



MARCH 27, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Congratulations to our FHS Advanced Band and our FHS Choir! Yesterday, the band was recognized with a superior rating at the large Group Band Festival at SFCC, and today the choir was recognized with a superior rating as well - superior is the highest rating a musical group can receive, and it is extremely challenging to achieve. Incredible job band, choir and Mr. Jydstrup!!

An opportunity to provide us with feedback is now available through the District-Wide CEE Parent Survey. You can access the survey [here](#). The QR code for the survey will be available at conferences, and it will be emailed to you from the District. The survey feedback is open for collection between today and April 10. I highly encourage you to provide us feedback through this survey – it only takes about 10 minutes. I use it for staff development, for school improvement initiatives, and for comparison with student feedback.

Teacher-Parent-Student conferences are next week 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

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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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 7 for details.

SMARTER BALANCED ASSESSMENTS (SBA)

Spring is in full swing, and with it comes an exciting opportunity for our students to showcase their skills in the upcoming Spring 2026 Washington State Smarter Balanced Assessments (SBA). We wanted to provide you with the schedule for testing at FHS, so you can mark your calendars.

- 10th Grade ELA: April 28 & 29, starting at 10:05 am
- 10th Grade Math: May 12th & 13th, starting at 10:05 am
- 11th Grade Science (WCAS): May 6th, starting at 1:05 pm

We encourage you to ensure that your student's computer is fully charged prior to testing, so they can dive into the assessments without any technical hiccups. Additionally, if your student will be absent on any of these testing dates, please reach out to Heidi Youseph at your earliest convenience. We'll work together to schedule a make-up time that fits your student's needs.

Thank you for your ongoing support in your student's academic journey!



APRIL 2ND & 3RD

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



C
T
E



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.**



Our students recently stepped beyond the classroom with a visit to The Paul Mitchell School, where they explored careers in cosmetology, barbering and esthetics. They gained first-hand insight into the creativity, discipline and professionalism required. Experiences like this help students see what's possible and imagine where their passions might lead.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- 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 1: EWU Next Steps Visit during lunch (12th)
- April 13-17: Finish Strong: Fin. Aid Completion Week for Seniors
- 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)

COLLEGE CAREER
readiness



WHAT'S UP?

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

- FES**
FREEMAN
ELEMENTARY
- FMS**
FREEMAN
MIDDLE SCHOOL



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**

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:

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

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



Upcoming Sports



3/27 - @ Kettle Falls 3:30pm
3/30 - vs. Newport 3:30pm
4/1 - vs. Chewelah 3:30pm



3/28 - @ Asotin (Dbl Header) 12 & 2pm
3/31 - @ Lind/Ritzville 4pm
4/4 - vs. Lind/Ritzville (Dbl Header) 12 & 2pm



3/28 - Varsity @ Asotin (Dbl Header) 12 & 2pm
3/31 - Varsity @ Lind/Ritzville 4pm
4/1 - JV vs. Riverside (Dbl Header) 3 & 5pm
4/4 - Varsity vs. Lind/Ritzville (Dbl Header) 12 & 2pm



3/28 - @ Ezra Gordon Invite in Colville 10am
4/3 - @ Glenn Wolf Invite in Deer Park 10:30am



3/30 - Varsity @ Deer Park 12pm
4/2 - JV @ Wilbur 2pm

Sports Links:



[Pay Fines/Fees](#)



goscotties.org
athletics website

UNITED STATES MILITARY ACADEMY

WEST POINT®

ADMISSIONS EVENT



Students, school counselors, teachers, families and friends are all welcome to attend.

Meet with an Admissions Officer and learn more about:

- What West Point Offers
- Life as a Cadet
- The Application Process





SCAN HERE
Sign up and reserve your spot TODAY!

April 1st
6:00 pm

Otis Orchards County Library
22324 East Wellesley Ave
Otis Orchards, WA 99027

admissionsfw@westpoint.edu

OPEN TO THE PUBLIC

www.westpoint.edu

follow us: @westpointadmissions   

PARENTS OF
FREEMAN CLASS OF 2029

HANGING FLOWER BASKET

Fundraiser

Orders Due
FRIDAY, APRIL 3RD, 2026

Delivery:
First week of May
Just in time for Mother's Day!



\$45/
BASKET



ORDER NOW!

Not an ASB Fundraiser



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.

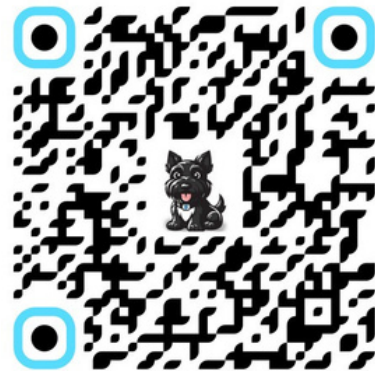


CONFERENCE MEALS

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





JOIN US
FOR THE SE SPOKANE
COUNTY FAIR

ROYALTY
CORONATION

Sunday, March 29th at 4pm

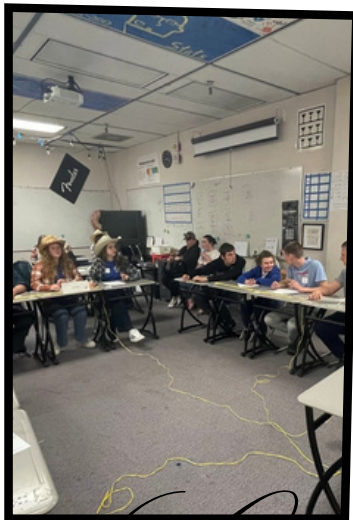
FREEMAN K-8
MULTI-PURPOSE ROOM

Student HIGHLIGHTS

9TH PLACE



AT STATE

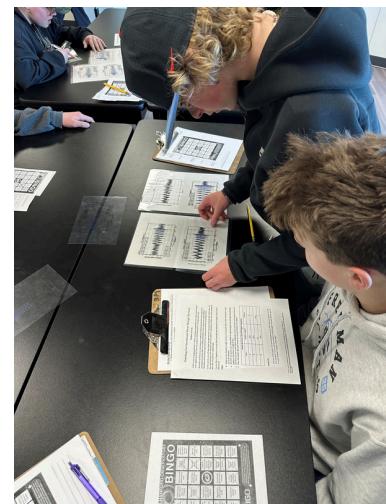


Student HIGHLIGHTS



Members of Freeman FFA competed in an Ag sales and education event yesterday. Briley Snyder took third in Ag ed where she taught an ag lesson on the agricultural supply chain. This qualified her for the state convention. Tucker Hawk, Kelsey Hollen, Micah Hodges and Clara Dawe took 4th in ag sales qualifying them for the state convention. Congratulations!

Student HIGHLIGHTS




The Freeman High School freshman Physical Science class took a field trip to the Laser Interferometer Gravitational Wave Observatory on March 10th, 2026. In physical science we study how waves carry energy from one place to another and learn about ocean waves, sound waves, electromagnetic waves and gravitational waves.

The first gravitational wave ever detected was on September 14th, 2015 and three scientists won the Nobel Prize in physics in 2017 for this detection. On March 19, 2025, the international network of the LIGO, Virgo and KAGRA gravitational-wave observatories recorded the 200th gravitational wave candidate event. All of this data supports Albert Einstein's prediction, in 1916, of the existence of gravitational waves in his theory of general relativity.


Student HIGHLIGHTS

ATHLETE OF THE WEEK



senior
LILY KNIGHT
golf

CERTIFICATE
ATHLETE OF THE WEEK
Lily Knight
Sponsored by Freeman Athletic Booster Club



sponsored by
Freeman Athletic Booster Club

ATHLETE OF THE WEEK



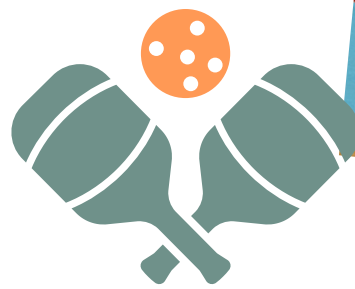
senior
JACKSON SMITH
baseball

CERTIFICATE
ATHLETE OF THE WEEK
Jackson Smith
Sponsored by Freeman Athletic Booster Club



sponsored by
Freeman Athletic Booster Club

Student HIGHLIGHTS



Unified Club Pickleball

Students from the FHS Unified Club hosted a game of pickleball. The round robin tournament had six entries in teams of club members and students from FMS and FHS. Everyone was a winner in this club's activity!

Student HIGHLIGHTS



CHOPPED

Students in the FHS Culinary Class competed in their own version of “Chopped” recently.