



MARCH 14, 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 our Boys Basketball team on their 2nd place finish at the State Tournament. Our team played hard, and I'm very proud of how well they represented our community. It was fantastic to see the great number of families and community members attending the games to support Freeman – thank you!

Thank you also to our pep band. Similar to Cheer, the Freeman Band is another activity that runs the full year. Student musicians put a tremendous amount of time, energy and spirit into their work, and it shows. Several times at the State tournament, band directors from other schools approached me with compliments about our band. Thank you, Mr. Jydstrup, and the band, for your hard work and dedication!

This is a very busy time at FHS as we transition to Spring activities. A change that our ASB is making for this Spring involves ASB elections. In year's past, elections were held in May, which our current ASB executive board feels did not provide adequate time to onboard new executive members. Plus, with testing, athletics, and other late spring activities, it is easy for ASB to become an afterthought, which it should not be. Running for ASB is open to all students, and I highly encourage any student to apply now!

Go Dawgs!

Jeff Smith

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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## Current sophomores and juniors:

If you'd like to learn more about **National Honor Society** and how to become a candidate for Freeman High School's chapter of it, take the following steps:

1. Join the Google Classroom "Candidates for Freeman National Honor Society" by using the code: **otg4njf**
2. Attend ONE optional info meetings during lunch
  - a. Tuesday, March 18 OR
  - b. Thursday, March 20

Candidate materials are due (via an assignment in that Google Classroom) by 11 a.m. Friday, April 4. No late forms for candidacy will be accepted.



*National Honor Society (NHS) membership has been the true mark of student achievement for over 100 years, but it goes far beyond a report card. By empowering, championing, and recognizing well-rounded students, NHS provides schools with a values-based framework to elevate a culture of scholarship, service, leadership, and character.*

FREEMAN HIGH SCHOOL

## CLASS OF 2029

### STUDENT & FAMILY INFO NIGHT

WEDNESDAY MARCH 26TH  
6:00 PM in the FHS MPR

Come learn about registration, graduation requirements, and what to expect as a Freeman High Schooler.

## UPCOMING events

### MARCH 15TH

Athletics Auction & Dinner

### MARCH 24TH

FSD Board Mtg. - 6pm PRTC Conference Room

### APRIL 3RD - 4TH

NO SCHOOL - Parent/Teacher/Student Conferences

### APRIL 7TH - 11TH

NO SCHOOL - Spring Break

# NOW BOOKING

## CONFERENCES

APRIL 3 & 4



BOOK HERE

MEET WITH ALL YOUR STUDENT'S TEACHERS, ONE TEACHER OR THE COLLEGE & CAREER COUNSELOR

### Your Voice Matters

Share your thoughts in the upcoming Center for Educational Effectiveness Parent Survey

March 21- April 9





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COLLEGE

CAREER

readiness



## ***JUNIORS***

**Thursday, April 24, 2025**

**Freeman High School**

**8:15am - 12:30pm**

**\$60 Test Fee**

- Test in a familiar environment.
- Scores will be available for senior fall applications (if asked for by the university).
- Qualifying scores can be used to complete a Graduation Pathway.
- Signups are in students' Graduating Class Google Classroom. You can also email Heidi Youseph at [hyouseph@freemansd.org](mailto:hyouseph@freemansd.org) to sign your student up.
- Students can log into their College Board accounts to access their PSAT scores and practice questions for the SAT.
- Please contact Heidi Youseph if there are any questions about covering the testing fee.
- Deadline to register for the test is **APRIL 3, 2025**.

### **IMPORTANT COLLEGE & CAREER READINESS DATES:**

- March 11: North Palouse Industry Fair 8:30am - 12:30pm
- March 20: Apprenticeship Information Night @ NEWTech Prep Skills Center 6-8pm
- March 25: HUB Hiring Fair for Seniors 9:15m-11:15am
- April 2: Future Ready Trades Night @ East Valley High School 5-7:30pm
- April 14: Deadline for Nurse Camp Applications
- April 22: Spring ASVAB
- April 24: SAT School Day



CTE

COLLEGE CAREER  
readiness

**THANK YOU SPONSORS!**

**SPOKANE VALLEY SCHOOLS PRESENTS:**

**FUTURE READY!**

**A TRADES DISCOVERY NIGHT**

April 2nd from 5-7:30pm  
East Valley HS

### WHY ATTEND?

- Free Hot dogs, hamburgers, water and chips
- Learn to Weld, drill concrete, CPR, drones
- Exposure to jobs in Spokane for all ages
- All ages are welcome to attend
- Long pants and close toes shoes required to use equipment



## Apprenticeship Information Night!

### High School Students & Parents

Meet registered apprenticeship coordinators in our area and find out how to pursue a career in the skilled trades!



Apprenticeships

- Avista
- Associated General Contractors
- Advanced Manufacturing
- Carpenters
- Construction Industry Training Council
- Electricians
- Glaziers
- Heat & Frost Insulators
- Iron Workers
- Laborers
- Machinists
- Plasters & Cement Masons
- Plumbers & Pipe Fitters
- Sheet Metal Workers
- Spokane Community College
- Welders
- And More...

**March 20, 2025**  
**6:00 p.m. to 8:00 p.m.**  
**NEWTech PREP Skills Center**  
4141 N. Regal, Spokane WA

Let us know if you're coming.  
Registration not required.



Questions? Contact Marie Miller [mariem@spokaneschools.org](mailto:mariem@spokaneschools.org)





## Upcoming Sports



**3/18** - @ Rogers 3:30pm  
**3/20** - @ Medical Lake 3:30pm



**3/18** - vs. Riverside 4pm, JV after  
**3/20** - @ Medical Lake 4pm, JV after  
**3/22** - @ Ephrata Tournament



**3/14&15** - Varsity @ Ephrata Johnson-O'Brien Baseball Classic  
**3/20** - vs. Riverside 4pm



**3/19** - @ VCS Jamboree 3:30pm



**3/18** - Girls at Clarkston Invite 10am  
**3/20** - Boys at Pirate Open 10am

## Sports Links:



**Pay Fines/Fees**



# CONGRATULATIONS



**2ND  
AT  
STATE**

## BOYS BASKETBALL





# 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.



# Student HIGHLIGHTS

