



FEBRUARY 2, 2024

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

SPRING SPORTS BEGIN IN JUST 3 WEEKS!

If your student is interested in playing a Spring sport, we will have interest meetings this next Tuesday, February 6th, during lunch. Locations of the meetings will be announced to the students during announcements. Please encourage your student to attend and get all necessary information.

Track, Baseball, Softball and Tennis begin on February 26th. Golf will begin shortly after then (more details to follow and dependent on weather). Please go in to [Final Forms](#) and double check that you have selected the Spring Sport which your student plans to play (only select 1 Spring Sport). This is how we know how many athletes to expect and this is the main form of coach/parent communication before the season begins. All online forms will also need to be completed by both parent and student. We also need a current sports physical on file for your student in order for them to even participate in the first practice. You can check the status of your student's physical in Final Forms as well.

Please make sure to pay your spring sport fees before the season begins. 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.

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

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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RUNNING START INFO NIGHT

TUESDAY FEBRUARY 6TH 6:00PM
@ FREEMAN HIGH SCHOOL



 Community Colleges of Spokane
Spokane Falls Community College

 Community Colleges of Spokane
Spokane Community College

10TH AND 11TH GRADERS
& THEIR FAMILIES

Questions?
Email Ms. Holm

KHOLM@FREEMANS.D.ORG



UPCOMING events

FEBRUARY 6TH

Running Start Info Night 6pm

FEBRUARY 7TH

LATE START FOR STUDENTS
10:15am

FEBRUARY 19TH

NO SCHOOL - President's Day

FEBRUARY 26TH

Spring Sports Begin

MARCH 1ST

Snow Make Up Day - NO
SCHOOL (unless we take a
snow day)

MARCH 4TH

NO SCHOOL - Teacher P.D.
Day

MARCH 6TH

LATE START FOR STUDENTS
10:15am

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



C

T

E

COLLEGE



CAREER

readiness

AG EDUCATION COMPETITION

Last week, freshmen Briley Snyder and Clara Dawe competed in Ag Education. They had to write a lesson plan and teach it to a panel of judges. Briley placed 1st and advanced to state and Clara placed 3rd.

Congratulations to you both!



IMPORTANT COLLEGE & CAREER READINESS DATES:

- February 1: WAVE Scholarship Opens
- February 12: Medical Assistant Information Session @ SCC 5-6pm Bldg 9
- February 29: Program Exploration Session 9-11:30am @ SCC Bldg 1



Upcoming Sports



2/6 - GV Districts Round 1 @ Medical Lake - 5:30pm

GoFan tickets only - purchase through link at right.

2/8 - Districts Round 2 @ West Valley
Boys - 7pm, Girls - TBD based on game on 2/6

GoFan tickets only - purchase through link at right.



2/3 - Districts @ Medical Lake - 10am

GOFAN digital tickets. Purchase through link to the right.

2/10 - Regionals @ Quincy

Important Sports Links:



Pay Fines/Fees



POST SEASON WRESTLING & BASKETBALL TICKETS

Please note that once we enter the post-season, all admission tickets become digital only. Please see the appropriate links for the different events below and plan to purchase your tickets ahead of time.



**District Wrestling
2/3/24 (click image)**

**Girls Basketball
2/6/24 (click image)**



**Boys Basketball
2/8/24 (click image)**





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.

Student HIGHLIGHTS



Knowledge Bowl vs. Chewelah

PHOTOS: FHS YEARBOOK STAFF & STUDENTS

Student HIGHLIGHTS



CONGRATULATIONS



ATHLETE
OF THE WEEK

MEGAN
MCGOWAN

CHEER



CONGRATULATIONS



ATHLETE
OF THE WEEK

GAVIN
ZEHM

BASKETBALL