

NOVEMBER 14, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Wow – what a week for our Scottie student-athletes! Congratulations to our cross-country teams on a fantastic season - the Girl's team finished 7th at State and the Boy's Team won this year's State title!! To be a State Champion is a tremendous accomplishment, and I'm very excited for the team and their coaches, Mallory McDonald and Leah Heideman – incredible season! Congratulations also to our volleyball team on their outstanding 2nd place finish at the State championships. The cross-country team's finish and the volleyball team's finish are testaments to their dedication, hard work, and athleticism. These accomplishments reflect the unwavering commitment of our coaches, athletes, and the entire school community. Our soccer and football teams are still in state competition this weekend – good luck Dawgs! As we celebrate fall athletic achievements, I want to remind students and parents that we only have four weeks remaining in the first semester. While I know that many are looking forward to a full week break over Thanksgiving, and a winter break that is free from the stress of returning to the end of a semester, now is the time for students to double down on academic pursuits and finish the semester strong. Please encourage your students to continue to work diligently and productively, and please feel free to reach out to their teachers or our office for any support you may need.

Go Dawgs!

Jeff Smith

Principal, Freeman High School

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

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WINTER SPORTS PARENT MEETING



NOV. 18TH 5:15PM
FHS BLUE GYM

- All parents will meet in the Blue Gym to hear from our Athletic Director, Mr. Ripke.
- Sports will then breakout for meetings with each head coach
- It is important that at least one parent/guardian be in attendance

UPCOMING events

NOVEMBER 17TH

Winter Sports Begin

NOVEMBER 18TH

Winter Sport Parent Mtg. 6pm

NOVEMBER 19TH

School Board Mtg. 6pm

NOVEMBER 21ST

AM Activity Bell Schedule
Vitalant Bood Drive 8:30-1:00

NOVEMBER 24TH-28TH

NO SCHOOL - Break

DECEMBER 1ST

Winter Sport Team Photos

DECEMBER 3RD

Late Start for Students 10:15

DECEMBER 5TH

AM Activity Bell Schedule

DECEMBER 10TH

School Board Mtg. 6pm



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



COMMUNITY FOOD RESOURCES AND INFORMATION

The Freeman School District recognizes the challenges that many may face during the current government shutdown, and upcoming holiday season. The Freeman School District has compiled resources below that families might find helpful during this time. Please know that Free/Reduced Price Meal Applications can be filled out at any time during the year. Applications can be downloaded from this [link](#).

COMMUNITY FOOD RESOURCES

- Second Harvest: <https://2-harvest.org/>
- WA 211: <https://wa211.org/>
- Hunger Free Washington: <https://www.hungerfreewa.org/>
- Second Harvest Bite 2 Go: <https://2-harvest.org/bite2go/>
- Hunger Free America Hunger Hotline: 1-866-3-HUNGRY or (Spanish) 1-877-8-HAMBRE
- [Healthy Choices on a Budget](#)
- [Budget Smart Sample Menu](#)

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

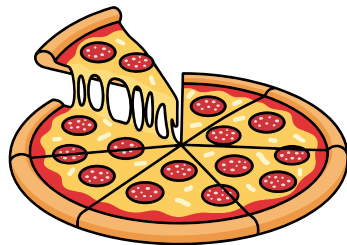


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COLLEGE CAREER
readiness



COOKING UP CREATIVITY: THE GREAT PIZZA CHALLENGE

Freeman's culinary students fired up the kitchen this week, crafting delicious handmade pizzas from scratch. Our amazing transportation staff stepped in as guest judges, sampling everything from classic pepperoni and Hawaiian to meat lovers, veggie, and even taco pizza. It was a fun (and tasty!) showcase of creativity, teamwork, and Scottie spirit!



IMPORTANT COLLEGE & CAREER READINESS DATES:

- November 14: WSU Instant Decision Day @ FHS 12pm - 1:15pm (12th)



Upcoming Sports



11/14 - 1st Round of State Varsity vs. Cle Elum/Roslyn
6pm
Purchase tickets [here](#)



11/15 - 2nd Round of State vs. Davenport @ Home -
3pm
Purchase tickets [here](#)

Winter Sports Team Photos

Leo's will be here on Monday, December 1st, to take team photos for our winter sports. Photo packets will get sent home with athletes in the next week but if you would like to order photos online simply visit [Leo's website](#) and type in order code SPO4014.

Congrats to Our All-League Athletes...



Football Offense 1st Team

Logan Schultz - Offensive MVP
Daniel Smith - WR
Levi Wellner - OL

Football Offense 2nd Team

Jaetyn Cole - WR
Noah Baker - OL

Football Special Teams 2nd Team

Tyce Gilbert - Ret

Soccer 1st Team

Rylee Russell - MVP
Nora Gass
Avery Gass
Gabriella Daniel

Soccer 2nd Team

Delaney Abustallo
Nicole DuPont

Girls Cross Country 1st Team

Audrey Santman
Emma Dreyer

Football Defense 1st Team

Noah Baker - DL
Logan Schultz - LB
Tyce Gilbert - DB
Daniel Smith - DB

Football Defense 2nd Team

Cooper Florence - DL
Levi Wellner - LB
Jaetyn Cole - DB

Volleyball 1st Team

Greta Van Gemert - MVP
Avery Berglund
Avery Boswell
Logan Pecht
Finley Pecht

Boys Cross Country 1st Team

Micah Bessire
Eli Beck
Josiah Kann
Owen Offereins
Josiah Bessire
Eli Cotton

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.



Winter Weather Information

According to several forecasts, this winter may bring more snow than we've seen in recent years. We want to be sure all Freeman families are prepared in advance for possible schedule changes due to inclement weather.

Communication

If weather impacts the school day, we will share updates by 6:00 a.m. through:

- Automated emails, texts, and voice messages-please ensure your contact information in Skyward is accurate and Freeman SD is not blocked.
- The Freeman School District website and our Facebook & Instagram pages.
- Local news stations (note: their reports may not always be accurate — please rely on Freeman messaging first).

Weather Monitoring

When snow or ice is in the forecast, our Transportation Director and staff drive routes early in the morning to check conditions. Maintenance crews begin plowing and clearing parking lots and sidewalks before staff and students arrive. Even with these efforts, icy spots may remain—please use extra caution!

The elementary and middle school students go out to recess unless the temperature is below 12 degrees (wind chill is factored into this decision). We rely on the Apple Weather App to make this determination. Please ensure your students are dressed for the weather.

Delays and Cancellations

Our goal is always to keep schools open when possible.

- Two-Hour Delay: School begins at 10:15 a.m. Breakfast will not be served. Staff should report when they can do so safely.
- Cancellation: All school programs, activities, and events, and facility usage are canceled for the entire day and evening, even if conditions later improve. The day will be made up on the next scheduled make-up day.

Safety Tip: Walk Like a Penguin!

- Wear shoes with slip-resistant soles.
- Take short steps and keep your arms slightly out for balance.
- Hold onto your vehicle when getting in or out.

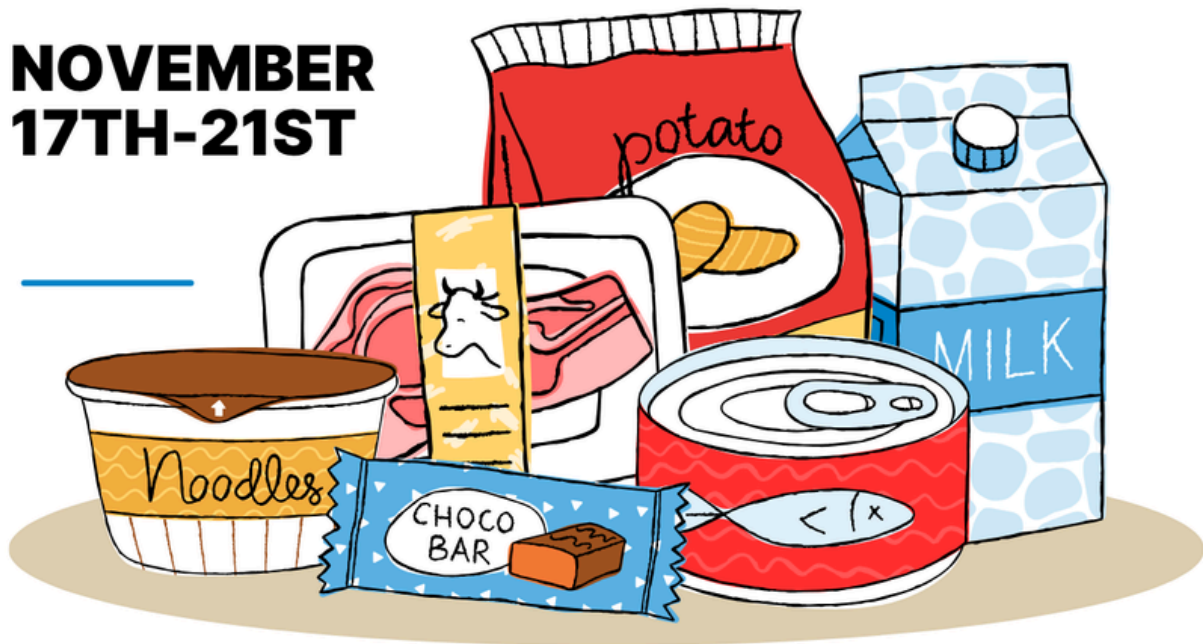
Thank you for your continued cooperation in helping keep our Freeman students, staff, and families safe this winter!

North Palouse Community
Food Bank

FOOD DRIVE



**NOVEMBER
17TH-21ST**



The winning class will be dismissed from 5th period 5 minutes early to go get a reward of Costco pizza. The goal we are trying to reach this year is 1500lbs. Please donate items to help us achieve our goal.



DROP-OFF LOCATION

Class Advisors

Thompson/Smith (9)

Monasmith/Bruno (10)

Sawyer/Marro (11)

Frye/Rae (12)

ITEMS NEEDED

- ▶ Canned Food
- ▶ Turkey
- ▶ Boxed foods
- ▶ Cash Donations

Student HIGHLIGHTS

STATE CHAMPS

Freeman Boys Cross Country



Congratulations to Freeman Cross Country: Boys team took the State Title and our girls team took 7th place overall!

Individual State Placers were:

Micah Bessire - 6th
Eli Beck - 9th
Josiah Kann - 12th
Owen Offereins - 16th
Audrey Santman - 5th



Student HIGHLIGHTS



Congratulations Freeman Volleyball!



**Academic State
Champions**

**2nd Place
State Finish**



Student HIGHLIGHTS

