



APRIL 17, 2026

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

It was fantastic to welcome students back for the final stretch of the school year this week! Certainly, the next few months of the school year are busy for all students and their families, so I encourage you to keep a close eye on upcoming FHS events through Friday Flyers, school emails, the school reader board, the school Instagram, the school website, etc. as State Testing, AP Testing, ASB Activities, and Senior activities are all ramping up as we move toward the end of this month and into May.

As an exemplar, one week from today, a student-led fundraiser to support Sacred Heart Children's Hospital will commence in coordination with a light-hearted school spirit week headed up by the ASB and Leadership students – more details to come!

We recently learned that a member of our coaching staff was recognized at the State level as the State 2B Cross-Country Coach of the Year; congratulations to Coach Mallory McDonald for this significant recognition! Thank you to Coach McDonald and all of Freeman's coaches, advisors and musical directors for all of your dedicated hard work with Freeman students.

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

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## 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 24TH**  
AM Activity Bell Schedule
- APRIL 27TH**  
NO SCHOOL - Teacher PD Day
- APRIL 28TH & 29TH**  
10th Grade ELA SBA Testing
- MAY 2ND**  
Prom @ Centerplace 8pm
- MAY 6TH**  
LATE START FOR STUDENTS
- MAY 8TH**  
AM Activity Bell Schedule
- MAY 12TH & 13TH**  
10th Grade Math SBA Testing
- MAY 14TH**  
Senior Athletic Signing Day 7:30am
- MAY 15TH**  
AM Activity Bell Schedule  
Culinary Class Festival
- MAY 16TH**  
Run the Palouse Fun Run

## Cheer TRYOUTS



If you are interested in trying out for Cheer 2026-27, there are packets available in the HS office. Here are some important dates:

**Pre-clinics to prepare for try-outs (optional):**  
 4/22 - 5:30 - 6:30pm  
 4/29 - 5:30 - 6:30pm

**Tryout Clinics:**  
 May 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> 5:30 - 8:00pm

**Tryout Day:**  
 May 7<sup>th</sup> 6:00pm



C

T

E

CAREER



COLLEGE

readiness

# FREEMAN HIGH SCHOOL

## READY FOR AP EXAMS?

Mark Your Calendar and Be Prepared!

Check the schedule below and get set for success.

### SUBJECTS DATES & TIMES:

AP Government

Tuesday May 05, 11:30 AM

AP Statistics\*

Thursday May 07, 11:30 AM

AP US History

Friday May 08, 7:30 AM

AP Calculus AB/BC

Monday May 11, 7:30 AM

AP Precalculus

Tuesday May 12, 7:30 AM

AP English Lang & Comp\*

Wednesday May 13, 7:30 AM

AP Computer Science Principles\*

Thursday May 14, 11:30 AM

AP Environmental Science

Friday May 15, 7:30 AM

### EXAMS WILL TAKE PLACE IN THE FSD PRTC (BUS BARN) UNLESS OTHERWISE NOTED

\*AP Statistics will take place in the FHS Office

\*AP English Lang & Comp will take place in the FHS Read Gym

\*AP Computer Science Principles will take place in the FHS Office

Come prepared with a FULLY CHARGED CHROMEBOOK & CHARGER, No. 2 PENCIL, and BLACK or DARK BLUE PEN

### IMPORTANT COLLEGE & CAREER READINESS DATES:

- April 22: Business After School: CarbonQuest 3pm-5pm
- April 23: Spring ASVAB (10th-12th)



# 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



# SOLAR PROJECT PROGRESS UPDATE

## Current Status

Construction is going smoothly this first week. They will be working all this week and likely start to install panels towards the end of next week.

## Coordination & Safety

The crew has been working closely with Freeman maintenance and transportation crew to ensure safety and minimal interruption to Freeman day-to-day operations.



## Highlights of the Project:

1. The ground mount solar panels will produce 100 kW of power and are located east of the transportation building
2. The project is 100% grant funded and comes at NO cost to district or tax payers.
3. This alternative energy source will allow us to reinvest utility costs back into student programs.





## Upcoming Sports



**4/17** - vs. Reardan/Davenport 3pm  
**4/20** - vs. Kettle Falls 3pm  
**4/22** - @ Ritzville 3pm



**4/18** - @ Liberty (Dbl Header) 12 & 2pm  
**4/20** - @ Colfax 4:00pm  
**4/22** - vs. Colfax (Dbl Header) 3 & 5pm



**4/18** - Varsity @ Liberty (Dbl Header) 12 & 2pm  
**4/20** - JV vs. Colfax 4:30pm  
**4/22** - Varsity vs. Colfax (Dbl Header) 3 & 5pm  
**4/23** - JV @ NWC (Dbl Header) 3 & 5pm



**4/18** - @ Cheney for Van Kuren Invite 9am  
**4/22** - @ Chewelah 3:30pm  
**4/25** - @ Mooberry Relays (Rogers) 10am



**4/18** - @ Stoneridge 10am  
**4/20** - @ Latah Creek (League Match) 10am  
**4/23** - JV @ Harrington 2pm

## Sports Links:



# RUN THE PALOUSE 2026

Run the Palouse is a 5K/1 Mile Fun Run put on by the FHS Cross Country Team. All ages and skill levels are welcome, from walkers to competitive runners. Proceeds benefit Freeman High School Cross Country.

## RUN OR WALK

**1 MILE  
OR 5K**



**LOCATION:**  
Freeman High School



**DATE:**  
Saturday, May 16th



**RACE TIMES:**  
1 Mile - 9:30am  
5K - 9:50am



**EARLY REGISTRATION:**  
Before April 30:  
1 Mile - \$25, 5K - \$30



**LATE REGISTRATION:**  
After April 30:  
1 Mile - \$30, 5K - \$35



**T-SHIRT:**  
Included if registered by April 30



? **QUESTIONS:** [runthepalouse@gmail.com](mailto:runthepalouse@gmail.com)



# 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.

**CALLING ALL  
HEROES!**

**SUPERHEROES  
FOR KIDS  
FUNDRAISER WEEK**

Join us April 28 – May 1 for a student-run fundraiser supporting Sacred Heart Children's Hospital

**APRIL 28<sup>TH</sup> - MAY 1<sup>ST</sup>**

We're turning the week into a spirit week—dress up, have fun, and donate to make a difference!

Tuesday: Batman / Blackout  
Wednesday: Neon / The Flash  
Thursday: Invisible / Camo  
Friday: Captain America / USA

The grade that raises the most money wins a prize!  
(Separate winners for middle school & high school)


**How to Donate:**

- Drop cash in your grade's jar in the office
- Scan QR codes around school or online to give digitally

NOT an ASB fundraiser – profits go directly to Sacred Heart's Children's Hospital

# Student HIGHLIGHTS

**ATHLETE OF THE WEEK**




**ATHLETE OF THE WEEK**

sophomore  
**SOFIA WASLEY**  
softball


**CERTIFICATE**  
ATHLETE OF THE WEEK

Sofia Wasley

sponsored by  
Freeman Athletic Booster Club



**ATHLETE OF THE WEEK**




**ATHLETE OF THE WEEK**

sophomore  
**CAPRI LAPOINTE**  
golf

**CERTIFICATE**  
ATHLETE OF THE WEEK

Capri Lapointe

sponsored by  
Freeman Athletic Booster Club



**ATHLETE OF THE WEEK**



**ATHLETE OF THE WEEK**

senior  
**DAWSON BURK**  
golf

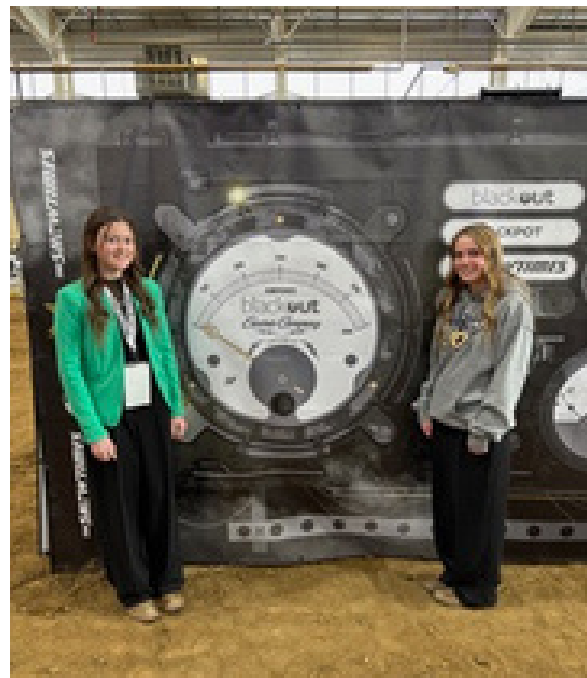
**CERTIFICATE**  
ATHLETE OF THE WEEK

Dawson Burk

sponsored by  
Freeman Athletic Booster Club



# Student HIGHLIGHTS



## **Blackout Jackpot 10 Livestock Judging Contest**

Two of our FFA student had an opportunity to attend the Blackout Jackpot 10 Livestock Judging Contest in Loveland CO from March 11 - 15. Over 200 contests from 10+ states; 11 classes of judged sheep, goats, swine, and cattle. Three oral reasons classes included. We also attended the Jackpot show, toured Colorado State University and explored the mountains around Denver. Thank you to all involved in making this happen for our students!

Students Clara Dawe & Lila Kadzejs  
School Chaperone Carli Kadzejs  
Team Coach Mandy Minick

# Student HIGHLIGHTS



GOOD LUCK AT STATE

## FFA Trap Team