

# FRIDAY FLYER

Freeman High School

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509-291-3721



JANUARY 8, 2021

## Upcoming Events:

### January 13th & 14th

Picture Retakes - 9am

### January 15th

No School - Staff PD Day

### January 18th

No School - MLK, Jr. Day

### January 29th

1st Semester Ends

Scottie Nation,

We had a great first week back to school and look forward to our progress for in person learning in the New Year. There have been some updates to guidelines which, in turn have provided opportunities to adjust things in terms of students on campus as well as the possibility of sports.

Please note that our 1st semester ends on January 29th so students need to be in communication with their teachers to ensure they get all their work caught up and turned in on time.



Click link to see what's inside!



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[read full issue here](#)

### Dec. 7

Washington State Opportunity Scholarship Opens! (Seniors) deadline Feb. 11  
WSOS Informational Doc

### Jan. 11

EWU Auto-Admissions Session (Seniors) 11:30 am - 1:30 pm (sign up with Ms. Youseph)

### Jan. 12

T24 College Application Completion Workshop: 1pm - 3:30pm

### Jan 13

T24 FAFSA Completion Workshop: 6:30pm - 7:30pm

### Jan. 23

Eastern Oregon University Virtual Preview Day: 10am - 1:30pm

### Feb. 20

SCRUBS Virtual Camp

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

# ATHLETICS UPDATE

As the year 2021 kicks off, I remain positive and hopeful that we will be able to finalize plans to give our students opportunities to engage in activities and athletics to better their physical and mental health.

Just this week we have had the Governor's release of new guidelines, as well as the WIAA announcement to move "Fall Sports" to Season 1 starting on February 1st. I want to caution everyone to the February 1st date as that is the proposed start date from the WIAA, but there are a lot of factors that come into play for us to move forward.

Our Northeast A league is working hard this week to put together a schedule for the year that will give all our sports the best chance to compete given the timeline, weather, and COVID regulations. We will finalize our plans next week and announce soon after that.

In our district we are working not only to focus on our athletics, but also the wellness of our students and what we can do within our facilities to give them more opportunities to be active and engaged. A Wellness Advisory Committee just met to put together a proposal for students to engage in activities that will boost both their mental and physical health. Please contact me with any questions and hold tight just a little longer as we get ready to move forward with our plans. Thank you for your time and Go Scotties!

Kris Herda  
Assistant Principal & Athletic Director



**Wed. Jan.  
13th  
&  
Thurs.  
Jan. 14th  
9:00am**

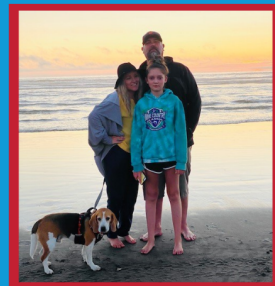
If your student is Running Start or opts out of In Person learning, please have them come to the school right at 9am. To order online go to [leosphotography.com](http://leosphotography.com) & use code FAL191334.

**IT STARTS WITH  
ME FEATURE**



**DOUG PACE**

PARA-EDUCATOR



"You're never a failure until you fail to get up." Those first few steps you take after rising are some of the most important in the moment. You're on the way to helping another person, being strong in your direction all while keeping focused on the world around us. This is my approach to modeling that "It Starts With Me!"



**JOSH WIGEN**



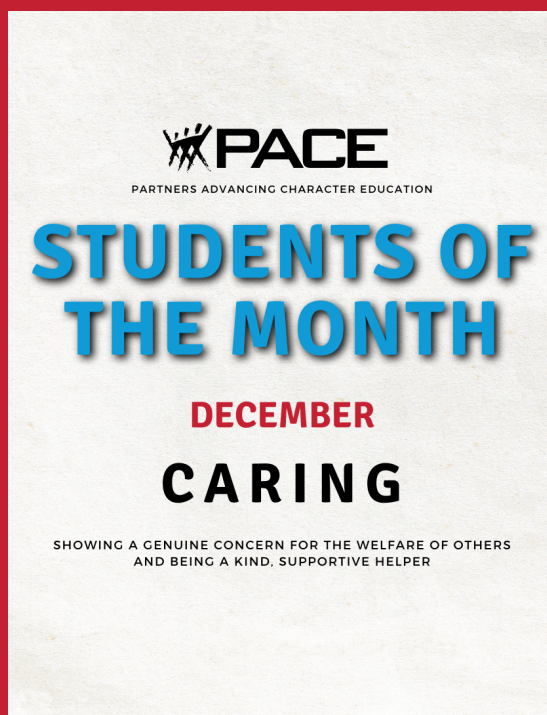
**HAILEY PIERSON**



**CALEB COCHRAN**



**BETHANY LEACH**



**ROBBIE MCNEILLY**



**BAILEY SWANSON**



**LEVI DUTT**



**GRACIE JENSEN**

# Get 'em while they last!



If you haven't gotten yours yet, it's not too late to show a little "Scottie Pride" and cuddle up with a huge, soft, warm Scottie Blanket! 6th grader Cooper Florence, 8th grader Jackson Florence and 2nd grader Ian Bisar were ecstatic Christmas morning when Santa Claus surprised them with these huge blankets! Supplies are limited so get yours today by seeing Kristal Hayek in the HS Main Office or by contacting FBLA Adviser, Scott Moore at FHS ([smoore@freemansd.org](mailto:smoore@freemansd.org)). They are only \$60 and will not last long.

## YEARBOOKS ON SALE!

ORDER YOURS TODAY

Hello parents!

This is the **FINAL WEEK** to purchase yearbooks for your students. To purchase, go to the Freeman School District Website and click on the tab for Make a Payment. Once there you can choose to buy a yearbook for \$45. For just \$5 more, you can choose to have a personalized yearbook that includes your student's name on the cover. Please contact Ms. Longinotti if you have any questions ([plonginotti@freemansd.org](mailto:plonginotti@freemansd.org)).

Thanks in advance,

The 2021 Freeman Yearbook Staff



Parents, it isn't too late to buy a yearbook tribute for your senior. Please contact Ms. Longinotti ASAP with the size you'd like to purchase. The last day to purchase a tribute will be **January 13th**. You can pay online or by check, cash or credit card in the office.

Costs are: 1/8 page for \$40, 1/4 page for \$75, 1/2 page for \$140, and a full page for \$250. See next page for example of ad sizes.

Please reach out to Ms. Longinotti with questions and to make arrangements for your message!  
[plonginotti@freemansd.org](mailto:plonginotti@freemansd.org)

# Yearbook Ad Sizes

Although you are allowed a certain number of words based on your ad size, remember that too many words can make an tribute look cluttered. If you would like some assistance in developing your tribute, feel free to contact the Yearbook staff at 291-3721, ext 205.

## Business Card Size Ad - 1/8 page

Approximately 3.5" x 2"

Cost - \$40

Limited to 1 graphic & 40 words

## 1/4 Page - Approx. 3.5" x 4.5" or

7.125" x 2"

Cost - \$75 2 graphics & 80 words



## 1/2 Page - Approx. 7.125" x 4.5"

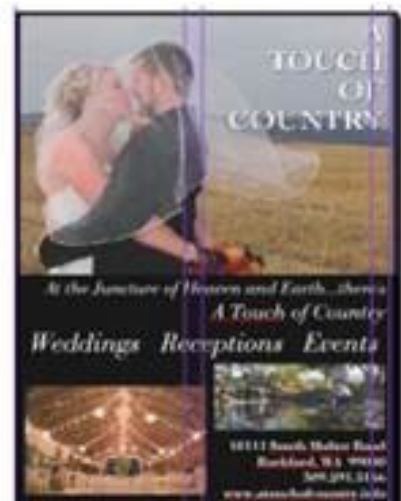
Limited to 3 graphics & 160 words.

Cost - \$140



**Full Page -**  
Approx.  
7.125" x 9.5"  
Limited to 4  
graphics &  
300 words

Cost - \$250



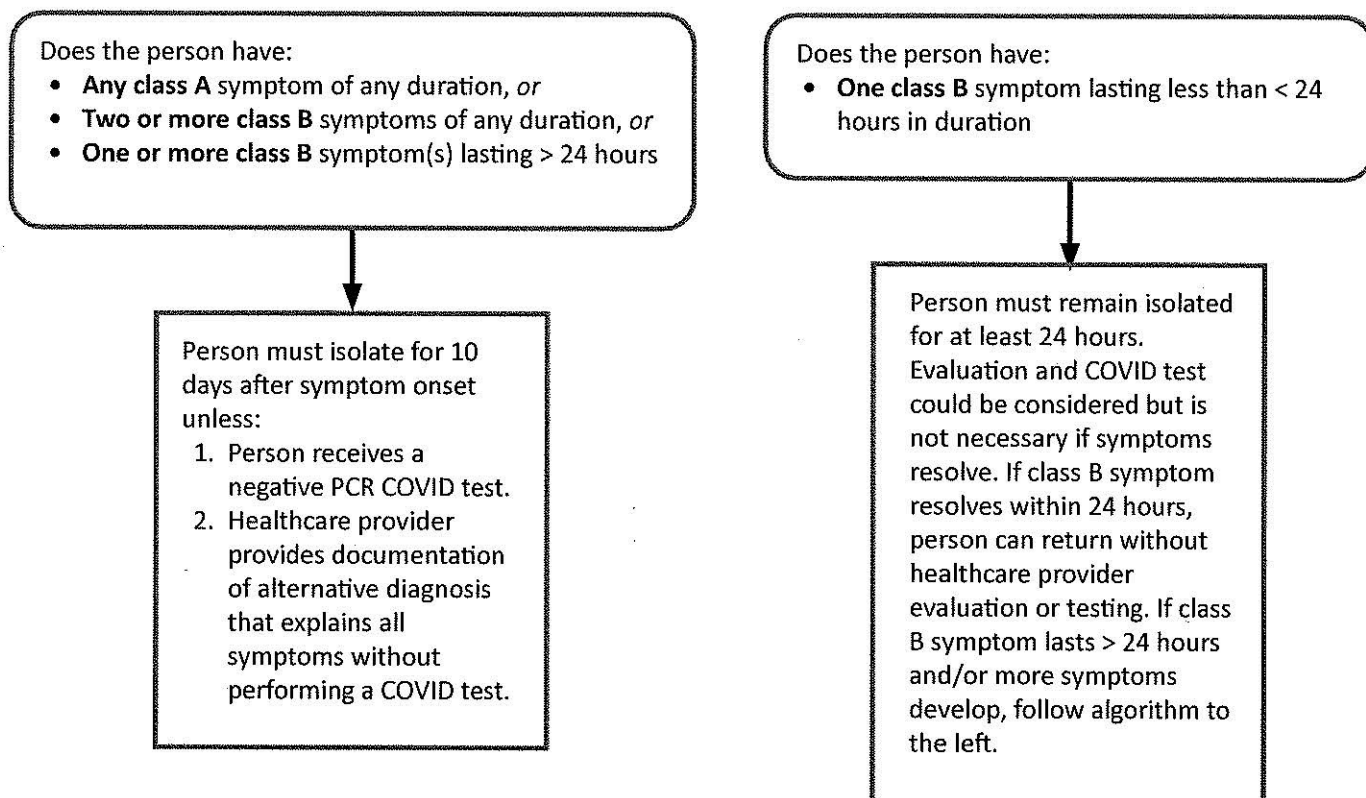
# Here is what we will be using as a guideline for COVID-19 exposure and symptoms and return to school/work protocols.



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

<sup>1</sup> 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.