



MAY 8, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

It is hard to believe that we are already one week into the month of May and only four and a half weeks of the school year remain! As the start of May begins AP and SBA testing, I greatly appreciate the focus and diligence of Freeman students with these exams. While we try our best to avoid disrupting the regular school day for the rest of the school during testing, it is still challenging; therefore, I appreciate the patience of both our students and staff during these weeks. As a reminder, we have SBA State testing in ELA for 10th graders scheduled for next Tuesday (5.12) and Wednesday (5.13); 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.

In addition to testing, I am proud of how hard our students and staff are working in the classroom, and I remind you to please reach out to your students' teachers at any time if you have concerns or questions about your child's academic progress. In closing, I'd like to highlight senior Greta Van Gemert as a WASA Student Leadership Award recipient. Greta has unselfishly poured a great deal of time and energy into making Freeman HS a positive experience for students this year. Thank you and congratulations, Greta!

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

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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 Math: May 12th & 13th, starting at 10:05 am

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!



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 22ND
NO SCHOOL - Snow Make Up Day

MAY 25TH
NO SCHOOL - Memorial Day

MAY 26TH
Student Art Show 6:00pm
Band/Choir Spring Concert
7pm

JUNE 1ST & 2ND
Senior Finals

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



Need a Dog House?

SkillsUSA is selling hand-crafted Dog Houses

Measurements: 3 ft long x 4 ft wide x 4 ft tall

Contact Jim Rae to purchase or come see them!
jrae@freemansd.org

\$250 Each - Checks payable to Freeman High School



FREEMAN HIGH SCHOOL FFA Plant Sale!

BEAUTIFUL PLANTS GROWN BY FFA STUDENTS!

GET YOUR GARDEN READY WITH BEAUTIFUL, STUDENT-GROWN PLANTS!

HANGING BASKETS

12" HANGING BASKETS

\$30.00

FLOWERS & PLANTS

GERANIUMS 5" ZONAL

\$4.00

DRACAENA SPIKES (APPROXIMATELY 12" TALL)

\$4.00

BASKET FILLERS (3")

\$5.00 each

- Trailing Scaevola
- Trailing Lobelia
- Easy Wave Blue Petunia
- Trailing Verbena

4-PACK ANNUALS

\$3.00

- Upright Petunias
- Portulaca
- Pansies
- Mounding Lobelia
- Dianthus

BULK DEALS:

1/2 FLAT (24 PLANTS) \$8.00

FULL FLAT (48 PLANTS) \$15.00

WHY BUY FROM FFA?

- STUDENT-GROWN PLANTS
- SUPPORT AGRICULTURAL EDUCATION
- BEAUTIFY YOUR HOME & GARDEN

Come early for the best selection!

THANK YOU FOR SUPPORTING FREEMAN FFA!

@freemansd.art

FREEMAN CTE ART CLASS

Handmade Pottery

@ the Plant Sale
MAY 9th

FLOWERPOTS \$7-\$13
and
GARDEN STAKES \$3

FFA Plant Sale

Sat. 5/9 9am until sold out

Behind the High School



Upcoming Sports



5/8 & 5/9 - Districts @ West Valley 9am



5/8 - Districts @ Merkel 4 & 6pm vs TBD

5/12 - District Championships @ Merkel - TBD



5/13 - @ Barry Sartz Last Chance Invite in Newport 3pm

5/21 & 5/23 - Track Districts @ Whitworth



5/12 - Girls Districts @ Moses Lake

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.



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Class of 2026

QUOTE:
"Nobody wins afraid of losing." - Chris Stapleton

PLANS AFTER GRADUATION:
Attend Indiana State to further my education and play Softball




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Class of 2026

QUOTE:
"for I have learned in whatever state I am, to be content." - Philippians 4:11

PLANS AFTER GRADUATION:
Undecided



SENIOR SPOTLIGHTS THIS WEEK



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Class of 2026

QUOTE:
"Making mistakes and making new friends." - Morgan Wallen

PLANS AFTER GRADUATION:
Attend The College of Idaho to further my education and play soccer





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Class of 2026

QUOTE:
"Luck to me is lots of determination, hard work, faith in God, and myself." - Lane Frost

PLANS AFTER GRADUATION:
Attend Montana Tech for lineman school



SENIOR SPOTLIGHTS THIS WEEK



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Class of 2026

QUOTE:
"Why worry about time flying when you can fly with it." - Batman

PLANS AFTER GRADUATION:
Work




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Class of 2026

QUOTE:
"Everything happens for a reason"

PLANS AFTER GRADUATION:
Attend Ottawa University at Arizona to study business marketing and play beach volleyball



JORDYN



Class of 2026

QUOTE:
"No matter how your heart is grieving, if you keep on believing, the dream that you wish, will come true." - Cinderella

PLANS AFTER GRADUATION:
Attend SCC to start my education in nursing and then transfer to finish up my BSN



NICCI



Class of 2026

QUOTE:
"Part of the journey is the end." - Tony Stark (Endgame)

PLANS AFTER GRADUATION:
Go to college for wildlife biology and conservation



SENIOR SPOTLIGHTS THIS WEEK

MADISON



Class of 2026

QUOTE:
"How lucky I am to have something that makes saying goodbye so hard." - Winnie the Pooh

PLANS AFTER GRADUATION:
Attend Boise State University to pursue a degree in elementary education and a minor in special education



ANNETTE



Class of 2026

QUOTE:
"Live life to the fullest!"

PLANS AFTER GRADUATION:
Attend University of Hawaii to study Sociology



SENIOR SPOTLIGHTS THIS WEEK

LOGAN



Class of 2026

QUOTE:
"The happiness of your life depends upon the quality of your thoughts." - Marcus Aurelius

PLANS AFTER GRADUATION:
Go to Africa for a work psychologist internship



KASSIE



Class of 2026



QUOTE:
"Sometimes the grass is greener because it's fake."

PLANS AFTER GRADUATION:
Attend Grand Canyon University with my major in Biology with pre-med





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Class of 2026

QUOTE:
*"If I'm not back in five minutes, just wait longer."
- Ace Ventura*

PLANS AFTER GRADUATION:
Attend WSU for mechanical engineering




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Class of 2026

QUOTE:
"Don't be sad that it's over, be happy that it happened."




PLANS AFTER GRADUATION:
Attend Boise State University to major in biology and pursue a career in healthcare



SENIOR SPOTLIGHTS THIS WEEK




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Class of 2026

QUOTE:
"Life is 10% what you make it and 90% how you take it."

PLANS AFTER GRADUATION:
Attend Whitworth to study engineering



Student HIGHLIGHTS

ATHLETE OF THE WEEK



senior
JAMIE KEATING-ALLEN

Baseball



sponsored by
Freeman Athletic Booster Club



ATHLETE OF THE WEEK



senior
JOSIAH KANN

Track & Field



sponsored by
Freeman Athletic Booster Club

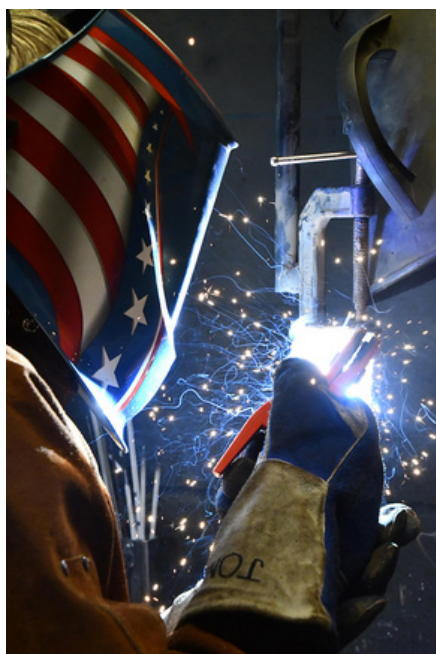


Student HIGHLIGHTS



Congratulations to Greta Van Gemert! She was recognized this week with the WASA (Washington Association of School Administrators) Student Leadership Award. This award recognizes student leaders who have created or played a significant leadership role in initiatives or programs that promote inclusivity, access, equity, or social justice in their school and community. Consideration for recognition is based on criteria that includes demonstrating leadership and serving as a role model participating in and organizing events that promote respect for diversity, equity, and individual differences; through collaboration and community engagement demonstrates the ability to inspire, motivate, and impact the growth and development of others; exemplifies integrity in all words and actions and maintains a positive image and presence with the school and greater community; evokes hope and demonstrates initiative by seeking ways to enrich the future; and displays a strong work ethic inside and outside the classroom.

Student HIGHLIGHTS



The 2025 FHS yearbook staff was notified that they are featured in Varsity Yearbook's Portfolio! Portfolio honors the top 10% of yearbooks published in that given year in a variety of categories. This year, editor Harper Sefton (class of '25), Lane Mathews (class of '25) and adviser Pia Longinotti were chosen in the photography category and each have a photo featured in the best of publication. Congratulations on being selected!