



MAY 21, 2026

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

It is a true joy to be able to celebrate continued student accomplishments at Freeman High School; their hard work, dedication and talent was once again on full display this week! First, a tremendous thank you to Lisa and our Culinary Arts students for their outstanding food truck production last Friday. Their hard work, preparation, professionalism, and attention to detail were on full display, and they represented Freeman exceptionally well. Opportunities like these showcase the talent and real-world skills our students are developing every day.

Congratulations to our Freeman Marching Band and our Cheer team on their Lilac performance! They looked and sounded great! A special congratulations to our Freeman Girls Golf Team and Coach John Bruno on repeating as State Champions! This remarkable accomplishment reflects the dedication, talent, and hard work of our student-athletes and coaching staff.

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 April, I am proud of the following students for their (cont....)

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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(cont. from Principal's Message)  
 academic work: senior Matthew Wigen, junior Maddox Kemble, sophomore Nevaeh Eigenhuis, and freshman Isaak Hull, AND I am proud of the following students for the way they consistently demonstrate trustworthiness: senior Austin Guinn, junior Tansey Coyner, sophomore Michael Valente, and freshman Paige Fricke.

Finally, I'd like to share an important update with our school community. As part of our continued commitment to school safety, we are piloting a new student, parent, and visitor check-in/check-out system. This safety upgrade is designed to improve campus security and accountability. As part of this process, all visitors will be required to present identification when entering the building. We appreciate everyone's patience and cooperation as we pilot this new system. Go Dawgs!

Jeff Smith, Principal



# JUNE 1-10, 2026

<b>1</b>	<b>MON</b> Regular Schedule	Finals in periods 5,6,7
<b>2</b>	<b>TUES</b> Regular Schedule	Finals in periods 1,2,3,4 Locker cleanout, Chromebook check-in during 5th <b>1:00 PM Graduation Rehearsal</b> in Blue Gym
<b>3</b>	<b>WED</b> Special Schedule	<b>BBQ &amp; Yearbooks</b>
<b>4</b>	<b>THUR</b> Regular Schedule	<b>Senior Trip</b> Breakfast at FHS Silverwood
<b>5</b>	<b>FRI</b> AM Activity	<b>11:00 AM Graduation Rehearsal</b> in Blue Gym <b>12:13 PM Senior Walk</b> Start in FES, then FMS, and FHS
<b>8</b>	<b>MON</b> Finals Schedule	Finals in periods 1, 3, 5, 7
<b>9</b>	<b>TUES</b> Finals Schedule	Finals in periods 2, 4, 6 Lockers & Chromebook Check-In
<b>10</b>	<b>WED</b> Early Release	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 25TH**  
NO SCHOOL - Memorial Day
- MAY 26TH**  
Student Art Show 6pm  
Band/Choir Spring Concert 7pm
- MAY 27TH**  
School Board Mtg. - 6pm PTC  
Conference Room
- JUNE 1<sup>ST</sup> & 2<sup>ND</sup>**  
Senior Finals
- JUNE 6TH**  
Graduation - 1pm @ FHS Gym
- JUNE 8TH & 9TH**  
Finals Grades 9-11
- JUNE 10TH**  
LAST DAY OF SCHOOL - early release



## ALL STUDENT FINES/FEES NEED TO BE PAID

As the end of the school year draws near, please make sure you take care of all the fines/fees/lunch balances on your student's account. You can make online payments [here](#) or send in cash/check/card with your student.

Seniors will not be allowed to participate in the Senior Trip until all fees are paid.

If you have any questions on what your student may/may not owe, please email [khayek@freemansd.org](mailto:khayek@freemansd.org).

# RUN THE PALOUSE



*Thank you to everyone who participated in this year's Run the Palouse!*



**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

REGISTRATION  
FEE: \$120

GRADES 7-12

**SIGN UP**



## Upcoming Sports



5/22 & 5/23 - State in Yakima



5/22 & 5/23 - State in Yakima



5/23 - Track Districts @ Whitworth



## Sports Links:



## Congrats to Our All-League Athletes...



### Baseball All League

- Jackson Smith
- Jamie Keating-Allen
- Cooper Florence
- Kingsley Lents

### Softball All League

- Kaylee Ripke - Co-Offensive Player of the Year
- Kaylee Ripke - Co-Pitcher of the Year

- Rilyn Ripke
- Paige Lochmiller
- Madi Brebner
- Sadie Stenlund
- Sofie Wasley

### Track & Field

- Boys Vertical Jumper - Trent Sandborn
- Girls Vertical Jumper - Fiona Anderson
- Boys Horizontal Jumper - Tyce Gilbert

### Girls Golf

- Lily Knight
- Kassie Broers
- Anna Marie McNally
- Emerson Conklin
- Capri LaPointe
- Grace Duncan

### Tennis All League - 2<sup>nd</sup> Team

- Avery Boswell Jett Cobb

### Boys Golf

- Dawson Burk



# 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](#).

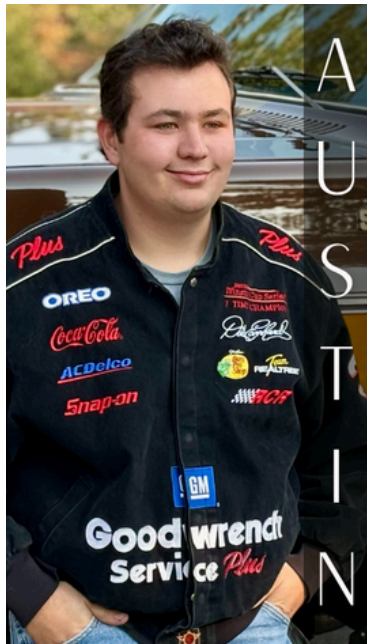
**SCOTTIE BREAK** We offer Scottie Break at the High School. A light snack will be available for students to purchase from 9:53am - 10:01am. Cost: \$2.50

**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.




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Class of 2026

QUOTE:  
"No money just time to spend, an old Chevy and a couple of friends." - Kid Rock

PLANS AFTER GRADUATION:  
Work at J & J Rods and Restoration




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Class of 2026

QUOTE:  
"The mindset you carry shapes the life you create."

PLANS AFTER GRADUATION:  
Attend SCC for dental assisting



SENIOR SPOTLIGHTS THIS WEEK



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Class of 2026

QUOTE:  
"Everything happens for a reason."

PLANS AFTER GRADUATION:  
Continue working in a pediatric therapy center with children. Next year I plan to return to school to pursue a career in therapy.




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Class of 2026

QUOTE:  
"I can do all things through Christ who strengthens me." - Philippians 4:13

PLANS AFTER GRADUATION:  
Play basketball at Northwest Nazarene College



SENIOR SPOTLIGHTS THIS WEEK




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Class of 2026

QUOTE:  
"Mediocre people don't like high achievers, and high achievers don't like mediocre people." - Nick Saban

PLANS AFTER GRADUATION:  
Study kinesiology and play football at Whitworth

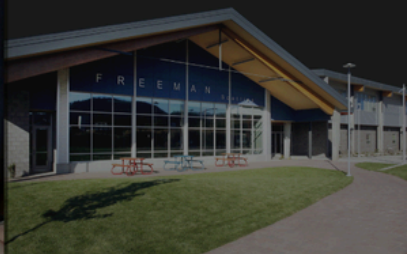



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Class of 2026

QUOTE:  
"Time is the only luxury." - Ye

PLANS AFTER GRADUATION:  
Attend WSU






Class of 2026

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

PLANS AFTER GRADUATION:  
*Attend Whitworth University to play golf*



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Class of 2026

QUOTE:  
*"Be where your feet are."*

PLANS AFTER GRADUATION:  
*Intentionally discerning God's plan for what's next.*



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SENIOR SPOTLIGHTS THIS WEEK



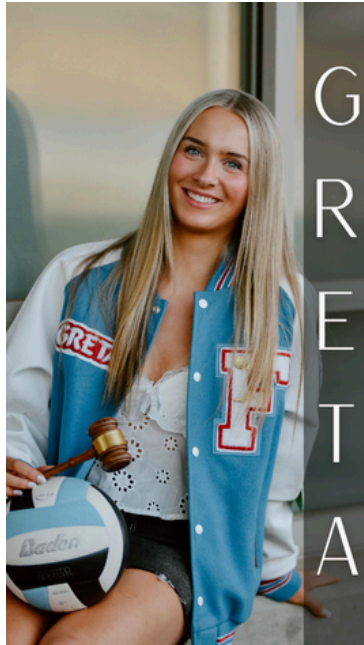
Class of 2026

QUOTE:  
*"Take the risk or lose the chance."*

PLANS AFTER GRADUATION:  
*Attend Gonzaga University then after, go to law school*



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Class of 2026

QUOTE:  
*"Value yourself before you value the people who don't value you back."*




PLANS AFTER GRADUATION:  
*Attend Corban University to continue playing volleyball and study pre dental*



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SENIOR SPOTLIGHTS THIS WEEK




Class of 2026




QUOTE:  
*"Couldn't help you on a test but I can help you fix your roots... @\_naomihairand beauty\_" - Naomi Davey (your future stylist)*

PLANS AFTER GRADUATION:  
*Continue my education at Spokane Community College for an AAS in Cosmetology*



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Class of 2026

QUOTE:  
*"In the end, it's not the years in your life that count. It's the life in your years." - Michael Beasley*

PLANS AFTER GRADUATION:  
*Start my real estate career*



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# Student HIGHLIGHTS



## Food Truck Festival

Our culinary class held their annual Food Truck Festival last Friday showcasing their skills in a fun way!



# Student HIGHLIGHTS

## ATHLETE OF THE WEEK



junior  
**SADIE STENLUND**  
softball



sponsored by  
Freeman Athletic Booster Club



## ATHLETE OF THE WEEK



freshman  
**ELLIANNA BESSIRE**  
track & field



sponsored by  
Freeman Athletic Booster Club



## ATHLETE OF THE WEEK



sophomore  
**AUSTIN THOMPSON**  
track & field



sponsored by  
Freeman Athletic Booster Club



# Student HIGHLIGHTS

## GOLF STATE



### Freeman Girls Golf are back-to-back State Champs!

Individual finishes:

Lily Knight - 3rd

Capri LaPointe - 9th

Grace Duncan &

Kassie Broers - 16th

Anna McNally - 19th

Emerson Conklin - 25th

Dawson Burk finished 13th

Congrats athletes and coaches on an amazing season!

# Student HIGHLIGHTS



## *lilac* parade



Freeman Band & Cheer marched in the Lilac Parade last weekend and represented us so well. Good job everyone!



# Student HIGHLIGHTS



**Softball State  
Send Off**

# Student HIGHLIGHTS



Tennis State  
Send Off

# Student HIGHLIGHTS




## FFA STATE


Last weekend FFA competed at the state competition. Briley Snyder placed 3<sup>rd</sup> in Ag Education. Congratulations!



# Student HIGHLIGHTS

▶▶  **PACE**  
Partners Advancing Character Education

Students Of The Month



Austin Guinn    Tansey Coyner    Michael Valente    Paige Fricke

××  
×× *April*  
×× **Trustworthiness**

Inspiring complete reliability and confidence in his/her truthfulness, integrity and discretion

# Student HIGHLIGHTS

## Academic Students Of The Month



*Matthew  
Wigen*

*Maddox  
Kemble*

*Nevaeh  
Eigenhuis*

*Isaak  
Hull*

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