

NOVEMBER 3, 2023

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

SENIORS: ALL CLASS YEARBOOK PHOTO IS NOV. 15TH

Attention Class of 2024: the all-senior class photo is going to be at 7:45am on Wednesday, November 15th. Please wear our new school shirts (or Scottie blue if you didn't get one) for the photo. We will take the 13 year senior photo immediately after the whole class picture. Please meet Ms. Longinotti in the main gym. Picture will be taken at 7:45am sharp.

HAVE YOU REGISTERED TO VOTE?

BECAUSE YOUR VOTE MATTERS

It's a simple process...

- ✓ Click on this image
- ✓ Scan the QR code



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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.

HONORING ALL WHO SERVED



- 2023 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 9, 2023 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!
www.freemansd.org

UPCOMING events

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

NOVEMBER 28TH

Winter Sport Team Photos
After School with Leos

NOVEMBER 29TH

LATE START - 10:15AM
School Board Mtg. 6pm K8MPR

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



REMINDER

AP EXAMS SIGN UP DEADLINE WEDNESDAY NOVEMBER 15TH

Important Info:

- Exam fee: \$98
Free/Reduced Lunch status: \$62
- Late Registration
fee: \$40
- Fees due:
May 17th, 2024
Register now, pay later



2024 AP EXAM SCHEDULE

AP EXAMS ARE SCHEDULED BY COLLEGE BOARD
DATES ARE FINAL

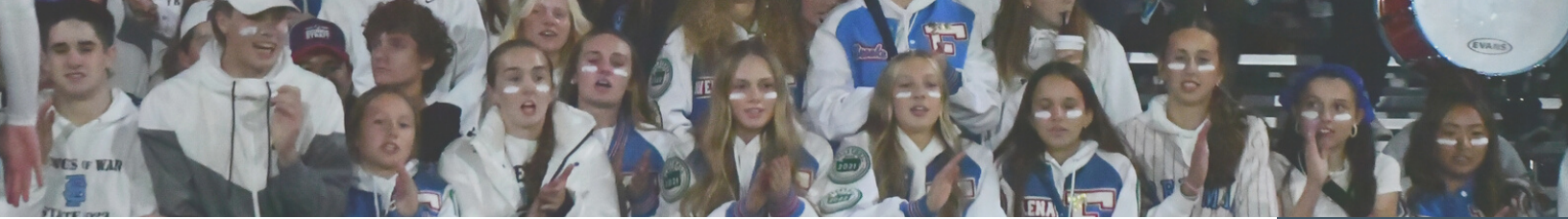
Get theses on your
calendars early!



- AP U.S. Gov't. & Politics
 - Monday, May 6, 2024 8 a.m.
- AP Environmental Science
 - Thursday, May 9, 2024 8 a.m.
- AP U.S. History
 - Friday, May 10, 2024 8 a.m.
- AP Calculus AB
 - Monday, May 13, 2024 8 a.m.
- AP Precalculus
 - Monday, May 13, 2024 12 p.m. (Noon)
- AP English Language and Composition
 - Tuesday, May 14, 2024 8 a.m.
- AP Biology
 - Thursday, May 16, 2024 12 p.m. (Noon)

IMPORTANT COLLEGE & CAREER READINESS DATES:

- November 7: Common App Support during Scottie Time for Seniors
- November 15: Health Care Careers @ WSU Spokane 9am-12pm
- November 16: Army National Guard during lunch



2023 FOOD DRIVE



The 2023 Food Drive will be a district-wide effort, with a goal of raising 3,000 pounds of food!

When: November 7th - November 17th

Donation: HS & Elem - North Palouse Food Bank
MS - Fill the Gap

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.



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

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





Upcoming Sports



11/3 - Varsity vs. Quincy
7pm



11/7 - First Round of State
vs. TBD. Time and place
also TBD



11/10-11/11 - State in
Yakima (schedule TBD)

CROSS COUNTRY **11/4** - State in Tri-Cities

Important Sports Links:



Pay Fines/Fees



Congrats to Our All-League Athletes...



Football 1st Team Offense:

Luke Whitaker, QB
Kanoa Rogan, RB
Sage Gilbert, WR
Ethan Hernandez, OL

Football 1st Team Defense:

Michael Anderberg, DL
Ethan Hernandez, LB
Sage Gilbert, DB

Volleyball 1st Team:

Aspyn Reed, OH
Avery Boswell, DS

Volleyball Most Valuable Player:

Ava Semprimoznik

Volleyball 2nd Team:

Brooke Berglund, MH
Lexie Kennedy, L

Football 2nd Team Offense:

Colton Wells, WR
Michael Anderberg, OL

Football 2nd Team Defense:

Cody Cayce, LB
Giovanni Sutherland, LB
Vance Coyner, DB

Soccer:

Rowan McGarity, Def. MVP

Rylee Russell, F
Aubrey Gregory, F
Nicole Dupont, M
Lilly Nelson, G

Cross Country:

Eli Cotton
Ella Jones
Ava Mounts
Barrett Poulsen



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.



ATHLETICS AUCTION & Dinner Fundraiser

February 3rd | 5:30pm
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment and more.

Tickets on sale Nov. 15th

TICKETS

\$50/PERSON

\$375/TABLE OF 8

Purchase a table & sit with friends for
RESERVED SEATING. Individual tickets and
couples will be **OPEN SEATING.**

How to get involved...

- ✓ Purchase tickets and attend (we sold out last year)
- ✓ Donate & help procure items by January 15th
- ✓ Volunteer to work on the committee or help set up/tear down
- ✓ Extend the fun and stay the night with our discounted room block - use booking id# 11671 CALL 1-800-523-2464 (sold out last year)

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If you have questions, would like to donate or volunteer please email khayek@freemansd.org

BLOOD DRIVE

Because of you, life doesn't stop.



FREEMAN HIGH SCHOOL BLOOD DRIVE

TUESDAY, NOV. 21ST
8:30AM – 12PM

SIGN
UP
HERE!



To make an appointment:

SCAN QR
code or visit
[Vitalant.org](https://www.vitalant.org)



CALL
877-258-4825
877-25-VITAL



Use the
**VITALANT
DONOR APP**



vitalant
Blood Donation



APPOINTMENTS
are encouraged.



Ask us how you can
POWER UP your donation.

#BecauseofYou, the future of our nation's blood supply is being built today. As our most loyal and frequent blood donors become older, young people are the future of our nation's blood supply; the future of ensuring blood is available for every patient in need.

**16 and 17 year old donors
– Please fill out a parent
permission form before
the blood drive.**



JOIN FREEMAN PTSG FOR

Kids Holiday Craft Night

FRIDAY, DECEMBER 8

4:30- 6:30 PM

FREEMAN K-8 MPR



WANT TO HELP KIDS CREATE A CRAFT?

Volunteers Needed to Host a Table!

\$150 reimbursement available per table

Email kristinclerget@gmail.com

CLASS OF 2027 BOOSTER FUNDRAISER



Support the Class of 2027 by purchasing organic, foaming hand soap and sustainable glass bottles with your choice of:

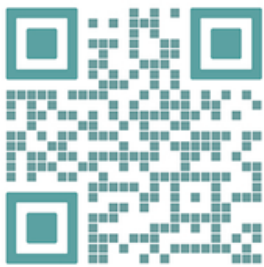
- CITRUS
- LAVENDER
- EVERGREEN
- UNSCENTED



Up to 35% of purchase price goes directly to the Class of 2027 Senior All-Nighter!

ORDER TODAY!

Fundraiser Dates: November 6-27



Start a soap subscription with a Welcome Kit or order one of the Gift Boxes. Great for every home and a perfect gift for the holidays!

Scan the QR code and enter FREEMAN2027 at checkout
-or-

Use the link below to automatically apply the code at checkout
<https://www.promisesoap.com/discount/FREEMAN2027>

Enter your **STUDENT'S NAME** in the **NOTES FIELD** at checkout for easy pickup! Every student with two or more subscriptions assigned to their name at checkout will receive a Freeman cinch sack!

All orders will be delivered to the school within two weeks once the fundraiser ends, just in time for the holidays! Evening pickup times will be made available for students with several orders.



With every subscription purchased, The Promise Soap Company will give us a bottle of soap! Help us reach our goal to provide a bottle of soap for every Teacher and Staff at Freeman High School!

*If ordering a subscription the initial order purchased during the fundraiser will be delivered to the school, all future subscription orders will be shipped to the address entered during checkout.

BETTER SOAP FOR A BIGGER PURPOSE

Student HIGHLIGHTS

Good Luck
@ CC STATE



Congratulations to:
Ava, Barrett, Ella and Eli
on qualifying for State in Cross Country!
They will be competing
tomorrow in Tri-Cities.

Student HIGHLIGHTS



 Freeman Volleyball District Champions
and Qualified for State! Congratulations! 

Student HIGHLIGHTS



*Freeman Soccer District Champions
and Qualified for State! Congratulations!*



Student HIGHLIGHTS



Student HIGHLIGHTS



CTE News

Students in Mr. Wood's Construction and Metals class are working towards an OSHA 10 industry certification. OSHA 10 is a 10-hour safety course designed by the Occupational Safety and Health Administration that covers general safety and health hazards for entry-level workers. Heidi Gerke from ABC Inland Pacific is our trainer. Our students are so fortunate to learn from Heidi's vast knowledge of the field and the latest in safety equipment and practices.



Student HIGHLIGHTS



Soccer
vs. Lakeside