

NOVEMBER 7, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Congratulations to our FHS Soccer and Volleyball teams! Volleyball finished the regular season as League Champions, District Champions, and they are headed to State next week – way to go ladies!! Soccer finished the season as Co-League Champions, and they are headed to State; they will be in action again this Saturday – good luck ladies! And last weekend, our FHS Trap team started their season with a big win at the Reardan Invitational – congrats to Coach Vail and the team! We are continuing to celebrate and recognize 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 October, I am proud of the following students for their academic work: senior Logan Melin, junior Phisher Poston, sophomore Amberlyn Church, freshman Eve Dumars, AND I am proud of the following students for the way they consistently demonstrate responsibility: senior Anneke Haskins, junior Aiden Tatsey, sophomore Kamrynn Seubert, and freshman Piper Ramsey. Congratulations!

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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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

— ★ ★ ★ —

**UPCOMING
events**

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
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



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



CTE

COLLEGE CAREER
readiness

WASHINGTON STATE
UNIVERSITY

Instant
DECISION DAY

Friday, Nov. 14th
12:15 - 1:15pm
FHS Career Center

IMPORTANT COLLEGE & CAREER READINESS DATES:

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



Upcoming Sports



11/7 - Varsity vs. Colfax 7pm



11/8 - District Championship
@ The Hub - 3:00pm
[Purchase tickets here](#)



11/12&13 - State in Yakima -
Game Times TBD
[Purchase tickets here](#)

**CROSS
COUNTRY**

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.



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.

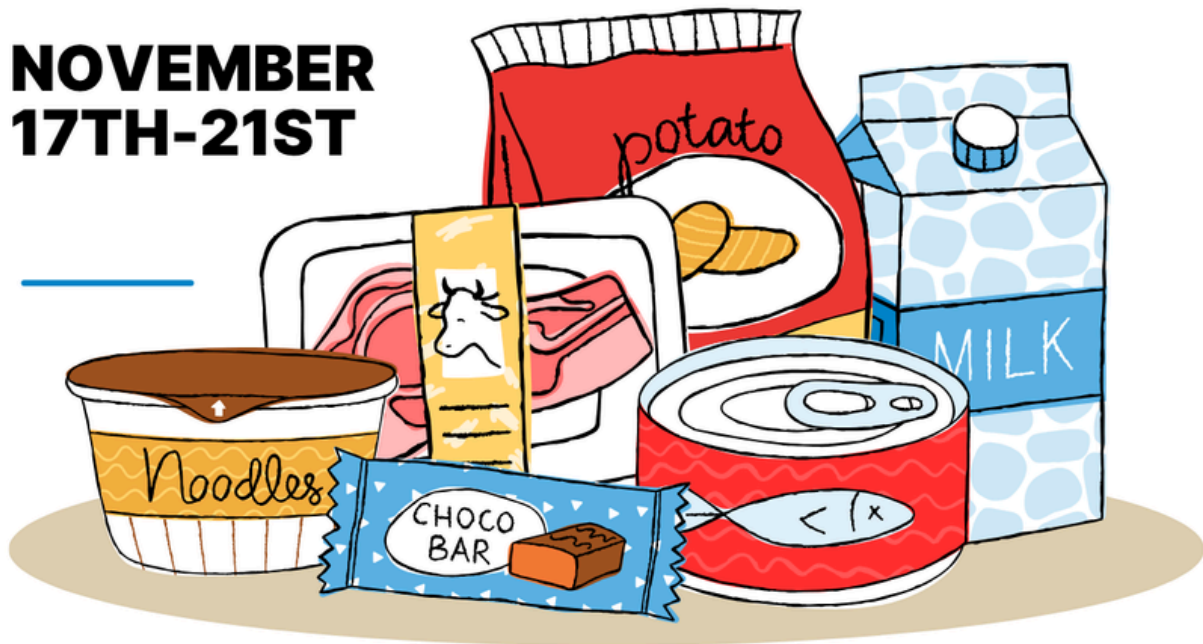
Thank you for your continued cooperation in helping keep our Freeman students, staff, and families safe this winter!

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



Students taking Construction and Core Plus attended Construction Days on October 29th. Students had the opportunity to get hands-on experience with machinery used in various construction trades. Thank you to the professionals in the skilled trades who took the time to show our students future opportunities in our area.

"I love all the people who work there and how they are so polite! I love how they allowed us to use their machines!" - Madison Hill

"It was awesome being able to run different equipment. My favorite was the jackhammer!" - Rex McGowan

"Fun to be around other students from different schools with the same interests." - Micah Hodges

"It was really fun getting the opportunity to operate the machinery and being told about future opportunities." - Malakai Crosby

"Construction Days was a great experience. It was fun and gave me many ideas for my future." - Brody Reynolds

"I enjoyed getting to talk to a lot of people about possibly becoming an electrician." - Garrett Peters

Student HIGHLIGHTS



On October 20th, FHS yearbook and newspaper students joined Ms. Longinotti and Ms. Youseph at Gonzaga University for Journalism Day. They spent the day learning about journalism topics ranging from writing to photography to help hone their skills. They also learned about the changes coming to journalism and our own local newspaper, *The Spokesman Review*, during the keynote address given by editor Rob Curley. It was a great day of learning and exploring for our students.

Student HIGHLIGHTS

On to State... Congratulations & Good Luck



Soccer



Volleyball



Girls Cross Country



Boys Cross Country

Student HIGHLIGHTS

Academic Students Of The Month



Logan Melin *Phisher Poston* *Amberlyn Church* *Eve Dumars*

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

▶▶ PACE Partners Advancing Character Education

Students Of The Month



Anneke Haskins Aiden Tatsey Kamrynn Seubert Piper Ramsey

October Responsibility

Being accountable, the pursuit of excellence, and the exercise of self-control

Student HIGHLIGHTS

**ATHLETE
OF THE WEEK**



junior
COOPER FLORENCE
football

**CERTIFICATE
ATHLETE OF THE WEEK**
Cooper Florence

freeman scotties
**ATHLETE
OF THE WEEK**
Sponsored by Freeman Athletic Booster Club

sponsored by
Freeman Athletic Booster Club



**ATHLETE
OF THE WEEK**



sophomore
EMMA DREYER
cross country

**CERTIFICATE
ATHLETE OF THE WEEK**
Emma Dreyer

freeman scotties
**ATHLETE
OF THE WEEK**
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