

OCTOBER 13, 2023

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

Parent/Teacher Conferences

We will be having Parent/Teacher Conferences on November 2nd and 3rd. Conferences are not required at FHS but are recommended if your student is struggling in a class or you would like to connect with a specific teacher. Our Conference Scheduler will be open in Skyward Family Access

on Monday, October 16th. If you would like a group conference with multiple teachers, please contact Raelyn Davis in the office at 291-3721.

**HAVE YOU BOUGHT
YOUR YEARBOOK?
EARLY BIRD PRICING ENDS ON
OCTOBER 16TH**
\$45 FOR YEARBOOK - \$50 WITH
PERSONALIZATION. AFTER THE 16TH
IT WILL BE \$50 AND \$55.



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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.

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 13TH
Senior Yearbook Photos Due

OCTOBER 14TH
Homecoming Dance

OCTOBER 19TH
FBLA Fall Conference

OCTOBER 25TH
LATE START - 10:15am
FSD Board Meeting - Latah
Creek Golf Course - 6pm

OCTOBER 26TH
PSAT Testing for 10th & 11th

NOVEMBER 2ND & 3RD
NO SCHOOL - Conferences

NOVEMBER 9TH
Veteran's Day Program 9am

NOVEMBER 10TH
NO SCHOOL - Veteran's Day
Observed

A complete listing of High School events can be found under the High School website at the "Calendar" tab.



VETERANS DAY SLIDESHOW

If you would like to be featured
in our Veterans Day assembly slideshow on
November 9th, please submit the following

- Name
- Picture
- Branch
- Relation to Freeman
- Years Served

Please contact Lane Mathews at lane.mathews@goscotties.com
or contact Scott Moore at smoore@freemansd.org

THANK YOU!

IMPORTANT COLLEGE & CAREER READINESS DATES:

- 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
- November 7: Common App Support during Scottie Time for Seniors



Upcoming Sports



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

10/16 - JV @ Riverside 5pm

10/20 - Varsity @ Newport 7pm



10/14 - @ Home vs. Quincy 12pm

10/17 - @ Home vs. Deer Park (Senior Night) 6pm

10/19 - @ Colville 6pm



10/17 - @ Home vs. Deer Park (Senior Night) JV/C-5pm, Var-6:30

10/19 - @ Colville JV/C-5, Var-6:30

10/21 - @ Chelan 12&2pm

CROSS COUNTRY

10/14 - @ Riverside State Park 9am

10/18 - @ Home (Senior Night) 4pm

Important Sports Links:



GO FAN

Pay Fines/Fees

goscotties.org
athletics website

Winter Sports Begin Practice November 13th

Any students interested in participating in Basketball or Wrestling - the season begins in one month!

There will be pre-season meetings this next week on Wednesday, October 18th, during lunch. Please plan to have your student attend to meet the coaches and get all the important details on the upcoming season.

As with any sport, we must have a current sports physical on file in the school office before an athlete can practice.

We also need each student registered in Final Forms and all forms completed by both parent and student. Please note that to "register" for a sport, the parent must log in and select the appropriate sport, otherwise your student is not on the roster and you will not receive communications from coaches - which is very important, especially in the beginning. You can find a link to Final forms to the bottom left of this page.

If you have any questions regarding Winter Sports, Final Forms, payments, etc. please reach out to Kristal Hayek at khayek@freemansd.org or Chad Ripke at cripke@freemansd.org or call 291-3721.

Harvest Hoedown Volunteers Needed



Freeman PTSG will be holding their annual Harvest Hoedown on Friday, October 27th. If you would like to volunteer, please sign up [here](#).



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

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.



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

TICKET

321654

TICKET

ADMIT



ONE

321654

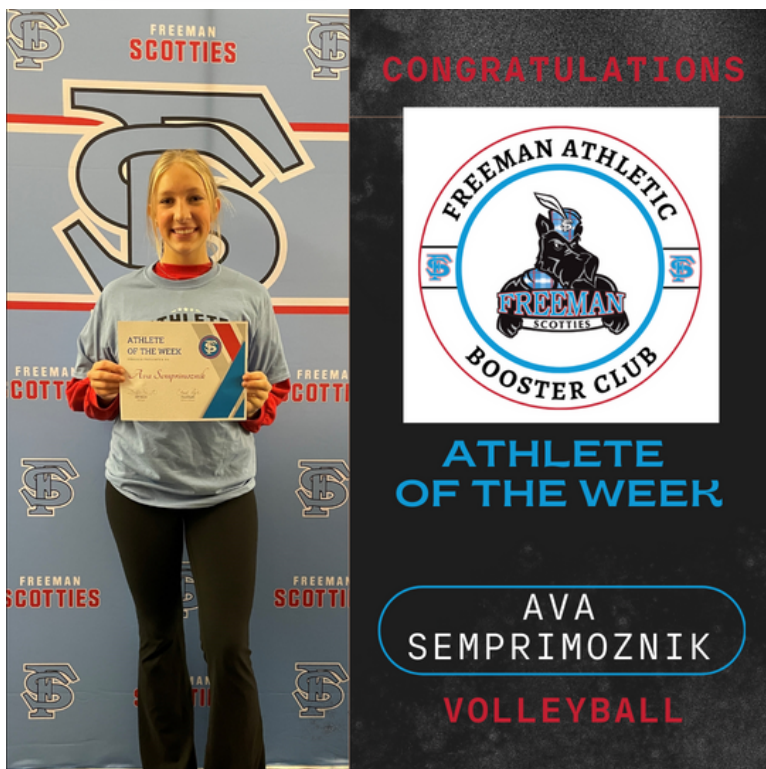
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TICKET

ADMIT



Student HIGHLIGHTS



Student HIGHLIGHTS



Conservation Club backpacking in the Selkirk Mountains last weekend

Student HIGHLIGHTS



Student HIGHLIGHTS



Special thank you to STCU for facilitating Money Live for Freeman, Liberty and Oaksdale seniors this past week. Money Live is a real-life, hands-on simulation designed to demonstrate to students the importance of long-term planning for future choices about housing, food, childcare, insurance, auto buying and more.