

NOVEMBER 10, 2023

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families,

At FHS, students are continuing to enjoy the success of a fantastic Fall while simultaneously looking forward to new opportunities with the new season! Although Trap, Knowledge Bowl and winter athletics are underway or soon to be, I'd like to take a moment to recognize our students' accomplishments this Fall: SkillsUSA, FBLA and FFA are all extremely active and representing Freeman very well in competitions and conferences, and all of our Fall athletic teams are making successful statements in State competitions. I'd like to specifically thank a group of students for their work this Fall: our Cheer team - the Cheer team provided an instructional camp for younger students, supported our athletes throughout the season, and entertained spectators at halftimes - thank you, Cheer! To finish, I'd like to comment on how thankful I am to come to work every day and greet such incredible students. Freeman students are respectful, hard-working and spirited. I'm also thankful that I'm able to work daily with such a dedicated group of professional staff. I believe that staff members at Freeman have their students' best interests at heart, and they "go the extra mile" to support Freeman kids. I'm thankful that parents trust us with the well-being of their children and are willing to work with staff as partners in their children's education. I'm thankful for community members who support Freeman in a myriad of ways. As I watch our students achieve in the classroom, in athletics, in the arts and at club competitions, I am constantly reminded that there is plenty to be thankful for at Freeman High School. Go Dawgs!

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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## 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.

## BLOOD DRIVE

Because of you, life doesn't stop.



## FREEMAN HIGH SCHOOL BLOOD DRIVE

TUESDAY, NOV. 21<sup>ST</sup>  
8:30AM – 12PM

SIGN  
UP  
HERE!



To make an appointment:

SCAN QR  
code or visit  
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.

## UPCOMING events

### NOVEMBER 10TH

NO SCHOOL - Veteran's Day  
Observed

### NOVEMBER 13TH

Winter Sports Begin

### NOVEMBER 13TH-17TH

FSD Food Drive

### NOVEMBER 21ST

Vitalant Blood Drive 8:30-noon

### 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 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!

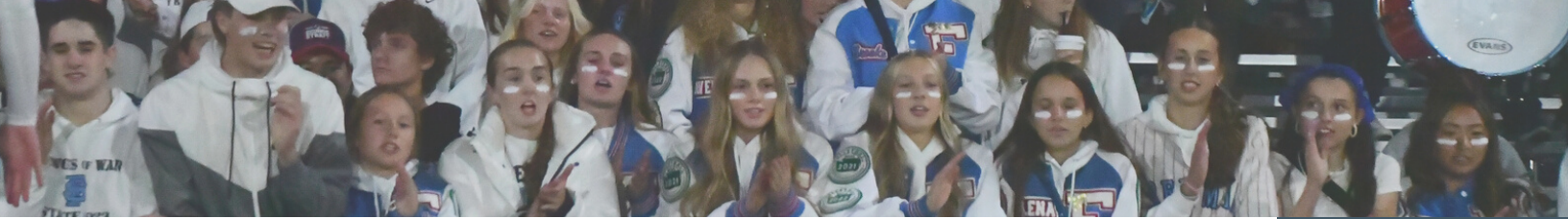


- AP U.S. Gov't. & Politics
  - Monday, May 6, 2024 8 a.m.
- AP Environmental Science
  - Thursday, May 9, 2024 8 a.m.
- AP U.S. History
  - Friday, May 10, 2024 8 a.m.
- AP Calculus AB
  - Monday, May 13, 2024 8 a.m.
- AP Precalculus
  - Monday, May 13, 2024 12 p.m. (Noon)
- AP English Language and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

### IMPORTANT COLLEGE & CAREER READINESS DATES:

- November 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



**11/10** - Varsity @  
Montesano 7pm



**11/10-11/11** - State in  
Yakima first game Friday  
at 9am vs. Toppenish  
Follow bracket [here](#)

**CROSS  
COUNTRY**

## Important Sports Links:



[Pay Fines/Fees](#)



## Winter Sports Begin Next Monday

Girls Basketball, Boys Basketball and Wrestling begin next Monday, November 13th. If you have not received any communication from coaches, that is most likely because your student is not signed up for the sport in [Final Forms](#). Please go in and add your student and the sport in Final Forms then complete all paperwork.

Monday practice times are as follows:

Wrestling - 3pm in the hitting facility behind the school

Boys Basketball - 5:15pm blue gym

Girls Basketball - 3pm blue gym

Please make sure to pay your winter sport fees as well. They are due by the first game. Fees are listed below. You will need to login to the [payment site](#) and use "select items at students school" and then find the appropriate items to add to your cart.

Winter Sport Fee	\$25
Transportation (only due 1x/year)	\$20
ASB Card (only due 1x/year)	\$35

If you are unsure if you have paid, you can check your customer history online or feel free to call Kristal at the office at 291-3721 or email [khayek@freemansd.org](mailto:khayek@freemansd.org).



## 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.





# Balanced Calendar Q&A

This Q&A was compiled from the Freeman Balanced Calendar Committee work and the Office of Superintendent of Public Instruction Balanced Calendar Information page.

## Background

In Washington State, a school year lasts 180 days. Students have a few short breaks along the way and a long break in the summer. Many students experience a loss of learning and continuity during the extended break. Students with consistent access to enriching activities throughout the year are more successful in school (Pedersen, 2016). How can we increase access to these enriching activities for more students? How can we prioritize student and staff mental health? One potential solution is a “balanced calendar.”

## Questions & Answers

### What is a balanced calendar?

Instead of concentrating 180 school days into nine months, a balanced calendar spreads them throughout the year, including traditional Thanksgiving, Christmas, Spring Break, and Summer Breaks. Schools may use the breaks to host “intersessions,” where they can provide additional learning enrichment experiences.

### Does it work?

Schools that follow a balanced calendar tend to have higher achievement scores (Pedersen, 2016). A traditional summer break lasts 10 to 12 weeks, compared to 7-9 weeks in a balanced calendar. Shorter breaks mean more consistent student-teacher partnerships and less learning disruption. Students need less review time at the beginning of the new school year, so there is an embedded opportunity to expand the curriculum and learning experiences.

### Does it mean more school?

Balanced calendars keep the same number of school days as traditional calendars, but they add flexibility. With input from surveys and site visits, the Freeman Balanced Calendar Committee and school leaders drafted a calendar to fit what was best for the Freeman community.

Teachers who work in a balanced calendar have reported that it is easier to plan instruction in shorter chunks between breaks rather than for an entire semester (Pedersen, 2016). In addition, ending the first semester, trimester, or second quarter before winter break creates more energy and readiness for students and teachers when they return (Hasser & Nasser, 2005).

## **How does a balanced calendar affect students...**

### **...in foster care or experiencing homelessness?**

Students in foster care or experiencing homelessness are eligible to receive support through several state and federal programs. These students often have disruptions in their education, making it difficult for them to be on target for graduation. A balanced calendar can provide additional opportunities for credit accrual and recovery and interrupt the effects of cumulative learning loss in developing individual school graduation plans.

### **...with disabilities?**

Students with disabilities may not have access to highly specialized resources (occupational therapists, physical therapists, speech and language specialists, and adaptive equipment) during long summer breaks. Transition services, such as job shadows, can occur during intersessions without taking the student out of classroom instruction. When interventions occur at the end of each summative period, there is evidence of reduced students needing Individualized Education Programs (IEPs) or qualifying for special education services over time (Smith, 2011; Evans, 2007).

### **...in off-campus school programs?**

For students in Running Start or learning a trade, students, and parents are responsible for their local University, Community College, and Skill Center calendars for potential impacts on students participating in those programs part-time.

### **...in advanced programs, like AP?**

A balanced calendar can provide an opportunity for involvement in special projects and targeted learning opportunities. The balanced calendars will consider the testing schedules for Advanced Placement.

## **Does it affect high school credits and graduation requirements?**

State graduation requirements remain the same. Each school district is responsible for supporting every student to earn the necessary credits for graduation, meet their graduation pathway, and complete a High School and Beyond Plan.

## **What about Middle and High School sports?**

High school athletics are often viewed as a barrier due to scheduling challenges, but conflicts can be mitigated. For decades, school districts nationwide have successfully supported interscholastic sports among schools with different school year calendars. The modern balanced calendar has ties back to the 1890s. Washington's Interscholastic Activities Association (WIAA) has successfully navigated a variety of school year calendars. Despite leadership changes, WIAA has stated its support of allowing districts to determine the right school year calendar for their students and communities.

During the Freeman Balanced Calendar committee site visits to Churchill County SD, Washoe County SD, La Mesa-Spring Valley SD, Oceanside Unified SD, and Winlock SD, Athletes, Athletic Directors, Coaches, and Administration in both Middle and High Schools did not have conflicts because of their calendars, even when the opposing district was not on the same calendar.



## Parents and Guardians

### You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.\*

You can participate in this free service\* just by sending a text message of "Y" or "Yes" to our school's short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".


SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from  
your mobile  
now!**



**Just send "Y"  
or "Yes" to  
67587.**

 **Information on SMS text messaging and Short Codes:** SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers.

*If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.*

\*Terms and Conditions: Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See [schoolmessenger.com/tm](http://schoolmessenger.com/tm) for more info.





# 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](mailto:khayek@freemansd.org)



# Volunteers Needed



## We need help with:

We need engineers, teachers, students and people who understand the importance of teamwork. Previous experience is not required and training is available both online and in person the day of the event. This is a fun, energy-filled, exciting day with students aged 9-14 yrs who are engaging with the FIRST program to build science, engineering and technology skills.

## SIGNUP, VOLUNTEER SCREENING, AND REGISTRATION:



Scan this QR code with your phone camera or go to the website listed below!



[HTTPS://WWW.FIRSTINSPIRES.ORG/WAYS-TO-HELP/VOLUNTEER/HOW-TO-REGISTER](https://www.firstinspires.org/ways-to-help/volunteer/how-to-register)

## BENEFIT:

- Food is provided
- Free Volunteer Tshirt
- Inspire and build excitement with local youth about STEM!



Saturday, December 9th &  
Sunday, December 10th, 2022  
7:30am-4:00pm



Freeman Middle School,  
15001 S Jackson Rd, Rockford,  
WA 99030

## REGISTRATION DEADLINE:

December 7th

PEOPLE NEEDING  
ACCOMMODATION SHOULD CONTACT



Molly.z@comcast.net or



lorna.kropp@gmail.com



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](mailto:kristinclerget@gmail.com)



# Student HIGHLIGHTS

## *Freeman Soccer State Send Off*

*Soccer hosted the first round of State yesterday and lost to Bear Creek 1-2. Congratulations on a great season Scotties!*





# Student HIGHLIGHTS

## CROSS COUNTRY STATE



Last weekend these four competed at CC State:

Barrett Poulsen - placed 7th out of 164 1A qualifiers

Eli Cotton - placed 47th out of 164 1 A qualifiers

Ella Jones - placed 44th out of 150 1A qualifiers

Ava Mounts - placed 67th out of 150 1A qualifiers





# Student HIGHLIGHTS

## Freeman Football State Send Off

*They will play Montesano at Montesano Friday night at 7:00pm.  
If you can't make it in person you can watch it on YouTube [here](#)*





# Student HIGHLIGHTS



2023-24  
Scotties



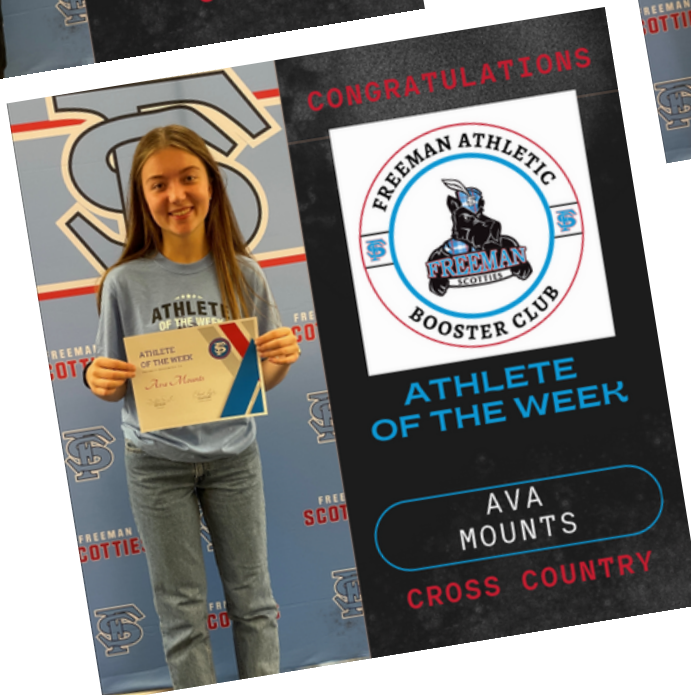
# Student HIGHLIGHTS

## Freeman Volleyball State Send Off

*They will play Toppenish Friday morning at 9:00 a.m. in Yakima.  
Click [here](#) to follow them in the bracket.*



# Student HIGHLIGHTS





# Student HIGHLIGHTS

## Veterans Program

