



MARCH 13, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Last weekend, I had the pleasure of attending our Trap team's Freeman Invitational, and what a fantastic event! Out of 35 squads, Freeman's squad 1 won the team competition, and Drew Greger won 1st place Individual overall. The comradery between teams, individual competitors and families is exciting to see. Congratulations to Coach Vail and the Freeman team on their continued success! I would like to officially invite you to parent-student-teacher conferences this Spring on April 2nd or 3rd. Mrs. Clark has worked hard to create a scheduling process that will hopefully be more convenient and efficient for you. If you would like to schedule today, please reference the information in this week's Flyer. You should also receive an email from FHS Monday afternoon with this same scheduling information. We are also continuing to celebrate and recognize students in grades 9-12 who show noteworthy academic excellence or improvement, AND students who consistently demonstrate outstanding character traits that positively impact our school community. Students are nominated by FHS staff and selected by the Counseling and Administration team. For the month of February, I am proud of the following students for their academic work: senior Sienna Tatsey, junior Jayce Tatsey, sophomore John Mendenhall, and freshman Nimrut Hothi, AND I am proud of the following students for the way they consistently demonstrate honesty: senior Josiah Kann, junior Avery Berglund, sophomore Zoie Hueser, and freshman Tyler Stenlund.

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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SCHOLASTIC

WE'RE HAVING A
**BOOK
FAIR!**



4/1 - 4/2

FREEMAN MIDDLE SCHOOL
Freeman K-8 Library
14626 S Jackson Rd
Rockford, WA 99030

Student Shopping

April 1st
12:15-3:30

Send your student shopping the easy way with e-wallet!

Family Event

April 2nd
8:00-6:30

Join us before or after your student's conference. **Thursday only** - don't miss out on the fun! Join us for the Best. Day. Ever!



PARENT/TEACHER/STUDENT CONFERENCES

Parent-Teacher-Student Conferences will be held Thursday and Friday, April 2nd and 3rd. There will be NO SCHOOL on these days. This is an opportunity to meet with teachers about your student's academic progress, and regardless of whether you have a concern or just some questions about your student's progress, please consider meeting with teachers on one of these two days as partners in education. You can schedule individual teacher conferences now through Family Access. (Go to Conferences > All Conferences > Select a Time). Or, if you would like a group conference with all your students' teachers together, please use this [link](#). If you have any questions regarding conferences, please email rclark@freemansd.org or call the office at 509-291-3721. If you'd like to sign up to bring meals for the staff, please see page 6 for details.



MARCH 14TH

Athletics Auction & Dinner
Fundraiser

MARCH 16TH

Jostens Here at Lunch with
Senior Orders

MARCH 18TH

LATE START FOR STUDENTS -
10:15am

MARCH 20TH

AM Activity Bell Schedule

MARCH 27TH

AM Activity Bell Schedule

APRIL 2ND & 3RD

NO SCHOOL - Conferences

APRIL 6TH - 10TH

NO SCHOOL - Spring Break



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COLLEGE CAREER

readiness



JUNIORS
Thursday, April 16, 2025
 Freeman High School
 8:15am - 12:30pm
\$60 Test Fee

- Test in a familiar environment.
- Scores will be available for senior fall applications (if asked for by the university).
- Qualifying scores can be used to complete a Graduation Pathway.
- Sign-ups are in students' Graduating Class Google Classroom. You can also email Heidi Youseph at hyouseph@freemansd.org to sign your student up.
- Students can log into their College Board accounts to access their PSAT scores and practice questions for the SAT.
- Please contact Heidi Youseph if there are any questions about covering the testing fee.
- The deadline to register for the test is **APRIL 1, 2026**.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- March 18: Business After School: Jubilant HollisterStier 3pm-5pm
- March 19: Business After School: EWU School of Design 3pm-5pm
- March 20: Paul Mitchell Tour (9th - 12th)
- March 23: Whitworth University during lunch
- March 24: College Planning Day at EWU (12th)
- March 27: Deadline to apply for Nurse Camp 2026 (see Ms. Youseph)
- March 30: WSU visit during lunch (12th)
- April 1: Trades Discovery Night @ East Valley HS 5pm-8pm
- April 16: SAT School Day (11th)
- April 22: Business After School: CarbonQuest 3pm-5pm
- April 23: Spring ASVAB (10th-12th)



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.



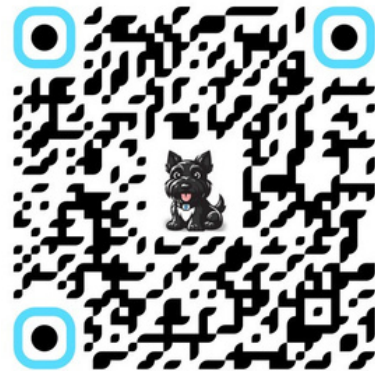
ACTIVITY BUS

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.



CONFERENCE MEALS

Let's show our appreciation for the incredible educators and staff across the district by providing breakfast and dinner during the long conference day! Just scan one of the QR codes below to see how you can help make their day a little brighter!



Breakfast Bar

Lasagna Dinner

