



MARCH 20, 2026

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

As principal, I continue to be incredibly proud of our Freeman students and the way they represent our school each day—both in the classroom and in extracurricular activities. Visitors and fellow administrators consistently remark on the positivity and respect our students demonstrate, and that is a direct reflection of the strong partnership we share with you. Thank you for entrusting us with your children and for your ongoing support in their education. We remain committed to continuous improvement, and I encourage you to review this week's flyer highlighting the meaningful learning our staff engaged in during the March 9 Professional Development Day. Additionally, I want to extend a final invitation to schedule a conference during our Teacher-Parent-Student conferences on April 2nd or 3rd. If you have not yet signed up, please reach out—this is a valuable opportunity to connect with teachers and discuss your student's progress as we approach the final quarter.

Go Dawgs!

Jeff Smith, Principal

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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



**SCHOLASTIC**

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



**3/27 - 4/2**  
 FREEMAN MIDDLE SCHOOL  
 Freeman K-8 Library  
 14626 S Jackson Rd  
 Rockford, WA 99030



**MORE DAYS TO SHOP!!!**  
 Student Shopping is now open March 26th-April 1st 8:00-3:00  
 \*April 1st only open until 3:45  
 Send your student shopping the easy way with e-wallet! Students may shop without an adult with **Cash or e-wallet only.**

**Family Event**  
 April 2nd  
 8:00-6:30  
 Join us before or after your student's conference. **Thursday only**



## 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](mailto: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 7 for details.

- MARCH 27TH**  
AM Activity Bell Schedule
- APRIL 2<sup>ND</sup> & 3<sup>RD</sup>**  
NO SCHOOL - Conferences
- APRIL 6TH - 10TH**  
NO SCHOOL - Spring Break
- APRIL 16TH**  
SAT School Day 8:15 am
- APRIL 17TH**  
AM Activity Bell Schedule
- APRIL 24TH**  
AM Activity Bell Schedule
- APRIL 27TH**  
NO SCHOOL - Teacher PD Day
- MAY 2ND**  
Prom @ Centerplace 8pm
- MAY 6TH**  
LATE START FOR STUDENTS

### Current sophomores and juniors:

If you'd like to learn more about **National Honor Society** and how to become a candidate for Freeman High School's chapter of it, take the following steps:

Candidate materials are due (via an assignment in that Google Classroom) by 11 a.m. Friday, April 3. **No late forms** for candidacy will be accepted.



*National Honor Society (NHS) membership has been the true mark of student achievement for over 100 years, but it goes far beyond a report card. By empowering, championing, and recognizing well-rounded students, NHS provides schools with a values-based framework to elevate a culture of scholarship, service, leadership, and character.*

*"The purpose of National Honor Society shall be to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in the students of secondary schools."  
 - NHS Constitution*

1. Join the Google Classroom "Candidates for Freeman National Honor Society" by using the code: **otg4njf**  
 With questions, see Mr. Thompson in Room 201



C

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E

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](mailto: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**.

*Thank You*  
 4th Annual North Palouse Industry Fair  
 Fair Sponsors!! We appreciate you!!

NORTH PALOUSE  
INDUSTRY FAIR

## North Palouse Industry Fair

The 4<sup>th</sup> Annual North Palouse Industry Fair 2026 was a success! Freeman High School students had a chance to explore career options and training pathways across several different fields in the surrounding area. We had over 35 Industry Partners participate and over 400 students through.



### IMPORTANT COLLEGE & CAREER READINESS DATES:

- 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 15: Ortho Surgery View @ Providence St. Luke's (see Mrs. Youseph for info)
- April 16: SAT School Day (11th)
- April 22: Business After School: CarbonQuest 3pm-5pm
- April 23: Spring ASVAB (10th-12th)



## A RECAP OF OUR MARCH 9<sup>TH</sup> PROFESSIONAL DEVELOPMENT DAY

While students enjoyed a day off March 9th, our dedicated staff of teachers and para educators were hard at work sharpening their skills and collaborating on new ways to support student success. From leveraging cutting-edge technology to deepening our commitment to equity, it was a high-energy day of growth. Here is a look at what our teachers focused on during their workshops:

Staff kicked off the morning with a choice of sessions designed to meet the evolving needs of our classrooms:

- **Equity in Action:** Dan Thompson shared strategies for grouping students to ensure every voice is heard and every student is held accountable.
- **The AI Frontier:** Kelly Neely, Joe Nunley, and Jim Straw led a hands-on session on using Gemini AI to tailor lessons for diverse learners, helping teachers save time while personalizing instruction.

As the day progressed, the focus shifted to classroom environment and movement:

- **Neurodiversity:** Amanda Kazmi provided essential training on "Autism Basics," offering practical tools for supporting students with autism in every grade level.
- **Moving to Learn:** Angela Frye demonstrated how "Active Practice" can get students moving physically while they review academic content—a hit for keeping energy high!

In the final workshop block, staff split into elementary and secondary-focused groups:

- **Elementary (FES):** Olivia Counts led a demonstration on UFLI and Heggerty interventions to further strengthen our foundational literacy programs.
- **Secondary (FMS/FHS):** Jeff Smith and Kaela Holm facilitated deep discussions on communicating with older students through the lens of equity, kindness, and clarity.

In the afternoon, teachers returned to their respective buildings to tackle specific goals. Our high school staff analyzed CEE data, the middle school prepared for Student-Led Conferences, and the elementary teams organized data for profile meetings. Every building spent time focusing on Universal Accommodations, ensuring that our lessons are accessible to every single learner.

**A Heartfelt Thank You:** We want to extend a huge thank you to all of our staff presenters who shared their expertise! Thank you to Dan Thompson, Kelly Neely, Joe Nunley, Jim Straw, Amanda Kazmi, Angela Frye, Olivia Counts, Jeff Smith, and Kaela Holm. Special thanks to Lisa Frasier for hosting our lunch sessions and ensuring everyone was fed and fueled for a productive day. We are so proud of our educators for their commitment to lifelong learning. These new strategies are making their way into your child's classroom!



Would you like to read about what's happening at the elementary or middle school? Get caught up with their Friday newsletters here:





## Upcoming Sports



3/23 - @ Reardan 3:30pm  
 3/24 - vs. Colville 3:30pm  
 3/25 - vs. Lind/Ritz 3:30pm  
 3/27 - @ Kettle Falls 3:30pm



3/20 & 21 - @ Yakima for  
 2026 Fastpitch Fury  
 3/24 - vs. Asotin 4pm  
 3/26 - vs. Medical Lake 4pm  
 3/28 - @ Asotin (Dbl Header)  
 12 & 2pm



3/21 - Varsity @ Whitworth  
 vs. Chewelah & Colville  
 10am & 12pm  
 3/23 - JV @ Newport 4pm  
 3/24 - Varsity vs. Asotin 4pm  
 3/26 - JV @ Reardan (Dbl  
 Header) 3 & 5pm  
 3/28 - Varsity @ Asotin (Dbl  
 Header) 12 & 2pm



3/28 - @ Ezra Gordon Invite  
 in Colville 10am



3/23 - Girls @ Jim Shriver  
 Cup @ Manito 12pm  
 3/24 - Varsity @ Bryden  
 Canyon - 12pm  
 3/26 - JV @ Odessa 2pm

## Sports Links:



# ATHLETE OF THE WEEK

sophomore  
**RILYN RIPKE**  
 softball

CERTIFICATE  
 ATHLETE OF THE WEEK  
 Rilyn Ripke

sponsored by  
 Freeman Athletic Booster Club

## THANK YOU FOR YOUR SUPPORT!

Emma Dreyer Laurel Setton  
 Lilly Curtis D'ANIEL SMITH  
 Janie Schiene Rylee Ripke  
 Tansy Cognner  
 Naveh Eigenhis Melinda Kilbourne  
 Rilee Russell  
 John Mendenhall  
 Lily Knight  
 Abby Agee  
 Avery Boswell  
**THANK YOU**  
 Audrey Shaw  
 Kelsey Holten  
 Briten Snyder  
 Finn LaPointe  
 Raige Loch Miller  
 Logan Schultz  
 Cooper Florence  
 Emily Jensen

### Freeman Athletics Auction Update

On behalf of Freeman Athletics, we want to thank you all for your support of our Athletics Auction last Saturday! Due to the generous support of our community we were able to raise about \$50,000! These funds will have a direct impact on our student-athletes helping to maintain and update equipment, replace uniforms, cover official's fees and support the overall cost of operating athletics. THANK YOU!



# 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.

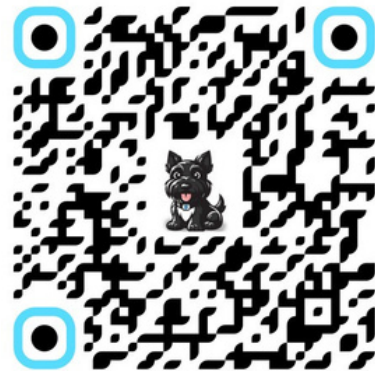


# CONFERENCE MEALS

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*





JOIN US  
FOR THE SE SPOKANE  
COUNTY FAIR



ROYALTY  
CORONATION

Sunday, March 29th at 4pm

FREEMAN K-8  
MULTI-PURPOSE ROOM

# Student HIGHLIGHTS

*Academic*  
**Students**  
*Of The*  
**Month**



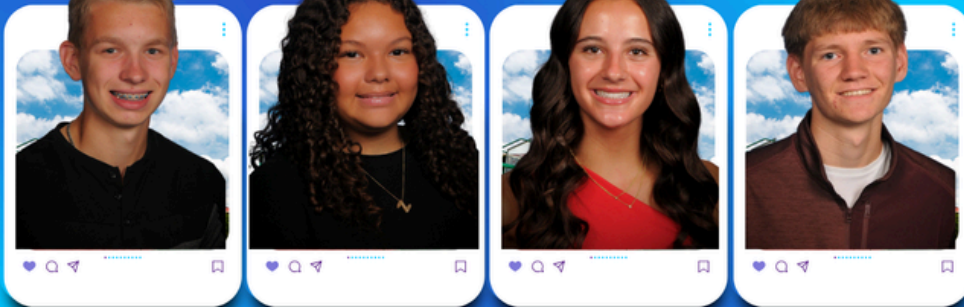
*Nim  
Hothi*      *John  
Mendenhall*      *Jayce  
Tatsey*      *Sienna  
Tatsey*

Keep working hard and inspiring those around you—well done!

# Student HIGHLIGHTS

▶▶  **PACE**  
Partners Advancing Character Education

Students Of The Month



Tyler Stenlund   Zoie Hueser   Avery Berglund   Josiah Kann

February  
**Honesty**

Sincerity and reverence or love for the truth