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OCTOBER 9, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

This week, Freeman High School staff spent additional time collaborating on an important question: What would we hear in a rigorous classroom? As part of our continued focus on increasing academic press, we are working together to identify what meaningful, challenging, and engaging learning sounds like for our students.

As staff continue this work, we spent time identifying statements that may signal students are engaged in deeper learning, such as:

- "Why?" or "What would happen if…?"
- "I think _____ because…"
- "I disagree because the evidence shows…"
- "Can you explain why you chose that strategy?"
- "How does this connect to what we learned yesterday?"
- "I changed my thinking because…"

These conversations help students move beyond simply finding the right answer to understanding why an answer makes sense and how their thinking can grow.

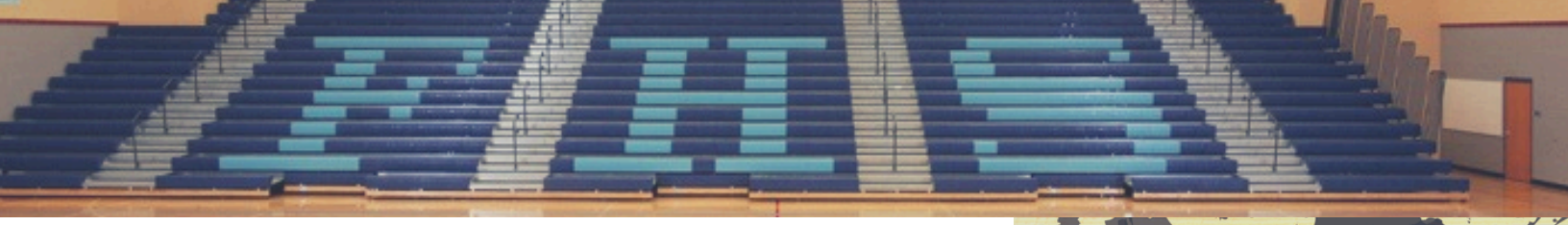
Also this week, Freeman HS is celebrating and recognizing students in grades 9-12 who show noteworthy academic excellence or improvement, AND students who consistently demonstrate outstanding POWER values that positively impact our school community. For the month of September, 32 different students were nominated by FHS staff - all nominated students receive a note of recognition. From the nominations, eight students were selected by the Counseling and Administration team as FHS's September Students of the Month. I am proud of the following students for their academic work: Jake Finley, Tristin Ashmoore, Declan Key, Grace Sparks, AND I am proud of the following students for the way they consistently respect others: Aiden Moser, Amberlyn Church, Gage Parker and Hallie Tenner. Congratulations!

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 can schedule individual teacher conferences now through Family Access. (Go to Conferences > All Conferences > Select a Time). Or, if you would like a group conference with all your students' teachers together, please use this link. If you have any questions regarding conferences, please email rclark@freemansd.org or call the office at 509-291-3721. If you'd like to sign up to bring meals for the staff, please see page 13 for details.

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.



FHS ATHLETICS UNIFORM SALE!

Come out to the Senior Night Football Game on Friday, October 16th, and grab a piece of Scottie history! FHS Athletics will be selling retired uniforms, including jerseys from baseball, soccer, volleyball, basketball, and track, along with basketball backpacks and cheer warm-up jackets and pants. All items are just $5 or $10 each! Cash, card, and checks will be accepted.



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 Next Week**

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.

If you have questions, please contact Ms. Longinotti at plonginotti@freemansd.org





Free FAFSA help at STCU.

Join us for a free, in-person FAFSA completion event. No RSVP required—open to anyone exploring post-high school education or training, or supporting someone who is. Dinner will be provided.

STCU Spokane Valley Branch, 13501 E. Sprague Ave.

Wednesday, October 14 | 5:30 – 7:30 p.m.

Visit **stcu.org/FAFSA** for more information.



stcu

COLLEGE CAREER readiness

IMPORTANT COLLEGE & CAREER READINESS DATES:

- FAFSA is now open for the 2027-28 school year
- October 12: Jostens here at lunch for Seniors
- October 28: Arizona State University here at lunch
- November 19: EWU Instant Decision Day 12:15 - 1:15pm



Upcoming Sports

10/9 - Varsity @ Ritzville 7pm
10/12 - JV vs. Lind/Ritzville 5pm
10/16 - Varsity vs. Kettle Falls 7pm (SENIOR NIGHT)

10/13 - vs. Kettle Falls 4pm
10/15 - @ UCA 4pm

10/13 - @ UCA JV/C-5:15pm, Var-6:45pm
10/15 - vs. Asotin JV/C-4:30pm, Var-6:45pm

CROSS COUNTRY

10/10 - @ Hole in the Wall in Lakewood (depart on 10/9)
10/17 - League Championships in Chewelah 11am

Sports Links:

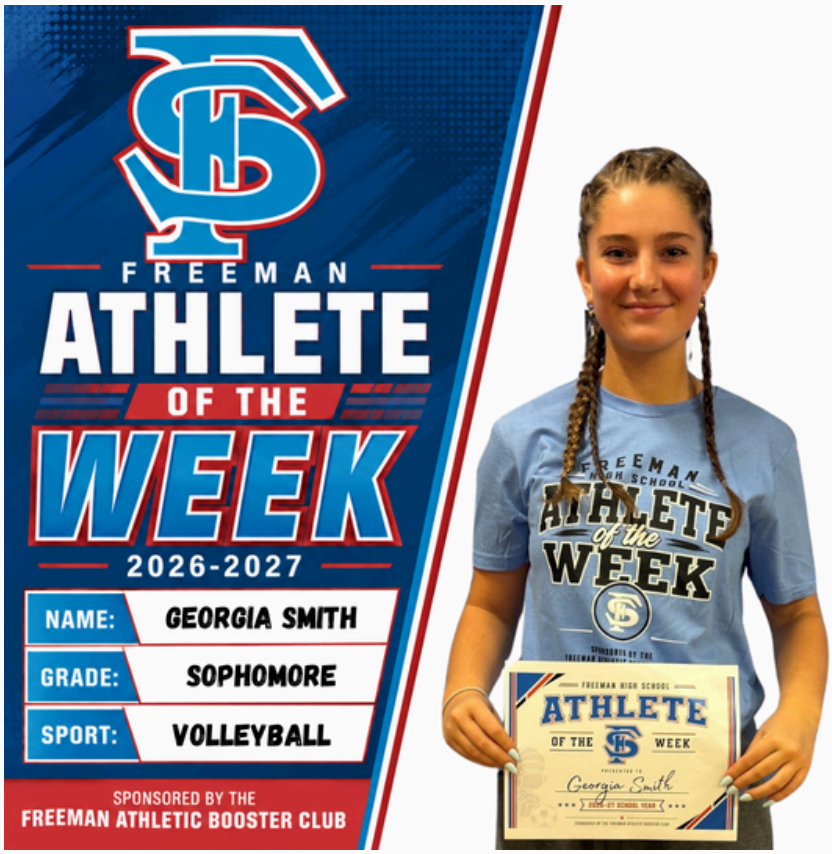
FINALFORMS
CLICK HERE
to Complete Your Online Forms

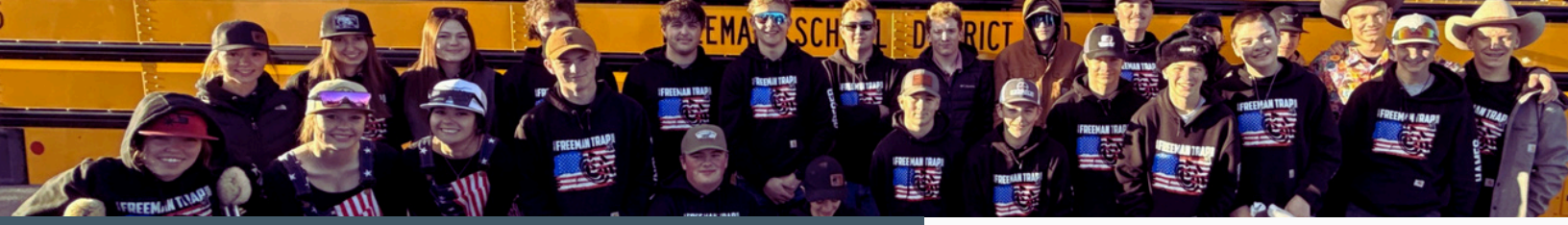
GOFAN

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

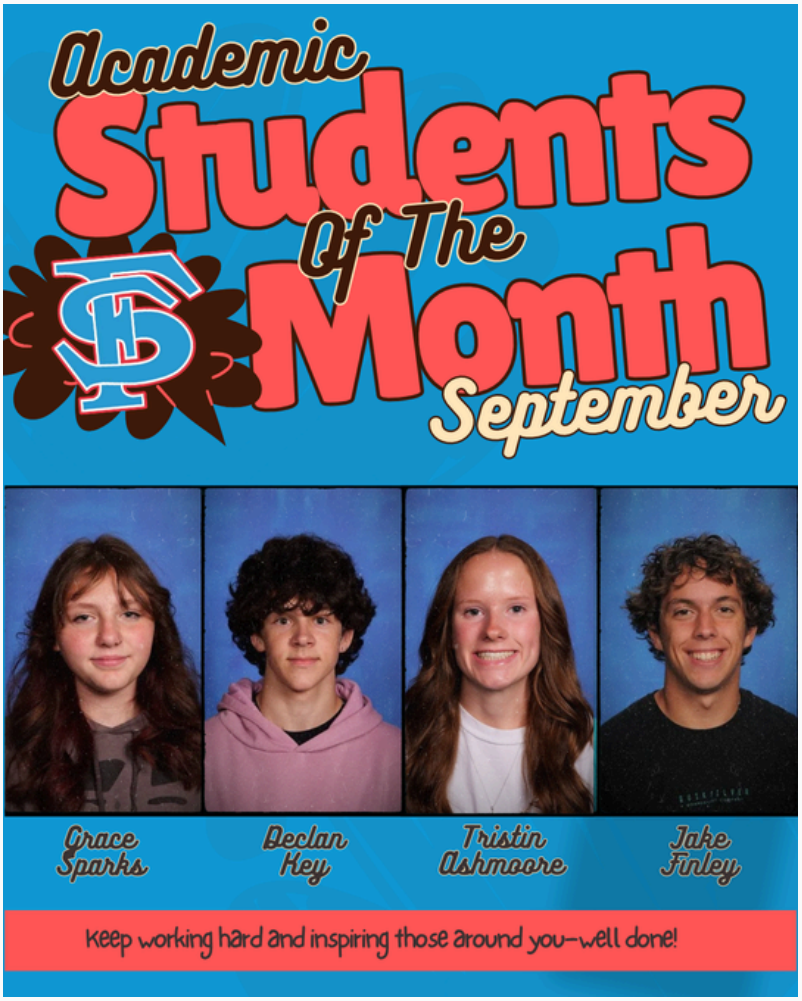
LUNCH - served at the High School in the MPR. Cost: $4.20. Click image for menus.

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

HOMECOMING WEEK











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HOMECOMING WEEK









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Student HIGHLIGHTS

HOMECOMING WEEK









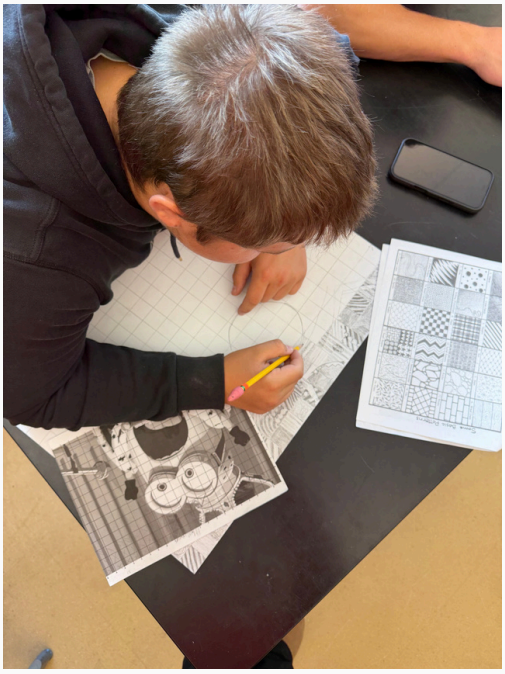




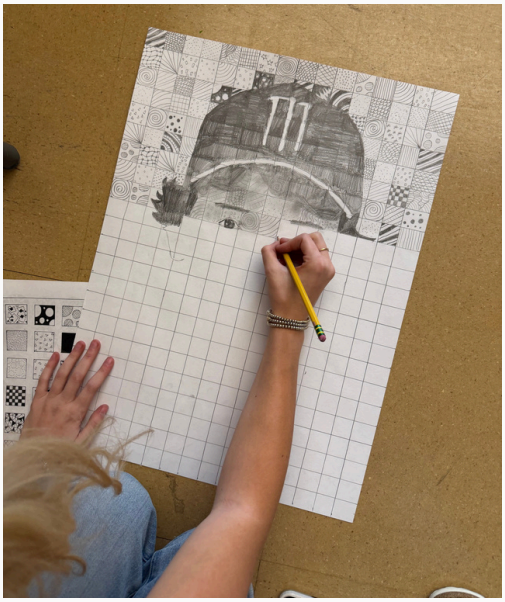




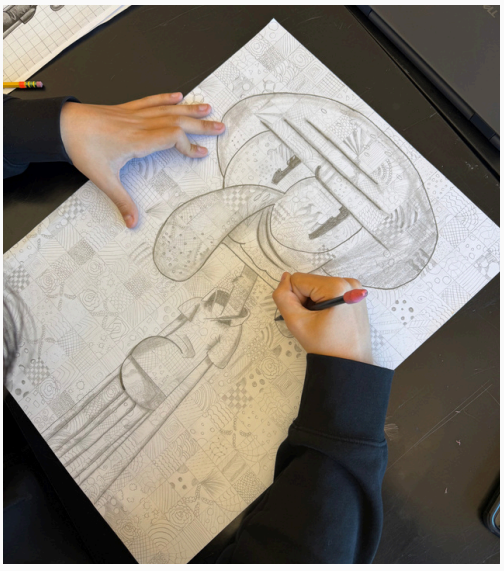
Student HIGHLIGHTS

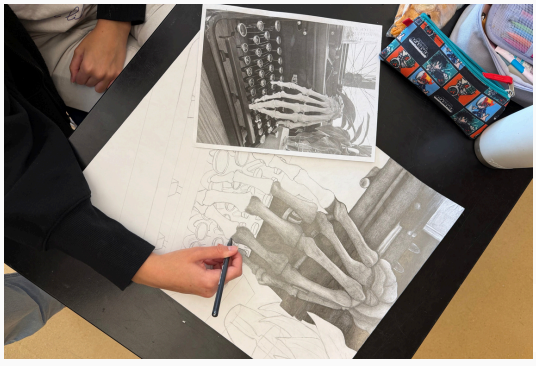


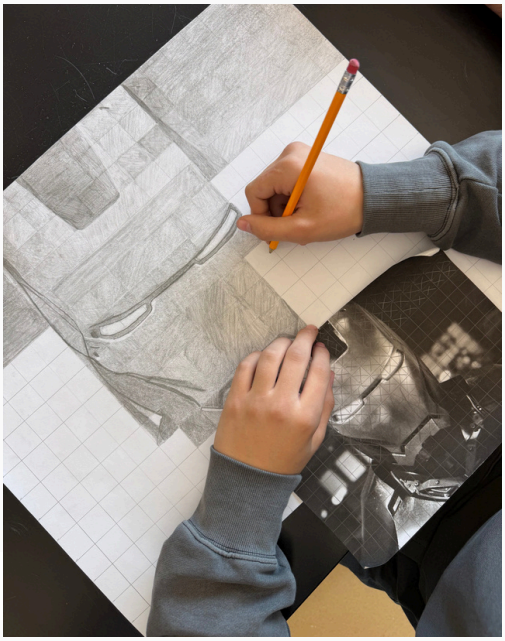












FREEMAN SCOTTIES PTSG

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!



DAVE'S HOT CHICKEN

HOPS n DROPS
A Neighborhood Gathering Place



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:

A. 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.
B. Next, go to https://yearbookshare.com/eShare/?code=dawgcountry.
C. You will be asked to put in your name, email and phone number.
D. You will then be asked to "Agree to Terms", which is typical.
E. 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.
F. 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 Tippett

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

96 Senior Tributes

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

100 Senior Tributes