



SEPTEMBER 18, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

This week has been a busy one at FHS in all the best ways! The week actually began at our All-District Assembly last Friday. This year's ASB did an excellent job of organizing and facilitating an entertaining time for all students in the district, and I greatly appreciate their hard work! At the assembly, Superintendent Phelan introduced an all-district focus on the values associated with Scottie POWER: Perseverance, Ownership, Work Ethic, Empathy and Respect. Each day this week, one value per day was the center of FHS teachers discussing how that value applied to their classrooms. Today, students worked in advisory classes on a lesson tied to the POWER value of Respect. Students will explore the remaining four POWER values in separate Advisory classes throughout the year. Using Scottie POWER as a framework, we remain firmly committed to focusing on what it means to be part of the Freeman community and to be a successful person in and out of the classroom.

To finish, I'd like to highlight our student participation in our various clubs. As of this week, here are the number of student participants per club: Art Club – 40; FBLA – 45; FFA – 35; Knowledge Bowl – 10; Robotics – 5; SkillsUSA – 9; and Unified Club 25. It is exciting to see so many students taking advantage of the many activities that we offer. Each activity is an opportunity to learn and grow outside of a classroom setting, and it's still not too late for students to join!

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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SHOP FREEMAN GEAR THROUGH OUR SIDELINE STORE

If you are wanting some Freeman gear, we have a Sideline Store set up right now with BSN Sports. You can customize from hundreds of items and have it shipped directly to your home. Follow the [link](#) to shop.



**PICTURE RETAKES ARE
FRIDAY OCT 2nd 8:00 AM
ORDER CODE:
FP3228887
go to www.leosphotography.com**



SEPTEMBER 23RD
LATE START FOR STUDENTS -
10:15am

Class of 2027 Info Night 6pm

SEPT. 28TH - OCT. 3RD
Homecoming Week

OCTOBER 2ND
Picture Retakes 8am

OCTOBER 21ST
PSAT Test 10th-11th Grade

OCTOBER 22ND - 23RD
Parent-Teacher Conferences -
NO SCHOOL

NOVEMBER 4TH
LATE START FOR STUDENTS -
10:15am

NOVEMBER 10TH
Veteran's Day Program

NOVEMBER 11TH
NO SCHOOL - Veteran's Day

NOVEMBER 23RD-27TH
NO SCHOOL



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



2026-27 YEARBOOK NEWS

• Yearbooks on Sale Now

It's time to purchase your yearbooks! If you purchase before October 15th, you can take advantage of our early bird special! \$45 for your yearbook, or \$50 if you want your name on the cover. You can purchase your book through your school account by sending a check to the HS office made out to Freeman HS, memo line: yearbook. Or, you can select yearbook online through the "[Make a Payment](#)" link on the district website.

• Senior Pictures Due Soon

It's time to start getting in your senior pictures and kid pictures, your senior quotes and your remember when memories and photos! All of these are due to the yearbook by October 15. The attached flyer on page 14 gives you the steps for how to rename and upload your pictures correctly. If your family cannot afford senior pictures, please reach out to Ms. Longinotti to arrange a photo shoot so that your senior is included in the section.

Please remember that pictures need to be school appropriate (no weapons, or alcohol or drug references and they must follow dress code). Senior quotes and remember when memories must also be school appropriate and follow our guidelines including those around bullying and harassment. If they do not follow our guidelines, they will not be used. More info on that can be found on the Google form links. If you have questions, please contact Ms. Longinotti at plonginotti@freemansd.org

• Senior Tributes

Parents, the flyer on page 15 also includes information on how to buy a senior tribute for your graduate. Please email Ms. Longinotti to reserve your spot in the yearbook! Once we sell out of space, we will close tributes.

Photo upload link: <https://yearbookshare.com/eShare/home>

Senior quotes link: <https://forms.gle/pMJm1vT2BeFQzEZH9>

Remember when link: <https://forms.gle/N1ni6cQP1sGXmUtG8>

Yearbook News



PSAT DAY: 10TH & 11TH GRADERS

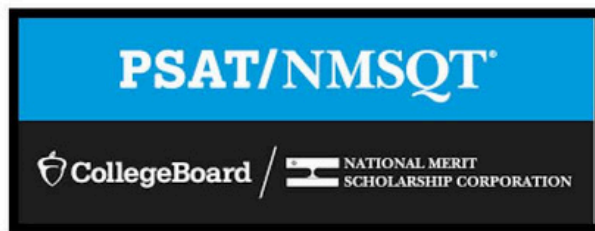
Wednesday, October 21st, 2026

8:15am - 11:30am - \$18

- 10th & 11th graders are invited to take the PSAT/NMSQT during PSAT School Day on 10/21/26.
- Please let Heidi Youseph know if you would like to sign your student up to take the PSAT at hyouseph@freemansd.org.
- Test fee is \$18 and can be paid AFTER the test date. For questions about possible test fee waivers, please contact Heidi.
- Deadline to register is **October 6th**.

The PSAT is great for...

- Possible qualifying score for a National Merit Scholarship (10th-11th)
- Practicing for the SAT
- Knowing what areas to work on for a higher SAT score
- SAT practice on Khan Academy



SENIOR INFORMATION NIGHT IS COMING UP

We are excited to invite you to **Senior Information Night** on Wednesday, September 23rd, from 6:00 - 7:30pm in the MPR. This evening is designed to help you and your senior feel informed and prepared for an important year ahead. We'll cover:

- Important senior-year deadlines and dates
- What to expect throughout the school year
- College and career planning information
- Graduation-related details
- Important next steps and resources for seniors and families

We know senior year comes with a lot of moving pieces, and our goal is to make sure you have the information and resources you need to support your student along the way. Please mark your calendar for **September 23rd from 6:00 - 7:30pm**.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- September 23: University of Idaho here at lunch
- September 24: Army rep. here at lunch
- October 9: WSU Instant Decision Day
- October 28: Arizona State University here at lunch





Upcoming Sports



9/18 - Varsity vs. Reardan
7pm
9/21 - JV @ Reardan 6pm
9/25 - Varsity @ Liberty 7pm



9/22 - vs. UCA 4pm
9/24 - @ Davenport 6pm



9/21 - @ Lake City C-4pm, JV-5:30pm, Var-7pm
9/22 - @ Liberty C-4pm, JV-5:15pm, Var-6:45pm
9/24 - vs. UCA JV/C-5:15pm, Var-6:45pm
9/25 - Varsity @ Sheridan/Welch Tourney 7pm @ Rogers vs. Mead
9/26 - Varsity @ Sheridan/Welch Tourney 9:30am & 10:15am @ Rogers

CROSS COUNTRY

9/19 - @ Kettle Falls 11am
9/22 - League Meet @ Ritzville 4:30pm
9/26 - @ Nike Bob Firman Invite 8:30am

Sports Links:



GO FAN

Pay Fines/Fees



goscotties.org
athletics website

HAVE YOU PAID YOUR FALL ATHLETE'S FEES?

Fall Sport Athlete fees were due August 31st. If you have not yet paid their ASB Card, transportation fee and fall sport fee, please login to our [online payment system](#) and get that taken care of this weekend. If you have questions or need to work out a payment plan, please email khayek@freemansd.org.

HOME GAME ADMISSION/SEASON PASSES

As we begin hosting high school varsity events, please note that admission will be charged at all Football, Volleyball, Basketball and Wrestling events. Our prices are \$7/adults and \$5/students with ASB cards & seniors. Freeman MS & HS students will get in free with their current year ASB card shown at the gate.

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.

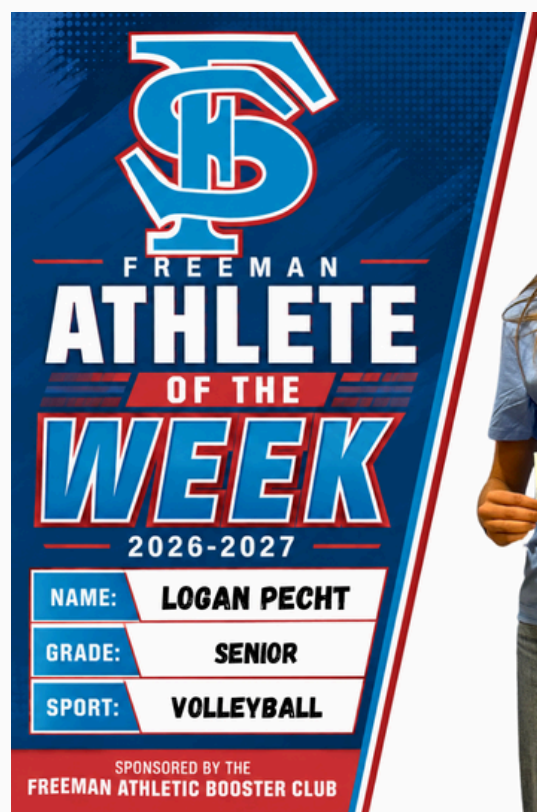
Menu



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



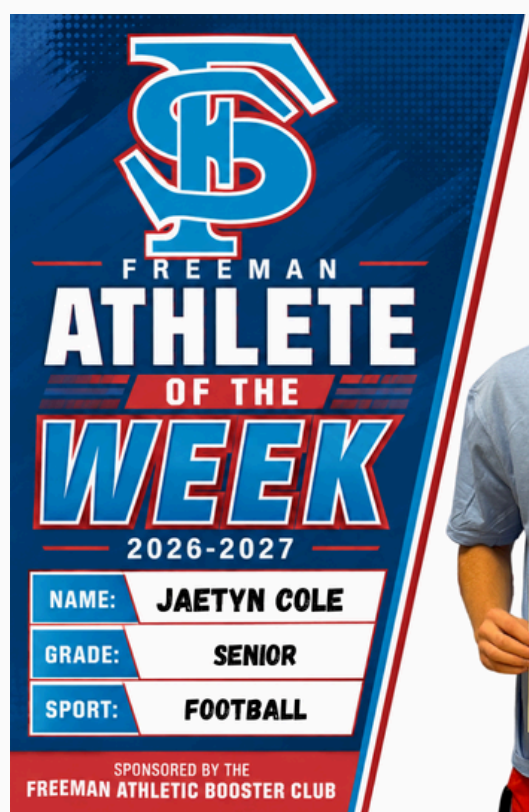
FREEMAN
ATHLETE
OF THE
WEEK
2026-2027

NAME:	LOGAN PECHT
GRADE:	SENIOR
SPORT:	VOLLEYBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB



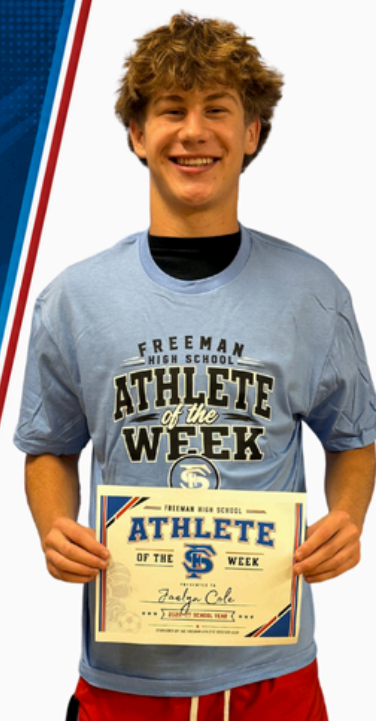
Last Week's Athlets of the Week



FREEMAN
ATHLETE
OF THE
WEEK
2026-2027

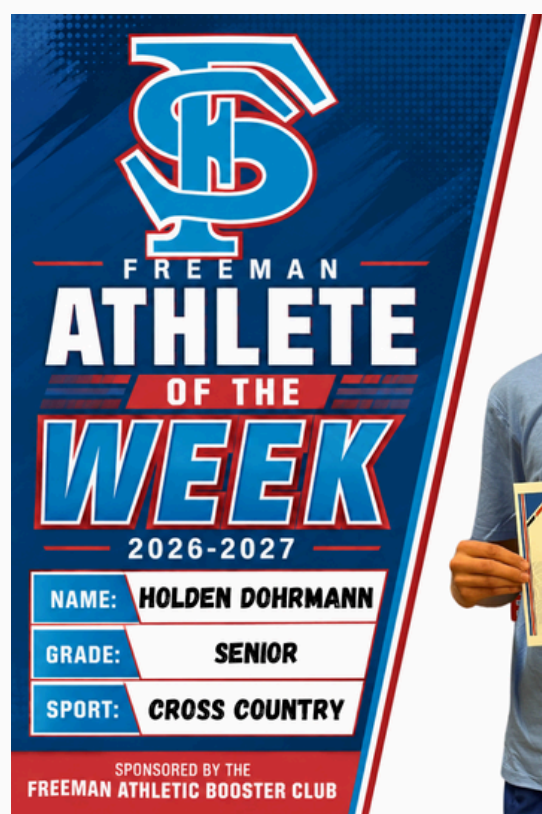
NAME:	JAETYN COLE
GRADE:	SENIOR
SPORT:	FOOTBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB



Student HIGHLIGHTS

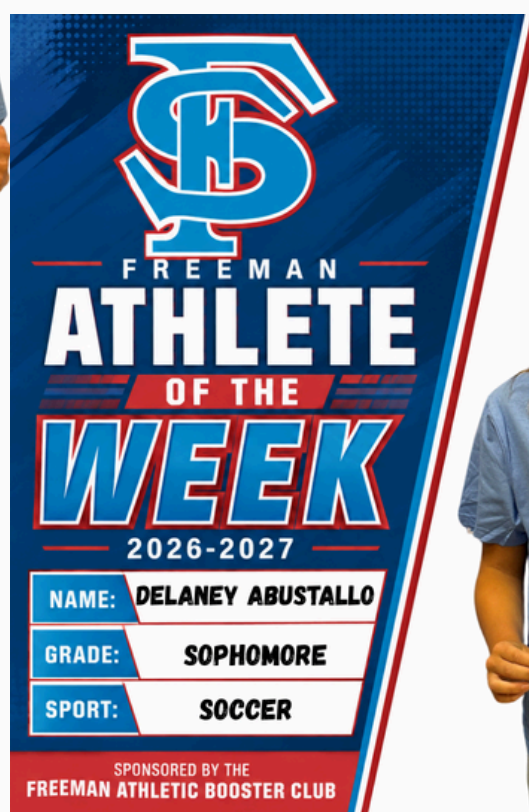
This Week's Athletes of the Week



FREEMAN
ATHLETE
OF THE
WEEK
2026-2027

NAME:	HOLDEN DOHRMANN
GRADE:	SENIOR
SPORT:	CROSS COUNTRY

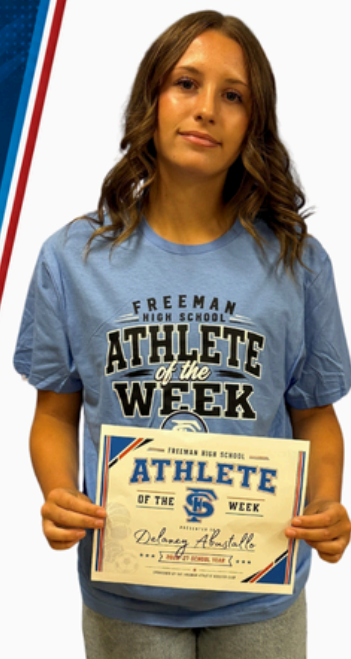
SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB



FREEMAN
ATHLETE
OF THE
WEEK
2026-2027

NAME:	DELANEY ABUSTALLO
GRADE:	SOPHOMORE
SPORT:	SOCCER

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Student HIGHLIGHTS



All District Assembly



Student HIGHLIGHTS



SOCCER 2026

Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS

STUDENT
HIGHLIGHTS



Class of 2027: Yearbook Senior Pictures & Tributes

**Deadline -
October 15**

***Senior portraits and kid pictures are due
Friday, October 15 for the 2027 Yearbook!***

Submitting Senior Photos (senior and kid)

In order to receive the highest quality image, **we are requesting that you submit your photos on-line** this year (see directions below). Many studios will be able to do this for you. The senior portrait must be 2"x3" (vertical orientation) and at least 300 dpi. Scanned kid pictures should also be a minimum of 300 dpi and approximately 2"x3". They can be any photo of your student starting from birth to whatever age you prefer/have access to a photo.

* Your photo should follow school expectations for clothing, and may not include props such as weapons, alcohol or drug related images.

Directions to upload your photos:

- Before uploading your photo, please save the image as a full size save and **RENAME** your senior portrait as follows to avoid misnaming: **student's first-name_lastname_Senior** (ex. Jenny_Smith_Senior) and your kid portrait to **first-name_lastname_Kid** (Jenny_Smith_Kid) so that it is easy to identify photos.
- Next, go to <https://yearbookshare.com/eShare/?code=dawgcountry>.
- You will be asked to put in your name, email and phone number.
- You will then be asked to "Agree to Terms", which is typical.
- You will then be asked to browse to your photo. Simply navigate to where you have the photo saved, select the photo, and click on upload.
- You are almost done - it will then ask for some information about the picture, such as who is in it - please type in your child's name (we default to your student's given name in the yearbook. They may see me if they'd like to use a preferred name instead per state law). That's all there is to it!

* **If you cannot submit your photos online, please deliver them to Pia Longinotti at the high school in an envelope labeled with your name. Please do so as soon as possible, prior to October 15.**

Senior Tributes: If you are interested in purchasing a tribute, or "shout-out" for your child or grandchild, please see the reverse side of this flyer for information. You will be able to submit photo(s) and a message for your senior in the yearbook! What a great way to say something special that will last a lifetime! Hurry though - space is limited! **We sold out last year! To reserve your spot, simply contact Ms. Longinotti with the size you would like, or purchase your tribute through the Freeman Store by October 31 to reserve your spot and send in your info.** Content for your tribute is due on Dec. 1. Payment is due by December 15th. For more information regarding the senior pics, baby pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, ext 205, or at plonginot-

October 15 - Deadline to submit kid and senior pics
October 31- Deadline to reserve a senior tribute (or until we sell out)
December 1- Deadline to submit pictures and words for tributes
(the sooner, the better).
December 15 - Deadline to pay for tributes

Class of 2027: Senior Tributes

Senior tributes: Please see the sizes below for cost, and the number of graphics/words recommended for your tribute size. Contact Ms. Longinotti to reserve your tribute size by October 31: 291-3721, ext 205. or plonginotti@freemansd.org

Please note that once the allotted spaces have sold out, we can't sell more.

- **1/8 page tribute- 1 graphic & 40 words** Approximately 3.5" x 2"
Cost - \$65
- **1/4 Page - 2 graphics & 80 words**
Approx. 3.5" x 4.5" or 7.125" x 2"
Cost - \$100
- **1/2 Page - Limited to 3 graphics & 160 words.** Approx. 7.125" x 4.5"
Cost - \$200
- **Full Page - Limited to 4 graphics & 300 words** Approx. 7.125" x 9.5"
Cost - \$400

Emma Nees



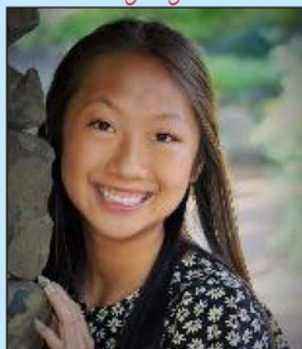
Emma, Emma Jo, Em, MJ, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will give you storms along the way and you have shown that you can weather those challenging times with grace and dignity. You are graduating with your AA and will soon be off to bigger, better, and brighter things. God has an amazing plan for you and



we can't wait to see where that takes you. We love you sweet girl. Be you and be PROUD, because we are!

WE LOVE YOU,
Dad, Mom, Hannah & Jeremy, Hunter, Olivia & George

Abby Pylant



We are so proud of you and can't wait to see what you accomplish in the next stage of your life!
Love, Mom and Dad

Gracie Jensen



"And one day she discovered that she was fierce and strong." Gracie-truer words could not be written about you. You are a beautiful balance of tough and kind; strong yet gentle. Somehow you managed to take a high school experience that was not what you planned, and strived to see the best in everything, and everyone. Tragedy could have defined you, but you did not let it write your story. You grabbed the pen from tragedy's grasp and chose your own adventure! It is time to turn the page and start a new chapter. It has been a great read to this point, and we are excited to see what the next chapter holds. God has big plans for you and we could not be more proud! Love Mom and Dad!

Peyton Brewer

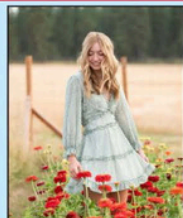
Peyton, Your Dad and I couldn't be more proud of the person you are becoming! Your hard work and commitment to everything you do is amazing. We know you have had to already go through more than most people do in their lifetime, but you have done it gracefully. We are so excited to see where your next journeys take you, but wherever they will be, we know you will have a blast! Love you more than anything, Mom and Dad



Katelyn Tippet



Katie Grace- You are the daughter any parent would be proud of! You are a natural leader who possesses the gifts of strength, intuition, resiliency, bravery and kindness. A brilliant light in this world with just enough sass to be a force to be reckoned with! Beautiful in every way, you make us proud and we love you so very much! Keep shining Sis! You will do great things.
Proverbs 4:25-26
Congratulations! Love, Momma, Dad & Gabe



Sarah Simmerman

We are so proud of you and blessed to have such a wonderful daughter! We will miss your sweet personality but we're excited to see where your intelligence, hard work and kindness will take you.
Love, Mom and Dad

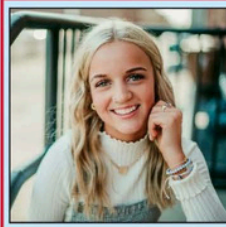


Colton Carce

Colton- We are so proud of all you have accomplished during your first 18 years! We can't wait to see what your future holds! Work hard and follow your dreams!
Love always, Dad, Mom, and Cody



Brooklynn Showalter



Brooke! We are so excited for your next exciting chapter in life! We are incredibly proud of the amazing young woman you are, full of beauty, wit, compassion, and kindness. And your ability to make us LAUGH and SMILE (even when we don't want to) is your true gift. We love you to the moon sweet girl! Mom, Travis, Josie & Courtney

