



SEPTEMBER 25, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

In classrooms this week, I continue to see tremendous focus and a strong work ethic by FHS students, and I know that students are starting to get excited for next week's Homecoming festivities – a perfect example of a “work hard-play hard” mantra. Our two-hour late start on Wednesday, September 23 gave Freeman High School staff a valuable opportunity to work in a different way than directly with students: to learn together, collaborate, and focus on what matters most—our students! Throughout the morning, teachers and paraeducators had meaningful conversations about individual students and brainstormed ways to help them experience greater success. Teams discussed strengthening student relationships, creating more positive classroom environments, and considering changes that could help students see greater value and purpose in their learning. Staff also shared ideas and strategies around assessment, classroom management, future PLC work, and instructional practices. Teachers learned from one another, including sharing approaches to classroom point systems and discussing ways to make assessment more meaningful. Other conversations focused on helping students stretch beyond their comfort zones, developing meaningful goals for the year, and strengthening students' ability to think deeply and draw conclusions. I am excited about the energy and collaboration our staff continues to bring to this work! When our staff learns together, shares ideas, and keeps students at the center of our conversations, our entire school community benefits. We are grateful for the time and commitment our teachers invest in making Freeman High School an even better place for our students!

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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FHS HOMECOMING & HALLOWEEN DRESS UP GUIDELINES

We love celebrating school spirit and creativity! Dress up days and costumes for Halloween are a fun way to show enthusiasm and build community, but they must also support a safe and positive learning environment.

Please follow these guidelines:

- Dress Up/Costumes should be school-appropriate and should not interfere with learning.
- No gore, weapons, items that look like weapons, or inappropriate themes (including violence, alcohol, or other adult content).
- Masks may not be worn during class or instruction but can be worn during transitions or social times (e.g., before school, lunch, passing periods).
- Accessories must not interfere with learning, block vision, or cause distraction.
- Dress Up/Costumes should allow full participation in regular school activities and comply with the school dress code.

Let's make this a fun and respectful celebration!!

****SEE PAGE 7 FOR A LISTING OF THE HOMECOMING DRESS UP DAYS****



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

UPCOMING events

SEPT. 28TH - OCT. 3RD
Homecoming Week (see pg. 7)

OCTOBER 2ND
Picture Retakes 8am

OCTOBER 3RD
Homecoming Dance 8pm
(tickets on sale at lunch)

OCTOBER 12TH
Jostens @ lunch for Seniors

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

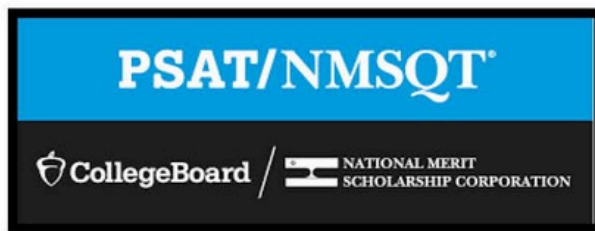
Wednesday, October 21st, 2026

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



ARMY REP ON CAMPUS MONTHLY THROUGHOUT THE YEAR

Interested in learning more about the Army? An Army representative will be on campus during lunch on the second Thursday of every month! Stop by and ask questions, learn about opportunities and check out new games and activities each month.

- November 12, 2026
- December 10, 2026
- January 14, 2027
- February 11, 2027
- March 11, 2027
- April 8, 2027
- May 13, 2027



IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 9: WSU Instant Decision Day
- October 12: Jostens here at lunch for Seniors
- October 28: Arizona State University here at lunch





Upcoming Sports



9/25 - Varsity @ Liberty 7pm
9/28 - JV vs. Riverside 5pm
10/2 - Varsity vs. Northwest Christian (HOMECOMING GAME) 7pm



9/29 - vs. NWC 4pm
10/1 - vs. Reardan 4pm



9/25 - Varsity @ Sheridan/Welch Tourney 7pm @ Rogers vs. Mead
9/26 - Varsity @ Sheridan/Welch 9:30am & 10:15am @ Rogers
9/29 - @ Asotin C-4pm, JV- 5:15pm, Var-6:45pm
10/1 - @ Ritzville C-4pm, JV- 5:15pm, Var-6:45pm
10/3 - vs. Manson/Chelan 10am & 12pm

CROSS COUNTRY

9/26 - @ Nike Bob Firman Invite 8:30am
9/29 - League Meet @ Home (SENIOR NIGHT) 4:30pm

Sports Links:



FREEMAN

ATHLETE OF THE WEEK

2026-2027

NAME:	JAKE FINLEY
GRADE:	SENIOR
SPORT:	FOOTBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB

FREEMAN

ATHLETE OF THE WEEK

2026-2027

NAME:	AVERY BERGLUND
GRADE:	SENIOR
SPORT:	VOLLEYBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB



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.



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 TO MIAMI

HOCO HEATWAVE

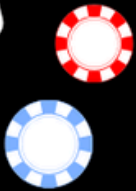
SUNDAY

Hallway decorating 1-5pm



MONDAY

Roadtrip to Miami (pj day or black)
Jv ftbll 5pm & Texas Football 7:30pm



TUESDAY

Miami yacht club (polos, skirts, etc or white)
Volleyball, soccer, & XC



WEDNESDAY

Casino Day (cocktail attire or red)
Macho Volleyball 6:30



THURSDAY

South beach (swimsuits Hawaiian shirts or blue)
Volleyball & soccer games



FRIDAY

Miami Vice (business/neon)
HOMECOMING FOOTBALL GAME



SATURDAY - HOCO DANCE

8-10pm



Trades Night at NEWTech Prep

NO SHORTS
please wear
close-toed
shoes

YOU ARE INVITED

FREE
for all
ages!

Thursday, October 1

5pm to 8pm

NEWTech Skills Center
4141 N Regal St

- Free community event for all ages
- Operate equipment & power tools
- No ticket required T-shirts, Food & PPE provided
- **REQUIRED:** Closed toed shoes & full-length pants

Check out this Trade Night Video



Vendors will share first-hand experience
and employment opportunities for students.



NEWTechPREP

Generously Sponsored by



For more information, call 509-534-0826
or visit abcipc.org/trades-night





FREEMAN SCOTTIES PTSG



CONFERENCE MEALS

OCTOBER 22 & 23

Help us treat our amazing teachers & staff!

Every donation helps us provide a wonderful conference meal.



SCAN TO DONATE

COMMUNITY MEAL PARTNERS

Dave's Hot Chicken and Hops n Drops are generously providing discounted meals, helping every donation go further!



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



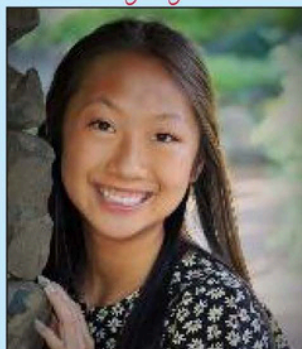
Emma, Emma Jo, Em, MJ, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will 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

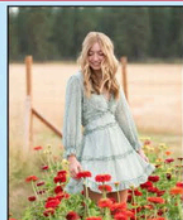
Peyton, Your Dad and I couldn't be more proud of the person you are becoming! Your hard work and commitment to everything you do is amazing. We know you have had to already go through more than most people do in their lifetime, but you have done it gracefully. We are so excited to see where your next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

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

