



NOVEMBER 1, 2024

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

A MESSAGE FROM THE DISTRICT ADMINISTRATION

Freeman Families,

Thank you for your support and feedback following the Lockdown on Monday due to a swatting hoax. It is infuriating that these events occur nationwide. These reports rarely come from within the school and community, making it difficult for law enforcement to track where they are initiated. During the lockdown, all staff ensure that students are safe and communication with our parents is being prepared to be sent out as soon as possible. Unfortunately, it was brought to our attention that the initial text message did not go out to our MS and Elementary families; we apologize and have resolved the issue. Please understand that our priority is the safety of our students and staff, and then communication with our parents if permitted by the first responders, whose protocols may be to secure all communications when they arrive on scene. Again, thank you for your support, feedback and understanding.

Respectfully,

The Freeman Administrative Team

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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SUBMISSIONS FOR VETERANS DAY SLIDESHOW

We will be having our slideshow during the Veterans Day Program honoring Veterans that are related to Freemanites. If you'd like to have a veteran featured in our slideshow, please send the following information to lane.mathews@goscotties.com by end of day today, November 1st:

Name

Branch

Years Served

Relation to Freeman

Honors or Medals Received

Photo

You're Invited



Freeman School District's

VETERANS DAY CELEBRATION

FRIDAY, NOV 8TH

Breakfast for Veterans: 8:45-9:25am

Program: 9:30-10:45am

The Freeman Community and special guests are invited to join us for a program to honor those who have served our great country!

Freeman High School Gymnasium



UPCOMING events

NOVEMBER 8TH

Veterans Day Program 9:30am
Late Start Bell Schedule After
Program

NOVEMBER 11TH

NO SCHOOL - Veterans Day

NOVEMBER 18TH

Winter Sports Begin

NOVEMBER 20TH

FSD Board Mtg. 6pm - PRTC

NOVEMBER 22ND

Vitalant Blood Drive

NOVEMBER 25TH-29TH

NO SCHOOL - Thanksgiving
Break

DECEMBER 4TH

LATE START



C

T

E

COLLEGE CAREER
readiness



Construction Days

is hosted by Associated General Contractors of America and is held at the Spokane County Fairgrounds. What a great hands-on experience on the equipment and connecting to different aspects of the construction industry.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- November 1: EWU Instant Decision Day @ FHS 12-1:15pm
- November 5: Army Reserve during lunch
- November 13: Central Washington University here during lunch in Library
- November 13: SCC Trades Event 9am-12pm. Sign up in 2025 Google Classroom
- November 14: Coast Guard here during lunch
- November 20: Whitworth University visit during lunch in the Library
- December 1: FAFSA Opens for Class of 2025
- December 2: ASVAB Testing



Upcoming Sports



11/1 - Varsity @ Ritzville
7pm

11/4 - JV vs. Lind/Ritzville -
5pm



11/6 - Districts @ Home vs.
TBD - 6pm

11/9 - District Championship
@ Freeman - 5pm

BUY GOFAN TICKETS HERE -
\$8/\$6 *passes & ASB cards
not accepted



11/5 - Districts @ Home vs.
TBD 4:00 & 6:00pm

BUY GOFAN TICKETS HERE -
\$8/\$6 *passes & ASB cards
not accepted

11/7 - Districts @ Cheney
H.S. - TBD

**CROSS
COUNTRY**

11/9 - State in Pasco

Sports Links:



Pay Fines/Fees



CONGRATULATIONS



**ATHLETE
OF THE WEEK**

**MICHAEL
ANDERBERG**

FOOTBALL



CONGRATULATIONS



**ATHLETE
OF THE WEEK**

**DAKOTA
DAINES**

VOLLEYBALL



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		
1	8:15 -- 9:02	47 min
2	9:06 -- 9:53	47 min
SCOTTIE BREAK	9:53 -- 10:01	8 min
3	10:04 -- 10:51	47 min
4	10:55 -- 11:42	47 min
5	11:46 -- 12:33	47 min
LUNCH	12:33 -- 1:03	30 min
6	1:07 -- 1:54	47 min
7	1:58 -- 2:45	47 min

Late Start Schedule		
1	10:15 -- 10:46	31 min
2	10:50 -- 11:21	31 min
3	11:25 -- 11:56	31 min
4	12:00 -- 12:31	31 min
LUNCH	12:31 -- 1:01	31 min
5	1:05 -- 1:36	30 min
6	1:40 -- 2:11	31 min
7	2:15 -- 2:45	30 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. If we do not receive a note or a call, your student's absence will remain unexcused.

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 9:53am - 10:01am. Cost: \$2.50

LUNCH - served at the High School in the MPR. Cost: \$3.80

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.



FSD TECHNOLOGY NEWS

October, 2024

Dear Parent / Guardian,

As part of our commitment to your child's online safety, we want to let you know about an important update. Freeman School District has partnered with Qustodio, the world's leading provider of online safety solutions.

As devices play an increasing role in children's education it is crucial that we put safeguards in place. Your child already benefits from internet filtering technology which blocks inappropriate web content on their school-owned Chromebook. This is also mandated by US legislation.

Freeman School District is going one step further. We are granting every parent a free Qustodio Parental App account. Qustodio will give you important insights into your child's online activity on their school Chromebook. You can use it to review and manage activities on other devices in your home too.

With Qustodio, you'll be able to:

- Manage your child's screen time
- Supervise your child's online activity
- Access expert advice via **[Freeman School District's Online Safety Hub](#)**

Qustodio is a valuable partner that prioritizes privacy, safety and rights of students and parents worldwide.

Activate Your Free Account

On the following page, you will find simple instructions to register your account. Please be sure to use the same email address we have on file for you when registering to connect to your child's device.

We are excited to work with you and Qustodio to help our students develop healthy and safe online habits. Please visit **[Freeman School District's Online Safety Hub](#)** for more information about Qustodio, access to expert advice and additional resources.

Freeman does not provide support for Qustodio; instead, Qustodio offers support for their own product. Please email inquiries to: myschool@qustodio.com

Freeman School District
Information Technology



myschool@qustodio.com




<https://freemansd.onlinesafetyhub.io>

TEAMWORK MADE EASY

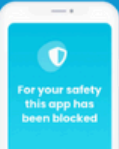
App for Parents & Families

Technology makes a direct impact on children, their families, and their learning environment. For children to learn and grow as digital citizens in our increasingly connected world, we must first lay out the foundations of online safety, digital literacy, and wellbeing.

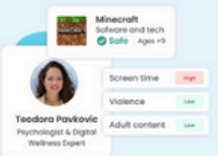
Through our school district's partnership with Linewize, our online safety and wellbeing provider, we are able to extend visibility and safeguarding controls on to parents and guardians.



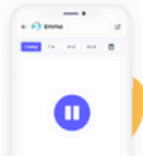
Visibility on student activity and device insights



Security coverage for in and out-of-school hours









Expert advice and guidance on digital threats and trends



Pause button to regulate digital activity

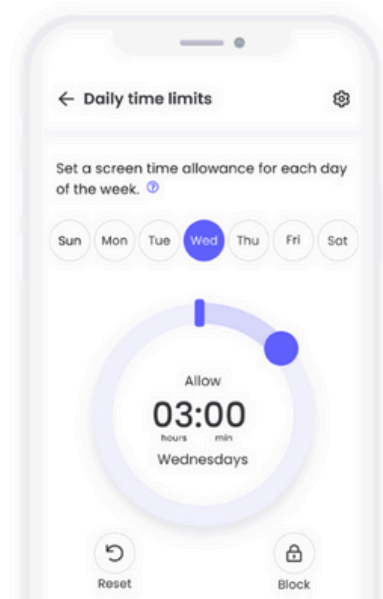
Parents and guardians can also extend protection to personal devices with family-focused digital wellbeing features that adapt to different needs as their child grows:

-  **Filter and block feature for content and apps**
-  **Location tracking and panic button feature**
-  **Visibility on browsing history, social media, and screen time**
-  **Calls & messages tracking to monitor suspicious activity**
-  **Time limits and screen-free schedules**
-  **Tailored reports and alerts for inappropriate content**

Works on the following devices:



Multi-parent access and management available



Qustodio is COPPA compliant and does not share personal data with third parties.



How to get started

1. Scan the QR code or visit qustodio.com/my-school
2. Create your account using the email address your school has on file
3. Get real-time visibility



Cybersecurity After School Program

Explore the World of Ethical Hacking!

What We Do:

- Learn about cybersecurity tools and techniques in a safe and ethical environment.
- Get hands-on experience with tools like wireless pineapples, Kali Linux, and more.
- Dive into real-world skills used to protect networks, secure data, and keep the internet safe!

Activities Include:

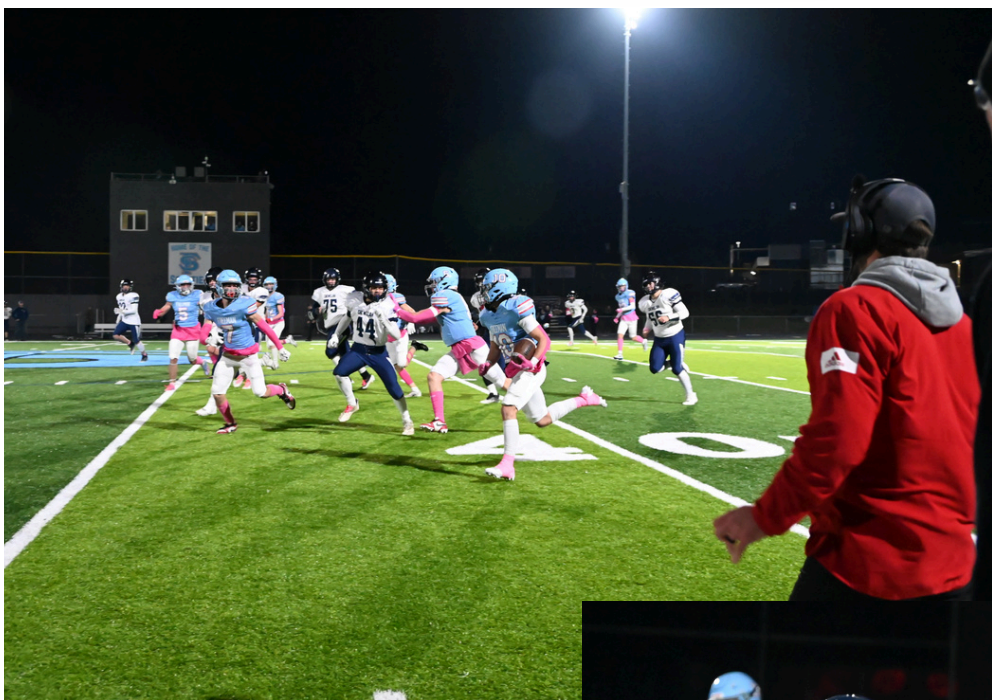
- Ethical hacking workshops
- Capture the Flag (CTF) challenges
- Guest speakers from the cybersecurity industry
- Group projects and competitions

Who Can Join? All students interested in technology, hacking, and cybersecurity are welcome! No experience is needed.

Why Join? Cybersecurity is one of the fastest-growing career fields. Joining our club is a great way to learn valuable skills and discover a possible career path!

When and Where? Wednesdays, right after school until 5pm in Mr. Monasmith's room, #118. First meeting will be November 6th. **Please note**, 11/6 and 11/13 the program will end at 4pm instead of 5pm. Other schedule changes will be discussed during meetings.

Student HIGHLIGHTS



Student HIGHLIGHTS



CONSTRUCTION

CLASSROOM

Student HIGHLIGHTS

SPOKANE NATIONAL COLLEGE FAIR

The Spokane National College Fair was this week! Over a hundred colleges were at the fair to share information with students about their school.

Students could also attend breakout sessions about financial aid, applications, NCAA and ROTC.

