



NOVEMBER 4, 2022

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721



The Center for Educational Effectiveness
PRESENTS



FREEMAN SD

WE NEED YOUR VOICE AND INPUT TO SHAPE FREEMAN SCHOOL DISTRICT'S 2025 STRATEGIC PLAN

Who? PARENTS OF FREEMAN SCHOOL DISTRICT STUDENTS

Why? THE BEST PLANS REFLECT THE MOST VOICES
YOUR INPUT IS NEEDED AS FREEMAN SD CONTINUES TO COLLECT INPUT
LEADING TO THE DEVELOPMENT OF THE FREEMAN SCHOOL DISTRICT
2025 STRATEGIC PLAN

What time? MONDAY, NOVEMBER 7TH

STARTS AT:

5:30 PM – ELEMENTARY SCHOOL PARENTS

6:30 PM – MIDDLE SCHOOL PARENTS

7:30 PM – HIGH SCHOOL PARENTS

Where? THE GOOD NEWS IS FROM ANYWHERE YOU ARE!
PLEASE JOIN THE ZOOM USING THE QR CODE BELOW:



ERICH BOLZ
VP OF RESEARCH & DISTRICT ENGAGEMENT

In This Issue

Freeman Food Drive
PAGE 02

Upcoming Events
PAGE 02

Veterans Day Program
PAGE 03

College & Career
PAGE 04

Athletic Events/News
PAGE 05

Vitalant Blood Drive
PAGE 06

Student Highlights
PAGE 07-09

The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability or the use of a trained guide dog or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S. Jackson Road, Rockford, WA 99030, 509-291-3695.

2022 FOOD DRIVE



The 2022 Food Drive will be a district-wide effort, with a goal of raising 3,000 pounds of food!

When: November 7th - November 17th

Donation: North Palouse Food Bank

Basics: Our goal is to gather over 3,000 pounds of non-perishable food as a school district!
(Top Ramen, corn & beans are welcomed, but please keep this to a minimum - they have a lot of these)

Prize: Prizes will be awarded at all three buildings for who brings in the most food. At the HS and MS it will be a pizza feed. The Elementary prize will be determined.



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

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



UPCOMING events

MON. NOVEMBER 7TH
CEE Parent Listening Forum
(see pg. 1 for details)

TUES. NOVEMBER 8TH
Vitalant Blood Drive 8:30-2:30

THURS. NOVEMBER 10TH
FSD Veterans Day Program
9am - FHS Main Gym

FRI. NOVEMBER 11TH
Veterans Day - no school

MON. NOVEMBER 14TH
ASVAB Test
Winter Sports Begin

THURS. NOVEMBER 17TH
Jostens here at lunch to collect Senior Cap & Gown Orders

WED. NOVEMBER 23RD
Early Release Schedule

THURS/FRI NOV 24TH-25TH
No School - Thanksgiving

A complete listing of High School events can be found under the High School website at the "[Calendar](#)" tab.



- 2022 Veterans Day Celebration -

The Freeman Community and special guests are invited to join the Freeman School District for a program to honor those who have served our great country!

November 10, 2022 9:00 - 10:15
Freeman High School Gymnasium

- * Continental Breakfast: 7:45 - 8:30 (Veterans and their families)
- * Socializing: 8:30 - 8:55
- * Program: 9:00 - 10:15

Join us to celebrate those who have sacrificed so much!



DO YOU KNOW A FREEMAN VETERAN?



**WE WANT TO HONOR THEM IN THIS
YEAR'S VETERAN'S DAY VIDEO AT OUR
COMMUNITY VETERAN'S DAY EVENT!**



**SCAN THE QR CODE OR
FOLLOW THIS [LINK](#) AND
COMPLETE THE FORM TO
SUBMIT YOUR VETERAN!**

SUBMIT



COLLEGE CAREER r e a d i n e s s





WELCOME KELLY MURPHY, MA, LMHC

We are excited to introduce Kelly Murphy, MA, LMHC as a resource to our school community. Kelly is a private practice mental health counselor who is using our schools as a secondary location for her private counseling services. She takes many private insurances in addition to Medicaid and is here at Freeman to serve students and families who need mental health counseling support.

Stacey Rawson (FES/FMS School Counselor) and Kaela Holm (FHS School Counselor) will be responsible for connecting students to Kelly through a needs-based referral system. If you would like to refer a student, please contact Stacey or Kaela directly. Kelly will be on-site on Thursdays and work out of the elementary school for FES and FMS students and out of the high school for FHS students, during and after school hours.

This will fulfill a significant need for our students, so when you see her around, give her a warm Freeman welcome!



ASVAB TESTING

We will be giving the Armed Services Vocational Aptitude Battery Test (ASVAB) on November 14th at 8:15am. If you have a student who is interested in taking this test, please contact Ms. Youseph at hyouseph@freemansd.org

IMPORTANT COLLEGE & CAREER READINESS DATES:

- November 8: Navy @ FHS during lunch
- November 8: WSU @ FHS during lunch
- November 9: Whitworth University visit during lunch
- November 14: ASVAB Testing 8:15am - 11:15am @ FHS
- November 15: FAFSA Assistance @ Spokane Valley STCU 5:30 - 7:30pm



Upcoming Sports



11/11 or 11/12 - Varsity 1st Round of State - TBA



11/5 - @ Cashmere 1pm

*please note playoff admission is \$8/\$6 - no passes



11/5 - vs. Cashmere @ home 1pm

*please note playoff admission is \$8/\$6 - no passes

Pre-purchase tickets [here](#)

CROSS COUNTRY

11/5 - State in Tri-Cities
Good luck Barrett, Lily and Maris!

Sports Resources



Pay Fines/Fees

 **goscotties.org**
athletics website

Congrats to Our All-League Athletes...



Football 1st Team Offense:

Boen Phelps, QB
Ryan Delcour, WR

Football 1st Team Defense:

Reed Hicks, LB
Dailyn Poston, LB
Sage Gilbert, DB
Ryan Delcour, DB

Football Defensive MVP

Boen Phelps

Football 1st Team Special Teams:

Boen Phelps, P

Volleyball 1st Team:

Olivia Campbell - DS
Aspyn Reed - OH

Volleyball Most Valuable Player:

Ava Semprimoznik

Volleyball 2nd Team:

Kate Schneider - MB

Football 2nd Team Offense:

Kanoa Rogan, RB
Reed Hicks, WR
Ethan Hernandez, OL
Jayden Lentz, OL

Football 2nd Team Defense:

Jackson Grover, DL
Hayden Fatherree, DB

Soccer:

Makayla Werner - MF
Alena Cochran - MF
Aubrey Gregory - F
Rowan McGarity - D

Cross Country:

Barrett Poulsen
Lily Jones
Maris Vernon



BLOOD DRIVE

Because of you
life doesn't stop.

[Schedule Your Appointment Here](#)

FREEMAN HIGH SCHOOL BLOOD DRIVE

TUESDAY, NOV. 8TH
8:30AM – 2PM

See Mr. Moore for information and
forms required to sign-up!

Please bring photo ID to your
appointment.



Help us get a
\$2,000
STEM grant!



APPOINTMENTS
are encouraged.



Ask us how you can
POWER UP your donation.

vitalant[®]



Student HIGHLIGHTS



NACAC 
**National
College Fairs**

We took a group of 29
students to the Spokane
National College Fair
on Tuesday,
November 1st.



Student HIGHLIGHTS

The FHS yearbook class attended the 9th annual Journalism Day at Whitworth University, an event co-chaired by our own Ms. Longinotti. Students enjoyed a keynote presentation by infograph designer Taylor Maggiacomo from National Geographic (now the NY Times) and then attended workshops led by local advisers, Whitworth professors and local photographers and journalists including broadcast, newspaper, radio and podcast. It was a great day for all!



Student HIGHLIGHTS



Members of the FHS Conservation Club backpacked into the Selkirk Mountains of Idaho last weekend.

