



MAY 1, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

While the sun has certainly done its part to make it a brilliant week, FHS students have shined even brighter! In my view, Superhero Spirit Week has been a super success – students jumped on board, and the extra energy has been extremely fun throughout the past four days. Thank you to Nevaeh Eigenhuis, Emma Dreyer, our Executive ASB, our Leadership class and Mr. Monasmith for making this a fun week!

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 March, I am proud of the following students for their academic work: senior Nicole Exner, junior Zachariah Lynn, sophomore Kiera Ennis, and freshman Conner Durrant, AND I am proud of the following students for the way they consistently demonstrate diligence: senior Colton Wolfinbarger, junior Madison Johnson, sophomore Emily Jensen, and freshman Emmett Wilkinson.

I'm also proud to share some outstanding accomplishments about several other students this week. Senior Mae Cashmere has been recognized as the FHS PACE Student of the Year, an honor that reflects her dedication, leadership, and commitment to excellence. Additionally, Logan Nelson has received a Chase Youth Award for his meaningful contributions to our community, alongside his fellow members of Boy Scout Troop 400. These recognitions highlight not only individual achievement, but also the strong culture of service and character that defines our students. Thank you for your continued support in helping shape such exceptional young people.

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, 509- 291-3695, 15001 S Jackson Rd. Rockford, WA 99030

In This Issue

Principal's Message

PAGE 01

Upcoming Events

PAGE 02

SBA Testing

PAGE 02

Blood Drive

PAGE 02

AP Exam Dates

PAGE 03

Teacher/Nurse Appreciation

PAGE 03

FFA Plant Sale/Art Pot Sale

PAGE 04

Newest Edition of the Bagpiper

PAGE 04

Athletic News & Events

PAGE 05

Daily Happenings/Gen. Info

PAGE 06

Student Highlights

PAGE 07-11



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 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!



BLOOD DRIVE
 Because of you,
 life doesn't stop.

FREEMAN HIGH SCHOOL BLOOD DRIVE

THURSDAY, MAY 7TH
8:30AM – 12:30PM

SIGN UP HERE!



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



If you are interested in trying out for Cheer 2026-27, there are packets in the HS office.

Tryout Clinics:

May 4th, 5th & 6th 5:30 - 8:00pm

Tryout Day:

May 7th 6:00pm



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**

School NURSE DAY

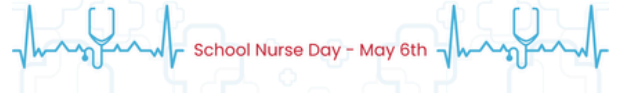


Nurse Betty



Nurse Dena

School nurses play an essential role in supporting student health, well-being and academic success and we are so fortunate to have two of the best at Freeman. Please celebrate and thank them with us!



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



CERTIFICATED SCHOOL EMPLOYEES APPRECIATION WEEK

MAY 4TH - 8TH, 2026

We are beyond grateful for our incredible principals, teachers, counselors and nurses! Thank you for your dedication to our students.





JOIN US FOR OUR ANNUAL
FREEMAN FFA

Plant Sale

MAY 9, 2026

- Hanging baskets
- Basket Fillers
- Geraniums
- Annuals
- Handmade clay pots

All money raised goes to supporting our competitions and future plant sales!



Doors open at 9 AM

We are taking cash, card and check!

@freemansd.art



FREEMAN
CTE ART CLASS

Handmade Pottery

@ the Plant Sale
MAY 9th

FLOWERPOTS

\$7 - \$13

and

GARDEN STAKES

\$3



Please read the latest edition of *The Bagpiper* here



The Bagpiper



Upcoming Sports



5/2 - Districts @ West Valley
9am



5/1 - vs. Asotin (SENIOR NIGHT) 4pm
5/5 - @ Newport 4:30pm
5/8 - Districts @ Merkel 4 & 6pm vs TBD



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

REGISTER NOW



? **QUESTIONS:** 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 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.

Student HIGHLIGHTS



Shout out our FBLA competitors from the State Conference last week! We had 25 students qualify and compete, and of those had 5 different teams placed in the top 10 in the state - extra congrats to Emma Dreyer for qualifying for nationals!

Here are our finalists:

Coding and Programming:

Eli Cotton, Oliver Jones, Jackson Smith - 6th place

Intro to Public Speaking:

Emma Dreyer - 2nd place

Intro to Business Presentation:

Emma Dreyer, Nevaeh Eigenhuis and Michael Valente - 5th place

Event Planning:

Avery Boswell - 9th place

Supply Chain Management:

Avery Boswell - 6th place



Student HIGHLIGHTS

ATHLETE OF THE WEEK



junior
TANSEY COYNER
softball



sponsored by
Freeman Athletic Booster Club

ATHLETE OF THE WEEK



freshman
JETT COBB
tennis



sponsored by
Freeman Athletic Booster Club

ATHLETE OF THE WEEK



sophomore
KAMI SEUBERT
tennis



sponsored by
Freeman Athletic Booster Club

Student HIGHLIGHTS

Academic Students Of The Month



*Ricci
Exner*


*Riah
Lynn*

*Roo
Ennis*

*Conner
Durrant*

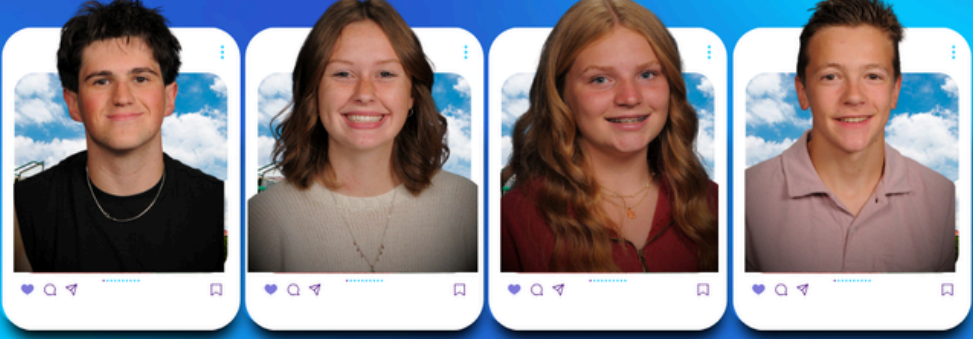
Keep working hard and inspiring those around you—well done!

Student HIGHLIGHTS



Partners Advancing Character Education

Students Of The Month



Colton Wolfinbarger Maddy Johnson Emily Jensen Emmett Wilkinson

April
Diligence

Persistence, dedication and hard work

Student HIGHLIGHTS

PACE
Monthly Character Traits

September	RESPECT Recognizing, considering and properly honoring the worth of one's self and others
October	RESPONSIBILITY Being accountable, the pursuit of excellence, and the exercise of self-control
November	CITIZENSHIP Positively contributing to society & community and dutifully respecting authority & the law
December	CARING Showing a genuine concern for the welfare of others and being a kind, supportive helper
January	FAIRNESS Treating people and ideas with justice and impartiality
February	HONESTY Sincerity and reverence or love for the truth
March	DILIGENCE Persistence, dedication and hard work
April	TRUSTWORTHINESS Inspiring complete reliability and confidence in his/her truthfulness, integrity and discretion
May	COURAGE Displaying integrity in spite of obstacles and challenges
June	INTEGRITY Living a set of values which includes honesty, respect for others & personal responsibility
July	GENEROSITY Unselfish giving and sharing of resources, time and talents with others
August	GRATITUDE Feeling and expressing thankful appreciation for benefits received

Congratulations to the FHS PACE Student of the Year



Mae Cashmere is a remarkable young woman whose character is defined by her unwavering dedication, compassion, and kindness. As a high-achieving student, she consistently demonstrates diligence, responsibility, and a strong work ethic, never settling for less than her best. Mae shows a deep commitment to serving others, particularly students with special needs, where her patience, empathy, and genuine care make a meaningful impact on those she supports. She approaches these opportunities with respect and a sincere desire to help every student feel valued and included. Additionally, Mae distinguishes herself on the soccer field and as Senior Class President; in these capacities, she leads through her effort, teamwork, and positive example, uplifting those around her. Her integrity, perseverance, and uplifting attitude make her an exceptional role model in all that she does.