



SEPTEMBER 19, 2025

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

I hope that you're all continuing to enjoy our late summer weather, even as we move into Fall! This week, I'd like to encourage you to attend the SE County Fair in Rockford. Mr. Jydstrup will be leading our Freeman Scottie Marching Band in the parade, and they sound fantastic! I'd also like to highlight several of our Freeman students who were selected as SE County Fair Royalty: Princess Morgan McIntire, Princess Madison Johnson and Princess Briley Snyder. Congratulations – we are proud of you! Our hallways and classrooms at FHS have been very business-like this week. You should have received an emailed progress report from your student's teacher last week; please do not hesitate to contact any of our teachers about your student's academic progress at any time. As I remind students and staff often, the walls were built for teaching and learning – and that should be what we are here to do!

Go Dawgs!

Jeff Smith, Principal

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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](mailto:rrussell@freemansd.org), 509- 291-3695, 15001 S Jackson Rd. Rockford, WA 99030



## LILAC FESTIVAL ROYALTY COORDINATOR NEEDED

For the past 11 years Deena Jackson has been the coordinator for the Freeman High School representation at the Lilac Festival Royalty Program. She is stepping down from this role but we would love to see Freeman still be represented. If you are interested in being the coordinator, please let her know at [djackson@freemansd.org](mailto:djackson@freemansd.org) or call 291-3721 ext. 284. She would be happy to answer any questions you may have. We have had wonderful representation by some amazing Freeman students in the Lilac Royalty and would love to see that continue.



## PLEASE COMPLETE ANNUAL BACK TO SCHOOL FORMS

Every year we must have all back to school forms completed for every student. Please log in to Family Access and complete form sets for each student. To date, only 1/2 of our FHS students have completed forms. You can find this on the left side of your home page on the Skyward Family Access screen titled "FHS Registration for All Returning Students".



**PICTURE RETAKES ARE  
FRIDAY OCT 3RD 8:30 AM  
ORDER CODE:  
FAL227178  
go to [www.leosphotography.com](http://www.leosphotography.com)**

## IMPORTANT ROAD SAFETY BEFORE/AFTER SCHOOL



Just a reminder for all students and adults...please SLOW DOWN on Jackson Road during the drop off and pick up times. If you get stopped along the road because of traffic, please do not block either of the crosswalks. Thank you.



## UPCOMING events

### SEPTEMBER 22ND

School Board Mtg. 6pm

### SEPTEMBER 24TH

LATE START - Teacher P.D.

### SEPTEMBER 26TH

Bell Schedule: AM Activity

### OCTOBER 3RD

Picture Retake Day

Bell Schedule: AM Activity

### OCTOBER 10TH

Bell Schedule: AM Activity

### OCTOBER 13TH-17TH

Homecoming Week

### OCTOBER 15TH

Yearbook Sr Photos Due

### OCTOBER 18TH

Homecoming Dance - 8pm

### OCTOBER 22ND

PSAT Test 10<sup>th</sup> & 11<sup>th</sup> graders  
(must sign up see pg. 4)





Would you like to read about what's happening at the elementary or middle school? Get caught up with their Friday newsletters here:



FREEMAN  
ELEMENTARY



FREEMAN  
MIDDLE SCHOOL



## 2025-26 YEARBOOK NEWS

### Yearbooks on Sale Now

It's time to purchase your yearbooks! If you purchase before October 15th, you can take advantage of our early bird special! \$45 for your yearbook, or \$50 if you want your name on the cover. You can purchase your book through your school account by sending a check to the HS office made out to Freeman HS, memo line: yearbook. Or, you can select yearbook online through the ["Make a Payment"](#) link on the district website.

### Senior Pictures Due Soon

Seniors, it's time to start getting those pictures in for your senior section! Please see the attachment on page 7 in this Friday Flyer for directions on how to rename and upload your senior photo and your kid picture to our yearbook. All photos are due to upload on Wednesday, October 15th. Please remember that your photos should be vertical. Horizontal photos will be cropped to fit our layout. If you have any questions or concerns, please email to talk to Ms. Longinotti.

## SHOP FREEMAN GEAR THROUGH THE SIDELINE STORE

If you are wanting some Freeman gear, we have a Sideline Store set up right now with BSN Sports. You can customize from hundreds of items and have it shipped directly to your home. If you use code: SPIRIT20 this month you will save 20%. Follow the [link](#) to shop.





C

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E

COLLEGE CAREER  
readiness

## PSAT DAY: 10TH & 11TH GRADERS

**Wednesday, October 22nd, 2025**  
**8:15 - 11:30am - \$18**

- 10th & 11th graders are invited to take the PSAT/NMSQT during PSAT School Day on 10/22/25.
- Please let Heidi Youseph know if you would like to sign your student up to take the PSAT at [hyouseph@freemansd.org](mailto:hyouseph@freemansd.org).
- Test fee is \$18 and can be paid AFTER the test date. For questions about possible test fee waivers, please contact Heidi.
- Deadline to register is **October 3rd**.

The PSAT is great for...

- Possible qualifying score for a National Merit Scholarship (10th-11th)
- Practicing for the SAT
- Knowing what areas to work on for a higher SAT score
- SAT practice on Khan Academy



## IMPORTANT COLLEGE & CAREER READINESS DATES:

- **October 1: FAFSA opens for Class of 2026 (12th)**
- October 9: Business After School: Gesa Credit Union 3-5pm all grades welcome
- October 10: EWU Instant Decision Day 12:15pm in Library
- October 13: Western Washington University @ 12:30pm in the Library
- October 15: Spokane National College Fair (11th and 12th)
- October 22: PSAT (10th and 11th)
- October 28: Business After School: Sacred Heart Medical Center ER Open House 3-6pm all grades welcome
- October 29: Construction Days (sign up with Ms. Youseph)
- November 5: Business After School: Coffman Engineering 3-5pm all grades welcome
- November 7: WSU Instant Decision Day @ FHS 12pm - 1:15pm (12th)





## Upcoming Sports



**9/20** - Varsity vs. NWC @  
Riverside 5pm  
**9/22** - JV vs. NWC 5pm  
**9/26** - Varsity vs. Asotin 7pm



**9/23** - vs. NWC 4pm  
**9/25** - @ UCA 4:30pm



**9/23** - @ Asotin C/JV-4:30pm,  
Var-6pm  
**9/25** - vs. Colfax C/JV-5pm,  
Var-6:30pm  
**9/27** - Varsity @ Linda  
Sheridan Tournament  
(Rogers High School) - 8am,  
9:30am, 11am then bracket  
play

**CROSS  
COUNTRY**

**9/20** - Asotin Invite 10am  
**9/23** - @ St. John 4:30pm  
**9/27** - @ Lake Spokane Invite  
(Lakeside) 10am

## Sports Links:



**Pay Fines/Fees**



# TAILGATE NIGHT

**FOOD • FRIENDS • FOOTBALL**  
**SEPTEMBER 26TH**  
**STARTS AT 5:00PM**  
**@ THE BUS DROP OFF**  
**PARKING LOT**  
**GAME STARTS AT 7:00PM**

**WHAT'S HAPPENING**  
*Kick off Friday night with food, fun, and school spirit! Enjoy delicious eats from three local food trucks:*

- Swell Coffee
- High on Fire BBQ
- Snow Cones

FIRST 350 PEOPLE  
TO EAT AT HIGH  
ON FIRE BBQ GET  
50% OFF!

**QUESTIONS?**  
**GRETA VAN GEMERT - HIGH SCHOOL ASB  
PRESIDENT**  
[Margaret.vangemert@goscotties.com](mailto:Margaret.vangemert@goscotties.com)



## 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](mailto: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.



# Business AfterSchool 2025 Fall Workshops

Career-Connected Learning  
Outside the Classroom!



For Students, Parents and Educators:  
Learn what it's like to work in one of Spokane's growing industries.

Register Today at  
[BusinessAfterSchool.com](https://BusinessAfterSchool.com)



## WSU Spokane Health Science Career Pathways

9-12 Grade Students,  
Parents, and Educators

Oct 8, 2025 | 9 am – 12:30 pm



High school students interested in health care research, teaching, and practice are invited to explore career pathways at WSU's health sciences campus, where they'll learn from expert practitioners and researchers across fields like medicine, pharmacy, nursing, and more.

## Gesa Credit Union Financial Pathways

6-12 Grade Students,  
Parents, and Educators

Oct 9, 2025 | 3 – 5 pm



Explore the diverse career paths within the financial services industry, where students will discover roles ranging from retail management to marketing, and more.

## Sacred Heart with Providence Healthcare

6-12 Grade Students,  
Parents, and Educators

Oct 28, 2025 | 3 – 6 pm



Join Providence Sacred Heart Medical Center's Emergency Room Open House to explore emergency medicine through hands-on simulations, tours, and career insights.

## Coffman Engineering with Coffman Engineers

6-12 Grade Students,  
Parents, and Educators

Nov 5, 2025 | 3 – 5 pm



Join us after school for a career-connected learning event with Coffman Engineers, where students can explore real-world engineering careers, connect with professionals, and discover pathways into the industry.

Presented by:



Gesa  
Credit  
Union



**EASTERN**  
WASHINGTON UNIVERSITY

Supporting Sponsor: **CHAS Health**

Brought to you by:



**BUSINESS AfterSchool**  
connecting students to the world of business *funded by GSA*



**CAREER CONNECT  
NORTHEAST**  
*funded by GSA*





# **DONATIONS**

## **NEEDED**

**Did you clean out your closet before school started? Did you have leftover items from a garage sale?**

**If so...we want them!**

**Class of 2027 Parents are doing a Textile FUNDrive. Please donate any clothing, bedding, small household items, decor, books and media! The class will get money for every pound donated!**

**A covered trailer will be at the next home football game to accept your donations. Bring your donations to the Elementary Parking Lot on Friday, September 26<sup>th</sup> at 4:00pm to game time!**

**IN BAGS:  
clothing,  
accessories,  
shoes, etc  
household textiles**

**IN BOXES:  
small household goods,  
decor,  
toys,  
games, etc**

**Please keep books, media and household goods in separate boxes.**

**No furniture or large items. Anything donated should be in either a bag or a box. Items must be clean and in sellable condition.**

**Can't make it to the Football game? Please call Erik Cole at (509) 475-1970 or Jill Morphy at (509) 953-1266 to set up a time to drop off items. The deadline to donate is September 26th.**



# Class of 2026: Senior Tributes

**Senior tributes:** Please see the sizes below for cost, and the number of graphics/words recommended for your tribute size. Contact Ms. Longinotti to reserve your tribute size by October 31: 291-3721, ext 205. or [plonginotti@freemansd.org](mailto:plonginotti@freemansd.org)  
*Please note that once the allotted spaces have sold out, we can't sell more.*

- **1/8 page tribute- 1 graphic & 40 words** Approximately 3.5" x 2"  
Cost - \$65
- **1/4 Page - 2 graphics & 80 words** Approx. 3.5" x 4.5" or 7.125" x 2"  
Cost - \$100
- **1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"  
Cost - \$200
- **Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5" Cost - \$400

*Emma Nees*



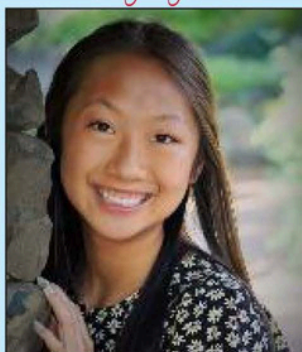
Emma, Emma Jo, Em, M.J, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will give you storms along the way and you have shown that you can weather those challenging times with grace and dignity. You are graduating with your AA and will soon be off to bigger, better, and brighter things. God has an amazing plan for you and



we can't wait to see where that takes you. We love you sweet girl. Be you and be PROUD, because we are!

WE LOVE YOU, Dad, Mom, Hannah & Jeremy, Hunter, Olivia & George

*Abby Pylant*



We are so proud of you and can't wait to see what you accomplish in the next stage of your life!  
 Love, Mom and Dad

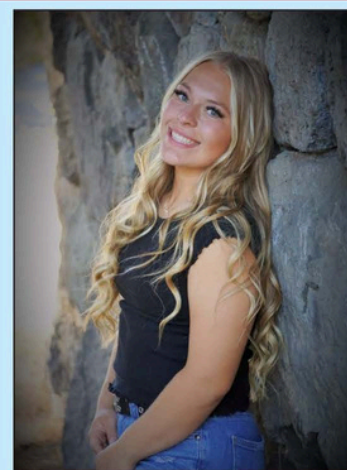
*Gracie Jensen*



"And one day she discovered that she was fierce and strong." Gracie- truer words could not be written about you. You are a beautiful balance of tough and kind; strong yet gentle. Somehow you managed to take a high school experience that was not what you planned, and strived to see the best in everything, and everyone. Tragedy could have defined you, but you did not let it write your story. You grabbed the pen from tragedy's grasp and chose your own adventure! It is time to turn the page and start a new chapter. It has been a great read to this point, and we are excited to see what the next chapter holds. God has big plans for you and we could not be more proud! Love Mom and Dad!

*Peyton Brewer*

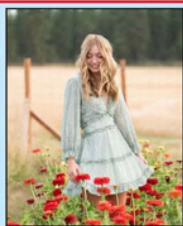
Peyton, Your Dad and I couldn't be more proud of the person you are becoming! Your hard work and commitment to everything you do is amazing. We know you have had to already go through more than most people do in their lifetime, but you have done it gracefully. We are so excited to see where your next journeys take you, but wherever they will be, we know you will have a blast! Love you more than anything,  
 Mom and Dad



*Katehyn Tippet*



Katie Grace- You are the daughter any parent would be proud of! You are a natural leader who possesses the gifts of strength, intuition, resiliency, bravery and kindness. A brilliant light in this world with just enough sass to be a force to be reckoned with! Beautiful in every way, you make us proud and we love you so very much! Keep shining Sis! You will do great things.  
 Proverbs 4:25-26  
 Congratulations! Love, Momma, Dad & Gabe



*Sarah Simmerman*

We are so proud of you and blessed to have such a wonderful daughter! We will miss your sweet personality but we're excited to see where your intelligence, hard work and kindness will take you.  
 Love, Mom and Dad



*Colton Cayce*

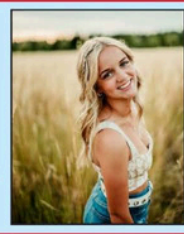
Colton- We are so proud of all you have accomplished during your first 18 years! We can't wait to see what your future holds! Work hard and follow your dreams!  
 Love always, Dad, Mom, and Cody



*Brookhynn Showatter*



Brooke! We are so excited for your next exciting chapter in life! We are incredibly proud of the amazing young woman you are, full of beauty, wit, compassion, and kindness. And your ability to make us LAUGH and SMILE (even when we don't want to) is your true gift. We love you to the moon sweet girl!  
 Mom, Travis, Josie & Courtney





# Class of 2026: Yearbook Senior Pictures & Tributes

**Deadline -  
October 15**

***Senior portraits and kid pictures are due  
October 15 for the 2026 Yearbook!***

## **Submitting Senior Photos** - both kid and senior portraits.

In order to receive the highest quality image, **we are requesting that you submit your photos on-line** this year (see directions below). Many studios will be able to do this for you. The senior portrait must be 2"x3" (vertical orientation) and at least 300 dpi. Scanned kid pictures should also be 300 dpi and approximately 2"x3". They can be any photo of your student starting from birth to whatever age you prefer/have access to a photo.

**Deadline** to submit **both** these photos to the yearbook is **Tuesday, October 15.**

### **Directions to upload your photos:**

- A. **RENAME** before uploading your photo so that we avoid misnaming your senior. Please save the image as a full size save and rename the photo as follows: Student's firstname\_lastname (ex. Jenny\_Smith) and your kid portrait to firstname\_lastname\_kid (Jenny\_Smith\_kid) so that it is easy to identify photos.
- B. Next, go to <https://yearbookshare.com/eShare/?code=dawgcountry> . School code for Freeman is dawgcountry
- C. You will be asked to put in your name, email and phone number.
- D. You will then be asked to "Agree to Terms", which is typical.
- E. You will then be asked to browse to your photo. Simply navigate to where you have the photo saved, select the photo, and click on upload.
- F. You are almost done - it will then ask for some information about the picture, such as who is in it - please type in your child's name (we default to your student's given name in the yearbook. They may see me if they'd like to use a preferred name instead per state law). That's all there is to it!

**Senior Tributes:** If you are interested in purchasing a tribute, or "shout-out" for your child or grandchild, please see the reverse side of this flyer for information. You will be able to submit photo(s) and a message for your senior in the yearbook! What a great way to say something special that will last a lifetime! Hurry though - space is limited! **We sold out last year! To reserve your spot, simply contact Ms. Longinotti with the size you would like, or purchase your tribute through your student's account by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 1. Payment is due by December 15th. For more information regarding the senior pics, kid pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, or at plonginot-

**October 15 - Deadline** to submit kid and senior pics

**October 31- Deadline** to reserve a senior tribute

**December 1- Deadline** to submit pictures and words for tributes (the sooner, the better).

**December 15 - Deadline** to pay for tributes (the sooner, the better).



# Student HIGHLIGHTS

in the classroom





# Student HIGHLIGHTS

## ATHLETE OF THE WEEK



senior

**NOAH BAKER**

football

sponsored by  
Freeman Athletic Booster Club



## ATHLETE OF THE WEEK



senior

**SIERRA WATSON**

cheer

sponsored by  
Freeman Athletic Booster Club





# Student HIGHLIGHTS



VOLLEYBALL

