

FRIDAY FLYER

Freeman High School

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509-291-3721



JANUARY 29, 2021

Upcoming Events:

January 29th

1st Semester Ends

February 1st

2nd Semester Begins

February 15th

No School - President's Day

Scottie Nation,

We begin our second semester on Monday and if you haven't heard, we are going back to a 6 period day and adjusting the hours of school for students.

Please take a look at the schedule on the second page and pay close attention to school hours (now 8:30am - 3:00pm) and our two lunches. Your student's lunch time will depend on who they have for their 4th period class.

Please know that as we adjust to a 6 period day, the teachers will be doing their best to make this transition smooth and as stress free as possible for our students. We appreciate all of you. Feel free to contact us in the office if you have any questions.

New Bus Schedule



Does your student ride the bus? If so, buses will now arrive 15 min. earlier in the morning and 30 minutes later in the afternoon.



COLLEGE CAREER



readiness



Dec. 7

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

Jan. 31

NACAC College Fair

Feb. 3

FAFSA Completion Event: 6:30pm - 8:30pm

Feb. 6

Big Future College Fair Day (Soph. & Juniors) 1pm - 5pm

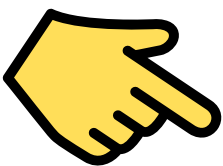
Feb. 16

Dual Credit/Running Start Information Webinar: 6:30pm - 7:30pm

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.



SCHEDULE FOR 2ND SEMESTER STARTS NEXT WEEK - FEBRUARY 1ST



Freeman High School Semester 2 Schedule

Virtual Learning
In Person Learning

*Students are expected to log in during their *scheduled* zooms to be considered present for virtual days

MONDAY - FRIDAY COHORTS A & B						
		Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:00	Academic Enrich.	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
9:05 - 9:55	1st Period	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
10:00 - 10:50	2nd Period	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
10:55 - 11:45	3rd Period	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
11:50 - 12:40	4th Period (lunch 2 students)	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
* 11:45 - 12:15	LUNCH 1	For students who have Hays, Moore, Nelsen, O'Connor, Robinson or Wood <u>4th Period</u>				
12:20 - 1:10	4th Period (lunch 1 students)	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
* 12:40 - 1:10	LUNCH 2	For students who have Attridge, Bruno, Carolan, Jydstrup, Peterson, Ripke, Spiering or Wells <u>4th Period</u>				
1:15 - 2:05	5th Period	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B
2:10 - 3:00	6th Period	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B	Cohort A Cohort B

* LUNCH 1: Students who have these teachers for 4TH PERIOD: Hays, Moore, Nelsen, O'Connor, Robinson, Wood

* LUNCH 2: Students who have these teachers for 4TH PERIOD: Attridge, Bruno, Carolan, Jydstrup, Peterson, Ripke, Spiering, Wells

If you need to pay for your students' ASB card, sport fees, transportation fee, club fees, etc. you can do so through our online payment portal by clicking the link below and using your Family Access login and password:



IT STARTS WITH
ME FEATURE

CHAD RIPKE

STRENGTH TRAINING

"My goal this year is to get students up and moving and exercising. Since March 16th, when we left school because of COVID, we all have found ourselves sitting in front of screens too long, lost our ability to play sports, lost interest/motivation to get up and exercise. My hope and goal is to get them away from their video games, computer screens, TV's for 45-60 minutes per day. Giving my students the tools and resources to help their physical and mental health during these trying times is something I hope I can give them that they can take with them for the rest of their lives."

ATHLETICS UPDATE

After some hard work by staff, we have been approved to begin our "Summer 2.0" athletics program next week. Most sports will be organizing practice for students to get back to athletics and prepare for our upcoming seasons. For the weeks of February 1st and 8th, students will be able to attend practices on the days they attend school (Tuesday/Thursday OR Wednesday/Friday). After those two weeks we will evaluate how things are going and look at opening up more practice days. For many more details, please talk to your student at home. They are receiving an email from Mr. Herda today with the practice schedule and many more details. If your student accessed the facilities during the hour Wellness Time and would like to continue to do so but does not do athletics, please have them see Mr. Herda next week to set up a plan. We are so excited to get going and thank you for all of your support.

Before any student can participate in these practices or the upcoming seasons, they must be signed up in Final Forms with a valid physical on file. If the physical in Final Forms is expired, then we need a new one. Final Forms is our online athletics management program. This is where you will enter all emergency information, sign athletic forms and individual sport forms, select which sports your student will participate in and more. Please note: payments are not made through Final Forms even though there is a payment icon. Payments will still be made by following this [link](#). Students will need:

ASB Card (\$30)
Sport Fee (\$25 per sport)
Transportation Fee (\$20)

If you already have a Final Forms account, you will just need to go in and select which sports your student plans to participate in and complete paperwork. If you are new to Final Forms, you will need to create an account as a parent/guardian and then one for your student as well. If you have any questions regarding Final Forms, please email Kristal Hayek at the office at khayek@freemansd.org or call 291-3721.

Kris Herda
Assistant Principal & Athletic Director



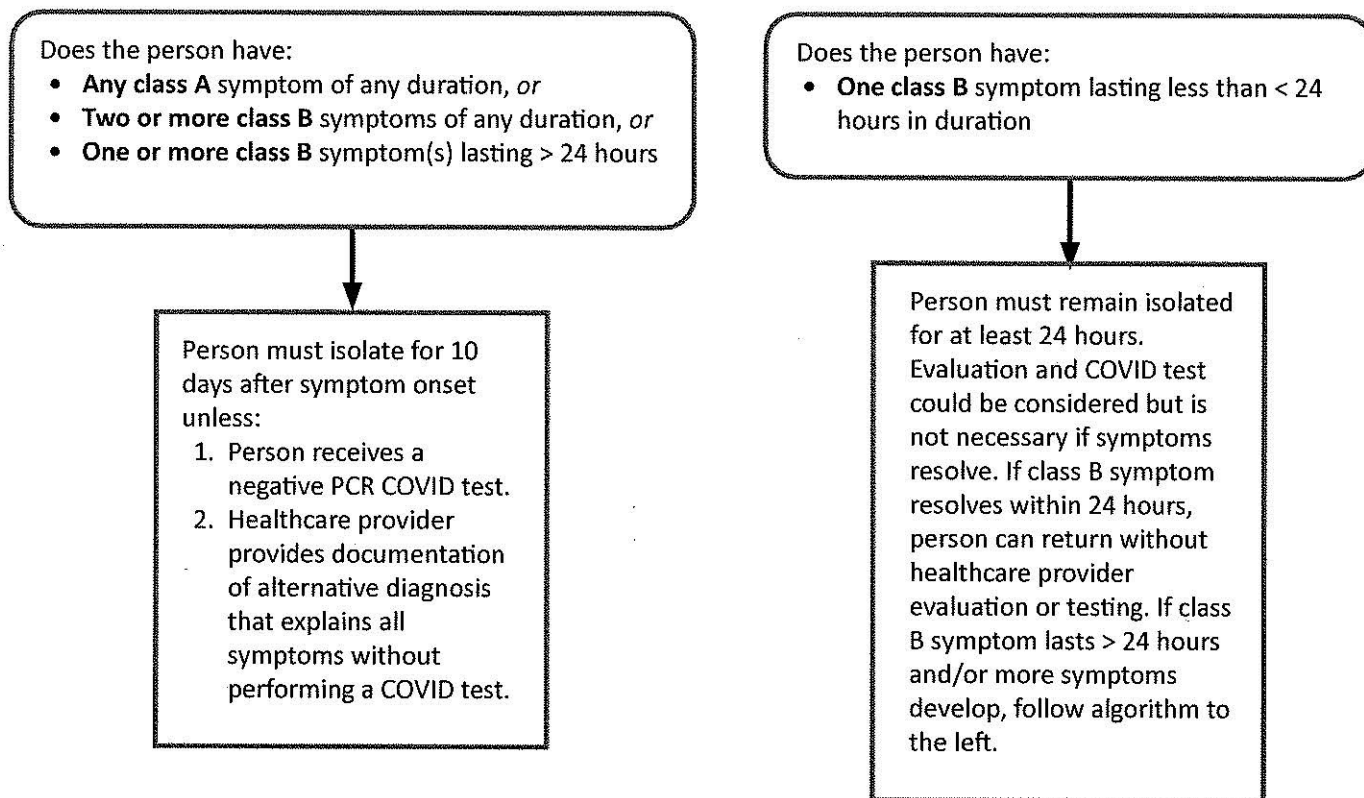
Here is what we will be using as a guideline for COVID-19 exposure and symptoms and return to school/work protocols.



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.