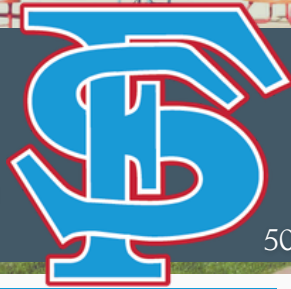




OCTOBER 2, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Homecoming Week at Freeman High School was a wonderful celebration of school spirit, student connection, and just plain fun! Throughout the week, our students showed tremendous enthusiasm and participation as they came together to celebrate being Scotties. The participation in our dress-up days was fantastic, with students embracing each day's theme and showing their creativity and school spirit. Our Texas Football event brought plenty of energy and friendly competition, while Macho Volleyball gave students another opportunity to laugh, have fun, and cheer one another on. During lunchtime, students could be found participating in games of cornhole and spikeball, creating opportunities for students from different classes and groups to spend time together. These activities helped make our school feel like a community—not just a place where students come to learn, but a place where they belong. This year, our students did an especially great job creating entertaining and creative class videos that showcased their personalities, teamwork, and school spirit. It was great to see students take ownership of these activities and bring their own ideas and energy to Homecoming. A special thank you to our ASB and Leadership students for all of the time, creativity, and effort they put into organizing and facilitating the week's activities. Their leadership made Homecoming Week possible and provided so many opportunities for their classmates to connect, participate, and have fun. Also, thank you to Mr. Monasmith, our ASB advisor, for his support of our students in this endeavor. As a principal, one of the most rewarding things to see is students taking ownership of their school experience and creating a positive culture for one another, and this year's Homecoming Week was a great example of that in action!

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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PARENT/TEACHER/STUDENT CONFERENCES ARE COMING

Parent-Teacher-Student Conferences will be held Thursday and Friday, October 22nd and 23rd. There will be NO SCHOOL on these days. This is an opportunity to meet with teachers about your student's academic progress, and regardless of whether you have a concern or just some questions about your student's progress, please consider meeting with teachers on one of these two days as partners in education. You will be able to schedule conferences soon so please stay tuned in next week's Friday Flyer for more details.

FREEMAN BREAST CANCER AWARENESS T-SHIRTS/SWEATSHIRTS



The Freeman Soccer Team parents are offering an opportunity to purchase Freeman Breast Cancer Awareness T-shirts and sweatshirts. This parent-led fundraiser is not affiliated with the school ASB but the proceeds will support the Freeman Girls Soccer team. Join them in thinking pink this October. Order deadline is Sunday, October 4th. [Order here.](#)

SENIORS - IT'S TIME TO ORDER YOUR GRADUATION CAP & GOWN

Jostens will be at the school during lunch on October 12th to hand out information packets for caps and gowns, graduation announcements and other graduation related items.

If your student is unable to be here that day, extra packets will be available at the front office for pick up.



Jostens will return on October 20th to collect the completed packets. Please make sure your senior receives their packet and has it ready for collection on October 20th. You don't want to miss the ordering window for this special day.



OCTOBER 3RD
Homecoming Dance 8pm

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 16TH
Winter Sports Begin

NOVEMBER 23RD-27TH
NO SCHOOL

DECEMBER 2ND
LATE START FOR STUDENTS
Winter Sports Team Photos



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



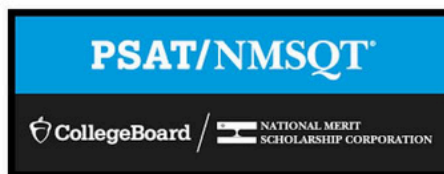
PSAT DAY: 10TH & 11TH GRADERS

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 and SAT practice on Khan Academy



IMPORTANT COLLEGE & CAREER READINESS DATES:

- FAFSA is now open for the 2027-28 school year
- October 9: WSU Instant Decision Day 12:15 - 1:15pm
- October 12: Jostens here at lunch for Seniors
- October 28: Arizona State University here at lunch





Upcoming Sports



10/2 - Varsity vs. Northwest Christian (HOMECOMING GAME) 7pm

10/5 - JV @ Northwest Christian 4pm



10/6 - vs. Chesterton 4pm

10/8 - @ Newport 4pm



10/3 - vs. Manson/Chelan 10am & 12pm

10/6 - @ Colfax C-4pm, JV-5:15pm, Var-6:45pm

10/8 - vs. Liberty C/JV-5:15pm, Var-6:45pm

CROSS COUNTRY

10/6 - League Meet @ Asotin 3:30pm

10/10 - @ Hole in the Wall in Lakewood (depart on 10/9)

Sports Links:



Pay Fines/Fees



goscotties.org
athletics website





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



Student HIGHLIGHTS



Cross Country @ Bob Firman Invite Last Week

Our Cross Country team had a great showing at the Bob Firman Invite last Saturday! Varsity boys took 2nd in Division II. Micah Bessire placed 2nd individually breaking the school record by 17 seconds and Owen Offereins placed 11th. Audrey Santman took 1st in Division II varsity girls.



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

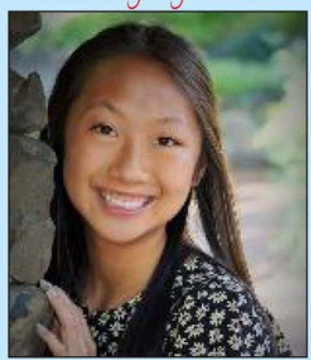


Emma, Emma Jo, Em, MJ, Emmy - Your high school years were not quite what any of us would have predicted. However, these difficult times have helped you develop and grow into an amazing, beautiful, hilarious, smart, and passionate young lady. Saying we are proud of you is an understatement. Life will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

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

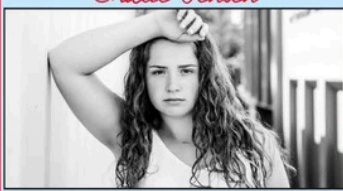


Colton Carce

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



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




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