

SEPTEMBER 29, 2023

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## Class of 2024: Yearbook Senior Pictures & Tributes

**Deadline -  
October 13**

*Senior portraits and kid pictures are due  
Friday, October 13 for the 2024 Yearbook!*

### Submitting Senior Photos - both kid and senior portraits.

In order to receive the highest quality image, **we are requesting that you submit your photos on-line** this year (see directions below). Many studios will be able to do this for you. The senior portrait must be 2"x3" (vertical orientation) and at least 300 dpi. Scanned kid pictures should also be 300 dpi and approximately 2"x3". They can be any photo of your student starting from birth to whatever age you prefer/have access to a photo.

**Deadline** to submit **both** these photos to the yearbook is **Friday, October 13.**

### Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAME** your senior portrait as follows to avoid misnaming: student's firstname\_lastname (ex. Jenny\_Smith) and your baby portrait to firstname\_lastname\_kid (Jenny\_Smith\_kid) so that it is easy to identify photos.
- Next, go to [www.hjeshare.com](http://www.hjeshare.com) and enter the school code for Freeman (dawgcountry)
- You will be asked to put in your name, email and phone number.
- You will then be asked to "Agree to Terms", which is typical.
- You will then be asked to browse to your photo. Simply navigate to where you have the photo saved, select the photo, and click on upload.
- You are almost done - it will then ask for some information about the picture, such as who is in it - please type in your child's name (we default to your student's given name in the yearbook. They may see me if they'd like to use a preferred name instead per state law). That's all there is to it!

**Senior Tributes:** If you are interested in purchasing a tribute, or "shout-out" for your child or grandchild, please see the reverse side of this flyer for information. You will be able to submit photo(s) and a message for your senior in the yearbook! What a great way to say something special that will last a lifetime! Hurry though - space is limited! **We sold out last year! To reserve your spot, simply contact Ms. Longinotti with the size you would like, or purchase your tribute through the Freeman Store by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 1. Payment is due by December 15th. For more information regarding the senior pics, baby pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at [plonginot@freemanschools.org](mailto:plonginot@freemanschools.org)

**October 13 - Deadline** to submit baby and senior pics  
**October 31 - Deadline** to reserve a senior tribute  
**December 1 - Deadline** to submit pictures and words for tributes (the sooner, the better).  
**December 15 - Deadline** to pay for tributes (the sooner, the better).

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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.



**FHS NEEDS YOU!!**

# HELP FUND OUR INVESTED ACCOUNT

InvestED provides necessary support to students in need. From fees, to essential items, these funds are available to assist students in finding success along their high school journey.

[Click Here to Donate](#)

Your donations are tax deductible and will stay with students at Freeman High School.

**Friday  
October 6th  
8:30am**

To order pictures online, go to [leosphotography.com](http://leosphotography.com) and use code: FAL223022



## UPCOMING events

### OCTOBER 6TH

Picture Re-takes 8:30am

### OCTOBER 9TH

NO SCHOOL - Teacher PD Day

### OCTOBER 10TH - 14TH

Homecoming Week

### OCTOBER 14TH

Homecoming Dance

### OCTOBER 25TH

LATE START - 10:15am

### OCTOBER 26TH

PSAT Testing for 10th & 11th Grades

### NOVEMBER 2ND & 3RD

NO SCHOOL - Conferences

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





## PSAT DAY: 10th & 11th Graders

Thursday, October 26, 2023

8:15am - 11:30am

\$18.00

- 10th and 11th graders are invited to take the PSAT/NMSQT during PSAT School Day on 10.26.23
- Please let Heidi Youseph know if you would like to sign your student up to take the PSAT at [hyouseph@freemansd.org](mailto:hyouseph@freemansd.org).
- Test fee is \$18 and can be paid AFTER the test date. For questions about possible test fee waivers, please contact Heidi.
- Digital scores will be released on November 20.

The PSAT is great for...

- Possible qualifying score for a National Merit Scholarship (10th and 11th)
- Practicing for the SAT
- Knowing what areas to work on for a higher SAT score
- SAT practice on Khan Academy

### IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 30: Business After School: SHMC Surgical Center Tour. Registration is in students' CCR Google Classroom.
- October 2: Grand Canyon University @ FHS in the Library 10-10:30am
- October 5: Business After School: Manufacturing Career at Wagstaff 3 - 5pm. Registration is in students' CCR Google Classroom.
- October 12: Trades Night @ Ferris High School 5pm-8pm.
- October 24: Spokane National College Fair @ the Convention Center 9am-noon and 6pm-8pm
- October 26: PSAT/NMSQT School Day 8:15am - 11:30am





## Upcoming Sports



**9/29** - Varsity vs. Deer Park 7pm

**10/2** - JV @ Deer Park 5pm

**10/6** - Varsity @ Colville 7pm



**10/3** - @ Lakeside 4pm

**10/5** - @ Home vs. Medical Lake 6pm



**9/29-30** - @ Sheridan / Welch Crossover. First game Fri. 7pm @ Lewis & Clark Ct. 3

**10/3** - @ Lakeside JV/C- 5:00, Var-6:30pm

**10/5** - @ Home vs. Medical Lake JV/C-5pm, Var-6:30

**CROSS COUNTRY**

**9/30** - @ Battle for 509 9:30am

**10/4** - @ Colville 4pm

**10/7** - @ Max Jensen Invite Richland 10:30am

## Sports Links:



**GO FAN**

**Pay Fines/Fees** 

 **goscotties.org**  
athletics website

## FREEMAN SCOTTIES

SHOP FREEMAN SCOTTIES GEAR NOW!



Now you can order Scottie gear anytime you want. No minimum orders. Direct shipping to your home in 5-7 days!

If you are looking for Freeman gear, we now have an online storefront that is open 24/7. Each item has the option of several different designs and colors.

Follow this [link](#) to start shopping. Go Scotties!







## Daily Happenings & General Information

We understand that communication is key. Our primary form of communicating with you as parents/guardians is through this Friday Flyer each week. Here is some basic FHS details...

### BELL SCHEDULES

| Regular Schedule |               |        |
|------------------|---------------|--------|
| 0                | 7:00 - 7:50   | 50 min |
| 1                | 8:15 - 9:05   | 50 min |
| 2                | 9:10 - 10:00  | 50 min |
| SCOTTIE BREAK    | 10:00 - 10:10 | 10 min |
| ADVISORY         | 10:13 - 10:35 | 22 min |
| 3                | 10:40 - 11:30 | 50 min |
| 4                | 11:35 - 12:25 | 50 min |
| LUNCH            | 12:25 - 12:55 | 30 min |
| 5                | 1:00 - 1:50   | 50 min |
| 6                | 1:55 - 2:45   | 50 min |

| 2 Hour Late Start |               |        |
|-------------------|---------------|--------|
| 1                 | 10:15 - 10:51 | 36 min |
| 2                 | 10:56 - 11:32 | 36 min |
| 3                 | 11:37 - 12:13 | 36 min |
| LUNCH             | 12:13 - 12:43 | 30 min |
| 4                 | 12:47 - 1:23  | 36 min |
| 5                 | 1:28 - 2:04   | 36 min |
| 6                 | 2:09 - 2:45   | 36 min |



### ATTENDANCE LINE

We do not have an "attendance only" phone number at the high school. Please call our main phone line at 291-3721 if your student will be absent/tardy or leaving early on any given day.

### BREAKFAST/LUNCH

We are operating under the standard National School Lunch guidelines, which means students pay for meals unless qualifying for Free/Reduced prices. The application is included in your online registration for returning students so please complete all forms ASAP. Instructions on how to apply [here](#).

**SCOTTIE BREAK** We have brought back Scottie Break at the High School this year. A light snack will be available for students to purchase from 10:00am - 10:10am. Cost: \$2.20

**LUNCH** - served at the High School in the MPR. Cost: \$3.50



### ACTIVITY BUS

We have an Activity Bus that runs after sports M-F for the first two weeks of Middle School Sports Seasons and then M-Th the rest of the year. Bus departs at 5:25pm. Questions on more details, call the Transportation Department at 291-5555.

# They're Back! - All New Design!

## Plush "Cuddly" Blankets - 80" x 60"



Great gift for that special  
someone or yourself!

Only \$70

Purchasing Options:

1. In person at Freeman HS
2. Call FHS 291-3721 (Mrs. Hayek)
3. Contact FBLA Advisor Scott Moore  
(smoore@freemansd.org)



Proudly brought to you by FBLA  
They won't last long - Don't miss out!

## ABC IPE CONSTRUCTION TRADES NIGHT

THURSDAY, OCTOBER 12, 2023

5:00 P.M. TO 8:00 P.M.

FERRIS HIGH SCHOOL

3020 E. 37TH AVE. SPOKANE, WA 99223

CHANGING THE NARRATIVE TO "CONSTRUCTION IS A GREAT PATHWAY TO  
SUCCESS!" THIS IS A FREE COMMUNITY EVENT FOR ALL AGES!  
PARTICIPATE IN OPERATING EQUIPMENT & POWER TOOLS!  
NO TICKET REQUIRED FOR ATTENDEES!

The community and all school districts are invited to participate in a  
HANDS-ON experience where you can talk with companies who work  
and train people in the trades. Vendors will be there to share their  
first-hand experience and their various employment opportunities;  
from electricians to welders, subcontractors and general contractors.

**\*Pants and closed toed shoes required to participants\***



For More Information, Call the ABC Office at 509-534-0826 or  
Visit the ABC Website at [www.abcipc.org/trades-night](http://www.abcipc.org/trades-night)





## MAX CASTO MEDICAL FUNDRAISER

# HOCO GAME

RIVERSIDE VS FREEMAN

OCT  
13

HOMECOMING GAME TAILGATE

5 PM - 7 PM AT FHS

HOT DIGGITY DOG DINNER - \$8 CASH ONLY  
(includes hotdogs, chips, a drink and cookie)  
INDIVIDUAL HOTDOGS - \$3



*Max*, a Freeman High School Alumni who dedicates his free time by volunteering to serve anywhere he is needed in the Freeman District, has a heart of gold. He had a medical emergency while out of state on the Fourth of July weekend that ended with being life-flighted, intubated, and in the ICU for many days. Medical bills are stacked high. The Freeman community is going to rally behind him and throw a tailgate party, which all proceeds will go directly to Max for his medical bills.

## RAFFLE

Thanks to some wonderful members of the community we have awesome donations to be raffled off. You're not going to want to miss it!

### Prizes Include:

- (2) Gonzaga Men's Basketball Tickets
- (1) painted room by Paintagonia
- (1) hour long family photo session with Konzal Photo
- (1) load of gravel from Integrity Excavation
- Items from the Golden Gem Mercantile
- ...and so many more!

TICKET

321654

TICKET

ADMIT



ONE

321654

321654

TICKET

ADMIT





# Student HIGHLIGHTS

Returning yearbook and journalism students have been shooting in the classroom for our September spread. Here are a few shots from this months activities.



Photo Dawson Bickler

Ian Watson lifts in Mr. Sawyer's Strength Training class.



Photo Capri Collett

Riah Lynn sketches during 3rd period art.



Photo Harper Sefton

Brooklynn Cook works on an assignment in Mr. Orrino's Horticulture.



Photo Lane Mathews

Mr. Jydstруп works with the cymbals players during 6th period Drumline.



Photo Addy Putz

Mr. Bruno works with Sadie Stenlund during World History.



Photo Aralynn Ullrich

Makenzie Goode and Haylee Hueser-Neeson work together in Mr. Moore's Personal Finance.



Ms. Longinotti and Mrs. Warr's classes teamed up for some minute-to-win-it games. The journalism class practiced taking action shots for the restarted school newspaper The Bagpiper. The first issue will be coming around Christmas.



Anna Emmingham and Capri Collett wok to blow up their balloon to stack cups.



Isaac Parry stacks his cup using a balloon before handing off to partner Kharee Folsom



Parker Teague looks for her shot as Bethany Leach plays a stacking game.



Vance Mangelson races to make his tower the fastest.




# Student HIGHLIGHTS




Freeman SkillsUSA and FFA set up educational booths at the SE County Fair last weekend. These students are displaying their hard work and educating our community on the projects they are working on. Thank you for putting the finishing touches on the FFA Booth Charlie Howard.



# Student HIGHLIGHTS



**CONGRATULATIONS**



**ATHLETE  
OF THE WEEK**

**NICOLE  
DUPONT**

**SOCCER**