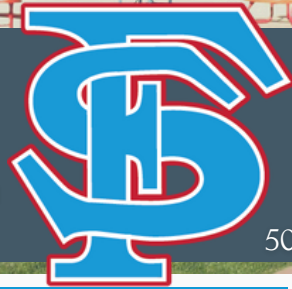


OCTOBER 3, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

At each of the last two home soccer matches, I've overheard members of the visiting crowd remark at how our football team will pause practice (located on the nearby baseball field), remove helmets and salute the flag during the playing of the National Anthem, as they should. The remarks from our visitors, however, are full of surprise and amazement that student-athletes and coaches would take these steps, even though they are not on the soccer field. I am very proud of our coaches and athletes, on the field and off, for their class, sportsmanship and respect. Speaking of pride, Freeman HS is celebrating and recognizing students in grades 9-12 who show noteworthy academic excellence or improvement, AND students who consistently demonstrate outstanding character traits that positively impact our school community. Students are nominated by FHS staff and selected by the Counseling and Administration team. For the month of September, I am proud of the following students for their academic work: senior Logan Smith, junior Sadie Stenlund, sophomore Ryder Pedersen, freshman Rhett McIntyre, AND I am proud of the following students for the way they consistently respect others: senior Mae Cashmere, junior Micah Bessire, sophomore Tristin Ashmoore, and freshman Madison Hill. Congratulations to all of these students!

Go Dawgs!

Jeff Smith, Principal

Freeman School District does not discriminate in any programs or activities on the basis of race, ethnicity, creed, religion, color, national origin, honorably discharged veteran or military status, sexual orientation, gender expression, gender identity, homelessness, immigration or citizenship status, the presence of any sensory, mental or physical disability, neurodivergence, or the use of a trained dog guide or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Civil Rights, Title IX, and Section 504 Compliance Coordinator: Randy Russell, rrussell@freemansd.org, 509- 291-3695, 15001 S Jackson Rd. Rockford, WA 99030

In This Issue

Principal's Message

PAGE 01

Spokane National College Fair

PAGE 02

Upcoming Events

PAGE 02

Back to School Forms

PAGE 02

Homecoming Cars Needed

PAGE 03

CTE/College & Career

PAGE 04

Athletic News & Events

PAGE 05

Daily Happenings/Gen. Info

PAGE 06

Lilac Festival Royalty Information

PAGE 07

District-Wide Surveys

PAGE 08

FSD Solar Project

PAGE 09

Yearbook Submissions

PAGE 10

Student Highlights

PAGE 11-12

PLEASE COMPLETE ANNUAL BACK TO SCHOOL FORMS

If you have not completed your student's back to school forms you should have received an email today from the FHS office. Please go in and complete ASAP. This is a requirement each year. You can find this on the left side of your home page on the Skyward Family Access screen titled "FHS Registration for All Returning Students".



UPCOMING events

OCTOBER 10TH
Bell Schedule: AM Activity

OCTOBER 13TH-17TH
Homecoming Week

OCTOBER 13TH
Bell Schedule: AM Activity
Texas Football Hoco Activity
6:30pm

OCTOBER 15TH
Yearbook Sr Photos Due
Bell Schedule: AM Activity

OCTOBER 16TH
Macho Volleyball Hoco
Activity 6:30pm

OCTOBER 17TH
Bell Schedule: PM Extended Activity

OCTOBER 18TH
Homecoming Dance - 8pm

OCTOBER 22ND
PSAT Test 10th & 11th graders

Juniors & Seniors

You're Invited to Attend the
SPOKANE NATIONAL COLLEGE FAIR!
Wednesday, October 15th 9am-noon or 6-8pm

We are taking a bus and students can get permission forms in the office.

Over 100 colleges will be in attendance. Learn more [here](#)



Would you like to read about what's happening at the elementary or middle school? Get caught up with their Friday newsletters here:



FES
FREEMAN
ELEMENTARY



FMS
FREEMAN
MIDDLE SCHOOL



2025-26 YEARBOOK NEWS





Yearbooks on Sale Now

If you want to get your student a yearbook for the discounted early bird price of \$45, the deadline is October 15th. After that, the price will increase to \$50. To purchase a yearbook, simply log in to our payment site [here](#) and select your student and then “items at student’s school”.

Yearbook Senior Pictures Due

All senior photos are due for the yearbook before October 15th. Please see pg 10 in this Friday Flyer for instructions on how to submit photos. If you have questions please email plonginotti@freemansd.org

CLASSIC CAR HOMECOMING



What we need:

We're looking for 8 classic cars to feature in this year's Homecoming celebration! Trucks and convertibles are especially welcome. We also need drivers to help showcase these cars during the event. If you're interested, please email a photo of your vehicle to ASB President Greta Van Gemert: Margaret.vangemert@goscotties.com

Thank you for helping make Homecoming unforgettable!



CTE

COLLEGE CAREER
readiness

**ABC IPE
CONSTRUCTION
TRADES NIGHT**

**WEDNESDAY, OCTOBER 15, 2025
5:00 P.M. TO 8:00 P.M.
NEWTECH SKILLS CENTER
4141 N REGAL ST. SPOKANE, WA 99207**

**CHANGING THE NARRATIVE: CONSTRUCTION IS A GREAT PATHWAY TO SUCCESS!
FREE COMMUNITY EVENT FOR ALL AGES! NO TICKET REQUIRED FOR ATTENDEES!
PARTICIPATE IN OPERATING EQUIPMENT & POWER TOOLS!**

Parents and students from all over our region are invited to participate in a HANDS-ON experience and talk with companies who work and train people in the trades. From electricians to welders to general contractors and subcontractors, all will be there to share firsthand experience and employment opportunities.

Pants and closed toed shoes required for participants

IMPORTANT COLLEGE & CAREER READINESS DATES:

- **October 1: FAFSA opens for Class of 2026 (12th)**
- October 9: Business After School: Gesa Credit Union 3-5pm all grades welcome
- October 10: EWU Instant Decision Day 12:15pm in Library
- October 13: Western Washington University @ 12:30pm in the Library
- October 15: Spokane National College Fair (11th and 12th)
- October 15: NEW Tech Trades Night - all are welcome
- October 22: PSAT (10th and 11th)
- October 29: Construction Days (sign up with Ms. Youseph)
- October 31: Boise State University, Idaho State University, Lewis & Clark State College during lunch
- November 5: Business After School: Coffman Engineering 3-5pm all grades welcome
- November 7: WSU Instant Decision Day @ FHS 12pm - 1:15pm (12th)



Upcoming Sports



10/3 - Varsity vs. Lakeside
7pm
10/6 - JV @ Lakeside 4pm
10/10 - Varsity @ Newport
7pm



10/7 - @ Davenport 6pm
10/9 - vs. Reardan 6pm
10/11 - vs. North Central
6pm



10/4 - C Team at Deer Park
Invite
10/7 - vs. Liberty JV/C - 5pm,
Var - 6:30pm
10/9 - vs. Lake City JV/C -
5pm, Var - 6:30pm

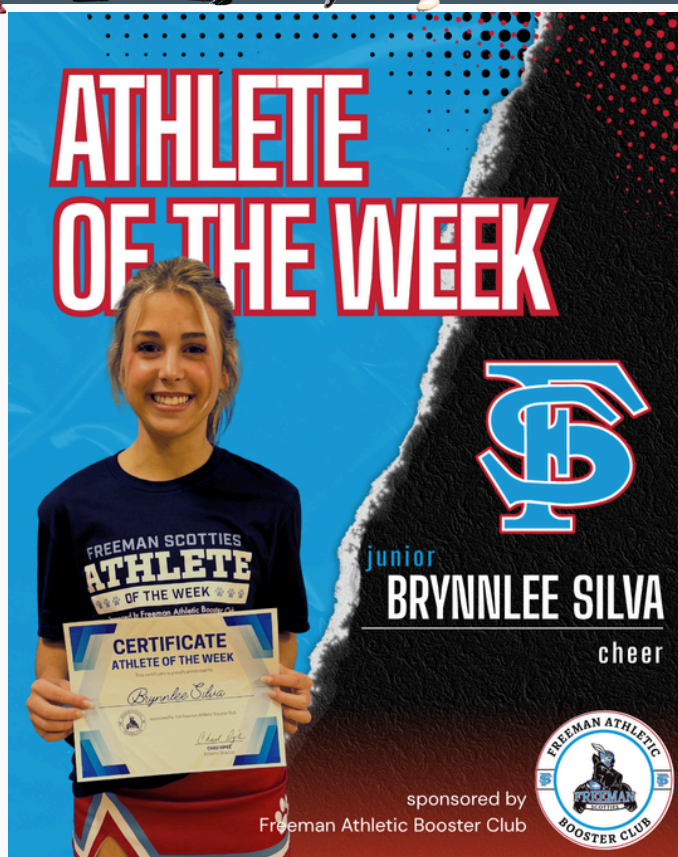
CROSS COUNTRY

10/4 - @ Battle of the 509
(Spokane Polo Grounds)
9am
10/7 - League Meet @ Home
(SENIOR NIGHT) 4:30pm
10/11 - @ Hole in the Wall
(Lakewood High School)
10am

Sports Links:



[Pay Fines/Fees](#)





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

 Every Friday

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

AM Activity Schedule		
1	8:15 -- 8:57	42 min
2	9:01 -- 9:43	42 min
SCOTTIE BREAK	9:43 -- 9:51	8 min
3	9:55 -- 10:37	42 min
4	10:41 -- 11:23	42 min
5	11:27 -- 12:09	42 min
ACTIVITY	12:13-12:43	30 min
LUNCH	12:43-1:13	30 min
6	1:17 -- 1:59	42 min
7	2:03 -- 2:45	42 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

Please email fhsoffice@freemansd.org or 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 an email, 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 offer Scottie Break at the High School. 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: \$3.90. Click image for menus.

Menu



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.



Calling Readers

become an ambassador for the 2026
Spokane Lilac Festival's Royalty
Scholarship & Development Program.

All eligible high school senior girls **MUST** attend one
of four orientation sessions with a parent or guardian
to participate.

Informational Orientations

Monday, October 13 | 6:00-8:00pm

Spokane Valley Library

22 N. Herald Rd.

Wednesday, October 15 | 6:00-8:00pm

North Spokane Library

44 E. Hawthorne Rd.

Monday, October 20 | 6:00-8:00pm

Hilton Garden Inn Spokane Airport

9015 US - 2

Tuesday, October 21 | 6:00-8:00pm

Monroe Court Bldg.

901 N. Monroe St, 3rd Floor



**WE ARE LAUNCHING DISTRICT-WIDE SURVEYS
IN PARTNERSHIP WITH THE
CENTER FOR EDUCATIONAL EFFECTIVENESS (CEE).**

Who is participating, and when?

- Students, October 20-29, 2025
- Families, Winter-2026
- Staff, October 17-29, 2025

Why are we doing this?

Your feedback helps us:

- Strengthen our Strategic Plan
- Guide Professional Development for educators
- Shape the supports and resources we provide across the district

How does it work?

Surveys are confidential and take just a few minutes.

Family links will be shared by email and available on the district website.



The Center for Educational Effectiveness



**'SUCCESS WITHOUT FEEDBACK
IS AN ACCIDENT.'**



FREEMAN SCHOOL DISTRICT **SOLAR PROJECT**

Freeman School District is excited to be working with Partners for Rural Washington and Zero Emissions Northwest who helped us secure a grant through the Washington State University Energy Program for the installation of a 100 kW solar ground mount system with projected installation in January 2026. Freeman has been exploring alternative ways to save energy costs, and this Solar Project is 100% grant funded and comes at no cost to our School District or taxpayers. The solar energy production will allow us to reinvest money back into programs for our students.

HIGHLIGHTS

- The ground mount solar panels will produce 100 kW of power and will be located east of the Transportation Building
- This project is 100% grant funded and comes at **NO** cost to the Freeman School District or our taxpayers
- This alternative energy source will allow us to reinvest utility costs back into student programs



Class of 2026: Yearbook Senior Pictures & Tributes

**Deadline -
October 15**

***Senior portraits and kid pictures are due
October 15 for the 2026 Yearbook!***

Submitting Senior Photos - both kid and senior portraits.

In order to receive the highest quality image, **we are requesting that you submit your photos on-line** this year (see directions below). Many studios will be able to do this for you. The senior portrait must be 2"x3" (vertical orientation) and at least 300 dpi. Scanned kid pictures should also be 300 dpi and approximately 2"x3". They can be any photo of your student starting from birth to whatever age you prefer/have access to a photo.

Deadline to submit **both** these photos to the yearbook is **Tuesday, October 15.**

Directions to upload your photos:

- A. **RENAME** before uploading your photo so that we avoid misnaming your senior. Please save the image as a full size save and rename the photo as follows: Student's firstname_lastname (ex. Jenny_Smith) and your kid portrait to firstname_lastname_kid (Jenny_Smith_kid) so that it is easy to identify photos.
- B. Next, go to <https://yearbookshare.com/eShare/?code=dawgcountry> . School code for Freeman is dawgcountry
- C. You will be asked to put in your name, email and phone number.
- D. You will then be asked to "Agree to Terms", which is typical.
- E. You will then be asked to browse to your photo. Simply navigate to where you have the photo saved, select the photo, and click on upload.
- F. You are almost done - it will then ask for some information about the picture, such as who is in it - please type in your child's name (we default to your student's given name in the yearbook. They may see me if they'd like to use a preferred name instead per state law). That's all there is to it!

Senior Tributes: If you are interested in purchasing a tribute, or "shout-out" for your child or grandchild, please see the reverse side of this flyer for information. You will be able to submit photo(s) and a message for your senior in the yearbook! What a great way to say something special that will last a lifetime! Hurry though - space is limited! **We sold out last year! To reserve your spot, simply contact Ms. Longinotti with the size you would like, or purchase your tribute through your student's account by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 1. Payment is due by December 15th. For more information regarding the senior pics, kid pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, or at plonginot-

October 15 - Deadline to submit kid and senior pics

October 31- Deadline to reserve a senior tribute

December 1- Deadline to submit pictures and words for tributes (the sooner, the better).

December 15 - Deadline to pay for tributes (the sooner, the better).

Student HIGHLIGHTS



FOOTBALL



Student HIGHLIGHTS

 **PACE**
Partners Advancing Character Education

Students Of The Month




Mae Cashmere Micah Bessire Tristin Ashmoore Madison Hill

September
Respect

Recognizing, considering and properly honoring the worth of one's self and others.

Academic Students Of The Month



Logan Smith Sadie Sterlund Ryder Pedersen Rhett McIntyre

Keep working hard and inspiring those around you—well done!