



AUGUST 21, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

This week's "Back to School" start at FHS has been both positive and exciting! I want to thank you for entrusting us to educate your children—we're excited that they are here! As I've visited classrooms, I've been impressed by how well our students are settling in and how eager they are to participate in their learning. Next Friday, August 28, the FHS ASB is hosting a Club Fair during our Activity Period. Please encourage your student to consider joining one of our clubs – it's a fantastic way to meet new people, learn new skills and have fun!

I also want to take a moment to celebrate one of our seniors, Logan Nelson, who earned the distinguished Eagle Scout Award this month. Achieving the rank of Eagle Scout is a tremendous accomplishment that reflects years of commitment, leadership, service, perseverance, and character. Logan's achievement is a wonderful example of the qualities we hope to see in all our Scotties, and we are proud to recognize and celebrate his success. Congratulations, Logan! (see photos on pg. 8)

Finally, just a friendly reminder that our FHS Friday Flyer is a one-stop place to find information about current and upcoming Scottie communications, announcements, events, highlights, and more. Please feel free to remind fellow parents and families to check it out!

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

In This Issue

Principal's Message

PAGE 01

Student Schedule Changes

PAGE 02

Upcoming Events

PAGE 02

Picture Day

PAGE 02

Back to School Checklist

PAGE 03

Lunch Prices - Free/Reduced Info

PAGE 03

School Safety Protocol

PAGE 04

Nutrition Services Website

PAGE 04

Athletic News & Events

PAGE 05

Daily Happenings/Gen. Info

PAGE 06

Student Highlights

PAGE 07-08

Resources/Policies

PAGE 09-13

LOOKING TO MAKE A SCHEDULE CHANGE?



The final day to make changes to student schedules is next **Tuesday, August 25th**. If you would like to request a change, please complete this [form](#) by Tuesday morning at 9:00am.

Please be patient as Ms. Bauer works through all the requests. She will reach out to you if you put in a request.

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

oops! May 5 April 26

CHECK THE DISTRICT WEBSITE FOR OUR 2026 - 2027 DISTRICT CALENDAR

www.freemansd.org

PRIDE, COMMITMENT, CARING

[Full 26-27 Calendar](#)

AUGUST 24TH

Volleyball, Cross Country & Soccer Begin

AUGUST 27TH

HS Fall Sports Parent Mtg. - 6pm

SEPTEMBER 2ND

Fall Sports Pictures by Leo's - 3pm

SEPTEMBER 3RD

School Picture Day

SEPTEMBER 4TH

NO SCHOOL

SEPTEMBER 7TH

NO SCHOOL - LABOR DAY

SEPTEMBER 23RD

LATE START FOR STUDENTS - 10:15am

SEPT. 28TH - OCT. 3RD

Homecoming Week

LEO'S INDIVIDUAL SCHOOL PHOTOS

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. Picture forms will come home next week with students but you can also order online. Go to leosphotography.com and use school code: FP3228886.



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.



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.

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](#).





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.

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

SCHOOL SAFETY; STANDARD RESPONSE PROTOCOL

Freeman School District is implementing The "I Love U Guys" Foundation's programs for crisis response and post-crisis reunification, which are used in more than 78,000 schools, districts, departments, agencies, organizations, and communities around the world. They are created through the research-based best practices of school administrators, psychologists, public space safety experts, families, and first responders.

SRP provides students and staff with clear, consistent language and actions to follow during a variety of safety situations. Using the same procedures throughout our district helps everyone know what to do and respond with confidence.

As part of our ongoing commitment to school safety, students and staff will participate in regular safety drills throughout the year. These drills allow us to practice our response, reinforce expectations, and ensure students and staff are prepared in the event of an emergency. If you would like to learn more about, I love u guys, you can visit <https://iloveuguy.org/#Hugs>



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:

- There will be an Athletic Parent meeting on Thursday, August 27th at 6:00pm in the Blue Gym. Please plan to be in attendance to hear from Chad Ripke - Athletic Director. Then, each sport will break out into individual sport meetings with head coaches.
- 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 at the bottom left of this page. Select items at student's school then each item.)

SEASON PASS PRICES/PURCHASING

We are pleased to offer season passes for all home, regular-season games. ALL season passes must be purchased through GoFan. Below is a listing of the different passes as well as a link to purchase them directly. Please note that the family passes include two adults and your children in Kindergarten - 8th grade. Senior passes are individual passes for seniors 60+.

<u>Fall Season Family Pass</u>	\$101.75 (fees incl.)
<u>Fall Season Individual Adult Pass</u>	\$ 51.88 (fees incl.)
<u>Fall Season Individual Senior Pass</u>	\$ 33.50 (fees incl.)

<u>All Season Family Pass</u>	\$233.00 (fees incl.)
<u>All Season Individual Adult Pass</u>	\$117.50 (fees incl.)
<u>All Season Individual Senior Pass</u>	\$ 75.50 (fees incl.)

<u>Winter Season Family Pass</u>	\$141.46 (fees incl.)
<u>Winter Season Individual Adult Pass</u>	\$ 67.63 (fees incl.)
<u>Winter Season Individual Senior Pass</u>	\$ 44.00 (fees incl.)

Please note: Winter Passes will go on sale in November.



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.

Student HIGHLIGHTS



GET TO KNOW YOUR 2026-2027
ASB PRESIDENT:
EMMA DREYER!

Favorite high school memory: Going to State FBLA her sophomore year

What she did over the summer: Did two triathlons

Advice to all students: Say hello first! High school is about meeting new people. The people you barely know today might one day become some of your closest friends.



GET TO KNOW YOUR 2026-2027
ASB VICE PRESIDENT:
NEVAEH EIGENHUIS!

Favorite high school memory: Going to State FBLA her sophomore year

What she did over the summer: Went to Coeur D'Alene with Emma

Advice to all students: Don't let the fear of failing stop you from doing new things.

Student HIGHLIGHTS



Congratulations Logan Nelson!
He received his Eagle Scout Award
on August 14th.

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.

Afternoon Bus Zone Student Release

Plan Transportation Changes in Advance

Whenever possible, parents or guardians should send a written note with their student at the beginning of the school day or call the school office as early as possible to request a transportation change. The school office must review and authorize the request before notifying Transportation.

A student's verbal message that a parent or guardian told them to get off the bus, go somewhere else, or follow a different transportation plan is not sufficient authorization. If Transportation has not received an authorized note from the parent or guardian or confirmation from the school office, the driver cannot follow the requested change. The student will remain on the bus unless and until authorized staff provide different instructions.

Planning changes in advance allows staff to confirm the student's release instructions before buses begin loading and helps prevent delays, confusion, or an unauthorized release in the afternoon bus zone.

How to Request the Release of a Student Already on the School Bus

Parents, guardians, older siblings, or staff members may not approach a bus in the afternoon bus zone to ask the driver to release a student from the bus.

If a student is already on the bus, all release requests must be made through the supervisor on duty in the bus zone or the school office. The supervisor on duty will verify the request with the appropriate school office and radio the driver to release the student from the bus. The student will then walk to the supervisor on duty, where the parent, guardian, sibling, or staff member will be waiting.

Why Requests Must Go Through Authorized Staff

This procedure applies to all families and staff members. It protects students by ensuring that custody restrictions, restraining orders, and other release instructions are reviewed before a student is released.

Thank You for Helping Us Protect Students

We appreciate your attention to and cooperation with this important student-safety procedure.

Together, we can provide every student with safe, respectful, and dependable transportation.

Your Freeman Transportation Team

— Where Every Ride Matters

*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.

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, **67587**.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from
your mobile
now!**



**Just send "Y"
or "Yes" to
67587.**



Information on SMS text messaging and Short Codes: SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers.

If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

*Terms and Conditions: Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/tm for more info.