

AUGUST 14, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

As we begin the 2026–27 school year, I am excited about the opportunities ahead for Freeman High School and our continued commitment to creating a school experience where every student feels known, supported, challenged, and valued. This year, our work will focus on three key goals: increasing student ownership and voice while verifying student experiences; increasing academic press through greater rigor, relevance, and meaningful feedback; and increasing staff efficacy and trust. We want students to have authentic opportunities to shape their learning and school experience, while regularly listening to and learning from their perspectives. At the same time, we will continue to hold high expectations for all students and provide learning experiences that challenge them, connect to their lives and futures, and give them clear feedback for growth.

These goals are deeply connected to the culture we want to build at FHS. When students have voice and ownership, when they are appropriately challenged and supported, and when staff work together with trust and a belief in our collective ability to make a difference, we create a stronger school for everyone. I look forward to working alongside our staff, students, and families to make 2026–27 a year of meaningful growth, connection, and success.

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: Lisa Phelan, lphelan@freemansd.org, 509- 291-3695, 15001 S Jackson Rd. Rockford, WA 99030

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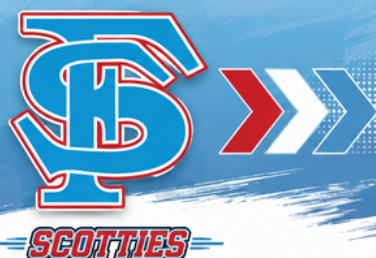
Welcome New FHS Staff

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LOOKING TO MAKE A **SCHEDULE CHANGE?**



Student schedules will be available through Family Access 8/14 at 3pm. If you need to request a schedule change, please complete this [form](#).

Please note: **No schedule changes will be made during Open House.** All requests must be submitted through the form.

UPCOMING events

FREEMAN SCHOOL DISTRICT 2026 - 2027

IMPORTANT DATES



Monday, August 17, 2026
Open House / Orientation / Ice Cream Social
4:30 pm—6:00 pm

Wednesday, August 19, 2026
FIRST DAY OF SCHOOL — Grades 1—12

Monday, August 24, 2026—FIRST DAY OF KINDERGARTEN

Monday, August 31, 2026—FIRST DAY OF TK



PROFESSIONAL DEVELOPMENT DATES FOR 2026 - 2027 SCHOOL YEAR

High Quality Professional Development = Improved Student Achievement

2 Hour Late Start (10:15 am) Wednesdays for Professional Development

September 23

November 4

December 2

February 3

March 17

May 5

No School Days for Professional Development

January 4

March 8

May 5

CHECK THE DISTRICT WEBSITE FOR OUR 2026 - 2027 DISTRICT CALENDAR

www.freemansd.org

PRIDE, COMMITMENT, CARING

[Full 26-27 Calendar](#)

AUGUST 17TH

Freshman Orientation - 3:00pm

Back to School Open House/Ice Cream Social 4:30-6:30pm. FHS Parent Mtg at 6:00pm

AUGUST 19TH

First Day of School - 8:15am

AUGUST 21ST

Chromebook Dist. - Special Bell Schedule - details pg. 5

AUGUST 27TH

HS Fall Sports Parent Mtg. - 6pm

SEPTEMBER 2ND

Fall Sports Pictures by Leo's

SEPTEMBER 3RD

School Picture Day

SEPTEMBER 4TH

NO SCHOOL

SEPTEMBER 7TH

NO SCHOOL - LABOR DAY

NUTRITION SERVICES UPDATE:



FSD Nutrition Services has made some changes over the summer. We have moved to a new, modern web-based menu platform. The new link to view menus is [here](#). Additionally, we are in the process of moving the FSD Nutrition Services web page to the FSD Website. This is a work in progress but we are diligently working to get this page up and running.



WHAT'S UP?

Would you like to read about what's happening at the elementary or middle school? Get caught up with their Friday newsletters here:

FES

FREEMAN
ELEMENTARY

FMS

FREEMAN
MIDDLE SCHOOL



Back to School Checklist



Complete Your Back to School Registration

Every year we must have all back to school forms completed for every student. Please log in to [Family Access](#) and complete form sets for each student prior to the first day of school. You can find this on the left side of your home page on the Skyward Family Access screen titled "FHS Registration for All Returning Students". Also important in these forms is opting in or out of Chromebook Assurance Plan (see page 11).



Pay Lunch, ASB, Club and Sport Fees

Our [online payment portal](#) is open for you to go in and add lunch money and pay for ASB cards, club fees, sports fees, yearbooks and more. Your default username and password for the payment site are the same as your Family Access credentials.



Attend Our Back To School Night

Please plan to attend our Back To School event on Monday, August 17th from 4:30 – 6:30pm.



School Supplies

See page 4



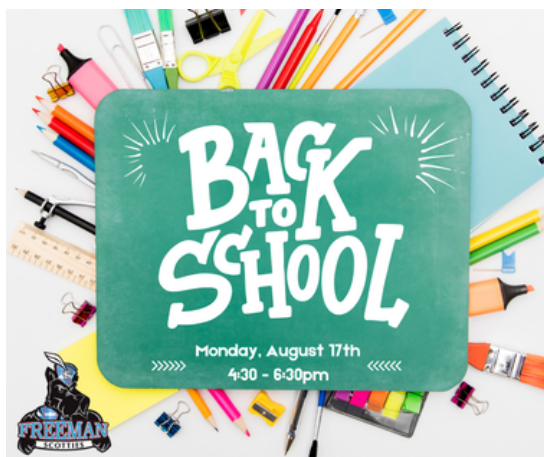
Freeman High School Student Handbook

Please take the time to review our [Freeman High School Student Handbook](#) before the start of the new year. This will help answer many of the common questions that parents and students have.



Freeman High School Attendance Policy

It is important to understand both our policies as Freeman High School as well as the state requirements on attendance. Please take a moment to read over the attendance policies on page 10.



Join us for our Back to School Open House & Ice Cream Social on Monday, August 17th from 4:30–6:30pm!

- ✓ Greet your teachers
- ✓ Tour our buildings
- ✓ Connect with friends & community
- ✓ Enjoy a sweet treat!
- 📍 Parent Meetings
 - 🏠 Freeman Middle School – 5:30pm in the gym
 - 🏠 Freeman High School – 6:00pm in the gym

Let's kick off the new school year together—see you there!

School Lunch Prices for 2026-2027

Lunch \$4.20

Scottie Break: \$2.50

If you would like to apply for Free/Reduced meals, please do so [here](#) ASAP so we can process your applications.
View lunch menus [here](#).



PICTURE DAY



Leos will be here for individual school pictures on Thursday, September 3rd, first thing in the morning. If you are a Running Start or NewTech student, please plan to come right at 8:00am to have your picture taken for yearbook and ASB cards.

FHS SCHOOL SUPPLY LIST

FHS does not have a specific school supply list for students. We recommend getting general supplies for your student to manage their 7 different classes. (Pens, pencils, paper, notebook, folders, etc.) If your student needs any specific supplies for a class, that will be communicated the first week of school.



FRESHMAN ORIENTATION

CLASS OF 2030



LEAD BY THE
2026-2027 ASB

2026
AUGUST 17
3:00 PM



MEET IN THE HIGH
SCHOOL

WELCOME!

IF YOU HAVE QUESTIONS PLEASE CONTACT:

Kyle Monasmith:
kmonasmith@freemansd.org

Emma Dreyer:
emma.dreyer@goscotties.com



AFTERNOON BUS ZONE STUDENT RELEASE PROCEDURES

Please plan transportation changes in advance by sending a written note with your student at the beginning of the school day or contacting the school office as early as possible. A student's verbal message is not sufficient authorization for a transportation change. Once a student has boarded the bus, parents, guardians, siblings, and staff members may not approach the driver to request the student's release. All requests must go through the supervisor on duty in the bus zone or the school office. The student will remain on the bus unless the driver receives authorization over the radio. This procedure helps staff review custody restrictions and other release instructions before a student is released. Thank you for helping us protect our students.



FALL SPORTS PARENT MEETING

AUG. 27TH 6:00PM
FHS BLUE GYM

- All parents will meet in the Blue Gym to hear from our Athletic Director
- Sports will then breakout for meetings with each head coach
- It is important that at least one parent/guardian be in attendance

CHROMEBOOK DISTRIBUTION 8/21 - SPECIAL BELL SCHEDULE

On Friday, August 21st, we will run a different bell schedule so that we can have a dedicated time for a brief assembly with Principal Smith as well as chromebook distribution for the high school.

If your student will be checking out a school issued chromebook for the year, please make sure they are here during the allotted time even if they are New Tech or Running Start students. Please see the bell schedule to the right.

PERIOD	TIME
1	8:15 - 8:55
2	8:59 - 9:39
3	9:43 - 10:23
4	10:27 - 11:07
5	11:11 - 11:51
Chromebooks	11:55 - 12:43
LUNCH	12:43 - 1:13
6	1:17 - 1:59
7	2:03 - 2:45



Upcoming Sports



8/29 - Jamboree @ Home
11am



9/2 - Jamboree @ EWU



9/1 - Jamboree @ Home 4pm

**CROSS
COUNTRY**

Sports Links:



Pay Fines/Fees



goscotties.org
athletics website

FALL SPORTS NEWS

Here are some important details for you to know if your student is planning to participate in a Fall Sport:

- Football begins Wednesday, August 19th.
- All other fall sports begin Monday, August 24th.
- As usual, all athletes will need to be signed up for their respective sports in Final Forms with forms signed by both parent and student in order to participate day 1.
- We MUST have a current sports physical (valid for 2 years) on file at the school before any athlete can practice. If you need a physical, please reach out to your physician ASAP to get that scheduled.
- Coaches have been communicating with athletes that are registered in Final Forms, so if you haven't heard anything, you may not have selected the appropriate fall sport. Please go in today and make sure you have done so.
- Head Coaches contact information:
Football: Mike McKeown mmckeown@freemansd.org
Soccer: Keith Homfeldt keith.homfeldt1@gmail.com
Volleyball: Kaela Straw kaela.straw@gmail.com
CC: Mallory McDonald mallory.mcdonald@hotmail.com
- **There will be an Athletic Parent meeting on Thursday, August 27th at 6:00pm in the Blue Gym. It is expected that at least one parent/guardian of each student/athlete will be in attendance.**
- Each athlete must pay their fees prior to the first athletic competition:

ASB Card: \$35

Transportation: \$20

Sport Fee: \$25

(Please pay using the link to the left. You will need to "select items at student's school" then add each item separately. If you have questions email khayek@freemansd.org)



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: \$4.20. Click image for menus.

Menu



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.



welcome new FHS staff

Reece Bauer *FHS Counselor*



"I'm so excited to be joining the Freeman High School team! This is my first year at Freeman but my 7th year in education. I earned my Master's degree in School Counseling in 2020, and I'm excited to bring the experiences and relationships I've built throughout my career into this new chapter at Freeman."

Outside of school I enjoy CrossFit, hiking and reading *lots* of books. I'm also a proud cat parent to two cats, Beans and Pickle! I'm so excited to be here and can't wait to get to know the students, staff and Freeman community!"

Isaac Swillie *FHS Paraeducator*



"I'm entering my 4th year as a Para with Freeman but my 1st year at the High School. This will be my 2nd year as an assistant Football coach and 4th year as the head Track coach. When I have free time I enjoy watching my wife coach the Freeman Scotties Volleyball team, spending time with our daughter, listening to music and keeping up with all things track and field!"

Rachel Shrauger *FHS Ag Sciences Teacher & FFA Advisor*



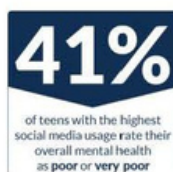
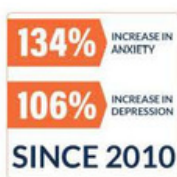
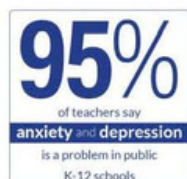
"I'm so excited to be joining the Freeman community this year! I grew up in Deer Park and graduated from Washington State University - Go Cougs! For the past 3 years I taught at Omak High School and I'm excited to continue my teaching career here at Freeman and excited to see where FFA goes. When I'm not at school, I love traveling, spending time with family and friends and exploring new places."



FHS Cell Phone Policy

Why are we going cell-phone-free?

- Phones are interrupting student learning
- 40% of 8–12-year-olds and 95% of teenagers are on social media
- Teens spend nearly five hours a day on social media apps
- 3+ hours a day on social media doubles the risk of poor mental health



What are cell-phone-free schools seeing?



- Improvements in overall school culture
- Students talking to each other more
- Fewer disruptions in the classroom
- Increased Engagement

Parent Communication

- Parents communicate to students through the Main Office during school hours @ 509-291-3721

Freeman High School Cell Phone Policy

- High school will be cell phone-free during classroom time.
- Other cell-based devices, such as smartwatches, air pods, etc., also will not be allowed to be used during classroom time.
- Students with specific medical or other documented needs may have accommodations made on an individual basis.
- High school students may use their cell phone during meals and passing periods.

Daily Routine:

- Teachers remind students of the policy and expectations at the beginning of each class period.

Violation Procedure:

- One warning and redirection to store the phone in their locker or designated location.
- Continued violation results in non-confrontational device surrender request.
- Teacher may seek support from Administration

Device Confiscation:

- Student will walk their phone down to the Main Office and give to administration or other office personnel.
- Confiscated devices will be stored in a secure location in the office for end-of-day pickup.
- 2nd office referral, parent/guardian will be notified that they need to pick up their child's device.
- Escalated behavior may result in disciplinary actions in partnership with parent/guardian.

Repeated Violations:

- Creation of a plan with student and family/guardian.

EVERY DAY COUNTS!

A Family-Friendly Guide to School Attendance | TK–12th Grade

In the Freeman School District, we know that regular attendance helps students stay connected, keep learning, and feel successful at school.

NEW DISTRICT ATTENDANCE POLICY

Families have **10 days from the date of their child's absence** to excuse the absence. Please contact the school as soon as possible rather than waiting until the 10-day deadline.

WHY ATTENDANCE MATTERS

10%	About 18 days matters. Missing around 10% of school days in a typical 180-day year is considered chronic absence and is associated with academic risk.
TK–12	Every grade matters. Attendance patterns begin early, and higher absence in middle and high school is associated with lower academic outcomes.
ALL	Learning is connected. When students miss school, they can miss instruction, relationships, routines, and opportunities to participate.

HOW TO REPORT OR EXCUSE AN ABSENCE

CALL	Elementary: 509-291-7425 Middle School: 509-291-7425 High School: 509-291-3721
EMAIL	Freeman Elementary School: FESoffice@freemansd.org Freeman Middle School: FMSoffice@freemansd.org Freeman High School: FHSoffice@freemansd.org
NOTE	Send a note with your child to school. You can easily excuse an absence using any of these methods. Remember: you have 10 days from the date of the absence to excuse it.

HOW FAMILIES CAN HELP

- **Build routines.** Consistent bedtimes, morning routines, and preparing the night before can make school mornings easier.
- **Communicate early.** Let the school know when your child will be absent.
- **Check attendance.** Watch for patterns before a few absences become a larger concern.
- **Ask for help.** If transportation, health, anxiety, family circumstances, or another barrier makes attendance difficult, contact the school—we want to partner with you.
- **Reconnect after an absence.** Help your child return to routines and learning.

OUR GOAL IS NOT PERFECTION—IT IS CONNECTION.

Children will sometimes need to be absent. Illness, appointments, family emergencies, and other circumstances happen. Our goal is to help students attend as regularly as possible and make sure families have the support they need.

A QUICK ATTENDANCE CHECK

Is my child attending regularly?	Notice patterns
Are absences becoming more frequent?	Reach out early
Is there a barrier we can solve together?	Partner with school

Research basis: Attendance Works; UChicago Consortium/Attendance Works research on chronic absence and student outcomes. Research consistently identifies regular attendance as an important opportunity for learning, relationships, and school connection.

*Optional Chromebook Assurance Program | Grades 6-12*

As part of our learning program, the Freeman School District provides a Chromebook to all secondary students (Grades 6-12). This device is the property of the Freeman School District. **Chromebooks are issued to 6th-12th grade students in September and collected in June.**

Families have the opportunity to enroll in the district's **optional** Chromebook Assurance Program (CAP). While not mandatory, this insurance program is highly recommended as it provides coverage in the event the device is lost or damaged. Annual cost is **\$20 per student** for the school year. Families who choose to enroll more than two Middle or High School students in CAP will only be required to pay for two CAP enrollments to cover all district-owned devices in the family each school year. Defective devices will be replaced or repaired at no cost to the family. **Fees must be paid by September 15th.**

- To **opt-in** to the annual insurance program, there is a **\$20 fee** for the school year. **Fees must be paid by September 15th.** To purchase insurance, access Online Payments at <https://wa-freeman.intouchrecepting.com>
- **Opting out of the program** means families will be held financially responsible for the full cost of repair or replacement associated with any damaged, lost or stolen equipment. A fine will be placed on student accounts for the cost of replacing or repairing the equipment.
- **Lack of action prior to September 15th will be considered an opt-out.**

OPT-IN – Chromebook Insurance Program	OPT-OUT – Chromebook Insurance Program
Annual Fee: \$20 nonrefundable Annual Coverage: • Accidental Damage: First incident covered in full. After first incident, family is responsible for full replacement of damaged part, or up to \$200 total per incident. (Loaner device available during repair.) • Lost or Stolen: First incident \$100. \$200 for subsequent incidents. (If stolen, Police Report must be filed within 24 hours and a copy provided to the school Business Office.) If the device is later found or recovered and is in working condition the fee will be refunded. Not Covered: • Intentional damage, neglect or loss without a copy of a Police Report. • Lost/Damaged Power Cord (\$30) Note: Replacement equipment will not be issued until fees set forth above have been paid or there is a payment plan in place. Student Name _____	Damage Fees: • \$200 Full Replacement • \$150 Motherboard • \$50 Display (LCD) • \$20 Keyboard • \$20 Trackpad Lost or Stolen: • \$200 Device (If the device is later found or recovered and is in working condition the fee will be refunded.) • \$30 Power Cord Note: Replacement equipment will not be issued until fees set forth above have been paid or there is a payment plan in place. I, would like to: OPT- IN ☐ OPT-OUT ☐ Parent Signature: _____ Parent Signature _____

*I understand that by inserting my name in the signature fields I am submitting an electronic signature.
This signature will be enforceable on the same basis as if it were signed in person.*

Attention families: new signage at front doors

You may notice new signage posted on windows/doors on our campus identifying the end of public access areas and the beginning of secured school property. In recent months, school districts across Spokane have experienced an increase in visits from individuals commonly referred to as "First Amendment Auditors," who are unidentifiable and intentionally film and post on YouTube on public property to test how organizations respond.

These signs are not in response to a specific incident at Freeman but are a proactive step to help clearly define public and secured areas, support consistent safety practices and assist visitors in understanding where access is permitted. Our priority is to provide a safe, welcoming and uninterrupted learning environment for our students and staff while respecting the rights of all individuals.



OUR SAFE LEARNING SPACE

begins here



Help us create a safe and distraction free environment for our students.



AUTHORIZED PERSONNEL ONLY BEYOND THIS POINT.



You will need a valid badge or be granted temporary access by administration. Photo I.D. will be required.