

FREE STATE FIREBIRDS UPDATE

Let's Go State!



UPDATES FROM THE FIREBIRDS ATHLETIC DEPARTMENT





NEWS FROM THE FIREBIRDS NEST NEWSLETTER



News from the Firebirds Nest | Edition #4 | October 27, 2021

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FIREBIRD OF THE WEEK CONGRATULATIONS!

Senior Ella Marshall | Girls Cross Country

Ella Marshall has been a part of the Cross Country Team for three years. She first came out for Cross Country her Sophomore year after a very promising start in Track & Field her Freshman year. She has shown commitment and determination during her time with us even when her running was interrupted with injuries and setbacks. This Fall, she came in and pushed herself more than ever and was a part of the Varsity group that represented Free State at the State Championship Meet. Her running progress was notable but more importantly, her leadership was critical. She, along with other Senior girls, helped create a climate of caring and fun. Ella was able to help support, guide, and encourage her teammates in a manner that made them better. She made an impact on everyone on her team and we are lucky she is with us.



FIREBIRD OF THE WEEK CONGRATULATIONS!

Varsity Captains Spotlight | Boys Soccer

Joon Chun, Midfielder.

Started all 17 games. Leading scorer with 11 goals, and has 6 Assists.

Andrew Henderson, Midfielder.

Started all 17 games. Team assist leader with 10, and has scored 6 goals.

Aaron Neff, Defender.

Started all 17 games. Scored 1 goal and has 1 assist.



BOYS CROSS COUNTRY CONGRATULATIONS!

6A Kansas State Boys Cross Country Meet | 4th Place

Senior Ben Shryock | 12th Place - 16:11.1

Senior Jack Keathley-Helms | 22nd Place - 16:27.6

Sophomore | Jacob Loos | 41st Place - 16:58.4

Junior Carson March | 45th Place - 17:03.0

Sophomore Blake Wohler | 46th Place - 17:03.8

Sophomore Ryan Whittlesey | 56th Place - 17:16.1

Sophomore Jake Hedges | 92nd Place - 18:12.8



BOYS CROSS COUNTRY CONGRATULATIONS!

6A Kansas State Boys Cross Country Meet | 4th Place





GIRLS CROSS COUNTRY CONGRATULATIONS!

6A Kansas State Girls Cross Country Meet | 6th Place

Senior Allison Babbit | 27th Place - 19:55.5

Senior Janice Werth | 28th Place - 19:56.3

Freshman Greta Barnett | 45th Place - 20:24.8

Freshman Brylee Burns | 47th Place - 20:26.7

Junior Olivia Goeser | 48th Place - 20:29.8

Sophomore Isabelle Pro | 55th Place - 20:38.1

Freshman Cayman Barnes | 91st Place - 22:07.6



GIRLS CROSS COUNTRY CONGRATULATIONS!

6A Kansas State Girls Cross Country Meet | 6th Place





FOOTBALL CONGRATULATIONS!

Lawrence Free State 49 - Wichita South 22



BOYS SOCCER CONGRATULATIONS!

6A Regional Boys Soccer Semifinals

Lawrence Free State 2 - Garden City 1



VOLLEYBALL CONGRATULATIONS!

6A Kansas State Volleyball Tournament

Lawrence Free State 2 - Wichita Northwest 1

OCTOBER STAFF MEMBERS OF THE MONTH!





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Free State Math teacher **Mr. Matt Baker** was nominated because he is courteous to staff and students, and he makes learning fun.





OCTOBER STAFF MEMBERS OF THE MONTH!

Free State Paraeducator **Mrs. Trina Langston** was nominated because she is devoted to the students at Free State. She supports students by sponsoring the Fishing Club, and identifies and provides resources for students in need.





OCTOBER STAFF MEMBERS OF THE MONTH!

Free State Office Staff member **Mrs. Lori Queen** was nominated because of her kindness and helpfulness to everyone.





OCTOBER STAFF MEMBERS OF THE MONTH!

Free State Science teacher **Mrs. Joanna Romito** was nominated because she is the first person to respond, "How can I help?" if something comes up.

Mrs. Romito strives to balance her students' needs while maintaining a high level of rigor and expectation in her classroom.





OCTOBER STAFF MEMBERS OF THE MONTH!

Free State Spanish teacher **Mrs. Amanda Williams** was nominated because she brings compassion and honesty to her interactions with students and staff. Mrs. Williams also spends time outside her working day to engage with professional communities and give teacher expertise a voice.



FREE STATE FIREBIRDS IN ACTION!





FREE STATE DEBATE CONGRATULATIONS!

Shawnee Mission South

Senior Abbey Hossler & Senior Ezra Joseph | 5th Place - Open

Freshman Kaitlynn Sedich & Freshman Simon Williams | 8th Place - Novice

Junior Wendo Kimori & Freshman Logan Dinges | 4-1 - Honorable Mention, Novice

Freshman Eleanor Roust & Freshman Reagan Stephenson | 4-1, Honorable Mention, Novice

Free State finished as one of the top schools at the tournament!



FREE STATE DEBATE CONGRATULATIONS!





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FREE STATE DEBATE CONGRATULATIONS!

Iowa Caucus

Junior Aaron Persinger & Sophomore Sophie Racy
5-1 in Prelims, Debate in the Final Four starting Sunday Morning

*Aaron and Sophie have earned their 2nd Bid to the TOC -
the second LFS Team qualify for the prestigious tournament this season!

This is the first time in LFS history to have TWO TEAMS qualified to the TOC!

NATIONAL HONOR SOCIETY

Officer Spotlight



Madi Beeley

Director of Communications

Involvement at Free State

Girls soccer

Volleyball

S.A.L.T. of the Firebirds

Hype Club

LINK Crew

Post-Secondary Plans

I'll be attending Missouri Southern State University where I'll play women's soccer and hope to obtain my nursing degree.

Favorite Volunteer experience

My favorite volunteer experience was volunteering at the Douglas County vaccine clinic in February/March.



MRS. WOOLFOLK'S ELA CLASSES ENJOY WORKING OUTDOORS!





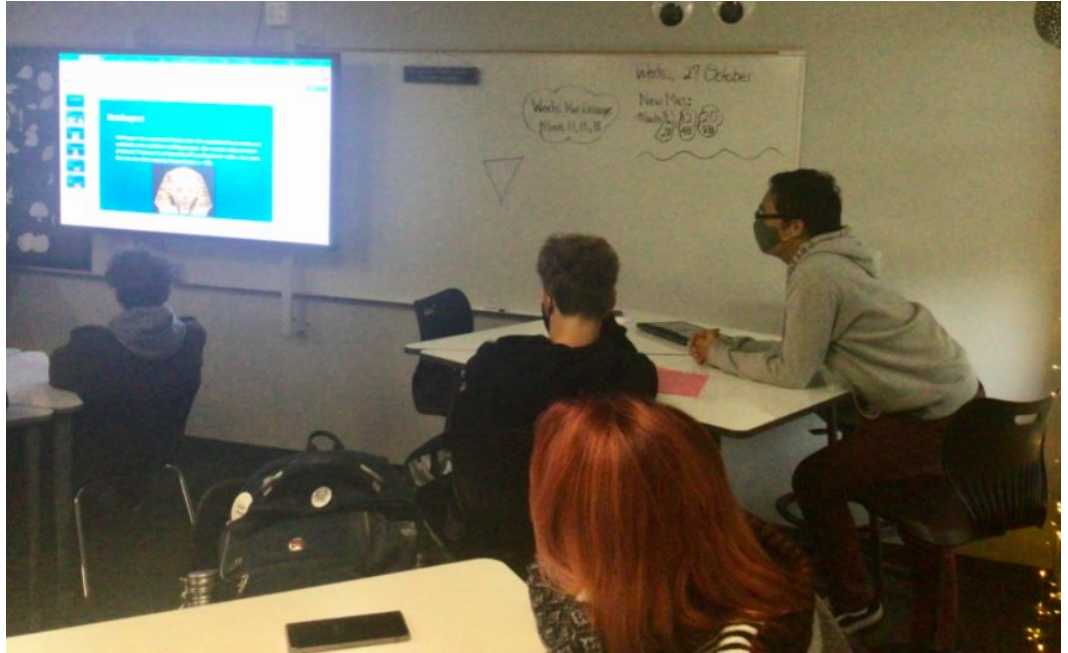
MRS. WOOLFOLK'S ELA CLASSES ENJOY WORKING OUTDOORS!



MRS. WOOLFOLK'S COMPARATIVE CULTURAL NARRATIVE STUDENTS WAITING WITH ANTICIPATION FOR PRESENTATIONS TO BEGIN!

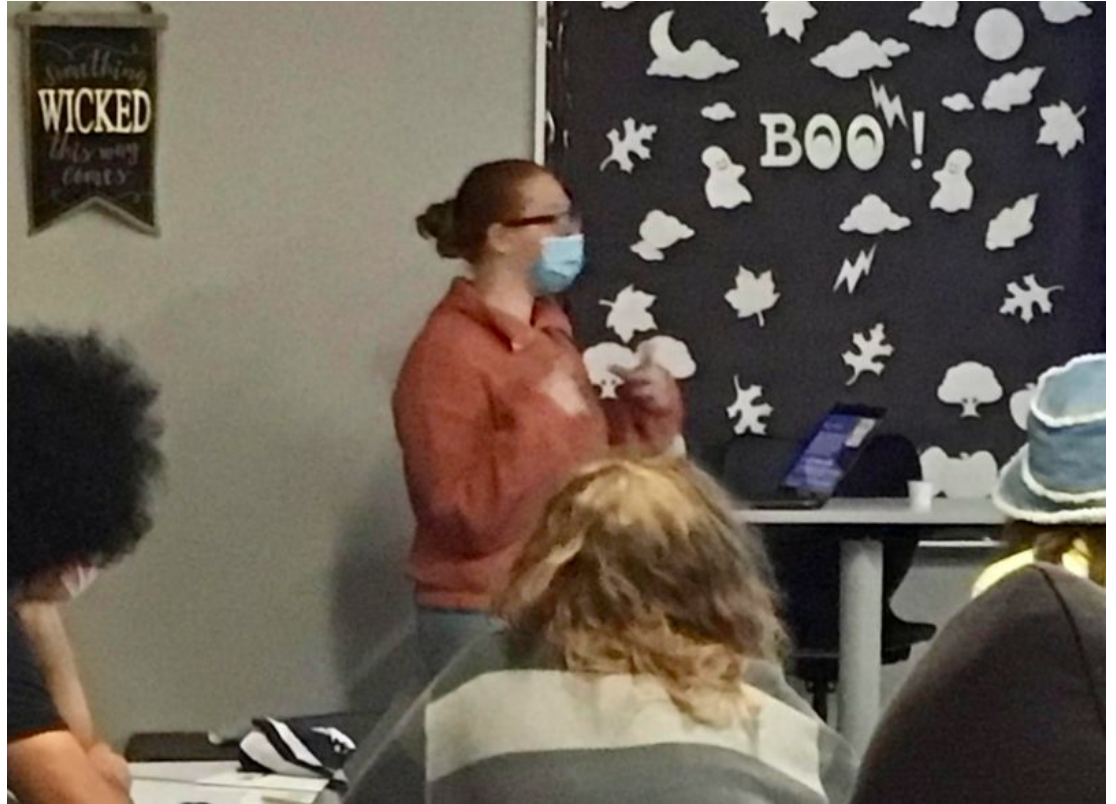


MRS. WOOLFOLK'S COMPARATIVE CULTURAL NARRATIVE CLASS



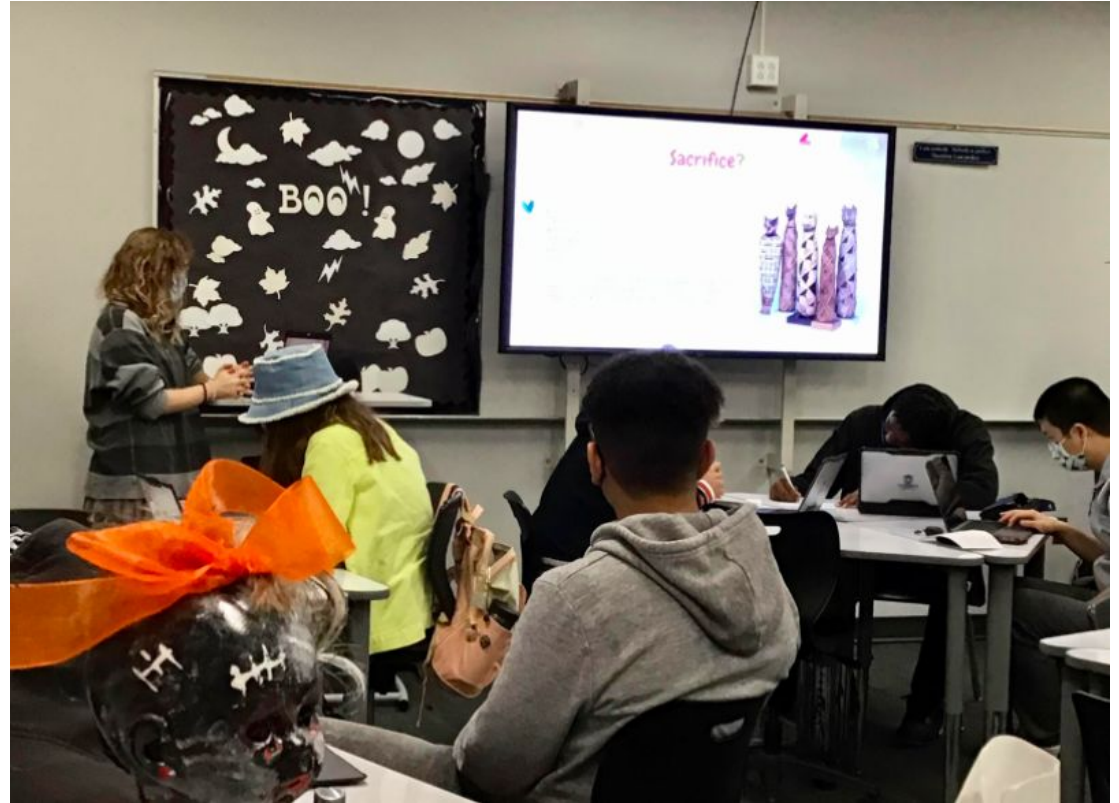
Senior Minh Vu presenting his research.

MRS. WOOLFOLK'S
COMPARATIVE CULTURAL
NARRATIVE CLASS



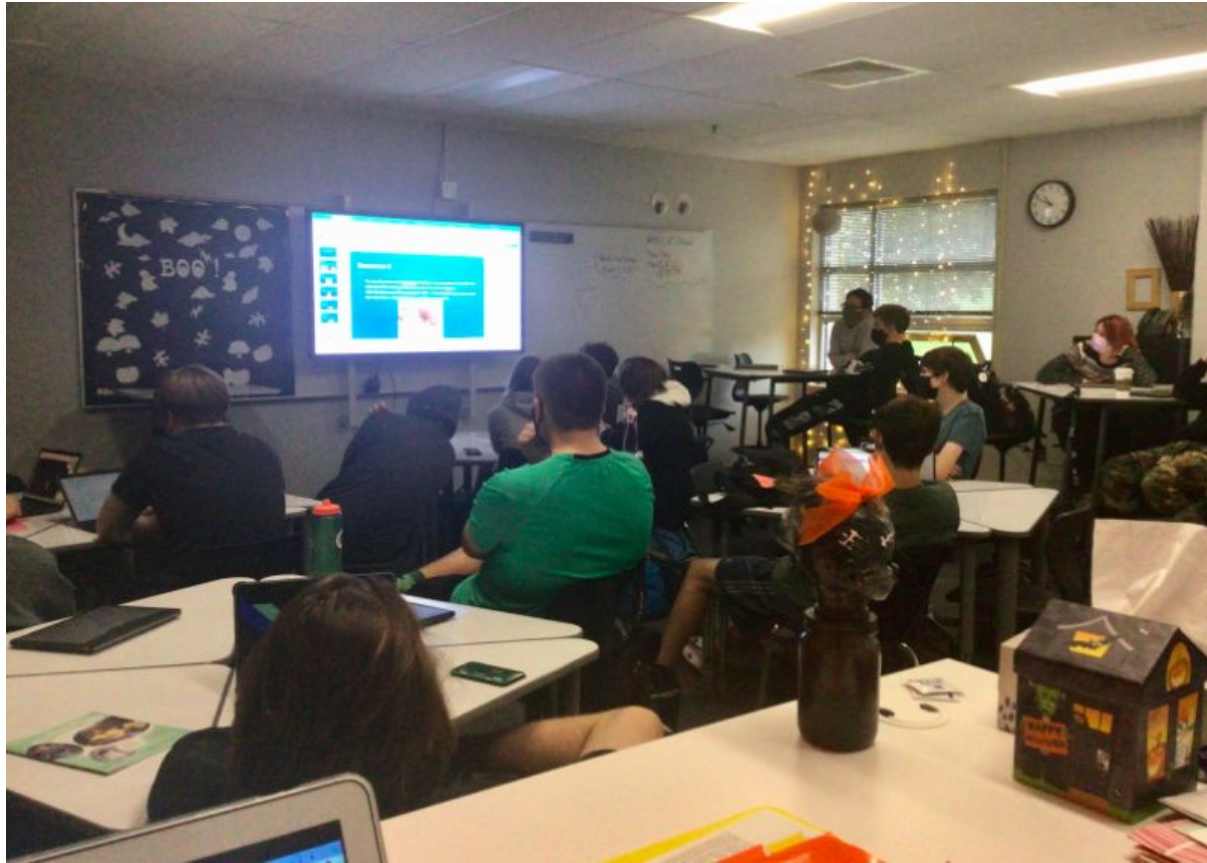
Senior Nikki Shaw explaining
ancient Egyptian Narratives & Astrology.

MRS. WOOLFOLK'S COMPARATIVE CULTURAL NARRATIVE CLASS



Senior Kyla Bryant preparing to present research on the importance of cat mummification in ancient Egypt.

MRS. WOOLFOLK'S COMPARATIVE CULTURAL NARRATIVE STUDENTS



DON'T MISS THIS!



FREE STATE WRITING CENTER



WRITING CENTER IN THE LIBRARY!!

To Schedule an appointment please
go to our website.



SCAN ME

For other questions please email MS.
Johnston at: fsfwritingcenter@gmail.com

WHAT'S HAPPENING THIS WEEK!





BIRTHDAY WISHES!



Mattithyah Bergersen | November 01st

Jennifer Culbertson | November 03rd

Jeff Harkin | November 03rd

Nolan Deitrich | November 04th

MONDAY, NOVEMBER 01ST -



— FRIDAY, NOVEMBER 05TH

Tired of blowing your nose on a brown paper towel? Bring a box of tissues to be given to classroom teachers and use it as a vote towards Mr. Barah, Ms. Barratt or Mr. Graber getting pied in the face at State Night! Tissues can be dropped off in Room 223 or at the bottom of the learning stairs in the drop box (write your vote in sharpie on the box).

UPCOMING TISSUE DRIVE

Nov. 1-5th





MONDAY, NOVEMBER 01ST

Firebirds Baseball Prospective Freshman Player Meeting
3:30pm, Room 232



WEDNESDAY, NOVEMBER 03RD

The Finer Things Club
3:20-4pm

Lady Firebirds Basketball Pre-Tryout Meeting
6-7pm, Commons

A vibrant yellow poster for the Finer Things Club. At the top, a black clapperboard with white diagonal stripes is partially visible. Below it, a black square contains the text "Finer Things Club!" in a large, orange, cursive font. In the bottom left, a grey and white cat sits atop a stack of three books (green, white, and blue). To the left of the cat, the text "Come hang with us!" is written in a small, black, sans-serif font. In the bottom right, a brown cat is shown sleeping on a blue surface. Below the sleeping cat, the word "WEDNESDAY" is written in a bold, black, sans-serif font. Underneath "WEDNESDAY", the text "Starting Mod 21" is written in a smaller, black, sans-serif font. Below that, the time "3:20pm - 4:00 Pm" is written in a black, sans-serif font. At the very bottom right, there is an Instagram logo followed by the text "fsh.finerthingsclub" in a black, sans-serif font.

Come hang with us!

Finer Things Club!

WEDNESDAY
Starting Mod 21
3:20pm - 4:00 Pm
 fsh.finerthingsclub

THURSDAY, NOVEMBER 04TH

Coffee House Jams
6-8pm, Commons





FRIDAY, NOVEMBER 05TH

Girls Wrestling Informational Meeting
3:30pm, Commons

6A Kansas Football Regional Game*
7pm, Washburn Rural

*KSHSAA Event - Passes NOT Accepted
\$7 for Adult, \$5 for K-12 Student

LOOKING AHEAD AT NEXT WEEK!





MONDAY, NOVEMBER 08TH - SUNDAY, NOVEMBER 14TH

Section 2: Senior High Regulations

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.

The Fall Athletic Buffer Week does not eliminate football practice for those senior high schools who qualify for football playoffs until such time their football season is over. The same applies to the gymnastics program.

EXCEPTION: Players, no more than three boys and three girls from each participating school's basketball team, will be allowed to participate in clinics designed to promote and improve basketball officiating prior to SCW #20. The following restrictions will apply:

- a. The clinic must be approved by the Kansas State High School Activities Association
- b. Students may participate in only one such clinic per year.



WEDNESDAY, NOVEMBER 10TH

S.A.L.T. of the Firebirds Meeting
7am, Auditorium

THURSDAY, NOVEMBER 11TH





FRIDAY, NOVEMBER 12TH

6A Kansas Football Sectional Game
7pm, TBA



HAPPY HALLOWEEN FROM LAWRENCE FREE STATE!

Counselors, Ms. Brandau & Ms. Dillon
bring the fun to Student Services!





HAPPY HALLOWEEN FROM LAWRENCE FREE STATE!



Mr. Mendence and Mrs. Langston





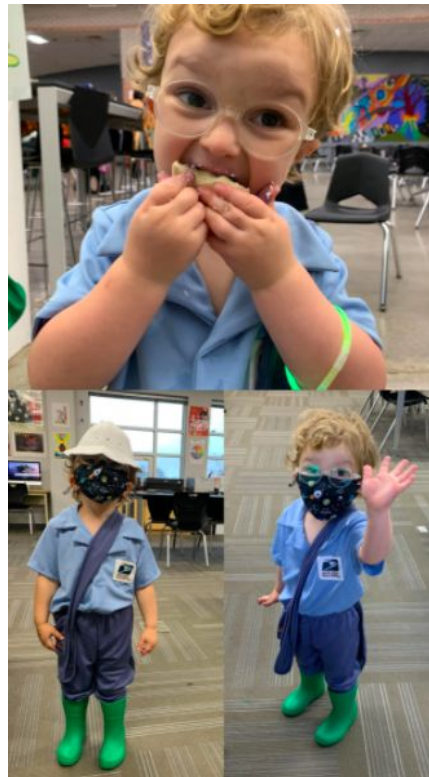
HAPPY HALLOWEEN FROM LAWRENCE FREE STATE!





HAPPY HALLOWEEN FROM LAWRENCE FREE STATE!

Ms. Podrasky's Little Phil dressed up as a mailman for his first Free State Trunk-or-Treat! Mom reports that he had a lot of fun and only went postal when it was time to put the candy away. 10/10 would recommend.



LET'S GO STATE!

