

FREE STATE FIREBIRDS UPDATE

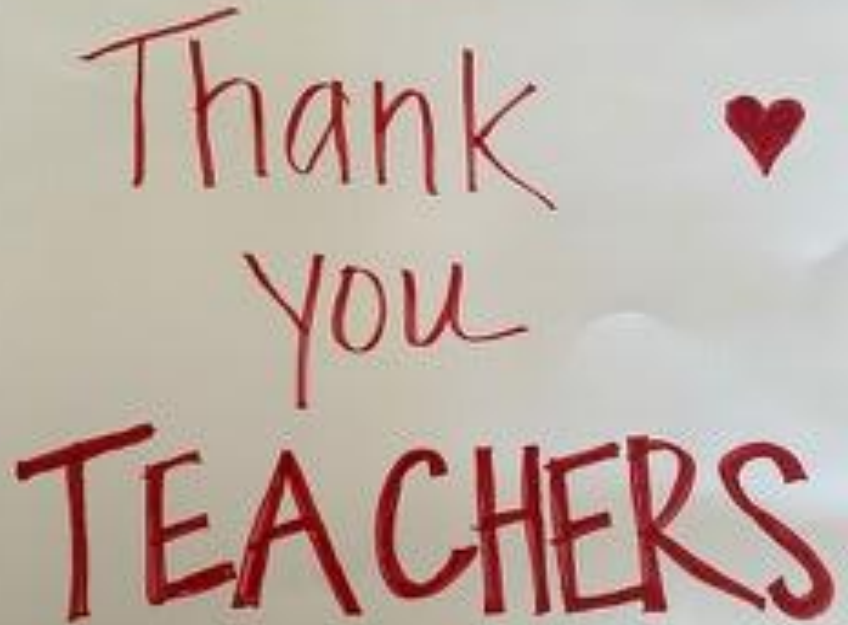
#LetsGoState




S.A.L.T. OF THE FIREBIRDS

Teacher Appreciation by
Senior Andrew Piper,

Member of the Firebirds Basketball Team

A photograph of a handwritten note on lined paper. The text is written in red ink. The first line says "Thank" followed by a red heart symbol. The second line says "you". The third line says "TEACHERS" in all caps. The paper is placed on a dark green background.

Thank 
you
TEACHERS

GYMNASTICS CONGRATULATIONS!!

**Kansas State Gymnastics
STATE CHAMPIONS!!**



GYMNASTICS CONGRATULATIONS!!

Kansas State Gymnastics Meet STATE CHAMPIONS!!

Bars | Talia Gay - STATE CHAMPION!!

Beam | Talia Gay - STATE CHAMPION!!, Kenzie Vaughn - 4th Place

Vault | Kenzie Vaughn - STATE RUNNER-UP!!, Talia Gay - 3rd Place

Floor | Talia Gay - STATE RUNNER-UP!!

All-Around | Talia Gay - STATE CHAMPION!!, Kenzie Vaughn - 4th Place

GOT CHANGE?

S.A.L.T. OF THE FIREBIRDS "BEAK THE STIGMA"



On Wednesday, November 04th, the S.A.L.T. of the Firebirds were joined by Mrs. Kristie Baumchen, Student-Athlete Wellness Coordinator at the University of Kansas, who spoke about the importance of mental wellness, overcoming adversity, and steps to take to try and manage the stress of uncertainty. We are so appreciative of Mrs. Baumchen and her willingness to meet with us about KU's Beak the Stigma Campaign - such an important, informative, and (literally) life-changing conversation! Click the link above to access the presentation.

WINTER SPORTS PAPERWORK REQUIREMENTS

Prior to a student-athlete trying-out/participating in a sport, he/she must have a completed registration on Register My Athlete (www.registermyathlete.com).

For Fall sports, the deadline to register is November 09, 2020.

The failure to register will result in a student-athlete's inability to participate.

Please note enrollment instructions are available on the Free State Athletics website (www.freestateathletics.com) under the "More" tab.

HYBRID LEARNING SCHEDULE

STARTING ON MONDAY,
NOVEMBER 09TH!

HYBRID LEARNING SCHEDULE - STARTS MONDAY, NOVEMBER 09TH

Monday

Group A - Last Names A-E

Tuesday

Group B - Last Names L-R

Wednesday

Super Flex Schedule - All Students*

Thursday

Group C - Last Names F-K

Friday

Group D - Last Names S-Z

Bell Schedule

0 Hour | 7-7:55am

Hour 01 | 8-8:55am

Hour 02 | 9-9:55am

Hour 03 | 10-10:55am

Hour 04 | 11-12:21pm (Lunch)

Hour 05 | 12:26-1:21pm

Hour 06 | 1:26-2:21pm

Hour 07 | 2:26-3:22pm

HYBRID LEARNING SCHEDULE HIGHLIGHTS

COVID Safety Precautions

- Daily Temperature Screening for Students and Staff
- Masks must be worn at all times when in the building, except for eating lunch/drinking water.
 - Students should bring an extra mask to school in case their mask becomes wet or soiled.
- Maintain 6 ft. Social Distancing at All Times
- Use Hand Sanitizer and Wash Your Hands Regularly
- Students should bring their own water bottles, fill stations are available, throughout the building.
- No Lockers
- Isolation Rooms Available for Students Awaiting Pick-Up Due to illness
- No Visitors.
 - If you need to pick up your student, please call the Main Office and students will be sent outside.

Breakfast/Lunch – All Meals Eaten in the Commons

- Breakfast Available at 7:45am
- Free Lunch Provided to All Students (Or Students May Bring Their Lunch)
- Closed Lunch, No Meal Deliveries

HYBRID LEARNING SCHEDULE HIGHLIGHTS CONT'D

Parking/Entrance into Building

- All Students Must Park in the Student Lot
- 0 hour students may enter the building at 6:45am through North entrance.
- 1st Hour students may enter no earlier than 7:45am, and must use the following entrances:
 - South Entrance (circle drive) is for parent/car drop-off and city bus riders
 - North Parking Lot
 - if you have a PE class or class in the 600 hallway, enter through the Gym entrance.
 - if you have a class in the 200 or 300 hallway, enter through the North entrance.
 - if you have a class in the 400 or 500 hallway, enter through the East entrance.
 - if you are dropped-off by a bus, follow the directions above.
- Students arriving after 8am must enter through the North entrance.
- Unless they are involved in athletics or school activities, students must leave the building by 3:30pm.

SUPER FLEX WEDNESDAYS

Free State will be utilizing "Super Flex Wednesday" until Winter Break. This is a result of the Redesign Process the school has been studying for the past two-years. It is also a result of a student survey that indicated overwhelmingly students need more time to complete homework and meet with teachers individually and in small groups. Super Flex Wednesday offerings provide support for existing content or enrichment opportunities. The flex sessions will not provide new course content that students would be held responsible for knowing, rather, students will choose their own sessions. Students will not miss content from their current class schedule regardless of what they choose. Teachers cannot mandate students to attend any specific session *unless students are failing or have missing exams*. Students will be held accountable for showing progress toward their individual academic related goals.

SUPER FLEX WEDNESDAYS CONT'D

Students will meet with their homeroom teacher during 1st Hour on Wednesday via Webex to develop a plan based on current grades, assignments and test scores. *Please note this is required attendance.*

Students will complete the planning form indicating their plan for the day. The form must be completed and submitted during homeroom each Wednesday.

The Super Flex Wednesday schedule is linked below in the schedule link. Teacher schedules are organized by department. Students should review the schedule for sessions that fit their individual academic needs before each Wednesday. A new schedule link will be sent out each week.

[Super Flex Schedule](#)

Schedule

Hour 01 | 8-8:34am - Homeroom Meeting

Hour 02 | 8:39-9:13am - Student Choice

Hour 03 | 9:18-9:52am - Student Choice

Hour 04 | 9:57-10:31am - Student Choice

Hour 05 | 10:36-11:10am - Student Choice

Lunch | 11:15-11:40am

Hour 06 | 11:45-12:19pm - Student Choice

Hour 07 | 12:24-12:58pm - Student Choice

KSHSAA BUFFER WEEK
SUNDAY, NOVEMBER 08TH -
SUNDAY, NOVEMBER 15TH

FALL ATHLETIC BUFFER WEEK

Art. 1: There shall be no athletic practice, offseason conditioning, informal basketball shooting, working out on wrestling mats, etc., in **school-owned** facilities during the Fall Athletic Buffer Week, commencing on Monday of Standardized Calendar Week (SCW) #19, through Sunday, SCW #20. Athletic activities of this nature may not be held under the supervision of a school staff member in non-school facilities. This means a **moratorium** on all school-sponsored **athletic** activities during this week.

Gymnasiums shall not be open to the students during the Fall Athletic Buffer Week for the purpose of shooting baskets, working out with weights, etc., **outside of school hours**. Noon hour and physical education classes are considered part of the school day.

NOVEMBER BIRTHDAY SHOUT-OUTS!!



Liz Crickard | November 10th

Erica Wheat | November 12th

Anna Miller | November 12th

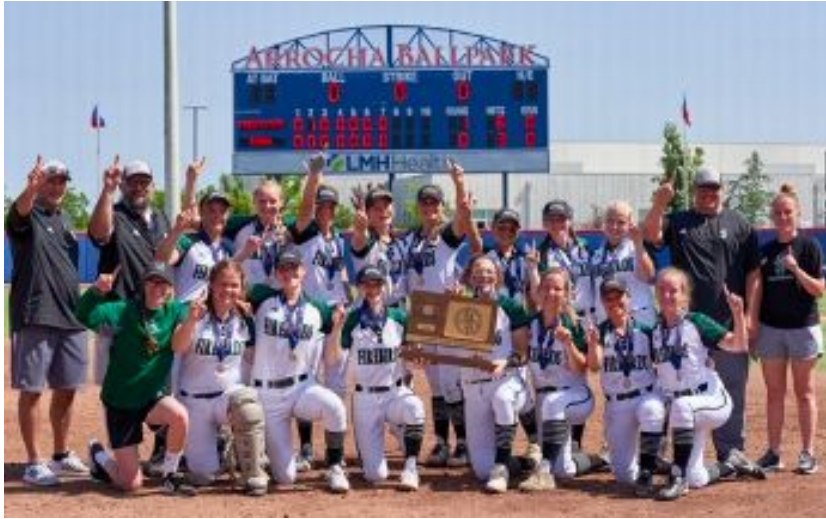
MONDAY, NOVEMBER 09TH

In-Person Learning | Group A - Last Names A-E
Remote Learning | Last Names F-Z

Alpha Weigh-ins/Hydration Tests for Wrestlers | 3:30pm, Wrestling Room

Lady Firebirds Softball Sign-Up Meeting | 3:45pm, Firebirds Softball Field

LADY FIREBIRDS SOFTBALL SIGN-UP MEETING



Lady Firebirds - if you are interested in trying-out for the Free State Softball Team this Spring, please plan to attend a Sign-Up Meeting at 3:45pm on Monday, November 09th at the Free State Softball Field. Please make sure you wear a mask and physically distance at all times while on campus.

if you are unable to attend and/or have any questions, please contact Coach ice at ice@sunflower.com or 785-760-4908.

TUESDAY, NOVEMBER 10TH

in-Person Learning | Group B - Last Names L-R
Remote Learning | Last Names A-K, S-Z

WEDNESDAY, NOVEMBER 11TH

Super Flex Wednesday Schedule

2019-20 Yearbook Pick-Up | 1-3:30pm, North Entrance

Alpha Weigh-ins/Hydration Tests for Wrestlers | 3:30pm, Wrestling Room



VETERANS DAY



THANK YOU FOR YOUR SERVICE

NOVEMBER 11TH

THURSDAY, NOVEMBER 12TH

in-Person Learning | Group C - Last Names F-K
Remote Learning | Last Names A-E, L-Z

FRIDAY, NOVEMBER 13TH

in-Person Learning | Group D - Last Names S-Z
Remote Learning | Last Names A-R

UPCOMING EVENTS



NOVEMBER

Monday, November 16th

First Day of Winter Sports

Wednesday, November 25th

Fall Recess - No School

Thursday, November 26th

Fall Recess - No School

Friday, November 27th

Fall Recess - No School

LET'S GO STATE!

