



APRIL 24, 2026

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

It is with immense pride that I congratulate our Freeman Trap Team on clinching the State Championship title for the sixth consecutive year—a remarkable testament to their dedication and precision! Over the tournament, Freeman participants earned 11 out of 35 trophies awarded – congratulations to Coach Vail and FFA Trap!

Monday evening, Ava Aylward, Josiah Bessire, Mae Cashmere, Taylor Juhnke, Josiah Kann, and Kaylyn Swanson represented Freeman as Spokane Scholars. I am very proud of their academic accomplishments as well as their character - what a super group of senior scholars!

As we move forward, I want to share a few important updates to keep our community informed: to better balance our commitment to campus safety with student access, our main entry door will now be unlocked from 7:30 am to 8:15 am, and again from 2:45 pm to 3:15 pm. At all other times, the main entry door will remain locked.

Next week promises to be an energetic one as we host ASB Spirit Week, which this year coincides with a student-led fundraiser to support Sacred Heart Children's Hospital, alongside our annual ASB elections. Furthermore, we have SBA State testing in ELA for 10th graders scheduled for next Tuesday and Wednesday; please help us ensure our students are prepared to perform their best by reminding them to bring their fully charged Chromebooks to school both days. Thank you for your continued partnership as we celebrate our students' achievements and navigate these important campus activities.

Go Dawgs!

Jeff Smith, Principal

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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 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

**MAY 26TH**  
Band/Choir Spring Concert  
7pm

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

COLLEGE CAREER  
readiness

## TRADE PROGRAM DISCOVERY DAY: Ignite Your Future!

Are you thinking of a two-year degree but can't choose what to study?  
Join us and discover your new profession, apply for school, register for classes and get help with Financial Aid.

### Programs Available:

- Architecture
- Automotive Technician
- Aviation (shuttle for Felts Field location)
- Biomedical Equipment
- Collision & Refinishing
- Engineering Design Technology (formally CAD Design and Drafting)
- Cosmetology
- Diesel/Heavy Equipment
- Electrical Maintenance & Automation
- Electronics Technology
- Esthetician
- Fire Science
- Heating, Ventilation, Air-Conditioning & Refrigeration (HVAC)
- Machinist/CNC Technology
- Manicurist
- Robotics Mechatronics Technology
- Toyota T-TEN
- Welding & Fabrication



**Wednesday, April 29th, 2026**  
**8:30AM - 12PM**



**Spokane Community College,**  
**Building 5 Gym**

- 8:30-9:30AM** Explore booths/register for fall quarter.
- 9:30-9:45AM** Transition to labs
- 9:45-10:30AM** Spend time with your 1st option
- 10:30-10:45AM** Transition to gym
- 10:45-11:00AM** Transition to labs
- 11:00-11:45AM** Spend time with your 2nd option
- 11:45-12:00PM** Transition to gym and depart

*Visit all 18 program tables and choose your top two!*



Scan code to RSVP for the event



Spokane Colleges does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, pregnancy and related conditions, or age in its policies, programs, or employment. 25-0506 02/2026 RC

# CONSTRUCTION

# CAMP

- TRADES EXPOSURE
- POTENTIAL JOBS
- HANDS-ON TRAINING

## FREE EVENT

Each student receives a tool/gear starter kit, event shirt, and lunch

**MAY 16**

8 am - 5 pm  
Spokane Humane Society  
6607 N Havana St.



REGISTER NOW





# 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



## BLOOD DRIVE

Because of you, life doesn't stop.

### FREEMAN HIGH SCHOOL BLOOD DRIVE

THURSDAY, MAY 7<sup>TH</sup>  
8:30AM – 12:30PM

SIGN UP HERE!

- Students who are interested in donating must:**
- Be at least 16 years old. If 16 or 17-years-old, a signed parent/guardian consent form is required each time you donate.
  - Weigh at least 110 pounds.
  - Male donors: At least 5'0" tall and weigh at least 110lbs. Females donors: Refer to the chart for eligibility.  $\geq$  (greater than or equal to).
  - Be in good general health.

| FEMALE HEIGHT | FEMALE REQUIRED WEIGHT |
|---------------|------------------------|
| $\geq 4'10"$  | $\geq 146$             |
| $\geq 4'11"$  | $\geq 142$             |
| $\geq 5'$     | $\geq 138$             |
| $\geq 5'1"$   | $\geq 133$             |
| $\geq 5'2"$   | $\geq 129$             |
| $\geq 5'3"$   | $\geq 124$             |
| $\geq 5'4"$   | $\geq 120$             |
| $\geq 5'5"$   | $\geq 115$             |

For more information or to schedule a donation, call 877.25.VITAL or visit us at [vitalant.org](http://vitalant.org)  
Find us @vitalant:



### 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



## Upcoming Sports



**4/27** - @ Chewelah 3pm  
**4/29** - vs. St. George's  
 (SENIOR NIGHT) 3pm



**4/28** - vs. Liberty 4:30pm  
**5/1** - vs. Asotin (SENIOR  
 NIGHT) 4pm



**4/27** - JV @ CDA 3pm  
**4/28** - Varsity vs. Liberty  
 4:30pm  
**4/29** - Varsity @ Medical Lake  
 4:30pm  
**5/1** - Varsity vs. Asotin  
 (SENIOR NIGHT) 4pm



**4/25** - @ Mooberry Relays  
 (Rogers) 10am  
**4/28** - @ Liberty 3:30pm



**4/27** - Boys Sub Districts @  
 Deer Park 12pm

## 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

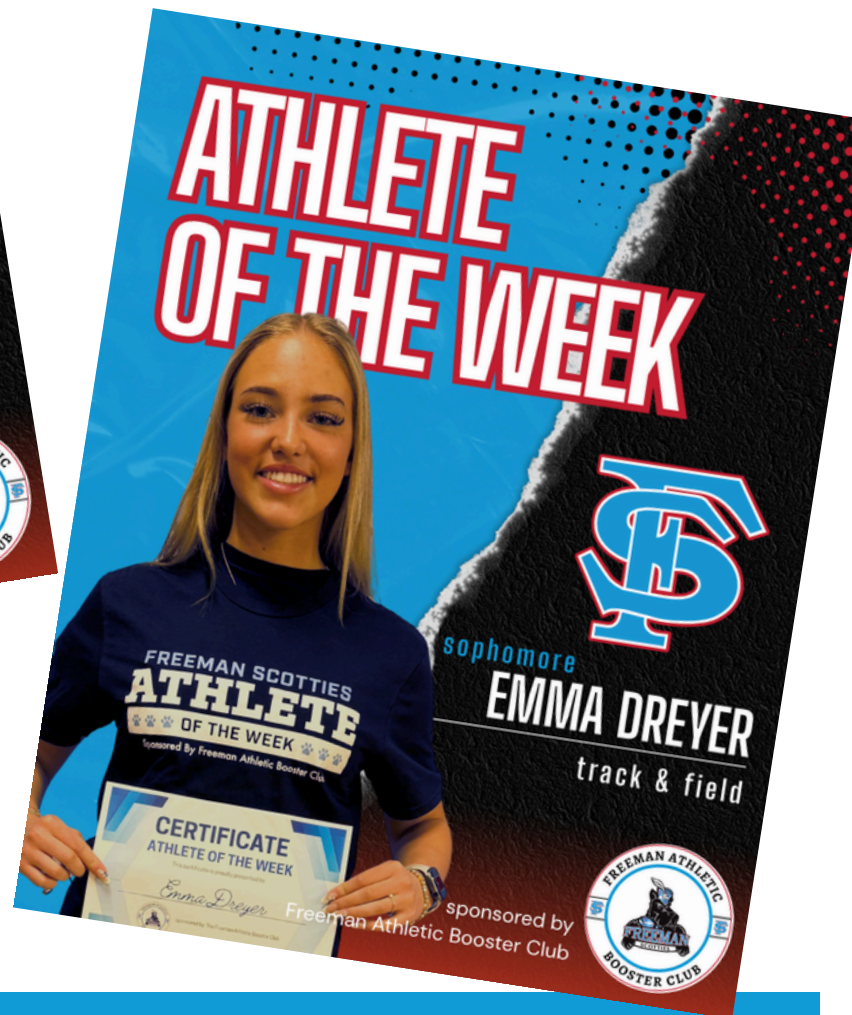
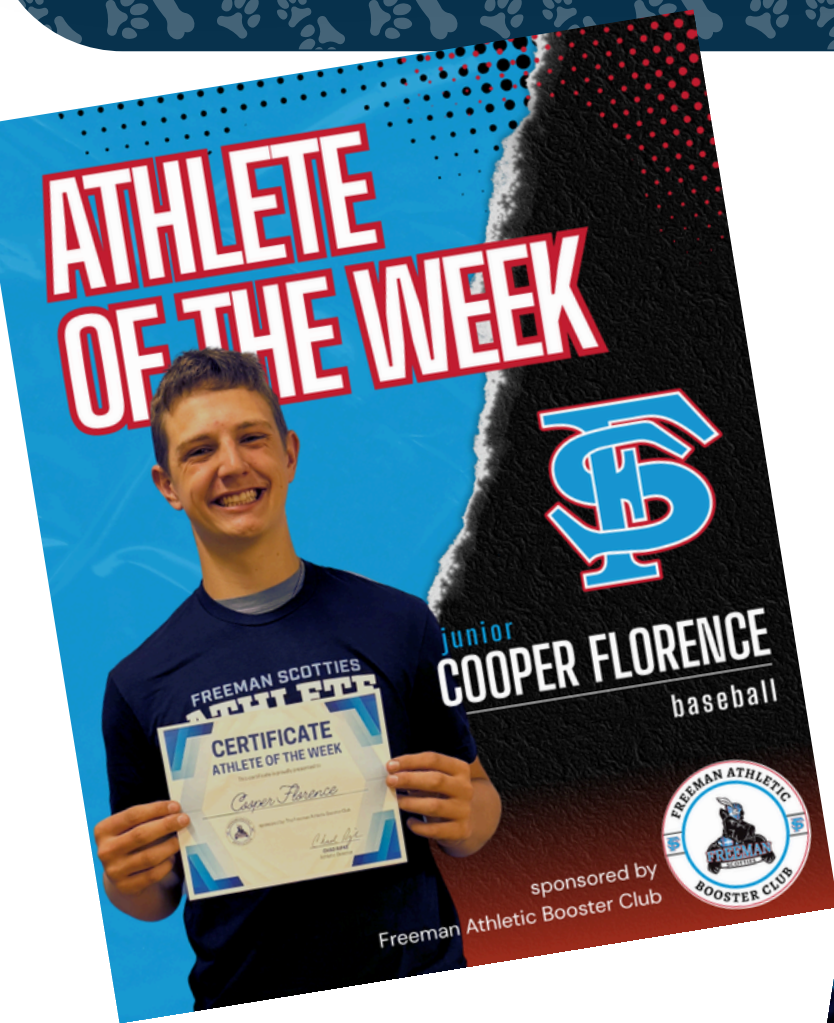
The grade that raises the most money wins a prize!  
(Separate winners for middle school & high school)

**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



# Student HIGHLIGHTS



**Freeman Spokane Scholar Nominees**

# Student HIGHLIGHTS

Freeman FFA Trap

**State  
Champs**



The 2026 Freeman FFA Trap season is in the books—and what a finish!

Freeman FFA Trap brought home the Washington State Championship title for the 6th year in a row, with Team 1 (Drew G., Chase J., Austin G., Tucker H., Rex M.) shooting an impressive 363/400 at the state competition in Wenatchee.

The team also had a strong showing in Friday's games, bringing home multiple trophies and finishing the weekend with 11 total. A special congratulations to our 10 graduating seniors for an incredible run—finishing their high school careers with a 49-5 record and 5 straight state titles. Thank you to our athletes, families, school, and community for the amazing support all season long. What a legacy and what a team!

# Student HIGHLIGHTS



**FBLA**  
**STATE**

FBLA was off to the State Competition in Spokane this week. Stay tuned for results in next week's Friday Flyer.



# Student HIGHLIGHTS

## PROM SPECTACULAR



**STUDENTS IN MRS. WARR'S CLASS ATTENDED PROM SPECTACULAR TODAY.  
THEY ATE PIZZA AND DANCED THE DAY AWAY!**