



MAY 15, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

It's been another week of AP and SBA testing at FHS, and once again, I'm very proud of the focus and diligence of Freeman students with these exams. A big congratulations to our outstanding athletes: Dawson Burk in golf, our female golf team, our softball team, and one of our tennis athletes, Avery Boswell, have all qualified for State competition - and just yesterday, we celebrated eleven athletes who are continuing to participate in a sport at the collegiate level - what an incredible accomplishment for Freeman athletics!

Finally, I'd like to recognize senior Tyler Juhnke - Tyler was selected by his peers and his Light Diesel instructor at NEWTech as the 'Technician of the Year' for the Automotive Technology - Light Diesel AM Shift program. His instructor notes: "Tyler demonstrates strong technical skill development, professionalism, and a positive work ethic within our shop environment." Congratulations, Tyler!

With only a few weeks left, our students start to feel very tired of school and very ready for some relaxed free time that comes with summer. As a father of two children myself, I've seen this firsthand. As I did with my own children, I encourage you to consider discussing the importance of finishing the year strong; perseverance is an important character trait that can positively impact a person's life well into the future. As always, thank you for partnering in your child's education!

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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JUNE 1-10, 2026

1 MON *Seniors*
 Regular Schedule
 Finals in periods 5,6,7

2 TUES *Seniors*
 Regular Schedule
 Finals in periods 1,2,3,4
 Locker cleanout, Chromebook check-in during 5th
1:00 PM Graduation Rehearsal in Blue Gym

3 WED
 Special Schedule
BBQ & Yearbooks

4 THUR *Seniors*
 Regular Schedule
Senior Trip
 Breakfast at FHS Silverwood

5 FRI *Seniors*
 AM Activity
11:00 AM Graduation Rehearsal in Blue Gym
12:13 PM Senior Walk
 Start in FES, then FMS, and FHS

8 MON
 Finals Schedule
 Finals in periods 1, 3, 5, 7

9 TUES
 Finals Schedule
 Finals in periods 2, 4, 6
 Lockers & Chromebook Check-In

10 WED
 Early Release

WEDNESDAY

1	8:15-8:56
2	9:00-9:41
3	9:45-10:26
4	10:30-11:11
5	11:15-11:56
Lunch	11:56-12:26
Activity	12:30-1:15
6	1:19-2:00
7	2:04-2:45

MONDAY

1	8:15-9:15
2	9:20-9:45
Break	9:45-10:00
3	10:00-11:00
4	11:05-11:30
5	11:35-12:35
Lunch	12:35-1:10
6	1:15-1:40
7	1:45-2:45

TUESDAY

1	8:15-8:35
2	8:40-9:40
3	9:45-10:05
Break	10:05-10:20
4	10:20-11:20
5	11:25-11:45
Lunch	11:45-12:15
Activity	12:20-1:15
6	1:20-2:20
7	2:25-2:45



- 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
- MAY 27TH**
School Board Mtg. - 6pm PTC Conference Room
- JUNE 1ST & 2ND**
Senior Finals
- JUNE 6TH**
Graduation - 1pm @ FHS Gym
- JUNE 8TH & 9TH**
Finals Grades 9-11
- JUNE 10TH**
LAST DAY OF SCHOOL - early release



Need a Dog House?

SkillsUSA is selling hand-crafted Dog Houses. There are still 2 left!

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 Students

EVENING OF THE ARTS

Art Display
Band & Choir Concert



Tuesday, May 26th

6:00 PM - 7:00 PM

Student Art Show Reception

SHOWCASING WORKS CREATED BY FREEMAN ARTISTS

7:00 PM - 8:30 PM

Band/Choir Concert

FEATURING PERFORMANCES BY FREEMAN STUDENTS DRUMLINE, BAND, & CHOIR

Freeman High School

MPR Room & Blue Gym
114626 S Jackson RD, Rockford, WA

FREEMAN

SCOTTIES

Freeman Athletic Booster Club Presents:

SUMMER WEIGHTS



JUNE 29 - JULY 30

FREEMAN HIGH SCHOOL
M-TH 7 AM - 9 AM

SIGN UP AT
FREEMANBOOSTERS.ORG

REGISTRATION
FEE: \$120

GRADES 7-12

SIGN UP

FREEMAN FOCUS SPRING-SUMMER EDITION

Be sure to read the latest edition of the Freeman School District Newsletter "Freeman Focus". It can be found online [here](#).





Upcoming Sports



5/22 & 5/23 - State in Yakima



5/22 & 5/23 - State in Yakima



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



5/19 & 5/20 - State in Liberty 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:
"Bless your heart." - Megan Moroney

PLANS AFTER GRADUATION:
Attend SCC to major in Radiology Technology




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Class of 2026

QUOTE:
"Time makes you bolder, children get older, and I'm getting older too." - Fleetwood Mac

PLANS AFTER GRADUATION:
Attend Boise State University and major in nursing



SENIOR SPOTLIGHTS THIS WEEK




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Class of 2026

QUOTE:
"The thing about new beginnings, is that they require something else to end." - Blair Waldorf

PLANS AFTER GRADUATION:
Attend Corban University to play beach volleyball and become a project manager for utility companies.





E
M
M
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Class of 2026

QUOTE:
"Say whatever you feel, be wherever you are." - Noah Kahan

PLANS AFTER GRADUATION:
Take a gap year and travel!



SENIOR SPOTLIGHTS THIS WEEK



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Class of 2026

QUOTE:
"Every cloud has a silver lining."

PLANS AFTER GRADUATION:
Attend Spokane Community College for Cosmetology





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Class of 2026

QUOTE:
"We are all a part of one nature and from each other we learn how to live." - Samurai's Garden

PLANS AFTER GRADUATION:
Attend Western Washington University to major in education






ISAAC

Class of 2026

QUOTE:
"Be awkward!"

PLANS AFTER GRADUATION:
Continue on at Freeman and work toward going to the Roar Program




JOSIAH

Class of 2026

QUOTE:
"The things that you dream about today are gonna feel like nothing in a couple of years."
- Yaseen Abdalla

PLANS AFTER GRADUATION:
Attend college - will be running cross country and track and field



SENIOR SPOTLIGHTS THIS WEEK




TRENTON

Class of 2026

QUOTE:
"Don't be afraid to make the hard decisions."

PLANS AFTER GRADUATION:
Run Track at University of Montana




TAYLOR

Class of 2026

QUOTE:
"Yes, Tyler Juhnke does have a sister."

PLANS AFTER GRADUATION:
Attend the University of Utah to earn a BA in Spanish and become a high school Spanish teacher



SENIOR SPOTLIGHTS THIS WEEK

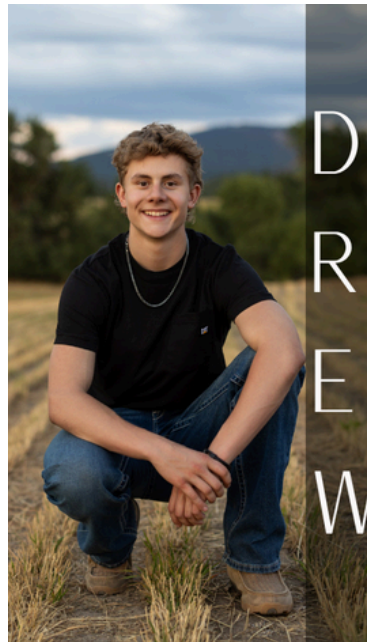


AVERY

Class of 2026

QUOTE:
"Letting God write my story, one chapter at a time."

PLANS AFTER GRADUATION:
I plan to attend SCC for my first 3 years in the nursing program and then go to Eastern to get my Bachelors of Science Degree





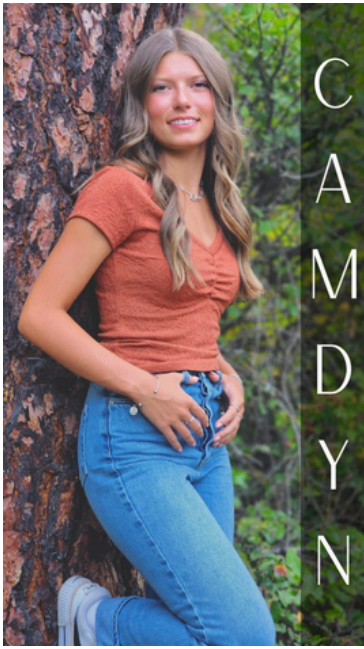
DREW

Class of 2026




QUOTE:
"Do your best, grind the rest"

PLANS AFTER GRADUATION:
Work as a structural welder






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 Class of 2026

QUOTE:
"Cut the film, I'm done."

PLANS AFTER GRADUATION:
Attend Boise State University to major in Nursing





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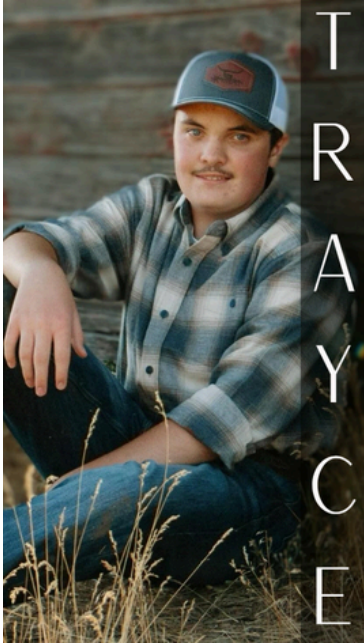
  
 Class of 2026

QUOTE:
"Trust in the Lord with all your heart"
 - Proverbs 3:5

PLANS AFTER GRADUATION:
Attend Spokane Community College for the pre-nursing program for 3 years then transfer to GCU to get my Bachelors of Science in Nursing



SENIOR SPOTLIGHTS THIS WEEK



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 Class of 2026

QUOTE:
"If you got a dream, chase it because a dream won't chase you back." - Cody Johnson

PLANS AFTER GRADUATION:
Get an apprenticeship to be an electrician



Student HIGHLIGHTS

🎉 Freeman High School Senior Signing Day 🎉


Today we proudly celebrate an incredible group of seniors who are taking their talents to the next level – continuing both their academic and athletic journeys in college.

- 🏐 Kaylee Ripke – Indiana State University Softball
- ⚽ Rylee Russell – College of Idaho Soccer
- 🏐 Avery Boswell – Whitworth University Volleyball
- 🏐 Greta Van Gemert – Corban University Volleyball
- 🏐 Kellynn Beach – Corban University Beach Volleyball
- 🏈 Logan Schultz – Whitworth University Football
- 🏐 Addy Putz – Ottawa University Beach Volleyball
- 🏌️ Lily Knight – Whitworth University Golf
- 🏃🏆 Trenton Sandborn – University of Montana Track & Field
- 🏀 Taylee Phelps – Northwest Nazarene University Basketball
- 🏈 Levi Wellner – Carroll College Football



Student HIGHLIGHTS

ATHLETE OF THE WEEK




senior
MARIS VERNON
Tennis

sponsored by
Freeman Athletic Booster Club




ATHLETE OF THE WEEK



junior
CIERRA HAVEK
Softball

sponsored by
Freeman Athletic Booster Club



ATHLETE OF THE WEEK



freshman
TRISTIN EXNER
Tennis

sponsored by
Freeman Athletic Booster Club



Student HIGHLIGHTS



Golf State Qualifiers



Congratulations to our Girls Golf Team on winning the District Championship! All six of them also qualified for State next week in Liberty Lake.

STATE QUALIFIERS:

Emerson Conklin, Lily Knight, Anna Marie McNally, Kassie Broers, Capri LaPointe, Grace Duncan and Dawson Burk for the boys.

GOOD LUCK AT STATE!

Student HIGHLIGHTS

Softball



Congratulations on winning the District Championship!

Student HIGHLIGHTS



*Congratulations to Avery Boswell!
She has qualified for State in Tennis singles.*