



JANUARY 30, 2026

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Without our typical winter weather, it is hard to believe that January is already at an end! This means that student athletes on the wrestling team are moving into post-season competition, with basketball to follow soon. Students in FFA, FBLA and SkillsUSA are also moving into competition season. As I attend or hear results, I am immensely proud of how well our students represent the Freeman community: they compete with passion, and they act with class; they work hard to improve, and they never give up. One does not need to look further than a recent SkillsUSA competition in carpentry to see these characteristics on display: despite not receiving the carpentry plans in advance (a SkillsUSA organization error that affected only FHS) Austin Guinn, Rex McGowan, and Evan Seehorn all finished in the top half of the 40+ student competitors – we're very proud of these three for their hard work!. Another example of success is exemplified by members of our FHS band. Avery Boswell, Jonathan Dexter, Josiah Kann, and Hailey Melin were all selected to this year's All Bi-County Band – a fantastic honor. The amount of time, effort and determination that is needed to play at this level is significant, and these four have done it – way to go! Congratulations to all of these students for representing FHS very well, and I look forward to other great Scottie successes moving forward.

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

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## PLEASE PAY ALL STUDENT FEES/FINES

Please log in to our online payment system to check if your student has any unpaid fines/fees [here](#).

Fines and fees are not visible in Skyward Family Access only our online payment platform. If you have any questions, please email [khayek@freemansd.org](mailto:khayek@freemansd.org).



## SPRING SPORTS BEGIN IN FOUR WEEKS!

If your student is interested in playing a Spring sport, we will have interest meetings on Tuesday, February 10th, during lunch. Locations of the meetings will be announced to the students during announcements. Please encourage your student to attend and get all necessary information.

- Practices will begin on **March 2nd**. Please go in to [Final Forms](#) and double check that you have selected the Spring Sport which your student plans to play (only select 1 Spring Sport). This is how we know how many athletes to expect and this is the main form of coach/parent communication before the season begins. In order for students to participate in practice on day one, they must have a current sports physical on file (they are valid for 2 years) and all forms in Final Forms must be completed and signed by both parents and student.
- We will hold a mandatory Spring Sport Parent Meeting on Tuesday, **March 3<sup>rd</sup>**, at 5:30pm in the FHS main gym. Please plan to attend.
- Spring Sport team photos will be held on Wednesday, **March 11th**, immediately after school. Stay tuned for more details on how to order photos.



**FEBRUARY 4TH**  
LATE START FOR STUDENTS

**FEBRUARY 6TH**  
AM Activity Bell Schedule

**FEBRUARY 13TH**  
AM Activity Bell Schedule

**FEBRUARY 16TH**  
NO SCHOOL - President's Day

**FEBRUARY 19TH**  
School Board Mtg. 6pm PRTC

**FEBRUARY 20TH**  
AM Activity Bell Schedule

**FEBRUARY 27TH**  
AM Activity Bell Schedule

**MARCH 3RD**  
Spring Sport Parent Mtg. - 5:30pm

**MARCH 6TH**  
AM Activity Bell Schedule

**MARCH 11TH**  
Spring Sport Team Photos 3pm



# National School Counseling **WEEK**

**FEBRUARY 02 - 06**

*Kayleen Archibald*



K-8 Counselor

*Heidi Youseph*



HS CTE Counselor

*Kaela Holm*



HS Counselor



National School Counseling Week is dedicated to recognizing the significant contributions of school counselors in the U.S. education system and their impact on students' academic and personal development. Thank you to all of our amazing counselors including our 2 interns Anna Waddell and Bethany Bowden.



C  
T  
E

COLLEGE CAREER  
readiness

# SCC/SFCC APPLICATION DAY 2026

FRI. FEB. 6TH 12:15-1:15PM

APPLY ON THE SPOT & RECEIVE YOUR ACCEPTANCE

NO APPLICATION FEE

FOR MORE INFORMATION  
[hhouseph@freemansd.org](mailto:hhouseph@freemansd.org)

Great news! The Washington State Opportunity Scholarship (WSOS) is now open for applications for the 2026-27 cycle in Washington State. This scholarship helps students pursuing high-demand careers in STEM, health care and trades with financial support and career resources. **The application deadline is February 26, 2026** - don't miss your chance to apply. [APPLY HERE](#)

### IMPORTANT COLLEGE & CAREER READINESS DATES:

- February 6: SCC/SFCC Application Day 12:15pm in the Library (12th)
- March 12: North Palouse Industry Fair at Liberty High School (11<sup>th</sup> and 12th)
- March 20: Paul Mitchell Tour (9<sup>th</sup> - 12<sup>th</sup>)
- March 24: College Planning Day at EWU (12th)
- March 30: WSU visit during lunch (12th)
- April 16: SAT School Day (11th)
- April 23: Spring ASVAB (10th-12th)



## Upcoming Sports



**1/30** - vs. Lind/Ritzville  
(SENIOR NIGHT) BC-3pm,  
GJV-4:30pm, BJV-6pm, GV-  
6pm, BV-7:30pm

**2/3** - @ Colfax BJV-4pm, GJV-  
5:30pm, BV-6pm, BC-6pm,  
GV-7:30pm

**2/7** - @ Davenport 9am





## ATHLETICS AUCTION & Dinner Fundraiser

hosted by the Freeman Foundation



March 14th | 5:30pm  
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment & more.

**TICKETS ON SALE NOW**

**\$60/PERSON**  
**\$450/TABLE OF 8**

Purchase a table & sit with friends for RESERVED SEATING. Individual tickets and couples will be OPEN SEATING.

**How to get involved...**

- ✓ Purchase tickets and attend - must be purchased ahead of time
- ✓ Donate & help procure items by February 15th
- ✓ Extend the fun and stay the night with our discounted room block - online at [CDA.Casino](http://CDA.Casino) Booking ID BKG481 Password 83454132

If you have questions, would like to donate or volunteer please email [khayek@freemansd.org](mailto:khayek@freemansd.org)

## Sports Links:



Pay Fines/Fees



## 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](mailto: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](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.



## 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.

# Southeast Spokane County Fair Royalty

Each year, the Southeast Spokane County Fair Board selects fair royalty to represent the community at local events and awards educational scholarships. This year, three young girls (one queen and two princesses) will be selected. Eligible candidates must be current sophomores or juniors at Freeman or Liberty High School with a minimum 3.0 GPA.

Each candidate will be sponsored by a local business or nonprofit and judged on an application essay, judges' interview, impromptu question, and overall decorum. Candidates must present themselves professionally, speak confidently in public, be knowledgeable about the SE Spokane County Fair and demonstrate punctuality, courtesy, kindness, and consideration at all times.

## **SELECTION TIMELINE**

**March 6, 2026**

Application Deadline - Friday, March 6, 2026  
Send applications to [minerfamily@hotmail.com](mailto:minerfamily@hotmail.com) or [lisa\\_jacot@yahoo.com](mailto:lisa_jacot@yahoo.com)

**March 12, 2026**

Candidate Meet & Greet  
Thursday, March 12, 2026 @ The Rockford Grange

**March 22, 2026**

Royalty Candidate Interviews and Coronation  
Sunday, March 22, 2026 @ The Fairfield Community Center

**April 18, 2026**

Royalty Presentation @ the Annual Denim & Diamonds Fundraiser  
Saturday, April 18, 2026 @ Fusion Seed (Rockford location)

**Scholarship:** The chosen court will receive scholarship funds to help further their education after high school.

Queen = \$500 Princesses = \$250

## **Required 2026 Events**

- 4/18 - Denim & Diamonds Fair Fundraiser
- MAY - Spangle Days
- 6/13 - Fairfield Flag Day
- 6/20 - Tekoa Slippery Gulch
- AUG - Rockford Lions Club Car Show
- 9/18-20 - Southeast Spokane County Fair

## **Questions?**

- Kellie Miner: [minerfamily@hotmail.com](mailto:minerfamily@hotmail.com)
- Lisa Jacot: [lisa\\_jacot@yahoo.com](mailto:lisa_jacot@yahoo.com)

# Business AfterSchool 2026 Spring 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](http://BusinessAfterSchool.com)



**MAR 18**

**3 PM**

**PHARMACUTICAL  
MANUFACTURING**

at Jubilant Hollister-Stier

Discover careers in life  
saving medicine.

**MAR 19**

**3 PM**

**SCHOOL OF DESIGN**

at EWU School of Design,  
Avista Catalyst Building

Discover various creative  
design education options

**MAR 24**

**9:30 AM**

**SMART  
INFRASTRUCTURE**

at Itron

Technology for  
efficient systems.

**APRIL 21**

**9 AM**

**MILITARY**

at Spokane  
Readiness Center

Discover various careers  
in the Military.

**APRIL 22**

**3 PM**

**CARBON  
CAPTURE**

at Carbon Quest

Discover careers in  
clean energy.

**APRIL 29**

**3 PM**

**FINANCIAL  
SERVICES**

at Gesa Credit Union

More than taking deposits  
and opening accounts.

Presented by:



Supporting Sponsor: DAA Northwest  
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**BUSINESS AfterSchool™**  
connecting students to the world of business. fueled by GSI

**CAREER CONNECT  
NORTHEAST**  
fueled by GSI

# Student HIGHLIGHTS

**ATHLETE OF THE WEEK**




**FS**  
sophomore  
**LILLY CURTIS**  
cheer


**FREEMAN SCOTTIES ATHLETE OF THE WEEK**  
Awarded by Freeman Athletic Booster Club

**CERTIFICATE ATHLETE OF THE WEEK**  
Lilly Curtis

sponsored by  
Freeman Athletic Booster Club



**ATHLETE OF THE WEEK**



**FS**  
sophomore  
**JOHN MENDENHALL**  
basketball

**FREEMAN SCOTTIES ATHLETE OF THE WEEK**  
Awarded by Freeman Athletic Booster Club

**CERTIFICATE ATHLETE OF THE WEEK**  
John Mendenhall

sponsored by  
Freeman Athletic Booster Club

