

MAY 30, 2025

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

Late Spring this year at Freeman HS has been extraordinary, and I continue to be incredibly proud to celebrate the outstanding achievements of our students! Our Band continues to shine: earning the prestigious Gold Standard at this year's Lilac Parade for the third consecutive year and delivering a brilliant performance at our Spring Concert. Our Choir matched the band's performance with an impressive Spring Concert of their own. I'm a firm believer that music is an incredible art that is meant to "move people", and this marks another concert where I was definitely moved, showcasing the depth of talent in our music program. Thank you, Mr. Jydstrup, and the band and choral programs, at FHS!

Congratulations to Emma Hollen and Avery Boswell, who earned the title of State Champions in Women's Tennis Doubles, not to mention finishing 3<sup>rd</sup> in the State as a Tennis team! To be a State Champion is a tremendous accomplishment, and I'm very excited for these ladies and their coach, Pia Longinotti – incredible season! Our Softball team also made us proud, finishing as the 2nd place team in the state – way to go ladies! All of These accomplishments reflect the hard work, dedication, and excellence that define student-athletes at Freeman High School – good job, Dawgs and coaches. Next week is an extremely exciting and busy week for students at Freeman, please be sure to refer to Page 2 in this week's Flyer as it is quite a bit to track!

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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# JUNE 2-11, 2025

**2 MON** *Seniors*  
Regular Schedule Finals in periods 5,6,7

**3 TUES** *Seniors*  
Regular Schedule Finals in periods 1,2,3,4  
Locker cleanout, Chromebook check-in during 5th  
**1:00 PM Graduation Rehearsal** in Blue Gym

**4 WED**  
Special Schedule **BBQ & Yearbooks**  
**1:00 PM State Recognition Assembly**

**5 THUR** *Seniors*  
Regular Schedule **Senior Trip**  
Breakfast at FHS Silverwood  
Dinner at CDA City Park

**6 FRI** *Seniors*  
AM Activity **11:00 AM Graduation Rehearsal** in Blue Gym  
**12:15 PM Senior Walk**  
Start in FES, then FMS, and FHS

**9 MON**  
Finals Schedule Finals in periods 1, 3, 5, 7

**10 TUES**  
Finals Schedule Finals in periods 2, 4, 6  
Lockers & Chromebook Check-in

**11 WED**  
Early Release Early Release

WEDNESDAY	
1	8:15-8:56
2	9:00-9:41
3	9:45-10:26
5	11:15-11:56
4	10:30-11:11
Lunch	11:56-12:26
Activity	12:30-1:15
6	1:19-2:00
7	2:04-2:45

MONDAY	
1	8:15-9:15
2	9:20-9:45
Break	9:45-10:00
3	10:00-11:00
4	11:05-11:30
5	11:35-12:35
Lunch	12:35-1:10
6	1:15-1:40
7	1:45-2:45

TUESDAY	
1	8:15-8:35
2	8:40-9:40
3	9:45-10:05
Break	10:05-10:20
4	10:20-11:20
5	11:25-11:45
Lunch	11:45-12:15
Activity	12:20-1:15
6	1:20-2:20
7	2:25-2:45

## CHROMEBOOK RETURN PROCESS BEGINS NEXT WEEK FOR SENIORS

With the school year quickly coming to a close, it is extremely important that all school property is returned to Freeman High School so that cleaning, updating and preparations for the next year can begin. Just as textbooks, library books and other learning tools are collected at the end of the year, Chromebooks must be collected as well; they cannot be kept over the summer. We will begin the collection process with seniors next week. Please make sure your student knows where their school-issued Chromebook and charger are located.

Per Freeman School District Technology policy, each student is responsible for any repair or replacement of a Chromebook that he/she collected at the start of the year or checked out during the school year. The fee to replace a missing Chromebook is \$200 and the fee to replace a missing charger is \$30. Any missing device or unpaid fee associated with a device will prohibit a student from collecting a clean machine next school year. A copy of other Chromebook related fees can be found on the website.

## SENIOR FINES/FEEES MUST BE PAID THIS WEEK

The countdown is on! Our seniors are gearing up for their Senior Trip this next Thursday, June 5<sup>th</sup> - but before they can hop on the bus and make memories, there's one more important checkpoint: ARE ALL THEIR SCHOOL FEES AND LUNCH BALANCES PAID? If your student has any unpaid balances, they must be cleared by Thursday in order to attend the trip or by Friday morning, June 6<sup>th</sup>, to be able to receive their diploma after the graduation ceremony.

✓ What to do:

- Log in to [payment portal](#) to see/pay fines and [Skyward](#) to see lunch balances or contact the school office at 291-3721 to check for any outstanding balances.
- Pay any fees or lunch charges ASAP either through the payment portal or in person in the office with cash, check or credit card.
- Be sure to add extra money into the lunch payment to get them all the way through next Wednesday, June 4th, which is the yearbook signing and BBQ day. Lunch price is \$3.80/day.




# SKILLED TRADES EXPLORATION

Rising Juniors, Seniors & Recent High School Graduates

**JUNE 23 - JULY 3 , 2025**

- 📍 SCC Apprenticeship Center  
2110 N Fancher Way | Spokane Valley, WA 99212
- 🕒 9:00AM - 3:00PM
- 📅 Monday - Thursday
- 🆓 **Completely FREE for students!**

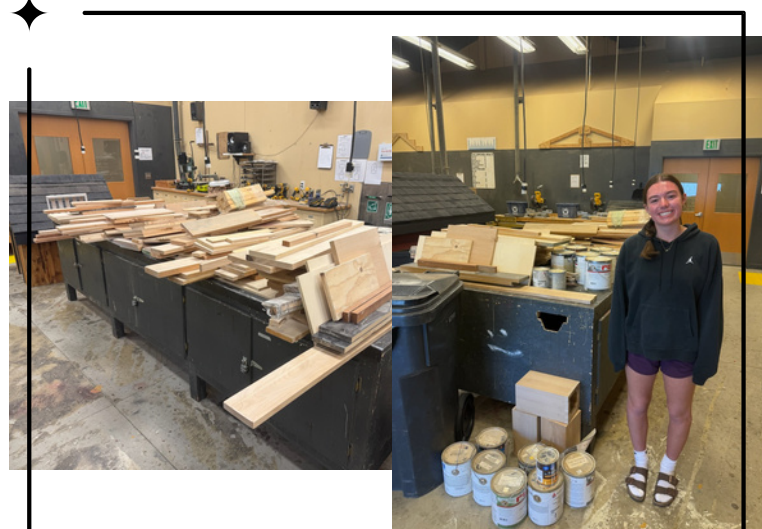
Interested in construction or hands-on trades?  
Participate in the Skilled Trade Exploration program  
this summer!

There are many opportunities for high-paying,  
in-demand careers in the construction industry within  
your community. This program introduces the skills  
and training needed to succeed, no matter the trade!

Scan the QR code  
to register or go to:  
[forms.office.com/  
r/WMXU4QMFLb](https://forms.office.com/r/WMXU4QMFLb)



Spokane Colleges does not discriminate on the basis of race, color, religion, national origin, sex, disability, sexual orientation  
or age in its programs, activities or employment. Marketing & Public Relations 24-459 01/2025 ER



A huge thank you to the Duncan family  
for donating a large amount of hardwood  
and wood stains that had belonged to  
their grandfather. The woodshop will put  
the materials to good use.

## 2025 WASA REGION 101 AWARDS

Earlier this month, educational leaders from across northeast Washington gathered at CenterPlace Regional Event Center in Spokane Valley to celebrate the 2025 WASA Region 101 Awards—an annual recognition of individuals whose service and leadership strengthen public education.

We are delighted to share that Lane Mathews and Joanna De Peralta at Freeman School District, were among this year's distinguished honorees. This award underscores their exceptional commitment to student success and the broader educational community. To see the full list of award recipients and learn more about the significance of these honors, view the official program [here](#). Congratulations to Lane and Joanna and all who continue to elevate educational excellence in northeast Washington!





## Upcoming Sports



**5/30** - State Semi Finals in Selah - 4pm vs. Chewelah

**5/31** - State in Selah - TBD based on 5/30 game



**5/30 & 31** - State in Yakima

## Sports Links:



[Pay Fines/Fees](#)



CONGRATULATIONS



ATHLETE  
OF THE WEEK

GAVIN  
ZEHM

BASEBALL



CONGRATULATIONS



ATHLETE  
OF THE WEEK

CHLOE  
ADAMS

SOFTBALL



# 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 LUNCH	12:13-12:43	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.



**Saturday  
Aug 16th  
1pm**

*Presented by:*



# **7TH ANNUAL Freeman Athletics Golf Tournament**

*Register  
Now*

**Prizes:** 1st, 2nd, 3rd Place Teams

**Side Games:** Closest to pin (\$5) on par 3's  
and more

**Sponsorship:** Contact Chad Ripke  
[cripke@freemansd.org](mailto:cripke@freemansd.org)

**Registration:** [Register online](#)

*Team Registration*  
**\$400**

(includes golf, cart & dinner)

**Questions...**  
**509.291.3721**

**Links Golf Course**

10623 Chase Rd.  
Post Falls, ID 83854

Special thanks to our corporate sponsors:  
Moss Adams LLC; Devan Schlagel-Unfred Insurance;  
Lilac City Septic; Camden Homes, Inc.; Fusion  
Architecture, PLLC; Woodward Geoscience, PLLC; iSmile  
Orthodontics



# **DAWG STRENGTH**

## **SUMMER WORKOUTS FOR ALL FREEMAN STUDENTS**

**WHO:** ALL BOYS AND GIRLS GRADES 7 - 12  
**FOCUS:** STRENGTH, CONDITIONING, AGILITY, and FLEXIBILITY  
**WHERE:** FREEMAN HIGH SCHOOL (WEIGHT ROOM, GYM AND FIELDS)  
**WHEN:** START DATE - MONDAY, JUNE 30  
END DATE - THURSDAY, JULY 31  
DAYS OFF - ALL FRIDAYS  
**TIME:** 7:00 - 9:00 A.M.  
**LEVELS:** BEGINNING, INTERMEDIATE AND ADVANCED  
**COST:** FREE!!

**INSTRUCTORS:** FREEMAN HIGH SCHOOL COACHES

**COME GET STRONGER, FASTER, AND MORE ATHLETIC.  
LETS HAVE SOME FUN THIS SUMMER WORKING HARD!**

**REGISTRATION FORMS ON FREEMANS D WEBSITE OR IN THE  
HIGH SCHOOL OR MIDDLE SCHOOL OFFICES.**

**QUESTIONS: CONTACT COACH MCKEOWN AT [MMCKEOWN@FREEMANS D.ORG](mailto:MMCKEOWN@FREEMANS D.ORG)**

# FREEMAN DAWG STRENGTH SUMMER WEIGHTS

PAGE 05

PLEASE PRINT

Student Name: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Email: \_\_\_\_\_

Cell #: \_\_\_\_\_ 2025 - 2026 Grade: \_\_\_\_\_

Allergies or Medication: \_\_\_\_\_

Insurance Company & Doctor: \_\_\_\_\_

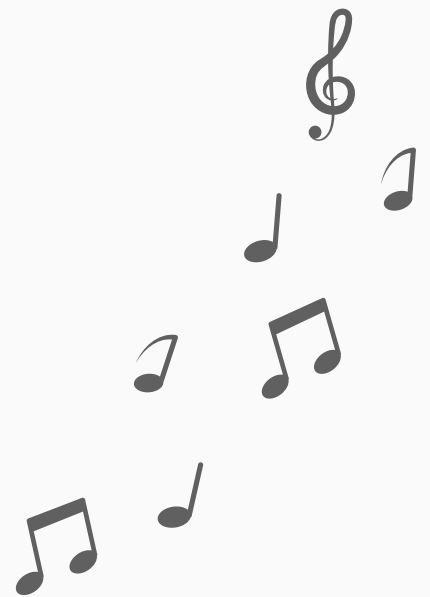
In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand this activity is voluntary and my child's participation is not mandatory. In case of emergency, the supervisor on site has my permission to obtain medical treatment for my student. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover any injury while participating in this event.

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Parent/Guardian Signature and Date



# Student HIGHLIGHTS



The Spring Band & Choir concert was a huge success with a packed house.

Thank you Mr. Jydstrup and students for blessing us with your talent and hard work!

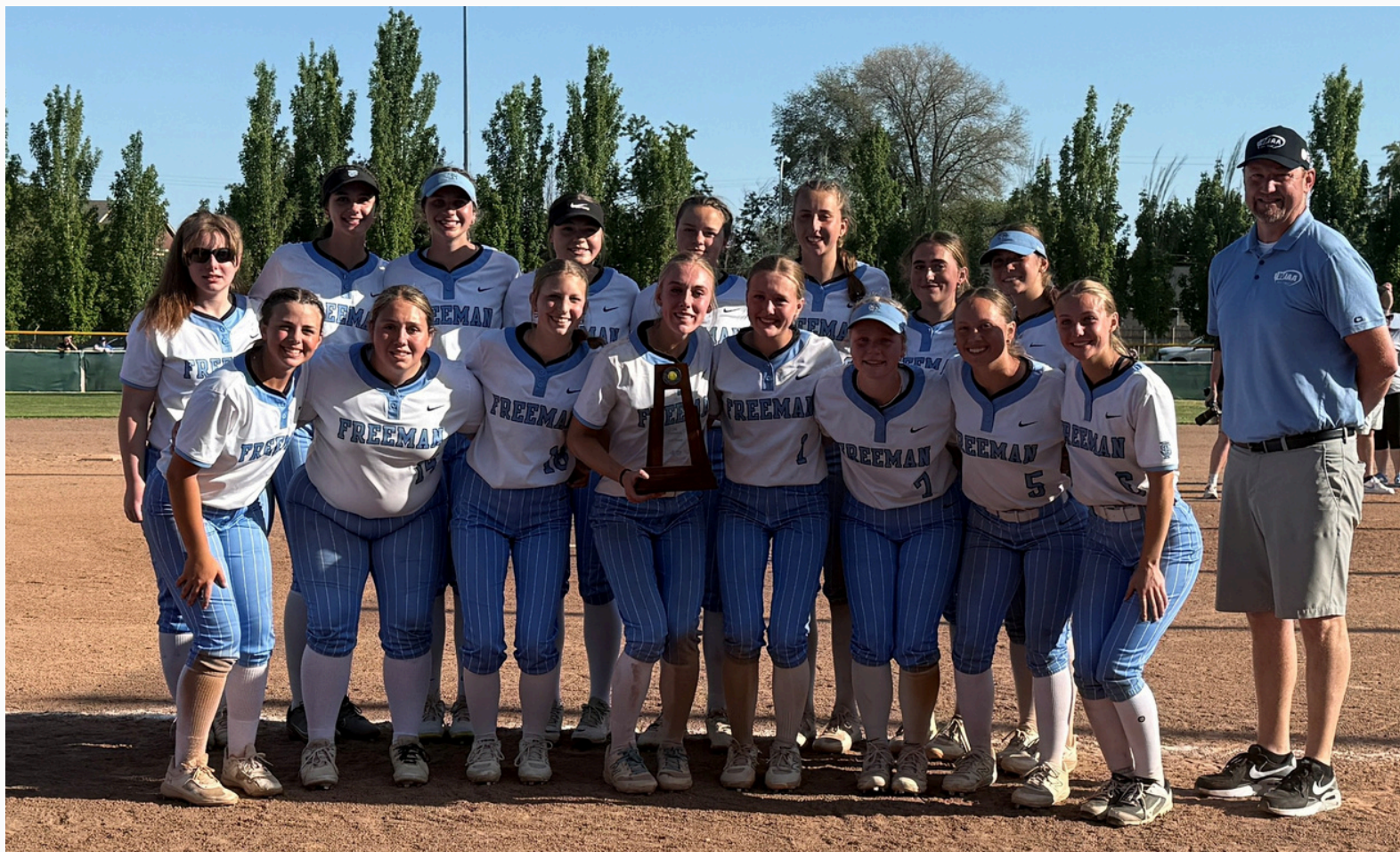


# Student HIGHLIGHTS



Congratulations to Avery Boswell and Emma Hollen on their 1<sup>st</sup> Place win @ State Tennis Girls Doubles Champions!

# Student HIGHLIGHTS



Congratulations Freeman Softball on their 2<sup>nd</sup> Place @ State!

# Student HIGHLIGHTS



# Student HIGHLIGHTS



## Student Art Show

Tuesday evening we hosted an art show as an opportunity for our students to display their hard work in art class