

Free State Firebirds Update

#LetsGoState



A decorative graphic in the top-left corner consisting of a network of interconnected nodes and lines, rendered in light blue and grey tones. The nodes are represented by small circles, some of which are larger and have a double-circle effect.

*Free State Firebirds
Athletic Department Updates*

A decorative graphic in the bottom-right corner, mirroring the top-left graphic, consisting of a network of interconnected nodes and lines in light blue and grey tones.

News from the Firebirds Nest

For last week's edition of the "News from the Firebirds Nest,"
please click the link below.

[News from the Firebirds Nest](#)



Boys Basketball Congratulations!

Lawrence Free State 61 - Olathe North 35

Lawrence Free State 42 - Olathe Northwest 33

Lawrence Free State 64 - SM Northwest 41

Boys Bowling Congratulations!

vs. Mill Valley, Olathe East, SM West | 2nd Place

Michael Tennyson | 3rd Place

Warren Williams | 4th Place

AJ Baker | 5th Place

Boys Swim & Dive Congratulations!

vs. Bonner Springs, Turner, Washburn Rural | 1st Place

200 Yard Medley

Alexander Moore, Riley Sirimongkhon-Dyck, Dawson Bonnell, Finn VanDyke - 1st Place

200 Yard Free | Finn VanDyke - 1st Place, Jackson Rea - 3rd Place, Jamie King - 5th Place

200 Yard IM | Dawson Bonnell - 2nd Place, Max Bates - 3rd Place, Noah Mast - 4th Place

1 Meter Diving

Elliot Ahlvers - 1st Place, Michael Leonard - 3rd Place, Jack Keathley-Helms - 5th Place

Boys Swim & Dive Congratulations!

vs. Bonner Springs, Turner, Washburn Rural | 1st Place

100 Yard Fly | Riley Sirimongkhon-Dyck - 1st Place, Jacob Heinz - 4th Place

100 Yard Free | Finn VanDyke - 3rd Place, Jackson Waggoner - 5th Place

500 Yard Free | Dawson Bonnell - 2nd Place, Jacob Heinz - 4th Place, Levi Bates - 5th Place

200 Yard Free Relay

Alexander Moore, Noah Mast, Jackson Waggoner, Jacob Heinz - 3rd Place

Jamie King, Owen Polson, Cole Grassy, Gabe Clark - 5th Place

Boys Swim & Dive Congratulations!

vs. Bonner Springs, Turner, Washburn Rural | 1st Place

100 Yard Backstroke

Alexander Moore - 1st Place, Max Bates - 2nd Place, Noah Mast - 4th Place

100 Yard Free | Finn VanDyke - 3rd Place, Jackson Waggoner - 5th Place

100 Yard Breaststroke | Riley Sirimongkhon-Dyck - 2nd Place

400 Yard Free Relay

Finn VanDyke, Max Bates, Dawson Bonnell, Riley Sirimongkhon-Dyck - 2nd Place

Jackson Rea, Gabe Clark, Jamie King, Noah Mast - 3rd Place

Tiger Sievers, Aidan Hanna, David Wiseman, Levi Bates - 5th Place

Wrestling Congratulations!

Lawrence Free State 69 - BV West 12

106 | Nolan Bradley - Win by Forfeit!

113 | Eric Streeter - Win by Pin!

120 | Darius Shields - Win by Decision!

126 | D'onte Goodman - Win by Pin!

132 | Ezra Birdashaw - Win by Pin!

138 | Mady Gray - Win by Pin!

145 | Caleb Streeter - Win by Pin!

160 | Laython Biddle - Win by Forfeit!

170 | Matthew Marcum - Win by Pin!

182 | Austin Burenheide - Win by Pin!

195 | Alex Allison - Win by Pin!

285 | Tai Newhouse - Win by Pin!

JV vs. BV West

126 | Jett Barton - Win by Pin!

170 | Tristan Tran - Win by Pin!

195 | Gavin Blanchard - Win by Pin!

285 | Preston Tran - Win by Pin!

A decorative network diagram in the top-left corner, consisting of interconnected nodes and lines. The nodes are represented by small circles, some solid and some hollow, connected by thin lines. The overall structure is a complex, branching network.

*Free State Firebirds
Announcements*

A decorative network diagram in the bottom-right corner, similar to the one in the top-left. It features a network of interconnected nodes and lines, with nodes represented by small circles, some solid and some hollow.

Free State Mental Health Team Shoutout!

From Mrs. Abeita -

I wanted to give a shout out to the Mental Health Team (specifically Mrs. Liechti, Ms. Metz, Mrs. Lyles, and Mrs. Coldham) who took a bunch of time out of their day today to talk to my 9th Grade classes about the services we offer at FSHS. It was really helpful to have the experts come and give advice to my students, many of whom are experiencing a lot of stress as finals near. They made this plan on very short notice after I asked them following the presentation last week! I got a lot of positive feedback from my students, and I personally felt more like a part of a team by having them come and visit my classes! I'm sure that they would be willing to come and give a quick presentation/say hello in other classes to ensure we are meeting all the needs of our students! I also posted a link to the FSHS mental health website to my google classroom for students to have easy access to! [Here is that link](#) if you are interested in doing the same.

ASVAB

Any Junior or Senior student interested in taking the Armed Services Vocational Aptitude Battery exam (ASVAB) to qualify for a job in the United States Army, Navy, Air Force, Marines, or Coast Guard, please email Mr. Hile, Free State Counselor, at khile@usd497.org, and your name will be added to the list of examinees. The ASVAB will be given in Room 232, February 4th from 9-11:30am. The testing session is limited to **30** students - if you're interested, please email Mr. Hile soon.

National Honor Society - Membership Applications

Attention Sophomores and Juniors

If you have a 3.5GPA or higher, you qualify to apply for membership in The National Honor Society.

Please go to <https://fsnhs.weebly.com/> to print off your application.

Packets are due by 3:30pm on February 19th.



National Honor Society - NHS Officer Applications

Attention Current National Honor Society Members
Are you interested in serving the community as a
National Honor Society Officer?

Please go to <https://fsnhs.weebly.com/>
to print off your application.

**Applications are due to the
Free State Attendance Office
no later than 3:30pm on February 19th.**



A decorative network diagram in the top-left corner, consisting of interconnected nodes and lines in shades of blue and grey. The nodes are represented by small circles, some with concentric rings, and the lines are thin and light grey.

January Birthday Shoutouts!

A decorative network diagram in the bottom-right corner, similar to the one in the top-left, featuring interconnected nodes and lines in shades of blue and grey.

January Birthday Shoutouts!



Birthday!

Jordan Rose | January 19th

Spencer Bonner | January 20th

Zach Puckett | January 22nd

A decorative network diagram in the top-left corner, consisting of interconnected nodes and lines in shades of blue and grey. The nodes are represented by circles of varying sizes, some with a double-circle effect, and the lines are thin and light grey.

Upcoming Events this Week

A decorative network diagram in the bottom-right corner, similar to the one in the top-left, featuring interconnected nodes and lines in shades of blue and grey.

Monday, January 18th

No School | Dr. Martin Luther King, Jr. Day

“EVERYBODY CAN BE GREAT...BECAUSE ANYBODY CAN SERVE. YOU DON'T HAVE TO HAVE A COLLEGE DEGREE TO SERVE. YOU DON'T HAVE TO MAKE YOUR SUBJECT AND VERB AGREE TO SERVE. YOU ONLY NEED A HEART FULL OF GRACE. A SOUL GENERATED BY LOVE.”

- DR. MARTIN LUTHER KING JR.





Tuesday, January 19th

Remote Learning - A-Z
Final Exams | Hours 2, 3, 4*

Final Exams Schedule*

Hour 2 | 8:05-9:15am

Hour 3 | 9:20-10:30am

Hour 4 | 10:35-11:45am

2019-20 Free State Yearbook Pick-Up | 1-5pm, Commons

Varsity Boys Swim & Dive vs. BV Southwest, BV West
4pm, BV Southwest



Varsity Girls Basketball at Mill Valley | 7pm

2019-20 Free State Yearbook Pick-Up



Attention Free State Firebirds!

**Still need to pick up your 2019-20 yearbook?
Please stop by the Free State Journalism table
during Textbook & Material Distribution on
January 19th from 1-5pm in the Commons.**



Wednesday, January 20th

Remote Learning - A-Z
Final Exams | Hours 5, 6, 7*

Final Exams Schedule*

Hour 5 | 8:05-9:15am

Hour 6 | 9:20-10:30am

Hour 7 | 10:35-11:45am

Varsity Boys & Girls Bowling vs. Olathe North, Washburn Rural
3:30pm, Olathe Lanes East

Varsity Boys Swim & Dive vs. Lawrence, SM North | 3:30pm, LHS



Varsity Boys & Girls Wrestling at Blue Valley | 5pm



Thursday, January 21st

First Day of Second Semester


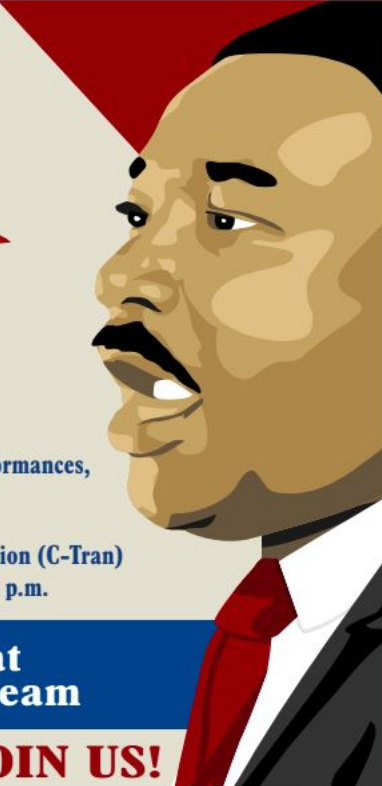
One Dream - MLK, Jr. Celebration | 6:30pm

[One Dream Celebration Livestream](#)

Varsity Boys Basketball at BV West | 7pm



One Dream - MLK, Jr. Celebration



**ONE
DREAM**

Martin Luther King Jr. Celebration

PRESENTED ONLINE IN PARTNERSHIP
WITH THE LIED CENTER OF KANSAS

6:30 p.m., January 21

Celebrate Dr. King's legacy with cultural tributes, performances,
and the 2021 MLK Awards.

Enjoy pre-show music from our Community Transition (C-Tran)
Program young adults beginning at 6:10 p.m.

**View the livestream at
www.usd497.org/OneDream**

JOIN US!

A decorative graphic in the top right corner consisting of a network of interconnected nodes and lines. The nodes are represented by small circles, some of which are shaded in light blue or grey, and are connected by thin, light grey lines. The overall appearance is that of a complex, abstract network or molecular structure.

Friday, January 22nd

Varsity Boys Basketball vs. SM East | 6pm

A decorative graphic in the bottom left corner, similar to the one in the top right, featuring a network of interconnected nodes and lines. The nodes are small circles, some shaded in light blue or grey, connected by thin, light grey lines.



Saturday, January 23rd

**Varsity Boys & Girls Wrestling vs. Lawrence, Mill Valley, Tonganoxie
9am, Tonganoxie**

Varsity Girls Basketball vs. SM South | 4pm

Varsity Boys Basketball at St. James Academy | 7pm



A decorative network diagram in the top-left corner, consisting of various sized nodes (some solid blue, some hollow white) connected by thin grey lines, forming a complex web structure.

Next Week At-a-Glance

A decorative network diagram in the bottom-right corner, similar to the one in the top-left, with nodes and connecting lines.

Next Week At-a-Glance

Monday, January 25th

- Varsity Boys & Girls Wrestling at Paola | 6pm
- Girls Swim & Dive Sign-Up Meeting | 7:45pm, [Coach McDonald's WebEx](#)

Tuesday, January 26th

- Varsity Boys & Girls Bowling vs. O.East, O.Northwest, SM South | 2pm, Mission Bowl

Wednesday, January 27th

- Varsity Boys Swim & Dive at Lawrence | 3:30pm
- Varsity Boys & Girls Wrestling at Perry-Lecompton | TBA
- Varsity Boys Basketball vs. Shawnee Heights | 7pm

Next Week At-a-Glance Cont'd

Thursday, January 28th

- Varsity Boys & Girls Bowling vs. BV West, St. Thomas Aquinas | 3:30pm, Royal Crest
- Varsity Girls Basketball vs. Topeka West | 7pm

Friday, January 29th

- Varsity Girls Basketball vs. SM West | 7pm
- Varsity Boys Basketball at Mill Valley | 7pm

Saturday, January 30th

- Varsity Boys & Girls Wrestling vs. Blue Valley, BV Northwest, O.South | 9am, Blue Valley
- Varsity Girls Basketball vs. BV Southwest | 6pm



Let's Go State!