

SEPTEMBER 5, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

The heat is on, so is the smoke, and things are definitely cooking at FHS this week! Several athletic jamborees have been completed and meetings for ASB clubs are starting up! Our ASB/Leadership team is producing "Dog Chow" videos for the student body again this year which is a fun and entertaining way to provide fellow students with "all things Freeman" for the current and upcoming weeks. Today is our initial "First Friday"! First Fridays will take place on every first Friday of the school month with the intent of focusing on Scottie POWER and College/Career Readiness. Scottie POWER is more than just a cheer at Freeman, or a poster on the wall – it is shared language for staff and students about what it means to be a part of Freeman High School. By focusing on Perseverance, Ownership, Wisdom, Empathy and Respect during First Fridays and beyond, we hope to continue to foster a positive culture centered on how to be successful both in and out of the classroom. First Fridays also provide all students with College and Career Readiness information/activities as well as allowing them time to work on their High School and Beyond Plan - a Washington State graduation requirement. Have a super weekend!

Go Dawgs!

Jeff Smith, Principal

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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FREE/REDUCED LUNCH APPLICATION PROCESS

Each school year, students who were on the free/reduced eligibility meal program for the previous school year are allowed to carry over their eligibility into the new school year for 30 School Days from the first day of school. For SY 2025/26, that 30-day window ends on October 2, 2025. If we do not have an updated free/reduced price meal application, or other qualifying updated eligibility status for the new school year, any students who qualified for free/reduced price meals during the previous school year will automatically have their eligibility changed to Paid effective Oct 3, 2025. Applications can be completed online through Skyward Family Access. Additionally, applications may be picked up from the school district or sent home with students.



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”. Also important in these forms is opting in or out of Chromebook Assurance Plan by September 15th. Please note: you must also pay for the Chromebook Assurance by 9/15.

WE ARE HIRING!

SUBSTITUTE POSITIONS FOR...

- PARAEducATORS
- CUSTODIANS
- NUTRITION SERVICES

The Freeman School District is looking for dedicated individuals to join our substitute team to make this school year incredible!

If you have a passion for working with kids and making a meaningful difference in our community, we want to hear from you!

Please check out the **Jobs** tab on our website to learn more.

www.freemansd.org

UPCOMING events

SEPTEMBER 12TH

Bell Schedule: Extended PM
Activity Schedule

SEPTEMBER 17TH

Class of 2026 Info. Night 6pm

SEPTEMBER 19TH

Bell Schedule: AM Activity

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 18TH

Homecoming Dance



2025-26 YEARBOOK NEWS

WHAT'S UP?

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



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.

AIR FREEMAN SCHOOL DISTRICT AIR QUALITY MONITORING PROCEDURES

With the recent smoky conditions it is important to know that Freeman School District uses the website airnow.gov to determine the current air quality. We then use these numbers to make determinations regarding recess and outdoor activities for all students with their safety as our top priority.

AQI Range	Color	Description	School Action
0-50	Green	Little to no risk	✅ Normal outdoor activities
51-100	Yellow	Low risk for general public; possible effects for sensitive groups	✅ Normal outdoor activities
101-150	Orange	Sensitive groups may experience health effects	⚠️ Adjustments may be made to outdoor activities
151+	Red	Unhealthy for sensitive groups and general public	❌ No outdoor activities permitted



C

T

E

COLLEGE

CAREER

readiness

CLASS OF 2026 FAMILY/STUDENT POST-SECONDARY PLANNING INFO NIGHT

Wednesday, September 17th, 2025

6:00 - 7:15pm

Freeman High School Multipurpose Room

WHAT TO EXPECT:

- Go over how to navigate through various pathways after graduation
- Learn about the overall college application process
- Go over financial aid options and the FAFSA process
- Learn about scholarships
- Q&A Session



**FREEMAN
FTC**

First Tech Challenge (Robotics)

About FTC

Guided by adult coaches and mentors, teams up to 15 students grades 7-12 develop STEM skills and practice engineering principles, while realizing the value of hard work, innovation, and working as a team.

The robot kit is reusable from year to year and can be coded using a variety of levels of Java-based programming. Teams design and build robots, raise funds, design and market their team brand, and do community outreach to earn specific awards. Participants are eligible to apply for \$80M+ in college scholarships.



Something For Everyone



Build & Design

Love building things? Help design and construct the robot using real tools. You'll turn ideas into working machines.



Code & Control

Into coding or problem-solving? Program the robot to move, think, and react. Test, debug, and use data to make it smarter every match.



Create & Promote

Got creative energy? Design team swag, run social media, and lead outreach events that connect us with the community and sponsors.



Lead & Organize

Natural leader or planner? Coordinate meetings, manage deadlines, and develop match strategies that give us a competitive edge.



Finance & Logistics

Like managing money or organizing stuff? Handle budgets, fundraising, and make sure we have the tools and parts we need—on time and on budget.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 17: Class of 2026 Parent/Student Information Night 6-7:15pm
- September 18: Carroll College @ 12:30pm in the Library
- October 1: FAFSA opens for Class of 2026 (12th)
- October 13: Western Washington University @ 12:3pm in the Library
- October 15: Spokane National College Fair (11th and 12th)
- October 22: PSAT (10th and 11th)
- November 7: WSU Instant Decision Day @ FHS 12-1:15pm (12th)
- December 2: ASVAB (10th-12th)



Upcoming Sports



9/5 - Varsity @ East Valley
7pm
9/8 - JV vs. East Valley 4pm
9/12 - Varsity vs. Rogers
7pm



9/5 - vs. East Valley 4pm
9/11 - @ Newport 4pm



9/11 - @ Lewis & Clark JV/C-
5pm, Var-6:30pm
9/13 - Rip a Shot
Tournament @ Home - All
Day

**CROSS
COUNTRY**

9/6 - Farragut Invite
9/8 - Jamboree @ VCS 4pm
9/13 - Highlander Invite
9:30am

Sports Links:



Pay Fines/Fees



FALL SPORT REMINDERS

- Each athlete must pay their fees prior to the first athletic competition:

ASB Card: \$35

Transportation: \$20

Sport Fee: \$25

(Please pay using this [link](#). Select items at student's school then each item separately)

- As stated in our Student Handbook, if your student-athlete will miss more than 15 minutes of school, they must come with a doctor's note or have prior approval from Mr. Ripke otherwise they will not be able to participate that day in practice or a game.

SEASON PASS PRICES/PURCHASING

We are pleased to offer season passes for all home, regular-season games. ALL season passes must be purchased through [GoFan](#). Below is a listing of the different passes as well as a link to purchase them directly. Please note that the family passes include two adults and your children in Kindergarten - 8th grade. Senior passes are individual passes for seniors 60+.

<u>Fall Season Family Pass</u>	\$101.75 (fees incl.)
<u>Fall Season Individual Adult Pass</u>	\$ 51.88 (fees incl.)
<u>Fall Season Individual Senior Pass</u>	\$ 33.50 (fees incl.)

<u>All Season Family Pass</u>	\$233.00 (fees incl.)
<u>All Season Individual Adult Pass</u>	\$117.50 (fees incl.)
<u>All Season Individual Senior Pass</u>	\$ 75.50 (fees incl.)

Winter Season Family Pass	\$141.46 (fees incl.)
Winter Season Individual Senior Pass	\$ 44.00 (fees incl.)
Please note: Winter Passes will go on sale in November.	



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.

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
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



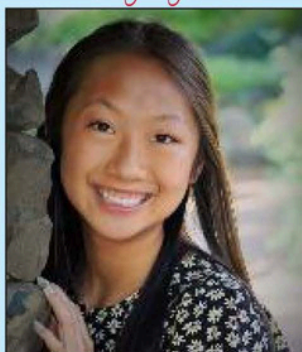
Emma, Emma Jo, Em, M.J, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will 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

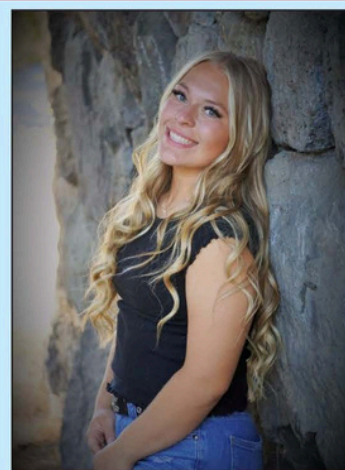
Gracie Jensen



"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

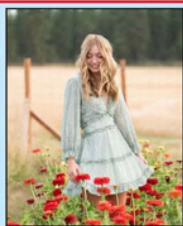
Peyton, Your Dad and I couldn't be more proud of the person you are becoming! Your hard work and commitment to everything you do is amazing. We know you have had to already go through more than most people do in their lifetime, but you have done it gracefully. We are so excited to see where your next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

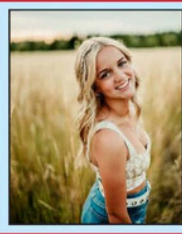
Colton- We are so proud of all you have accomplished during your first 18 years! We can't wait to see what your future holds! Work hard and follow your dreams!
 Love always, Dad, Mom, and Cody



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).



Optional Chromebook Assurance Program | Grades 6-12

As part of our learning program, the Freeman School District provides a Chromebook to all secondary students (Grades 6-12). This device is the property of the Freeman School District. **Chromebooks are issued to 6th-12th grade students in September and collected in June.**

Families have the opportunity to enroll in the district's **optional** Chromebook Assurance Program (CAP). While not mandatory, this insurance program is highly recommended as it provides coverage in the event the device is lost or damaged. Annual cost is **\$20 per student** for the school year. Families who choose to enroll more than two Middle or High School students in CAP will only be required to pay for two CAP enrollments to cover all district-owned devices in the family each school year. Defective devices will be replaced or repaired at no cost to the family. Fees must be paid **prior to 3 weeks after the first day of school.**

- To **opt-in** to the annual insurance program, there is a **\$20 fee** for the school year. Fees must be paid prior to **3 weeks after the first day of school.** To purchase insurance, access Online Payments at <https://wa-freeman.intouchrecepting.com>
- **Opting out of the program** means families will be held financially responsible for the full cost of repair or replacement associated with any damaged, lost or stolen equipment. A fine will be placed on student accounts for the cost of replacing or repairing the equipment.
- Lack of action prior to September 15th will be considered an opt-out.

OPT-IN – Chromebook Insurance Program	OPT-OUT – Chromebook Insurance Program
<p>Annual Fee: \$20 nonrefundable</p> <p>Annual Coverage:</p> <ul style="list-style-type: none">• Accidental Damage: First incident covered in full. After first incident, family is responsible for full replacement of damaged part, or up to \$200 total per incident. (Loaner device available during repair.)• Lost or Stolen: First incident \$100. \$200 for subsequent incidents. (If stolen, Police Report must be filed within 24 hours and a copy provided to the school Business Office.) If the device is later found or recovered and is in working condition the fee will be refunded. <p>Not Covered:</p> <ul style="list-style-type: none">• Intentional damage, neglect or loss without a copy of a Police Report.• Lost/Damaged Power Cord (\$30) <p>Note: Replacement equipment will not be issued until fees set forth above have been paid or there is a payment plan in place.</p> <p>Student Name</p>	<p>Damage Fees:</p> <ul style="list-style-type: none">• \$200 Full Replacement• \$150 Motherboard• \$50 Display (LCD)• \$20 Keyboard• \$20 Trackpad <p>Lost or Stolen:</p> <ul style="list-style-type: none">• \$200 Device (If the device is later found or recovered and is in working condition the fee will be refunded.)• \$30 Power Cord <p>Note: Replacement equipment will not be issued until fees set forth above have been paid or there is a payment plan in place.</p> <p>I, would like to:</p> <p>OPT- IN <input type="checkbox"/></p> <p>OPT-OUT <input type="checkbox"/></p> <p>Parent Signature: <input type="text"/></p>

*I understand that by inserting my name in the signature fields I am submitting an electronic signature.
This signature will be enforceable on the same basis as if it were signed in person.*

Parents and Guardians

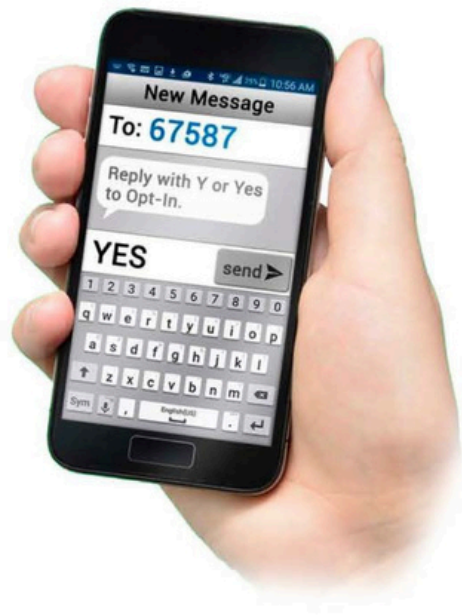
You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".


SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from
your mobile
now!**



**Just send "Y"
or "Yes" to
67587.**

 **Information on SMS text messaging and Short Codes:** SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers.

If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

*Terms and Conditions: Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/tm for more info.