

FEBRUARY 21, 2025

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

Congratulations to the Freeman Wrestling team! Last weekend all twelve wrestlers eligible for the District Tournament qualified for the State Wrestling Tournament in Tacoma where they are competing this weekend. The team won the District Championship, and we wish them all the best at State – Go Scotties!

Course registration for the 2025-26 school year is fully underway, and as I mentioned last week, access to our new digital course guide is fully online – it can be found here [25-26 Course Guide](#) or on our school website under the Quick Links.

Also new, we are going to pilot a different approach to 2nd semester student-parent-teacher conferencing: over the next few weeks you will be receiving an email invitation from Mrs. Lagreid, one of our office managers, detailing different options for scheduling a conference. Our hope is to simplify the scheduling process and allow for more collaboration around your students' education.

Go Dawgs!

Jeff Smith  
Principal, Freeman High School

The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability or the use of a trained guide dog or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S. Jackson Road, Rockford, WA 99030, 509-291-3695.

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## REMEMBER TO PAY FINES/FEES

Please note that class fees for second semester (if applicable) have been assigned to student accounts. Please login [here](#) and check the status of your student's account at FHS and make payments as needed. Fines and fees are not visible in Skyward Family Access only our online payment platform. If you have any questions, please email Kristal Hayek khayek@freemansd.org.

**Thank you Freeman Community  
for supporting the FSD**



✓ Safety  
✓ Security  
✓ Technology

# Levy

*Your support in passing this levy helps ensure a  
brighter, safer future for our students!*

## CHANGE TO FOOD "A LA CART" PRICING

Effective 2-18-25 the entre a la cart pricing at the High School cafeteria will go from \$2.00 to \$3.00. This is not raising our full lunch price but rather just the a la cart entre pricing (students who get just the main dish of the meal and none of the sides).

## MATERIALS NEEDED FOR STUDENT PROJECTS

Do you have old horseshoes, drawer pulls, chalk paint or house numbers lying around? Our Construction and Metals students could use them for upcoming projects. Donations can be dropped off with Mr. Rae or Ms. Youseph. Be on the lookout for an upcoming SkillsUSA project sale!

# UPCOMING events

### FEBRUARY 27TH

FSD Board Meeting - 6pm  
PRTC Conference Room

### MARCH 3RD

Spring Sports Begin

### MARCH 7TH

NO SCHOOL - Snow Make Up  
Day

### MARCH 11TH

North Palouse Industry Fair

### MARCH 12TH

LATE START - 10:15am

### MARCH 15TH

Athletics Auction & Dinner

### MARCH 24TH

FSD Board Mtg. - 6pm PRTC  
Conference Room





C

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E

COLLEGE CAREER

readiness

# ORGANIZATION TIME

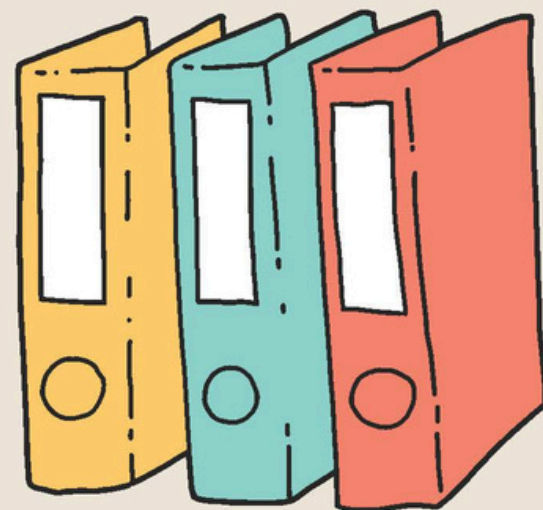
Fridays

7:45 am-8:10  
am

WHETHER YOU STRUGGLE WITH STAYING ON TOP  
OF ASSIGNMENTS OR JUST WANT TO LEARN  
SOME ORGANIZATIONAL SKILLS, THIS GROUP IS  
FOR YOU!

COME LEARN:

- ESSENTIAL ORGANIZATIONAL SKILLS
- TIME MANAGEMENT
- STRATEGIES FOR ACADEMIC SUCCESS
- PRIORITIZING TASKS
- GOAL SETTING



In the Library at FHS

FOR MORE INFORMATION, CONTACT MR. WASH



## Upcoming Sports



**2/21** - Girls Districts vs. Colfax @ West Valley HS 5:30pm

**2/22** - Girls Districts vs. TBA @ West Valley HS if they win on Friday night - 11:30am

Boys District Championship Game vs. Reardan @ West Valley - 4:30pm



**2/21-22** - State in Tacoma

## SPRING SPORTS BEGIN IN TWO WEEKS!

Track, Baseball, Softball and Tennis begin after school on March 3rd. Golf will begin shortly after then (more details to follow and dependent on weather). Please go in to Final Forms and double check that you have selected the Spring Sport which your student plans to play (only select 1 Spring Sport). This is how we know how many athletes to expect and this is the main form of coach/parent communication before the season begins. All online forms will also need to be completed by both parent and student. We also need a current sports physical on file for your student in order for them to even participate in the first practice. You can check the status of your student's physical in Final Forms as well. You will also need to make sure to have all sports fees paid before the first game:

ASB Card: \$35 (once annually)

Transportation: \$20 (once annually)

Spring Sport: \$25 (sports fee are per sport)

## Congrats to Our All-League Athletes...



## Sports Links:



**Pay Fines/Fees**



### Girls Basketball 1st Team

Taylee Phelps  
Rylee Russell

### Girls Basketball 2nd Team

Logan Pecht

### Boys Basketball 1st Team

Tanner Goldsmith  
Colton Wells

### Boys Basketball 2nd Team

Finn LaPointe  
Micah Hodges

### Wrestling 1st Team

Bearret Murphey  
Quincy Paxton

### Wrestling 2nd Team

Ryder Pedersen  
Quinten Malone  
Tucker Hawk





## 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

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

We do not have an "attendance only" phone number at the high school. Please 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 a 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 have brought back Scottie Break at the High School this year. 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: \$3.80



### 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.

# College Bound



There are two ways to start getting texts about **financial aid** and **college resources**:

For all Washington State high school students & parents/guardians:

Text "Hi OtterBot" to one of the numbers below or scan a QR code to message us directly:



**STUDENTS**

**360.928.7281**



**PARENTS**

**360.634.0354**

Or, if you're already enrolled in College Bound:

Use this QR code to update your number:



For more info, visit: [wsac.wa.gov/otterbot](https://wsac.wa.gov/otterbot).

Msg & data rates may apply.



**WASHINGTON STUDENT  
ACHIEVEMENT COUNCIL**  
EDUCATION • OPPORTUNITY • RESULTS





# ATHLETICS AUCTION & Dinner Fundraiser

March 15th | 5:30pm  
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment & more.

**BUY TICKETS HERE**

**\$60/PERSON**  
**\$450/TABLE OF 8**



Purchase a table & sit with friends for  
**RESERVED SEATING.** Individual tickets and  
couples will be **OPEN SEATING.**

## How to get involved...

- ✓ Purchase tickets and attend - must be purchased ahead of time
- ✓ Donate & help procure items by February 15th
- ✓ Extend the fun and stay the night with our discounted room block - use booking id# 12691 CALL 1-800-523-2464 (sold out last year)

If you have questions, would like to donate or volunteer please email [khayek@freemansd.org](mailto:khayek@freemansd.org)





# Student HIGHLIGHTS



CONGRATULATIONS



ATHLETE  
OF THE WEEK

ANNA  
JENSEN

BASKETBALL



CONGRATULATIONS



ATHLETE  
OF THE WEEK

LILY  
PACE

CHEER



# Student HIGHLIGHTS



**Congratulations Freeman Wrestling!  
District Team Champs**



# Student HIGHLIGHTS



**GOOD LUCK AT STATE**  
**FREEMAN WRESTLING**