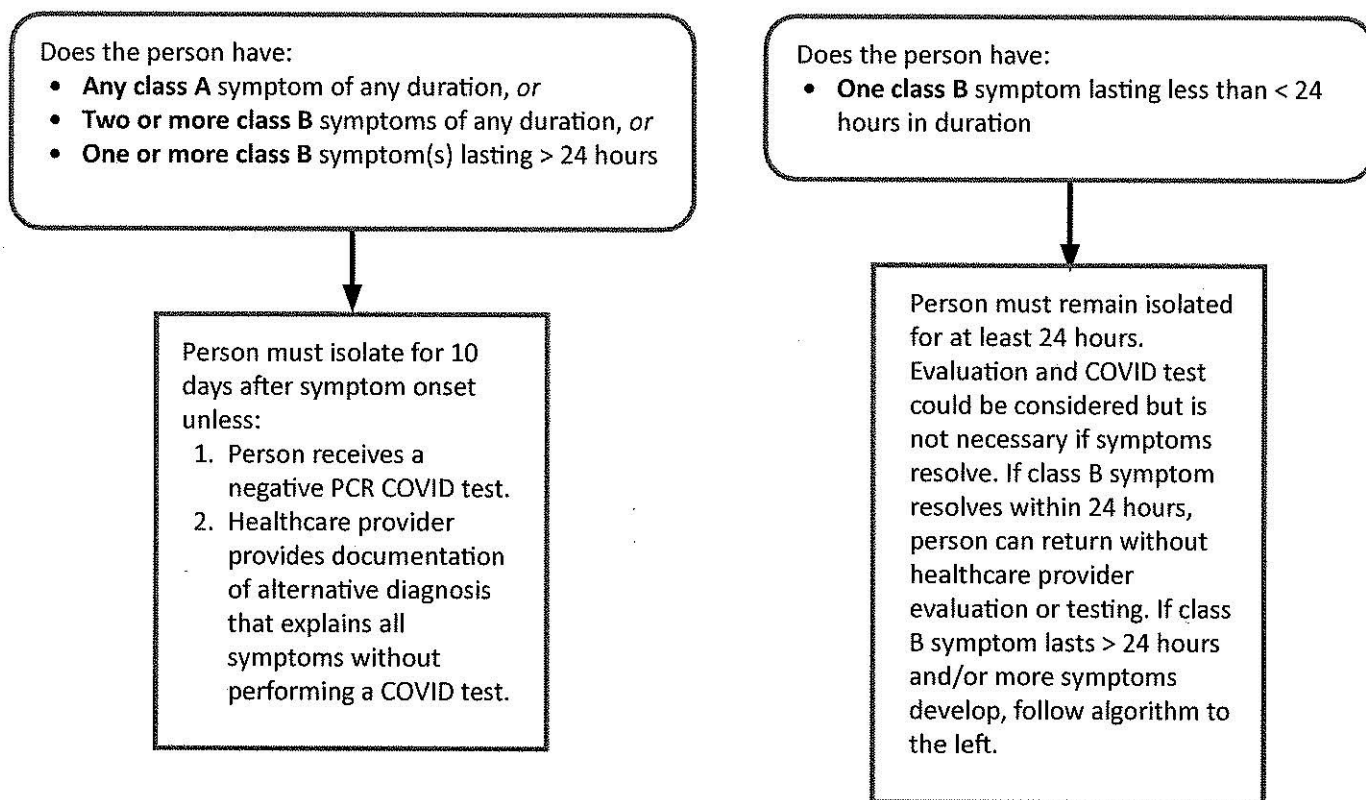
Here is what we will be using as a guideline for COVID-19 exposure and symptoms and return to school/work protocols.



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.

HELP US RAISE FUNDS BY DONATING CLOTHES, SHOES & MORE!



Our **FUNDrive**
will be held at:
Friday Dec. 4
4-8pm







Freeman High
School Pull-through

and will benefit: **Freeman class of
2021-Senior
Celebration**

learn more: Krystal Tippet @
509-951-2350 or Amy
Flaig @ 509-979-4221

FUNDrive


WE EARN FUNDS FOR THESE ITEMS:

-  CLOTHING
-  SHOES
-  BEDDING / TOWELS
-  ACCESSORIES
-  ELECTRICAL ITEMS
-  TOYS & GAMES
-  KNICK-KNACKS

*This is a parent-run fundraiser for the Senior Celebration not an ASB fundraiser.

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.

SCHOOL MEALS

MEAL KITS:

- No meal kits service on 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! If you have any questions, please feel free to reach out to Nutrition Services Director, Ellen Arguinchona at 509-291-7510 or earguinchona@freemansd.org.

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 




















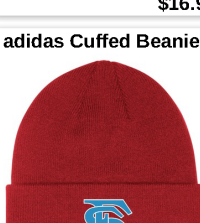
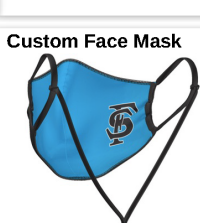





Freeman Athletics 2020

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>				