



JUNE 5, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

As we close out the school year, I want to reflect on what a fantastic success it has been—from academic achievements to incredible performances in the arts and athletics. Last weekend, our Boys Track team repeated as State Champions! Trenton Sandborn is also a State Champion in both the High Jump, and the 110 Hurdles; Tyce Gilbert is a State Champion in the 300 Hurdles; Trenton Sanborn, Tyce Gilbert, Josiah Bessire and Rylan Talley are State Champions in the Boys 4x400 relay; and Fiona Anderson, Ellianna Bessire, Audrey Santman and Anneke Haskins were State Champions in the Girls 4X400 relay. To be a State Champion is a tremendous accomplishment, and I'm very excited for these athletes and their head coach, Isaac Swillie – incredible season!

Congratulations also to Bearret Murphey who recently completed the nursing program at NEWTech where he earned a State CNA Certificate and pin, and he was selected for a very competitive clinical experience with Providence Healthcare at Sacred Heart Hospital. Congratulations Bear! To all our students, especially our graduating seniors, you will be deeply missed. Thank you for making this year a great one. Wishing everyone a joyful, fun, and healthy summer!

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 Regular Schedule	Finals in periods 5,6,7																							
2 TUES 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	<table border="1"> <tr><th colspan="2">WEDNESDAY</th></tr> <tr><td>1</td><td>8:15-8:56</td></tr> <tr><td>2</td><td>9:00-9:41</td></tr> <tr><td>3</td><td>9:45-10:26</td></tr> <tr><td>4</td><td>10:30-11:11</td></tr> <tr><td>5</td><td>11:15-11:56</td></tr> <tr><td>Lunch</td><td>11:56-12:26</td></tr> <tr><td>Activity</td><td>12:30-1:15</td></tr> <tr><td>6</td><td>1:19-2:00</td></tr> <tr><td>7</td><td>2:04-2:45</td></tr> </table>	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		
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7	2:04-2:45																							
4 THUR Regular Schedule	Senior Trip Breakfast at FHS Silverwood																							
5 FRI AM Activity	11:00 AM Graduation Rehearsal in Blue Gym 12:13 PM Senior Walk Start in FES, then FMS, and FHS	<table border="1"> <tr><th colspan="2">MONDAY</th></tr> <tr><td>1</td><td>8:15-9:15</td></tr> <tr><td>2</td><td>9:20-9:45</td></tr> <tr><td>Break</td><td>9:45-10:00</td></tr> <tr><td>3</td><td>10:00-11:00</td></tr> <tr><td>4</td><td>11:05-11:30</td></tr> <tr><td>5</td><td>11:35-12:35</td></tr> <tr><td>Lunch</td><td>12:35-1:10</td></tr> <tr><td>6</td><td>1:15-1:40</td></tr> <tr><td>7</td><td>1:45-2:45</td></tr> </table>	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		
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10 WED Early Release	Early Release																							



JUNE 6TH
Graduation - 1pm @ FHS Gym

JUNE 8TH & 9TH
Finals Grades 9-11
Bell Schedules on the left

JUNE 10TH
LAST DAY OF SCHOOL - early release

CHROMEBOOK RETURN PROCESS NEXT WEEK

With the school year coming to a close, it is extremely important that all school property is returned to Freeman High School so that cleaning, updating and preparations for the next year can begin. Just as textbooks, library books and other learning tools are collected at the end of the year, Chromebooks must be collected as well; they cannot be kept over the summer. We will collect all Chromebooks and chargers next week. Please make sure your student knows where their school-issued Chromebook and charger are located.

Per Freeman School District Technology policy, each student is responsible for any repair or replacement of a Chromebook that he/she collected at the start of the year or checked out during the school year. The fee to replace a missing Chromebook is \$200 and the fee to replace a missing charger is \$30. Any missing device or unpaid fee associated with a device will prohibit a student from collecting a clean machine next school year. Chromebook related fees can be found on the website.



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

SIGN UP

REGISTRATION
FEE: \$120

GRADES 7-12

FHS Cross Country

Summer training starts 6/12

Optional practices M/W/F at 8AM
Meet in front of the HS
All faces, paces, and distances welcome!

First day of practice 8/24

Camping trip 8/28-8/30

Join us for a weekend of running and
teambuilding at Farragut State Park!

Questions?

Contact Coach Mallory at
mallory.mcdonald@goscotties.com



Join our Band group
for important updates!



ATTENTION GRADUATING SENIORS: FINAL TRANSCRIPT REQUESTS NEEDED

Seniors! Don't forget to request to have your final transcript sent to the college/university you will be attending in the Fall. The transcript request link is in your 2026 Google Classroom. Please do this before June 30th as the FHS office is not open in July.





Freeman Class of 2026 Graduation Ceremony
Saturday, June 6th - 1pm
Freeman High School Gymnasium



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.


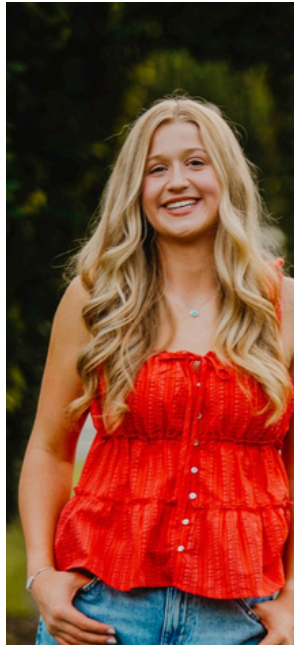


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 Class of 2026

QUOTE:
 "Hey, I'm like Aretha Franklin, I don't get no
 R-S-P-E-C-T" - Uncle Si

PLANS AFTER GRADUATION:
 Become a diesel mechanic

A
V
E
R
Y

  
 Class of 2026

QUOTE:
 "With God all things are possible." Matthew 19:26

PLANS AFTER GRADUATION:
 Attend Whitworth University and study exercise
 science



SENIOR SPOTLIGHTS THIS WEEK

Student HIGHLIGHTS



**Congratulations Boys Track
State Champions!**

Student HIGHLIGHTS



**Congratulations Girls Track
3rd Place at State!**

Student HIGHLIGHTS



Photos: Lane Mathews

Student HIGHLIGHTS



INDIVIDUAL EVENT STATE CHAMPIONS:

Trenton Sandborn - 110 hurdles champ
Trenton Sandborn - high jump champ
Tyce Gilbert - 300 hurdles champ
Girls 4x4 - champs (Fiona, Anneke, Audrey, Ellianna)
Boys 4x4 - champs (Trent, Tyce, Josiah B., Rylan)

OTHER BOYS STATE PLACEMENTS:

Jaetyn - 8th place 100m; Trent - 2nd 300h; Tyce - 3rd LJ; Josiah Kann - 2nd 1600m, 6th 3200m; Micah - 8th 1600m, 9th 3200m; Ryan Dau- 6th PV; Jo Bessire- 8th 400m , 5th 800m

OTHER GIRLS STATE PLACEMENTS:

Fiona - 2nd 100m, 4th LJ; Anneke - 8th 400, 4th HJ; Nicole- 5th HJ, 7th TJ; Audrey- 4th 800m, 11th 400m; Lilly- 15th Javelin; Logan- Tied 2nd HJ, 3rd Discus

Photos: Lane Mathews

Congratulations to all on an amazing season!

Student HIGHLIGHTS



STUDENT SHOUT OUT



Congratulations to Bear Murphey!

He completed his nursing program for his WA state CNA certificate through NEWTECH Health Careers. He received his pin and will complete the state test next month as a beginning to his healthcare career. He was also one of only a few students who interviewed for and was selected for a competitive clinical experience with Providence Healthcare at Sacred Heart Hospital as a paid employee where he got to work on the medical floors as well as was able to spend time in the ICU and Emergency Room.