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JANUARY 9, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Happy New Year! I hope that your family experienced a positive and enjoyable holiday season. As your students return for second semester, a couple of important details/reminders regarding school:

- As it is a new semester, overall grades in all classes start fresh.
- Teachers are due to submit a grade for all students in their classes on Monday. Grades will be posted to parents and students in skyward on Thursday, Jan. 18. Teachers can submit semester grade changes past Jan. 18 if situations exist that necessitate this action.
- Cell phones are not to be used and/or out during instructional time, and Chromebooks are not to be used for entertainment purposes during instructional time.
- For classes where Chromebooks are used, it is the students' responsibility to bring a charged device to class. It is also the students' responsibility to take care of the Chromebook that they were assigned at the start of the year.

As mentioned before the winter break, Staff received professional development this past Monday regarding increased student and staff safety. Specifically, FHS will begin examining and addressing safety feedback from staff and student focus groups. For example, the student focus group noted that they have concerns about driving, parking and other behaviors exhibited in FHS lots before and after school. As a staff (including Deputy Felvarg), we will work to address this issue, and we will communicate with you as we do so. Please be on the lookout for more information as we move forward. Thank you!

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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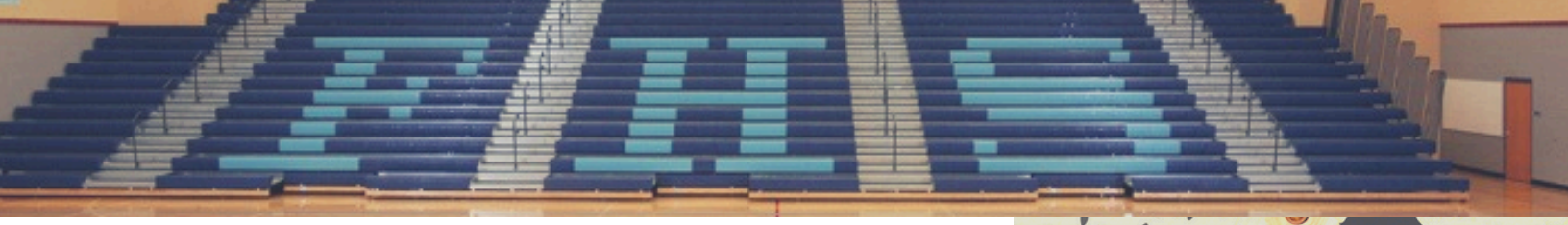


Join us for our annual

BAND ALUMNI NIGHT

@ Freeman Basketball

24 JAN

3:00pm

FHS Band Room

If you ever played an instrument while at Freeman, please consider joining the Freeman Pep Band on Saturday 1/24. Freeman Arts Boosters will pay your entry to the game and if you email Mr. Jydstrup (jjydstrup@freemansd.org) with your name, instrument and favorite pep song you will have your sheet music and practice recordings sent to you to prepare. If you need an instrument, no worries, just let Mr. Jydstrup know in the email and he will find you one. You will need to be in the high school band room at 3:00pm and we will be playing for both games and will be done around 7:30 -8:00pm We hope to see you there.

UPCOMING events

JANUARY 16TH
AM Activity Bell Schedule

JANUARY 19TH
NO SCHOOL - MLK, Jr. Day

JANUARY 20TH
Dual Credit Info Night - pg. 4

JANUARY 23RD
AM Activity Bell Schedule

JANUARY 26TH
School Board Mtg. 4pm PRTC
ASVAB Test - See pg. 4

JANUARY 30TH
AM Activity Bell Schedule

FEBRUARY 4TH
LATE START FOR STUDENTS

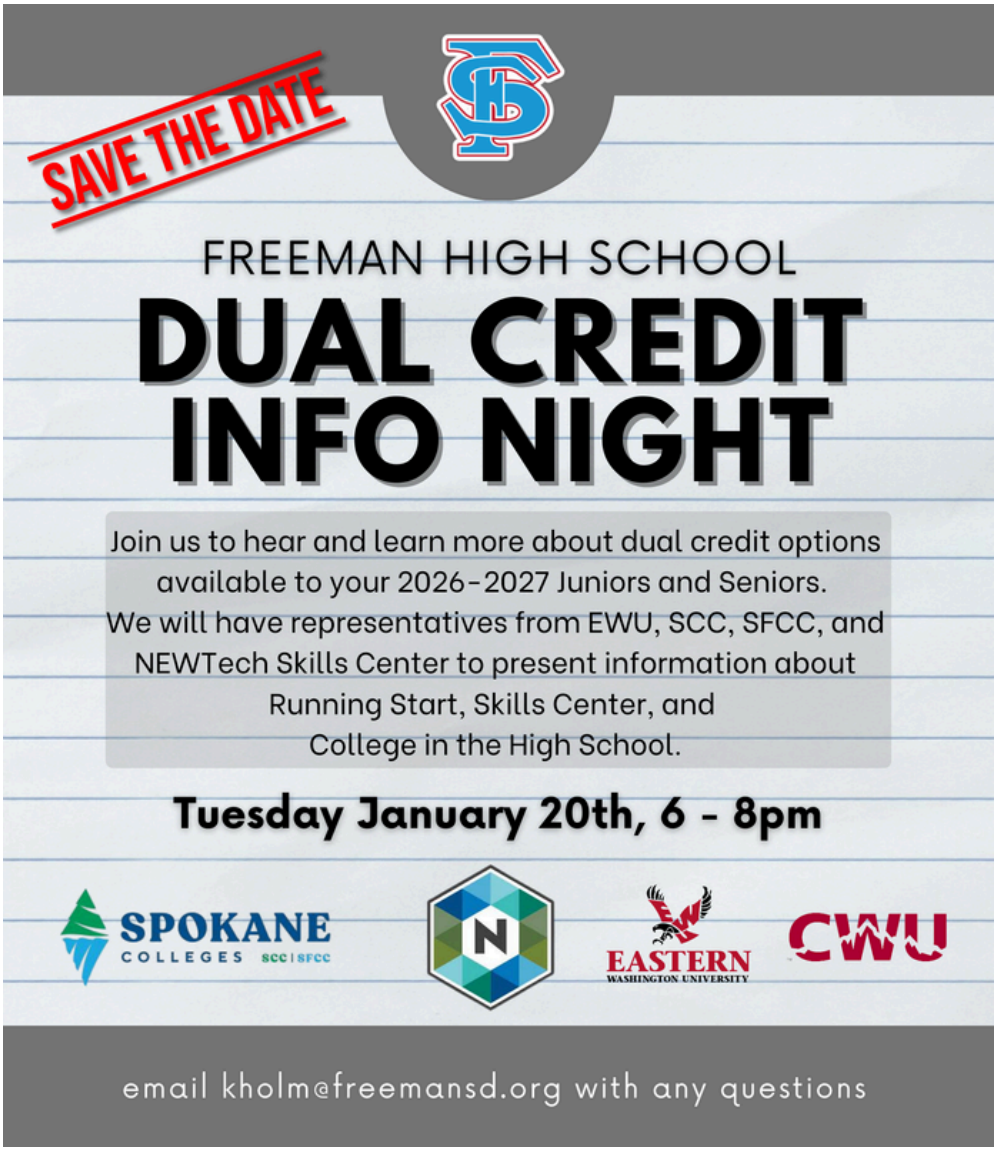
FEBRUARY 6TH
AM Activity Bell Schedule

CTE

COLLEGE CAREER readiness

ASVAB Testing Available

The ASVAB (Armed Services Vocational Aptitude Battery) is a multiple-aptitude test that measures developed abilities and helps predict future academic and occupational success. It is a valuable tool for career exploration, providing insights into potential career paths both inside and outside the military. Freeman High School is offering the ASVAB to students in grades 10-12 on **Friday, January 23rd**, in the Library. Please contact Ms. Youseph if your student is interested in taking this beneficial assessment.



Upcoming Sports

1/10 - @ Lind/Ritzville BC-12pm, BJV-1:30pm, GJV-3pm, BV-4:30pm, GV-6pm

1/13 - vs. Colfax GJV-4pm, BJV-5:30pm, GV-6pm, BC-7pm, BV-7:30pm

1/16 - vs. Liberty BJV-4pm, GJV-5:30pm, BV-6pm, BC-7pm, GV-7:30pm

1/9 & 1/10 - @ River City Duals (Post Falls)

1/15 - vs. Asotin

1/17 - @ Saxon Shuffle (Ferris)

Sports Links:

FINALFORMS
CLICK HERE
to Complete Your Online Forms

GOFAN

Pay Fines/Fees

goscotties.org
athletics website

AUCTION WISH LIST

We are currently looking for donations for the auction. Below are some ideas. To donate, please submit this online form.

TICKETS & PASSES
Sports & Concert Tickets, Box Seats, VIP Treatments, Theater Tickets

CRAFTED ITEMS
Handmade items, woodworking, metal works, custom gifts

VACATIONS & EXCURSIONS
Condos, Timeshare, VRBO, Golf weekends, wine tastings, active adventures, airline tickets, etc.

GIFT CARDS
Gift cards to just about anywhere - restaurants, stores, salons, spas, movie theaters, etc.

HOSTED PARTIES
Theme parties thrown by one or more families such as progressive dinners, holiday parties, children's parties, etc.

UNIQUE & RARE ITEMS
Collectibles, sports memorabilia, sports equipment, collectibles

Questions? Please email khayek@freemansd.org

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.

PRODUCTION + MANUFACTURING INSTITUTE

The Manufacturing Institute

Don't just talk about the trades...

LIVE IT!

Summer 2026

Locations in
East Valley HS/
West Valley HS
Newport HS
Ferris HS
Cheney HS/Ritzville HS
Spokane Colleges
...and growing!

Come learn about career paths available in manufacturing & trades!

Hands-on Experiential Learning in a Live Work Environment

What We Do at the Institute

- Jump into the world of work to help you see what it's really like to be a part of something great.
- Work with your team to design, manufacture, and sell real products to customers.
- Accelerate learning, problem-solving, and interpersonal skills that set you apart in the workplace.
- Learn new skills in design, CAD, 3D printing, welding, machining, production, quality, and much more.
- Visit manufacturing sites to learn about careers, processes, and to visit with professionals and executives.

Program Options

- Our standard program runs 3-weeks and gives you the full spectrum of learning and experience. You won't be the same person you were when you started the program.
- For those unable to attend all 3 weeks, or who aren't quite ready to make the commitment, we have a 1-week Certificate program to get you the knowledge and skills to help get you on your pathway to success.

Costs & Details

- There is no fee to attend. That's right! Our sponsors have graciously supported the program!
- You'll still need to show up on time to the program locations as required.
- The Institute is offered at various locations with others coming soon. Upon acceptance, you'll be assigned according to location, program selection, and background.
- The 1-week program runs July 6-10, 2026. The 3-week program runs July 6-24, 2026.
- Students must sign up via the PMI website at www.ManufacturingInstitute.net.

Partners

- PMI partners with schools, businesses, and other organizations to organize and run the Institute. We help connect students to employers to expose them to opportunities for learning and career options.

What's In It For You?

- This program is valuable. It's the best opportunity for career exposure and development in as short a time as possible. Most people would pay a lot just for the experience. The only cost is time.
- We have applied for CTE credit through Spokane Public Schools' NEWTECH Skills Center. If approved, students wishing to enroll in the summer program through SPS may do so for CTE credit.
- Participants who successfully complete the 3-week program may be eligible for additional prizes, incentives, and stipends. The amount of incentives will depend upon the level of donations provided by sponsors.
- All participants recieve free t-shirts, bags, and other swag!

How to Get Started...

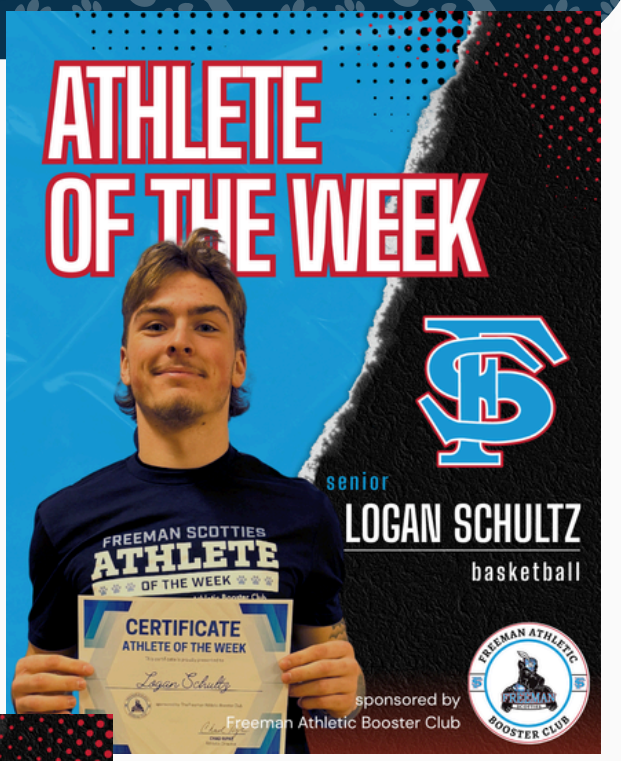
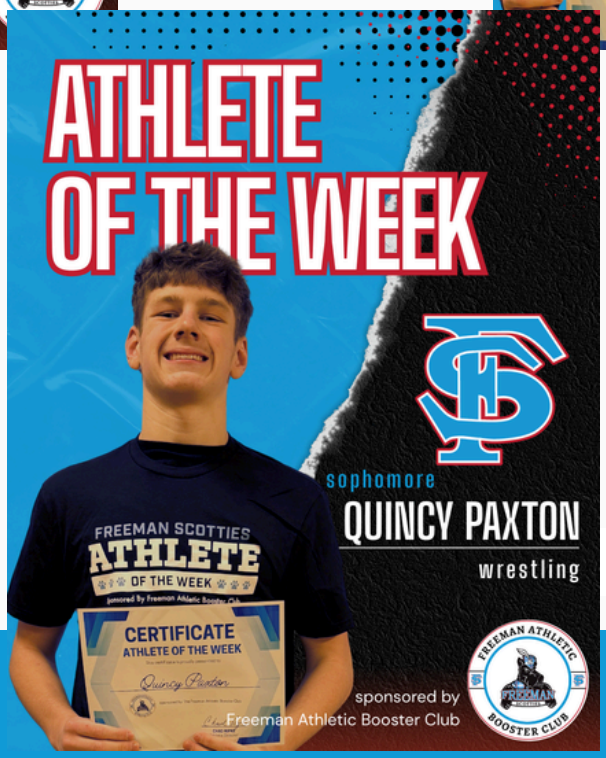
STEP 1: Apply online! Go to the link or QR code below to apply.

STEP 2: Tell your friends and get them to apply!

STEP 3: Tell your school counselors & teachers about it so they can share!

MORE INFORMATION AVAILABLE...

www.ManufacturingInstitute.net

Questions about the Institute or about sponsoring can be sent to:
support@ManufacturingInstitute.net

Student HIGHLIGHTS