



OCTOBER 6, 2023

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

A MESSAGE FROM THE PRINCIPAL:

Hello Scottie Parents/Guardians/Families:

What a fabulous September! In classes and in hallways, a positive vibrancy exists with students and staff that is heartening to see. Students are eagerly awaiting Homecoming activities, and I thank you for encouraging your students to be a part of so many opportunities that are unique to Freeman.

As I move in and out of classrooms, I see our staff working hard at challenging students to more fully engage in their learning: whether it's through questioning strategies, providing time to problem-solve in teams, or having students work at white boards around the entire room, the active challenge is evident. And I see our students rising to meet these challenges! Outside of the classroom, Freeman students are representing the community well at the Interstate and SE County Fairs, in various club activities and in athletics. Congratulations to FFA for receiving a 1st Place Ribbon at the SE County Fair for their booth!

As we move through October, I challenge all of you to communicate with your students about their learning at Freeman High School; not just their classroom grade, but also what is or is not working for them. Then, feel free to reach out to classroom teachers or myself with feedback; we want to make your students' educational experience the best that it can be. Go Dawgs!

Jeff Smith, Principal

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.

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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 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@freemansd.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).

Senior tributes: Please see the sizes below for cost, and the number of graphics/words recommended for your tribute size. Contact Ms. Longinotti to reserve your tribute size by October 31: 291-3721, ext 205. or plonginotti@freemansd.org

Please note that once the allotted spaces have sold out, we can't sell more.

- | | |
|--|--|
| • 1/8 page tribute- 1 graphic & 40 words Approximately 3.5" x 2"
Cost - \$65 | • 1/2 Page - Limited to 3 graphics & 160 words. Approx. 7.125" x 4.5"
Cost - \$200 |
| • 1/4 Page - 2 graphics & 80 words Approx. 3.5" x 4.5" or 7.125" x 2"
Cost - \$100 | • Full Page - Limited to 4 graphics & 300 words Approx. 7.125" x 9.5" Cost - \$400 |

UPCOMING events

OCTOBER 9TH
NO SCHOOL - Teacher PD Day

OCTOBER 10TH - 14TH
Homecoming Week

OCTOBER 13TH
Senior Yearbook Photos Due

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.



2023 FALL IN-PERSON

NACAC National College Fair – Spokane

Tuesday, October 24
9 a.m.–12 p.m. & 6 p.m.–8 p.m.
Spokane Convention Center
(Spokane, WA)

NACAC
National
College Fairs

REGISTER NOW! nacacattend.org/fairs

**We will be taking a bus to the Spokane National College Fair
Tuesday, October 24th
Open to: 11th & 12th Grade Students
Please contact Ms. Youseph to sign up.**



There will be an FFA parent meeting on Thursday, October 12th, at 6pm in the K-8 MPR. Please plan to attend if your student is in or planning to participate in FFA.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 11: Money Live with STCU for seniors @ Freeman
- 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
- October 31: Carroll College in Library 10:15am - 10:35am
- November 1: ASVAB @ FHS 8:15am - 11:30am



Upcoming Sports



10/6 - Varsity @ Colville
7pm

10/9 - JV @ Home vs.
Colville 5pm

10/13 - Varsity @ Home vs.
Riverside (Homecoming)



10/10 - @ Home vs.
Riverside 6pm

10/14 - @ Home vs. Quincy
12pm



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

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

10/11 - @ Lakeside 4pm

10/14 - @ Riverside State
Park 9am

Important Sports Links:



Pay Fines/Fees 



**JEFF
SMITH**



Freeman High School

*October is
Principal Appreciation Month*

**Thank you to our
amazing principals!**



**CHAD
RIPKE**



Freeman High School

*October is
Principal Appreciation Month*



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.

Dear Freeman Parents Guardians,

We hope this message finds you well. As we continue to provide a safe and enriching environment for our students during after-school hours, we would like to bring to your attention an important matter regarding the supervision of your child(ren) during these Freeman events.

The safety and well-being of our students is our top priority. In order to maintain a secure and enjoyable experience for all, we kindly request your active involvement and supervision when your child(ren) attend after-school events. These events may include extracurricular activities, club meetings, sports practices, and various other programs outside of regular school hours.

To ensure the safety of all children, we ask parents to:

- Attend the event with your child(ren) if they are middle school age & younger.*
- Report any unsafe behavior during the event.*
- Be a positive role model.*

And we ask students to:

- Remain on campus in the designated areas during the events that they are in attendance to support.*
- Students should not be in school hallways during an indoor after-school event such as volleyball, basketball or wrestling.*
- Students should not be on the baseball or softball fields during an outdoor after-school event such as football.*
- Students should not leave an after-school event that they are attending to go to the Freeman Store and then return to the event.*

Your support to help keep all children safe is invaluable, and we are confident that with your help, we can make a positive change at after-school events for the safety and well-being of our students.

Thank you for your continued support, and we look forward to working together to create a positive and secure environment for our students.

Sincerely,

Freeman School District Administrative Team

ABC IPC 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

INFORMATION FOR PARENTS & STUDENTS

Our school will participate in the Healthy Youth Survey this Fall.

Friday, October 20, 2023

The survey asks questions about risks for injury, health outcomes, and alcohol and drug use. Schools, and state and local agencies use survey results to support our youth and reduce their risks. The Healthy Youth Survey is voluntary and anonymous and provides important information to guide policy and programs that serve our youth.

Please share this information with your student.

Then talk about the survey and decide if your student will participate.

Q: Who will be asked to take the survey? A:

Students in Grades 6 - 12.

Q: Is the survey voluntary?

A: Yes! Students taking the survey can skip questions and stop taking the survey at any time. If you do not want your student to participate in the survey, you can call the school to excuse your student. Students can also tell their teacher that they do not want to take the survey. Students not taking the survey will take part in a different activity, such as studying or reading in the library. There is no penalty for not taking part in the survey. Your student's grades will not be affected.

Q: What questions are on the survey? A: Survey questions come from surveys across the nation and in Washington. Parents or guardians can contact their school office to see a copy of the questionnaire or review the questions on www.askhys.net. Some topics include:

- Information, such as age, sex, race and ethnicity
- Feelings about school and community
- Relationships with parents, friends, and neighbors
- Eating habits, physical activity
- Health education
- Attitudes about and the use of tobacco, alcohol and other drugs
- Behaviors and feelings related to safety
- Behaviors related to violence
- Gender identity (optional and simplified version available for Grades 6 and 7*)
- Sexual orientation (not for Grades 6 and 7)

Q: How is student identity protected? A: The HYS is always voluntary, and students will not put

their names on the survey. There are no codes or information to match a survey to a student. No one from the school will look at their answers. Students will submit their completed surveys confidentially when they are done.

If there were unauthorized access to students' answers, someone might try to identify a particular student using information like school, grade, and race/ethnicity. However, we take confidentiality very seriously and there are several steps we use to prevent unauthorized access to students' answers and to ensure that the sensitive information collected on the survey remains anonymous. You can learn more at: <https://www.AskHYS.net/HYS/HYSInformation>

Q: How are the survey results used? A:

Schools, school districts, counties and state agencies use the results to understand our students and to provide them with the services they need. Results are used for planning, evaluating, and improving programs, and getting the money to support them. Anonymous data are also shared with local health departments, Tribal Epidemiology Centers, and approved researchers.

Need More Information?

If you have any questions about the purpose of the survey or survey procedures:

- Call toll-free 1-877-HYS-7111
- Email healthy.youth@doh.wa.gov

Information about the Healthy Youth Survey can be found at: www.AskHYS.net

The Washington State Institutional Review Board has approved the procedures for the Healthy Youth Survey that are described in this letter. If you believe these procedures have not been followed, please call 1-800-583-8488. You do not have to leave your name. All messages will be returned.

Students have been taking the Healthy Youth Survey since 2002. The number of students has grown from only a few thousand students to over 230,000 a year!

Thank you for reviewing this information and talking with your student! The Healthy Youth Survey is sponsored by the following state agencies: Health Care Authority - Division of Behavioral Health and Recovery, Department of Health, Office of the Superintendent of Public Instruction, and Liquor and Cannabis Board.

SCOTTIEWOOD HOMECOMING '23

Friday 6th -
Rango or
wear yellow



Monday 9th - NO
SCHOOL/
hallway
decorating

Tuesday 10th -
Barbie or wear
pink



Wednesday 11th -
Top Gun or wear
green



Thursday
12th -
Avengers or
wear red



Friday 13th -
PAWparazzi or
wear blue



**HOMECOMING ACTIVITIES*

- MONDAY - OCT. 9TH hallway decorating from 8:30am - 3:00pm
- TUESDAY - OCT. 10TH assembly during school, home Volleyball @ 6:30pm and Soccer @ 6:00pm
- WEDNESDAY - OCT. 11TH Macho Volleyball @ 6:30pm
- THURSDAY - OCT. 12TH assembly during school, Kickball @ 6:30pm
- FRIDAY - OCT 13TH assembly during school, tailgating @ 5:00pm and home Football @ 6:50pm
- SATURDAY - OCT. 14th dance (tickets on sale for \$15/each Tuesday - Friday at lunch)



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!

* Event sponsored by *
friends of Max Casto



Student HIGHLIGHTS



CONGRATULATIONS



ATHLETE
OF THE WEEK

MICHAEL
ANDERBERG

FOOTBALL



CONGRATULATIONS



ATHLETE
OF THE WEEK

MCKENNA
FINLEY

SOCCER



CONGRATULATIONS



ATHLETE
OF THE WEEK

OWEN
OFFEREINS

CROSS COUNTRY

Student HIGHLIGHTS



Photos: Lane Mathews

Student HIGHLIGHTS

Photos: Lane Mathews



Student HIGHLIGHTS



Photos: Lane Mathews

Student HIGHLIGHTS

We need your help:

We believe in celebrating the accomplishments and activities of our incredible students a Freeman! Whether it's academic accomplishments, sports achievements, community service, artistic talents or any other noteworthy activities, we want to share their successes with the community in our Friday Flyer.

But, often times we do not know of these successes or activities, so if you have any photos or information about your child's achievements or activities that you would like to see featured in our "Student Highlights" section, please submit them to Kristal Hayek at khayek@freemansd.org. Please include a brief description of the event or achievement along with the photo.

Thank you for your help showcasing the wonderful things our students are doing.

