

OCTOBER 20, 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 is open in Skyward Family Access. If

you would like a group conference with multiple teachers, please contact Raelyn Davis in the office at 291-3721.

Harvest Hoedown Volunteers Needed

Freeman PTSG will be holding their annual Harvest Hoedown on Friday, October 27th. They are still in need of volunteers to help with the event. If you would like to volunteer, please sign up [here](#).



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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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!

Save the Date!
FSD
**CURRICULUM AND
INFORMATION
NIGHT**
4:30- 6:30 PM
Thursday, Nov. 2

Join us in the K-8 MPR and the FHS MPR to
preview curricula that are of interest to our
community including:

- Social-Emotional Learning (K-12)
- Sexual Health and Education (5-12)
- Suicide Prevention (7-12)
- Career and Technical Education- CTE (7-12)
- STEAM Enrichment (K-5)
- Title/ LAP Reading Intervention (K-5)
- Balanced Calendar (TK-12)

UPCOMING events

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

NOVEMBER 13TH

Winter Sports Begin

NOVEMBER 22ND

Early Release

NOVEMBER 23RD-24TH

NO SCHOOL - Thanksgiving
Break

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



Career Crossover Event

Construction, Aerospace,
Automotive and
Adv. Manufacturing

OCTOBER 25TH @ EAST VALLEY HS
5-8PM

Community Event for all ages!

NEW ESD 100

EAST VALLEY SCHOOL DISTRICT

IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 23: University of Washington @ FHS during lunch
- 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
- November 15: Health Care Careers @ WSU Spokane 9am-12pm



Upcoming Sports



10/20 - Varsity @ Newport 7pm

10/23 - JV vs. Newport 5pm

10/27 - Varsity vs. Medical Lake (Senior Night)



10/28 - @ Home vs. TBD - District Playoffs 5pm
Admission required - GO FAN ONLY. [Purchase here](#)



10/21 - @ Chelan 12&2pm

10/25 - @ Home vs. TBD - District Playoffs 7pm
Playoff Admission of \$8/\$6 - NO PASSES, GoFan only. [Purchase here.](#)

10/28 - @ Home vs. TBD - District Championship 1pm
Playoff Admission of \$8/\$6 - NO PASSES, GoFan only. [Purchase here.](#)

10/27 - @ Chewelah Golf Course for Districts 1pm
Admission required - GO FAN ONLY. [Purchase here](#)

CROSS COUNTRY

Important Sports Links:



[Pay Fines/Fees](#)



Winter Sports Begin Practice November 13th

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

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.

Save the Date...2nd Annual Athletics Auction

Back by popular demand...the 2nd Annual Freeman High School Athletics Auction & Dinner Fundraiser! Mark your calendars now to join us for this fun evening as a community and supporting Freeman Athletics.

Saturday, February 3rd, 5:30pm
at the Coeur d'Alene Casino & Resort

More details to come soon including how to donate items, when tickets go on sale, room block code at the hotel, etc. We look forward to another fun and successful fundraising evening for Freeman athletes.



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.

Scottie Jiu Jitsu Club

With Mr. Schneider



[Google Form to Sign up](#)

About Mr. Schneider

Mr. Schneider is starting a Jiu Jitsu club for anyone interested.

Zack Schneider is a Black belt under 6x world champion Robert Drysdale, and has been competing at the professional level for the past 2.5 years.

Jiu Jitsu is a grappling art (no striking) that emphasizes using leverage and control in order to achieve a submission.

About the Classes

Kids class Monday 5-6:30 P.M.

Adults class Monday 6:30-8 P.M

First class is free, \$60 per month after that based on starting day. Please contact us if pricing is an issue or to work out a deal for multiple family members.

We recommend Elementary and Middle School students attend kids class, while high schoolers, older siblings and parents attend the adult class. You are welcome to choose for yourself which class would suit you best.

Classes will take place in the K-8 MPR on wrestling mats.

Attire

T-shirt and shorts/leggings are fine, preferably a tighter shirt and no pockets to avoid fingers and toes being caught. No shoes or wrestling shoes, bring flip flops and water for the side of the mat.

Student HIGHLIGHTS



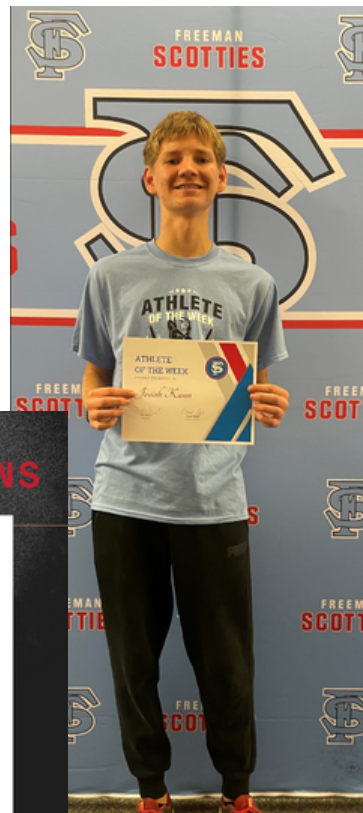
CONGRATULATIONS



ATHLETE
OF THE WEEK

AUBREY
GREGORY

SOCCER



CONGRATULATIONS

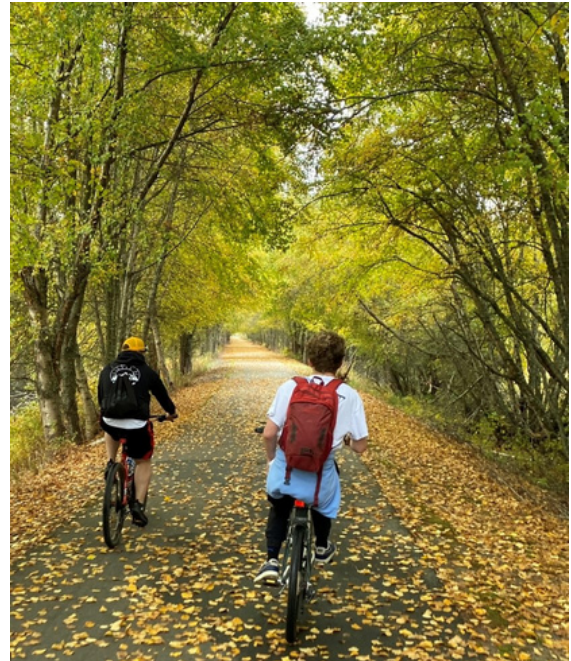


ATHLETE
OF THE WEEK

JOSIAH
KANN

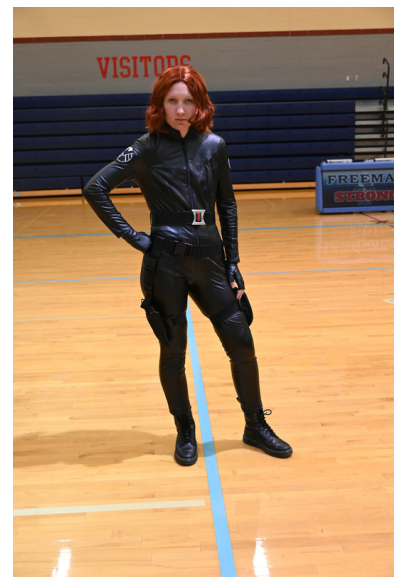
CROSS COUNTRY

Student HIGHLIGHTS



Members of the Conservation Club biked 34 miles to and from Harrison, Idaho on the trail of the Coeur d'Alene last weekend.

Student HIGHLIGHTS



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