



FEBRUARY 6, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Dear Freeman Families,

Let's begin this week's message with a celebration and sincere congratulations to our NE2B League Knowledge Bowl Champions. This team has demonstrated an exceptional level of commitment through their extensive preparation, disciplined practice, and thoughtful collaboration. Their consistent performance throughout the season reflects not only their academic strengths, but also their ability to work together under pressure and apply their knowledge with confidence and precision. You can see a complete list of team members on page 09. This week was also National School Counseling Week. As a member of the counseling team, I am confident I can speak for both Heidi and myself in saying how incredibly fortunate we feel to work with your students each day. As I reflect on the work that happens in this office, I am deeply grateful for the support we receive from our administrators, our staff, our students, and our broader school community—you. This work is meaningful and demanding, and it is truly a privilege to walk alongside your children as they navigate important academic, social, and personal milestones. High school is a time of discovery and growth—a period marked by new opportunities, increasing independence, and important decision-making. Our role as school counselors is to support students as they explore their interests, confront challenges, and begin to define their goals for the future. We strive to provide a space where students feel supported, heard, and encouraged as they take these next steps. Thank you for your continued partnership and trust. It is through this collaboration that we are able to best support our students and help them thrive.

Kaela Holm, School Counselor/Administrative Intern

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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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.



SPRING SPORTS BEGIN IN THREE 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 3rd**, 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 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 2ND
Spring Sports Begin

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

MARCH 6TH
AM Activity Bell Schedule

MARCH 9TH
NO SCHOOL - Staff P.D. Day

MARCH 11TH
Spring Sport Team Photos 3pm



care solace.

It's okay to ask for help.



Save our number! (888) 515-0595

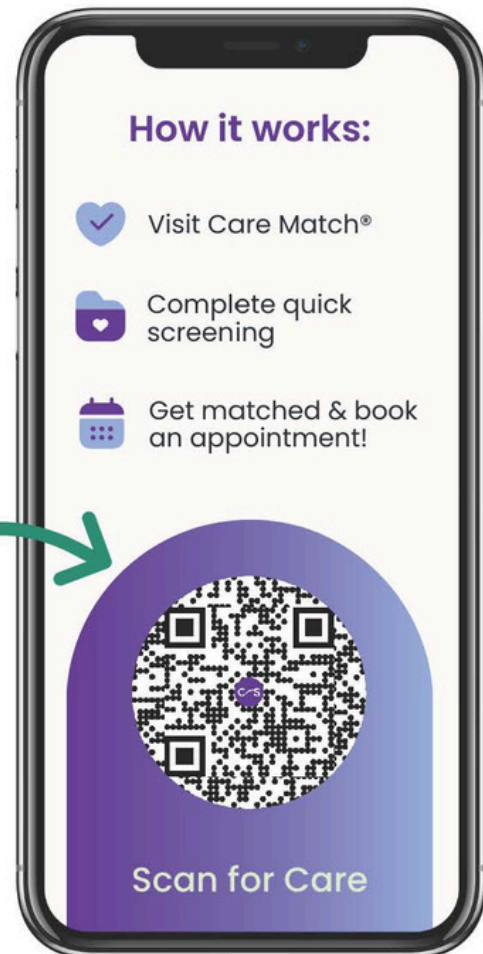
Care Solace is a free, confidential service that connects students, staff and their families to mental health providers, substance use treatment - regardless of their circumstance.

This service is available through your school district at no cost to you.

To get started, scan the code or visit this link:

caresolace.com/freemansd

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988. Care Solace is not an emergency response service or mental health services provider.





SKILLS USA



C
T
E



Today SkillsUSA was at SCC for the SkillsUSA regional welding competition to see who advances to the state competition. Representing Freeman is Micah Hodges and Marshall Patzlaff.



WASHINGTON STATE
OPPORTUNITY
SCHOLARSHIP

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:

- March 12: North Palouse Industry Fair at Liberty High School (11th and 12th)
- March 20: Paul Mitchell Tour (9th - 12th)
- 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)

COLLEGE CAREER
readiness



Upcoming Sports



2/7 - Boys Districts @ West Valley vs. Chewelah 6:15pm

Ticket Prices: \$10/\$7

2/10 - Districts @ West Valley TBD



2/7 - @ Davenport 9am

Buy tickets here

2/13&14 - State Qualifier @ Freeman

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 Booking ID BKG481 Password 83454132](#)

If you have questions, would like to donate or volunteer please email khayek@freemansd.org

AUCTION

WISH

LIST

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

Sports Links:



Pay Fines/Fees



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.



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 or 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
- Lisa Jacot: 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



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
CHAS

Brought to you by:



BUSINESS AfterSchool™
connecting students to the world of business. fueled by GSI

**CAREER CONNECT
NORTHEAST**
fueled by GSI

Student HIGHLIGHTS



KNOWLEDGE BOWL

A big congratulations to the Knowledge Bowl team who finished off the regular season with a Bi-County championship! Both Varsity and JV were crowned the champions and will go into the Regional tournament as the number one seed from the Bi-County.

Team members are: Captain Josiah Kann, Eli Cotton, Cooper Florence, Hailee Cotton, Colton Wolfinbarger, Matthew Wigen, Logan Melin, Alex Schmidt, Jackson Smith, Jared Dryden and Rylan Talley.



Student HIGHLIGHTS

ATHLETE OF THE WEEK



sophomore

COLIN BAILEY

wrestling

sponsored by
Freeman Athletic Booster Club



ATHLETE OF THE WEEK



senior

RYLEE RUSSELL

basketball

sponsored by
Freeman Athletic Booster Club



Student HIGHLIGHTS



Last Saturday the FFA Trap team traveled to the Colton Gun Club for the Pullman FFA Trap Competition. There were 25+ squads from 12 different schools. Freeman brought 6 squads. Freeman 1 won 1st place team with a 184/200. Freeman 2 won 2nd place team with a 179/200. Austin G and Drew G were in a 3-way tie for 1st place individual with a score of 48/50. After 3 rounds of shoot offs Austin G won 1st place and Drew won 2nd place. Serynah B not only shot her 1st 25 straight today but also tied for 1st place female. After 4 rounds of shoot offs Serynah B ending up winning 2nd place female. All of the kids did great in the competition.

We had 5 full squads of Freeman kids and a partial for the 6th. All five full squads had average scores above 40/50.

Freeman 1 184/200 - 1st place

Freeman 2 179/200 - 2nd place

Freeman 3 174/200 - 6th place

Freeman 4 168/200 - 9th place

Freeman 5 166/200 - 12th place

Freeman 6 - 105/200 this was a partial squad and has our younger/newer members on it

Student HIGHLIGHTS



WRESTLING

NE2B South League
Champs!



Student HIGHLIGHTS



GIRLS BBALL

**NE2B South League
Champs!**

Student HIGHLIGHTS

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B
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