

OCTOBER 31, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

There has been lots of fun energy building in the halls this week as Senior athletes are recognized at final regular season home games, and as folks ready themselves for Halloween – some really fun costumes today! This week, I'd like to highlight the success of our Cross-Country team. Our boys are League Champions and our ladies finished 3rd – what a fantastic season; looking forward to how you all finish at the Regional race today! As a reminder, our all-district Veterans Day Program is scheduled for Monday, Nov. 10th. This event will begin at 8:45am with a free continental breakfast for Veterans and their families hosted in FHS's MPR room, followed by the program at 9:30am. I'd like to personally invite all Veterans and their significant others to attend this event; our students look forward to honoring you!

Go Dawgs!

Jeff Smith
Principal, Freeman High School

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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



FREEMAN HIGH SCHOOL

ANNUAL VETERANS DAY *Assembly*

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

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

MONDAY

NOVEMBER 10TH, 2025

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

CONTINENTAL BREAKFAST:

8:45AM - 9:15AM

PROGRAM BEGINS:

9:30 AM

— ★ ★ ★ —
If you have pictures of your family members who have served in the military and would like them included in our slideshow, please send your submissions to:

margaret.vangemert@goscotties.com &
kmonasmith@freemansd.org

Be sure to include the following information:
Name, Branch, Years Served, Relation to Freeman,
Any Honors or Medals Received, Photo

UPCOMING events

NOVEMBER 3RD

Jostens Here at Lunch

NOVEMBER 7TH

AM Activity Bell Schedule

NOVEMBER 10TH

Veteran's Day Program 9:30am

NOVEMBER 11TH

NO SCHOOL - VETERANS DAY

NOVEMBER 14TH

AM Activity Bell Schedule

NOVEMBER 17TH

Winter Sports Begin

NOVEMBER 18TH

Winter Sport Parent Mtg. 6pm

NOVEMBER 19TH

School Board Mtg. 6pm

NOVEMBER 21ST

AM Activity Bell Schedule

NOVEMBER 24TH-28TH

NO SCHOOL - Break



WHAT'S UP?

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



FREEMAN
ELEMENTARY

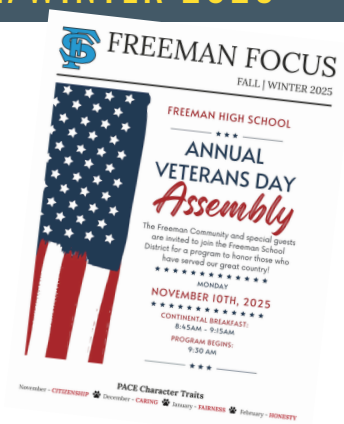


FREEMAN
MIDDLE SCHOOL



FREEMAN FOCUS DISTRICT NEWSLETTER - FALL/WINTER 2025

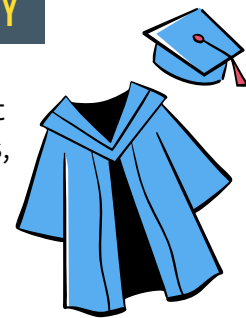
The latest edition of the Freeman Focus Newsletter is here! Catch up on all the amazing things happening across the Freeman School District – from outstanding state test results and student achievements to new programs like Freeman ConnectEd and exciting updates on our 100% grant-funded solar project! Plus, don't miss highlights from fall sports, clubs, field trips and the Scottie Dash fundraiser. There's so much to celebrate as we enter the 2nd quarter of the 2025-26 school year! Read the full edition [here](#).



ATTENTION SENIORS - JOSTENS WILL BE HERE MONDAY

Seniors - Graduation will be here before you know it!

Jostens will be on campus Monday, November 3rd, during lunch to meet with seniors and share information about ordering graduation products, including caps, gowns, announcements and more. They will return in a couple of weeks to collect your orders. All details and information will be handed out at the meeting and they should be sending information directly home to parents as well.





CTE

COLLEGE CAREER
readiness

WASHINGTON STATE UNIVERSITY

Instant
DECISION DAY

COLLEGE APPLICATION

APPROVED

Friday, Nov. 7th
12:15 - 1:15pm
FHS Career Center

IMPORTANT COLLEGE & CAREER READINESS DATES:

- 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



11/7 - Varsity vs. Colfax 7pm



11/5 - Districts Round 2 @ The Hub vs. TBD - 3:00pm
Admission Tickets Required: GoFan only. [Purchase here.](#)

11/7 - District Finals @ The Hub - TBD [Purchase tickets here](#)



11/4 - Districts @ Home vs. TBD 4pm & 6pm
GoFan Admission Only. Passes not accepted. \$8/\$6 ticket prices. [Purchase here](#)

11/6 - District Finals @ Cheney - TBD [Purchase tickets here](#)

CROSS **11/8** - State in Pasco
[Purchase tickets here](#)

Sports Links:



[Pay Fines/Fees](#)



Winter Sports Begin Monday, November 17th

Girls Basketball, Boys Basketball and Wrestling begin Monday, November 17th. If you have not received any communication from coaches, that is most likely because your student is not signed up for the sport in [Final Forms](#). Please go in and add your student and the sport in Final Forms then complete all paperwork.

First day practice times are as follows:

Wrestling - 3:00pm in the hitting facility behind the school

Girls Basketball - 3:00pm blue gym

Boys Basketball - 5:15pm blue gym

Please make sure to pay your winter sport fees as well. They are due by the first game. Fees are listed below. You will need to login to the [payment site](#) and use "select items at students school" and then find the appropriate items to add to your cart.

Winter Sport Fee	\$25
Transportation (only due 1x/year)	\$20
ASB Card (only due 1x/year)	\$35

If you are unsure if you have paid, you can check your customer history online or feel free to call Kristal at the office at 291-3721 or email khayek@freemansd.org.

Winter Sports Mandatory Parent Meeting

Tuesday, November 18th at 5:15pm we will hold our mandatory parent meeting for ALL Winter sports. We will start in the blue gym where Mr. Ripke will go over some school-wide expectations and details. After that is complete, each sport will go to their own individual meeting with coaches.

The expectation is that each kid playing a Winter sport will have a parent present for this meeting.



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

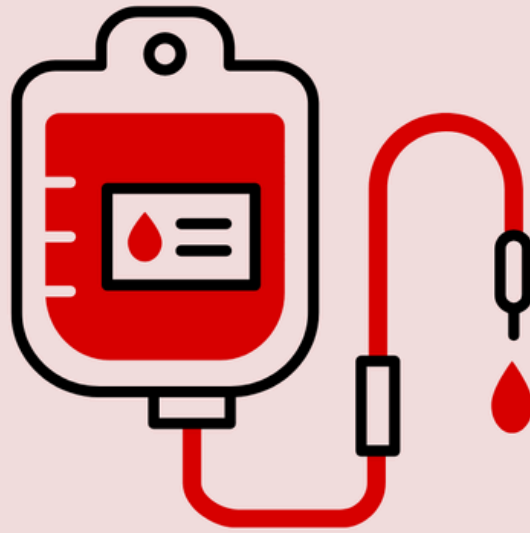
LUNCH - served at the High School in the MPR. Cost: \$3.90. Click image for menus.

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.



DONATE **BLOOD** SAVE LIVES

Friday, November 21 - 8:30a.m -1 p.m

Freeman High School, Rockford WA

SIGN UP HERE!

REQUIREMENTS

- Be at least 16 years old. If 16 or 17 years old, a signed parent/ guardian consent form is required each time you donate
- Weigh at least 110 pounds
- Male Donors: At least 5'0" tall and weigh at least 110 lb
- Female donors: refer to the chart for eligibility. (greater than or equal to)
- Be in good general health
- Have a photo ID.

[Download consent form here](#)

FEMALE HEIGHT	FEMALE REQUIRED WEIGHT
≥ 4'10"	≥ 146
≥ 4'11"	≥ 142
≥ 5'	≥ 138
≥ 5'1"	≥ 133
≥ 5'2"	≥ 129
≥ 5'3"	≥ 124
≥ 5'4"	≥ 120
≥ 5'5"	≥ 115

Student HIGHLIGHTS

ATHLETE OF THE WEEK



senior
JORDYN POSTON
volleyball

sponsored by
Freeman Athletic Booster Club



ATHLETE OF THE WEEK



freshman
GABBY DANIEL
soccer

sponsored by
Freeman Athletic Booster Club



Student HIGHLIGHTS



UNC
FIL
FUE
BED

Party



Student HIGHLIGHTS



Treats

Today our Culinary Class handed out treats to several of the Elementary, Middle and High School students. It was fun for everyone!

