



JANUARY 26, 2024

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

A MESSAGE FROM THE PRINCIPAL:

Hello Scottie Parents/Guardians/Families! Hopefully your new year is off to a good start! I also hope that everyone enjoyed a fun holiday season. I'd like to begin by highlighting the December performance of our band and choir: the students sounded and looked terrific. Thank you to Mr. Jydstrup, FHS musicians and vocalists for providing an outstanding evening of music and song. For Freeman students, 2024 is off to a strong start! As you are probably aware, our student body demonstrated outstanding spirit at this year's Golden Garment spirit game with Lakeside; our ASB leadership took charge, our band rocked, our cheer team electrified the crowd, and the coveted "Golden Garment" resides again at FHS! Thank you to all who helped and supported Freeman at the games. Over the past few weeks, students have also been showcasing their skills in SkillsUSA carpentry and welding competitions, FFA competitions and FBLA competitions. I'd like to highlight Logan Allen's 1st place finish in a SkillsUSA Regional Carpentry competition, Briley Snyder's 1st place finish in the FFA regional competition, and Dallin Cotton, Mari Hirayama, Lily Knight, Kate Schneider and Gianna Dilucca's 1st place finishes in FBLA. In each of these competitions, Freeman also had multiple 2nd-6th place finishers - congratulations advisors and way to go Scotties! Our students' level of talent and hard work makes me very proud. Please be aware that near the end of February and heading into March, registration for next year's classes will begin. I invite you to discuss class options with your student and to please reach out to your wonderful counseling team with any questions. Go Dawgs!

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.

In This Issue

Principal's Message
PAGE 01

Upcoming Events
PAGE 02

Running Start Info Night
PAGE 02

College/Career Readiness
PAGE 03

CTE Highlights/Website
PAGE 03

Athletic News & Events
PAGE 04

Daily Happenings at FHS
PAGE 05

Student Highlights
PAGE 06-11



RUNNING START INFO NIGHT

TUESDAY FEBRUARY 6TH 6:00PM
@ FREEMAN HIGH SCHOOL



 Community Colleges of Spokane
Spokane Falls Community College

 Community Colleges of Spokane
Spokane Community College

10TH AND 11TH GRADERS
& THEIR FAMILIES

Questions?
Email Ms. Holm

KHOLM@FREEMANS.D.ORG



UPCOMING events

FEBRUARY 6TH

Running Start Info Night 6pm

FEBRUARY 7TH

LATE START FOR STUDENTS
10:15am

FEBRUARY 19TH

NO SCHOOL - President's Day

FEBRUARY 26TH

Spring Sports Begin

MARCH 1ST

Snow Make Up Day - NO
SCHOOL (unless we take a
snow day)

MARCH 4TH

NO SCHOOL - Teacher P.D.
Day

MARCH 6TH

LATE START FOR STUDENTS
10:15am

A listing of High School events can be found under the High School website at the "Calendar" tab.



C

T

E

COLLEGE

CAREER

readiness

EASTERN REGION WELDING COMPETITION

Congratulations to Drew Greger, Nick McLaughlin, Jared Seal and Evan Fricke who competed in the Eastern Region Welding competition at SCC on January 19th!



FFA EMPLOYMENT SKILLS COMPETITION

These four FFA students participated in the Employment Skills competition recently. This event simulates real-world activities used by employers and tests students' ability to perform effectively throughout the employment process. Great job!



EWU Instant Decision Day

↓ READ MORE ↓

Congratulations to our 5 seniors who were admitted into EWU on our EWU Instant Decision day this week!

IMPORTANT COLLEGE & CAREER READINESS DATES:

- January 30: SCC/SFCC Application Assistance 10am - 11am



Upcoming Sports



1/26 - at Newport GJV-
4:40pm, BJV-5:30pm, GV-
5:45pm, BC-7pm, BV-
7:15pm

1/27 - at Riverside GJV-
2:30pm, BJV-4pm, GV-
4:15pm, BC-5:30pm, BV-
5:45pm

1/30 - vs. Medical Lake
(SENIOR NIGHT) GJV-4pm,
BJV-5:30pm, GV-5:45pm, BC-
7pm, BV-7:15pm



2/3 - Districts @ Medical
Lake - 10am

GOFAN digital tickets only.
Purchase here.

Important Sports Links:



Pay Fines/Fees



CONGRATULATIONS



ATHLETE
OF THE WEEK

HALLE
GRANT

BASKETBALL



CONGRATULATIONS



ATHLETE
OF THE WEEK

CALEB
GRANT

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		
0	7:00 - 7:50	50 min
1	8:15 - 9:05	50 min
2	9:10 - 10:00	50 min
SCOTTIE BREAK	10:00 - 10:10	10 min
ADVISORY	10:13 - 10:35	22 min
3	10:40 - 11:30	50 min
4	11:35 - 12:25	50 min
LUNCH	12:25 - 12:55	30 min
5	1:00 - 1:50	50 min
6	1:55 - 2:45	50 min

2 Hour Late Start		
1	10:15 - 10:51	36 min
2	10:56 - 11:32	36 min
3	11:37 - 12:13	36 min
LUNCH	12:13 - 12:43	30 min
4	12:47 - 1:23	36 min
5	1:28 - 2:04	36 min
6	2:09 - 2:45	36 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.

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 10:00am - 10:10am. Cost: \$2.20

LUNCH - served at the High School in the MPR. Cost: \$3.50



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

FBLA REGIONAL CONFERENCE

On Monday, Freeman's FBLA chapter attended and competed at the 2024 NE Regional FBLA conference. There were approximately 400 students from 20 schools in attendance. There were approximately 70 different competitions taking place, from 100 question objective tests to individual and team performances. The top six students in each event qualified for state, which will be held in Spokane in late April. Freeman sent 36 students to compete at this conference. I am proud to say that 31 of our members finished in the top six and have now advanced to state. The other five students finished in the top ten and are alternates. Congratulations!



Student HIGHLIGHTS

PHOTOS: FHS YEARBOOK STAFF & STUDENTS



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