



OCTOBER 23, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

What an incredible week it has been at FHS! I want to extend a huge congratulations to our Cross Country teams for their stellar performance at the NE2B League Championships: both our Boys Varsity and Boys JV teams took 1st place overall - with Micah Bessire and Holden Dohrmann each finishing 1st individually. Our Girls Varsity team secured a strong 2nd place finish led by Audrey Santman placing 1st, and Tristin Ashmoore took 1st overall in the Girls JV race! Congratulations to all of the athletes on both teams and to our Cross Country coaches!

I also want to sincerely thank all the parents and guardians who joined us for conferences this week—your collaboration is vital to students' success, and if you were unable to attend, please remember that we are always available for in-person or Zoom conferences before or after school throughout the year.

Looking ahead, students are welcome to dress up for Halloween on Friday, October 30, though we kindly ask that all costumes adhere to the dress guidelines detailed in this Friday Flyer. Finally, our ASB and Leadership classes are working hard to plan our all-district Veterans Day Program on Tuesday, November 10; I personally invite all Veterans and their families to join us in the FHS MPR for a free continental breakfast from 8:45 – 9:15 AM, followed by our honoring program at 9:30 AM. Thank you for your continued support of our school community!

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 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 when participating in dress up days:

- 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.



SCAN HERE

FSD CULTURE AND CLIMATE SURVEY



WE VALUE YOUR VOICE!

Please take a moment to help us improve our schools and better serve our students and community

[MORE INFO](#) www.freemonsd.org Takes only a few minutes!



- NOVEMBER 4TH
LATE START FOR STUDENTS - 10:15am
- NOVEMBER 10TH
Veteran's Day Program - 9:30am
- NOVEMBER 11TH
NO SCHOOL - Veteran's Day
- NOVEMBER 16TH
Winter Sports Begin
- NOVEMBER 18TH
Winter Sports Parent Mtg. 5pm
- NOVEMBER 23RD-27TH
NO SCHOOL
- DECEMBER 2ND
LATE START FOR STUDENTS
Winter Sports Team Photos
- DECEMBER 7TH
ASVAB Testing - 8:15am
- DECEMBER 14TH
Band/Choir Winter Concert - 7pm
- DEC 21ST- JAN 4TH
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



FREEMAN HIGH SCHOOL

★ ★ ★

ANNUAL VETERAN'S DAY *Assembly*

The Freeman Community and special guests are invited to join the Freeman School District for a program to honor those who have served our great country!

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TUESDAY

NOVEMBER 10TH, 2026

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

CONTINENTAL BREAKFAST:

8:45AM - 9:15AM

PROGRAM BEGINS:

9:30 AM

★ ★ ★

If you have pictures of your family members who have served in the military and would like them included in our slideshow, please send your submissions to:

emma.dreyer@goscotties.com,

briley.snyder@goscotties.com OR

kmonasmith@freemansd.org

Be sure to include the following information:

Name, Branch, Years Served, Relation to Freeman,
Any Honors or Medals Received, Photo



EASTERN
WASHINGTON UNIVERSITY

Instant

DECISION DAY

**COLLEGE
APPLICATION**

APPROVED

Thursday, Nov. 19th
12:15 - 1:15pm
FHS Career Center

Questions? See Ms. Youseph or Ms. Bauer

COLLEGE CAREER
r e a d i n e s s



IMPORTANT COLLEGE & CAREER READINESS DATES:

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



Upcoming Sports



10/23 - Varsity @ Newport
7pm

10/26 - JV vs. Newport 5pm

10/30 - Varsity @ Asotin 7pm



10/27 - vs. Davenport 4pm
(SENIOR NIGHT starts at
3:50pm)



10/27 - vs. Lind/Ritzville
JV/C-4:30pm, Var - 6:45pm
(SENIOR NIGHT starts at
6:20pm)

**CROSS
COUNTRY**

10/31 - Regionals @ Reardan
11am

Sports Links:



GO FAN

Pay Fines/Fees



goscotties.org
athletics website

Winter Sports Begin Monday, November 16th

Girls Basketball, Boys Basketball and Wrestling begin Monday, November 16th. If you have not received any communication from coaches, that is most likely because your student is not signed up for the sport in Final Forms. Please go in and add your student and the sport in Final Forms then complete all paperwork.

Your athlete will not be able to practice on day 1 if all paperwork is not complete and a current sports physical is on file.

First day practice times are as follows:

Wrestling - 3:00pm in the hitting facility behind the school

Girls Basketball - 3:15pm blue gym

Boys Basketball - 5:15pm blue gym

Please make sure to pay your winter sport fees as well. They are due by the first game. Fees are listed below. You will need to login to the payment site and use "select items at students school" and then find the appropriate items to add to your cart.

Winter Sport Fee	\$25
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Transportation (only due 1x/year)	\$20
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ASB Card (only due 1x/year)	\$35
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If you are unsure if you have paid, you can check your customer history online or feel free to call Kristal at the office at 291-3721 or email khayek@freemansd.org.

Winter Sports Mandatory Parent Meeting

Wednesday, November 18th at 5:00pm we will hold our mandatory parent meeting for ALL Winter sports. We will start in the blue gym where Mr. Ripke will go over some school-wide expectations and details. After that is complete, each sport will go to their own individual meeting with coaches.

The expectation is that each kid playing a Winter sport will have a parent present for this meeting.



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.



FREEMAN SCHOOL DISTRICT #358

Culture and Climate Student Survey Information

October 16, 2026

Dear Freeman Families,

As part of our ongoing commitment to providing a safe, supportive, and engaging learning environment for every student, our school district will soon be administering the FSD Culture and Climate Survey to students in grades 4 through 12.

Purpose of the Survey

The FSD Culture and Climate Survey gathers valuable insights directly from our students regarding their experiences, sense of belonging, and feelings of safety and support at school. Results from this survey will be analyzed alongside data from corresponding parent and staff surveys to provide a complete picture of our school environment.

Together, this information helps us ensure our practices directly align with our district's three strategic goals:

1. Strengthen a cohesive TK-12 system by aligning our practices, expectations, and student experiences across all schools.
2. Build a culture of belonging through strong relationships, collaboration, and respectful communication.
3. Strengthen our Multi-Tiered System of Supports (MTSS) to ensure every student receives the academic, behavioral, and social-emotional support they need to thrive.

Survey Details

- **Time Commitment:** The survey is brief. It will be given in class the week of October 26-30, 2026. It will take students no more than 15 minutes to complete.
- **Privacy & Anonymity:** All responses are completely anonymous. No individual student responses or identifying information will ever be connected to the results.
- **Preview the Survey:** A copy of the survey questions are available digitally for your review.

Questions or Opt-Out Information

Student participation is highly valued as we continuously work to make our schools a better place for all learners. However, taking the survey is voluntary. **If you have any questions, would like to preview the survey or if you prefer that your student not participate in the FSD Culture and Climate Survey, please contact your Stacey Rawson, FSD Student Services Director at 509-291-4791 or srawson@freemansd.org prior to October 26, 2026.**

Thank you for your partnership, support, and dedication to our Freeman community!

Lisa Phelan

Superintendent

Freeman School District

Student HIGHLIGHTS



**FREEMAN
ATHLETE
OF THE
WEEK**
2026-2027

NAME:	LAUREL SEFTON
GRADE:	JUNIOR
SPORT:	SOCCER

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB




**FREEMAN
ATHLETE
OF THE
WEEK**
2026-2027

NAME:	CLAY VAN GEMERT
GRADE:	SOPHOMORE
SPORT:	FOOTBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB




**FREEMAN
ATHLETE
OF THE
WEEK**
2026-2027

NAME:	FINLEY PECHT
GRADE:	SOPHOMORE
SPORT:	VOLLEYBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB



Student HIGHLIGHTS



Cross Country League Championships

Congratulations
Freeman Cross Country!
The boys team are
league champs and the girls team
took 2nd place!

Student HIGHLIGHTS



In the past few weeks, students have been working on knife skills. They have used these skills in many recipes such as: Stuffed Bell Peppers, Apple Crisps and Salsas.



They are now preparing to cater the Veterans Day Breakfast on November 10th.

