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OCTOBER 30, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Thank you to all the parents and guardians who were able to attend our Student-Parent-Teacher Conferences last week! These opportunities to connect, celebrate student successes, and discuss ways to support continued growth are an important part of our home-school partnership. We appreciate your time, involvement, and commitment to your students' success. A special thank you also goes to our PTSG for providing meals for our staff during conferences. Your generosity and support mean a great deal to our team!

There has been a lot of fun energy building in the halls this week as Senior athletes are recognized at final regular season home games, and as folks ready themselves for Halloween – there were some really fun and creative costumes today!

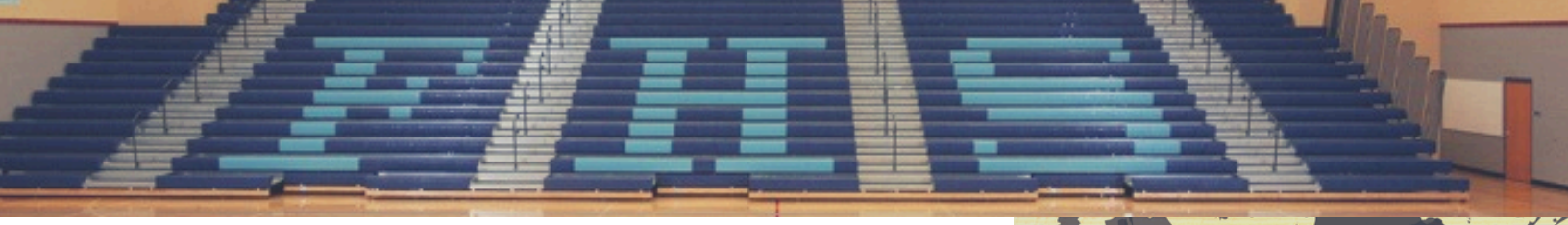
Also, Freeman HS is celebrating and recognizing students in grades 9-12 who show noteworthy academic excellence or improvement, AND students who consistently demonstrate outstanding POWER values that positively impact our school community. For the month of October, 20 different students were nominated by FHS staff - all nominated students receive a note of recognition. From the nominations, eight students are selected by the Counseling and Administration team as FHS's October Students of the Month. I am proud of the following students for their academic work: senior Riah Lynn, junior Brady Bowen, sophomore Mason Miller, freshman Ella Karnitz, AND I am proud of the following students for the way they consistently respect others: senior Lizzy McCrorey, junior Tyge Dunavan, sophomore Hinaka Hayazaki, and freshman Drew Admire. 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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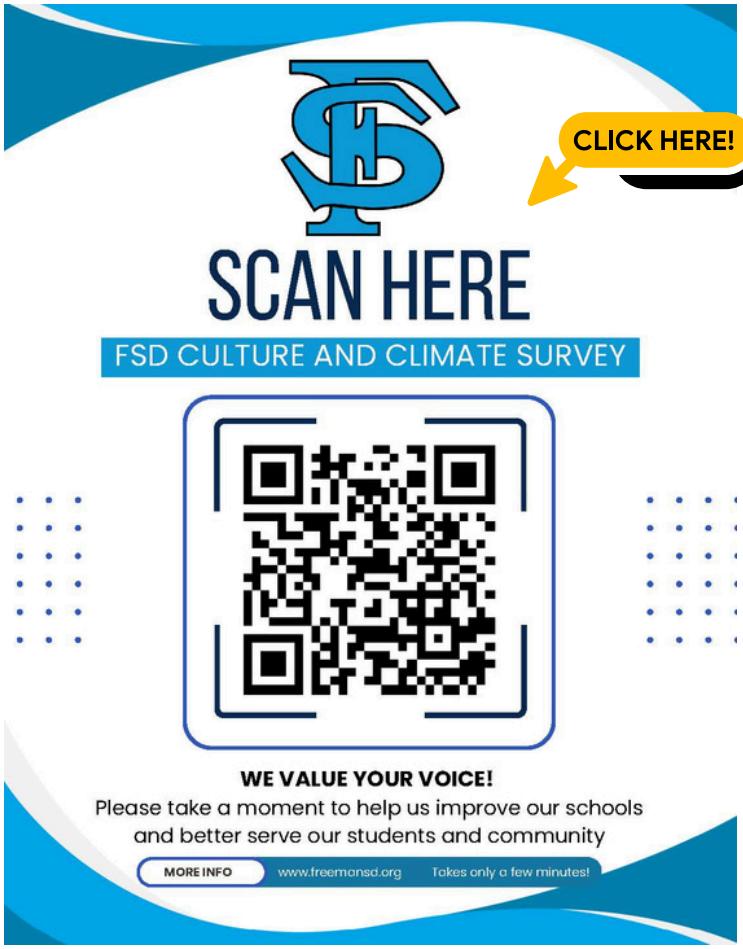
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FREEMAN SPIRIT GEAR STORE OPEN NOW

Freeman PTSG has opened a spirit gear store through Momentum Ink. There are shirts, sweatshirts and hats with a few different design and color options. Delivery of items will be the week after Thanksgiving break. Deadline for ordering is Sunday, November 15th at 11:59pm. Below is a sample of the items. ORDER HERE







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 SCOTTIES

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!

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



Read the Latest Edition of the
FREEMAN FOCUS
THE NEWSLETTER FOR FREEMAN SCHOOL DISTRICT

Take a moment to catch up on what is going on at Freeman Schools in the latest edition of our District Newsletter, the Freeman Focus. Click the image above to read.

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

Freeman School District

WE ARE HIRING

OPEN POSITIONS
- Full-time paraeducator
- Bus Driver
- Part-time bus aide
- Coaching positions
- Substitute positions

APPLY HERE





WELCOME POLLY JOHNSON - OUR SCHOOL BASED MENTAL HEALTH COUNSELOR



Freeman High School would like to extend a warm welcome to Polly Johnson, our new School Based Mental Health Counselor!

As part of a mission to provide area middle and high schools with additional mental health support, Polly's position is funded through a grant from Spokane County and is coordinated through NEWESD 101. One of the major goals of this program is to support student life-skills and promote success in school. Students will have the opportunity to see Polly for a wide variety of reasons: for the purpose of supporting mental health and wellness, and to assist them in being a more productive student and person. Here is a brief note from Polly herself:

"My name is Polly and I am your new SBIRT (Screening Brief Intervention & Referral to Treatment) Therapist. I grew up in Littleton CO, attended the University of Arizona and then landed in my husband's hometown of Spokane for graduate school. I have been working with children and their families in mental health in our area for over 30 years. We have 2 grown kids, 25 and 28. Our 28-year-old is getting married next September. Mike and I love flyfishing and enjoy Montana for that reason! I am a retired tennis player and now I am trying pickleball. I am thrilled to be at Freeman and can't wait to support your students and families. Please don't hesitate to reach out at any time.

IMPORTANT COLLEGE & CAREER READINESS DATES:

- FAFSA is now open for the 2027-28 school year
- November 19: EWU Instant Decision Day 12:15 - 1:15pm

COLLEGE CAREER readiness



Upcoming Sports

10/30 - Varsity @ Asotin 7pm
11/2 - JV vs. Rogers 5pm
11/6 - Varsity Crossover Game - TBD

11/4 - Districts vs. TBD @ Home 5pm
Admission $8/$6 GoFan only. Purchase tickets here

11/3 - District Games @ Home 4pm & 6pm vs. TBD
Admission $8/$6 cash or GoFan. Purchase tickets here

CROSS COUNTRY **10/31** - Regionals @ Reardan 11am

Sports Links:

FINALFORMS CLICK HERE to Complete Your Online Forms

GOFAN

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.

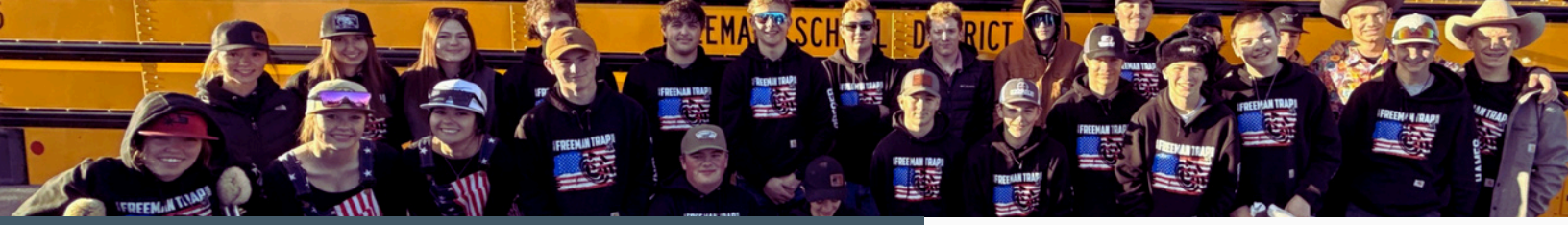
Winter Sport Fee	$25
Transportation (only due 1x/year)	$20
ASB Card (only due 1x/year)	$35

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.

BARNES & NOBLE

BOOKFAIR

Supporting

FREEMAN SCHOOL LIBRARIES

Join us for a fun day of books, holiday shopping and student performances while supporting our FSD libraries!

IN-STORE EVENT DATE
Saturday, December 5th

CHOIR PERFORMANCE
Our Choir will be singing live at **10:30 AM!**

DONATE A BOOK
Help enrich our FSD libraries by purchasing and donating a book during the fair.

GIFT WRAPPING TABLE
Stop by our wrapping table to get your purchases holiday-ready!

IMPORTANT SHOPPING TIPS
TO ENSURE OUR SCHOOL GETS CREDIT

1 SHOP IN FREEMAN GEAR!

Have your student wear their Freeman gear to the store! Ms. L and our volunteers will be handing out voucher codes to families wearing school apparel.

2 MENTION US AT CHECKOUT

Per store policy, Barnes & Noble cashiers **will not ask** if you are shopping for the book fair or if you have a voucher code. **Please be sure to present your voucher or mention the book fair to the cashier at checkout** so our school receives credit for your purchase!

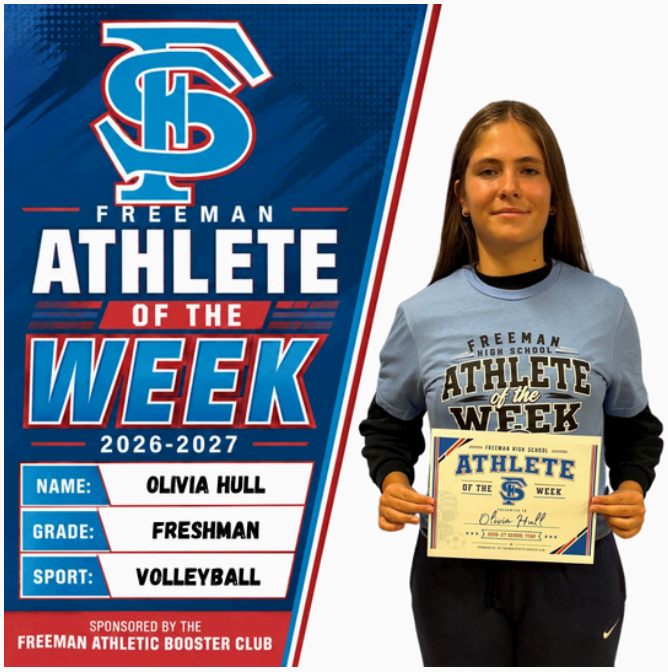
3 SHOPPING ONLINE?

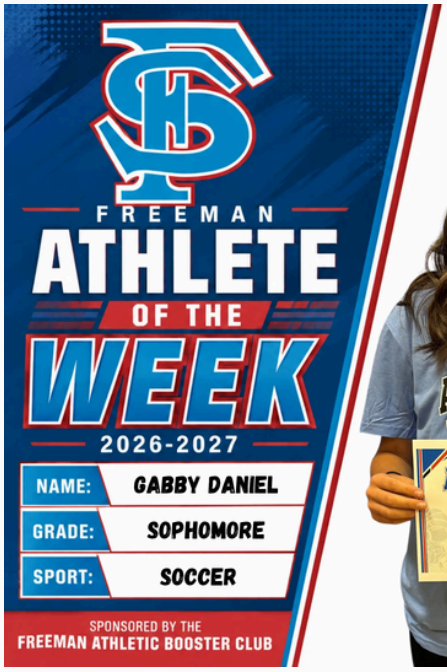
Dec. 5th – 10th
Visit **barnesandnoble.com**, add items to your cart and at checkout scroll to the very bottom and check the box "Apply Bookfair ID" then enter our Bookfair ID **12983870** and click Apply.

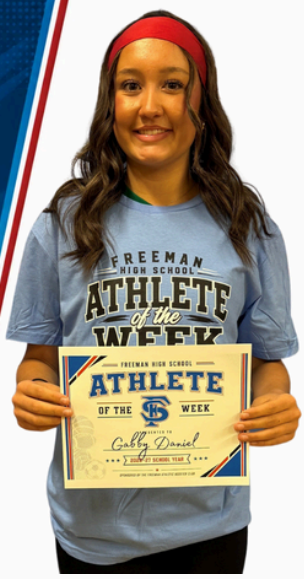
Beat the holiday shopping rush and support our students and libraries at the same time.

WE CAN'T WAIT TO SEE YOU THERE!

Student HIGHLIGHTS



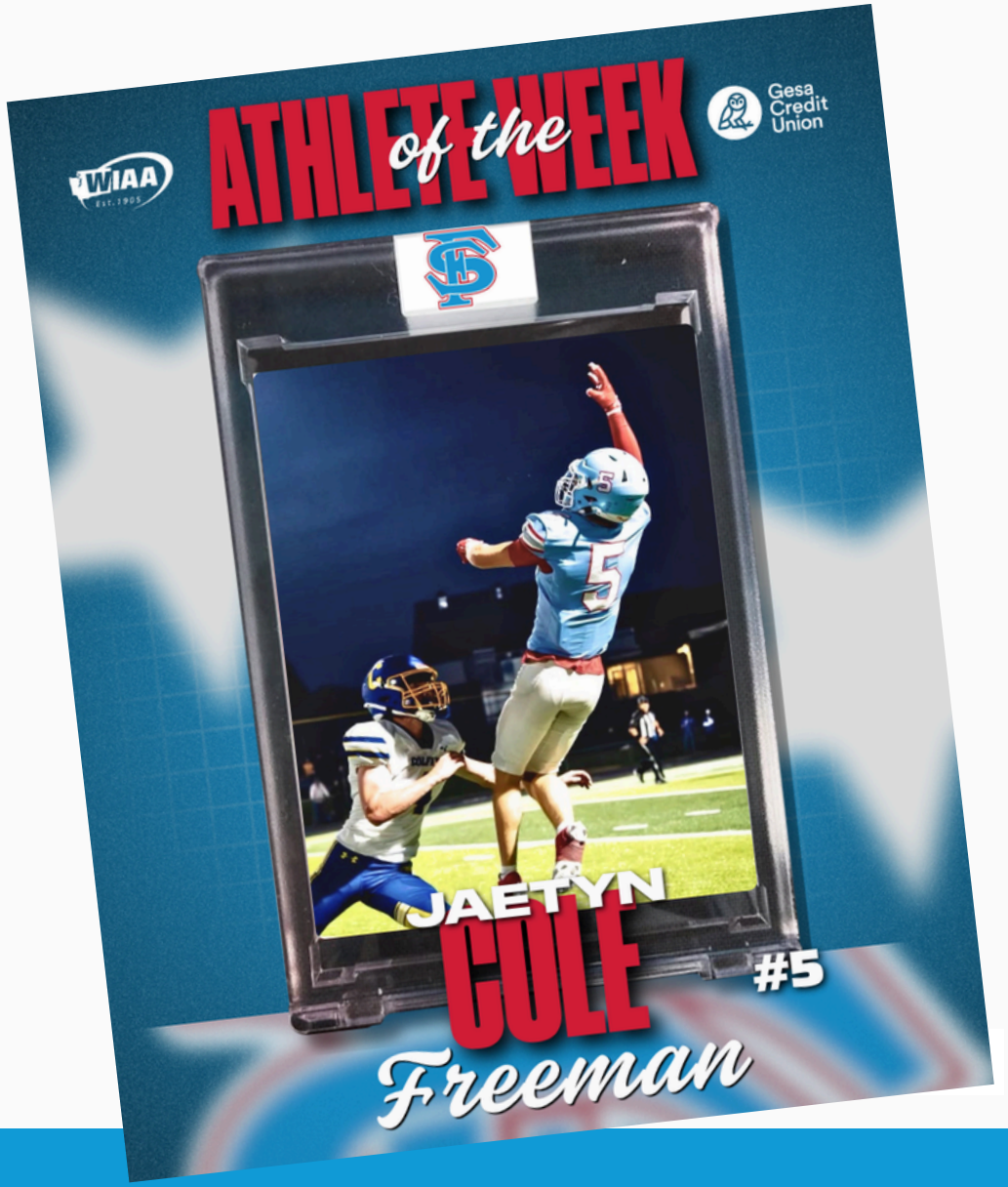




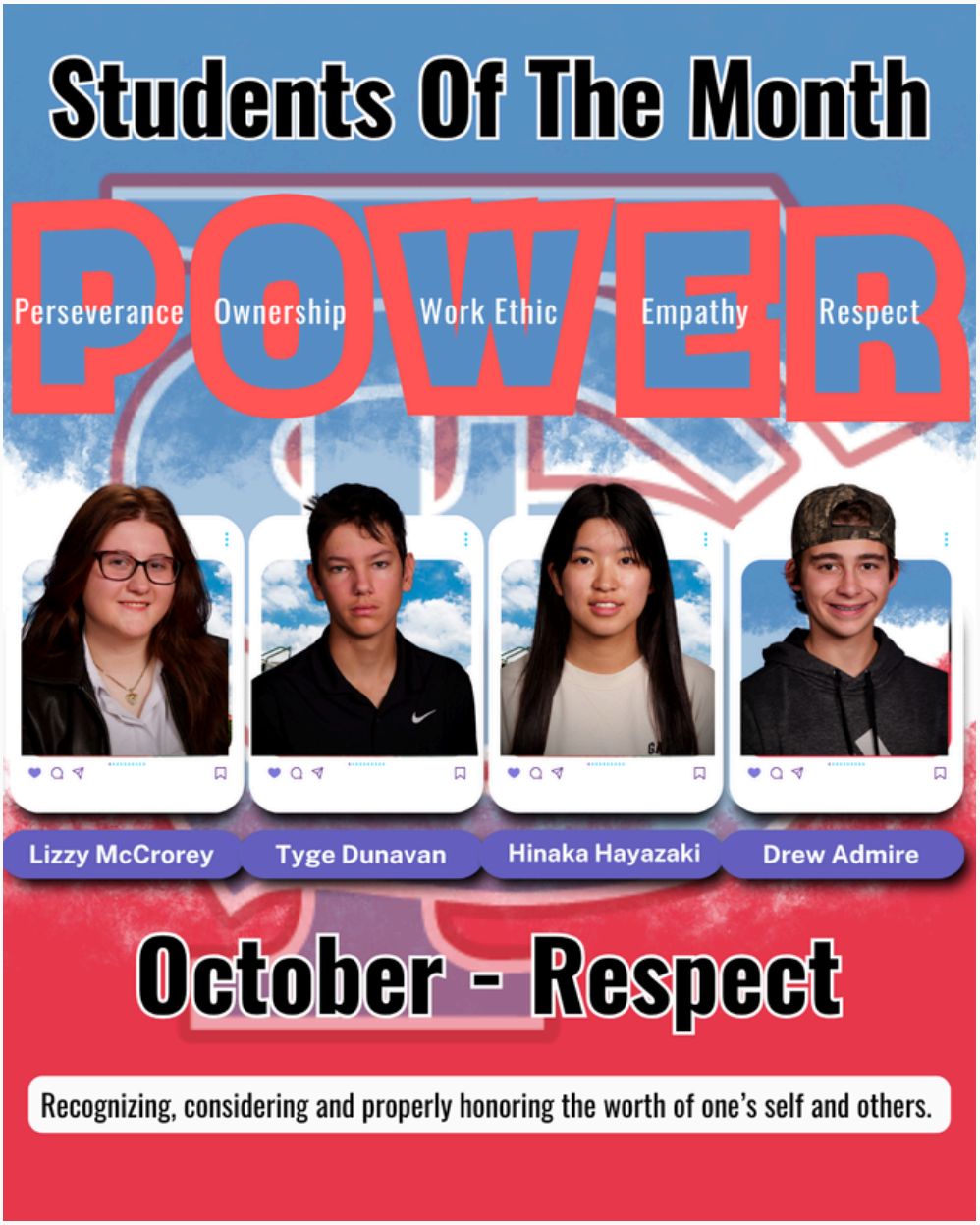


Student HIGHLIGHTS

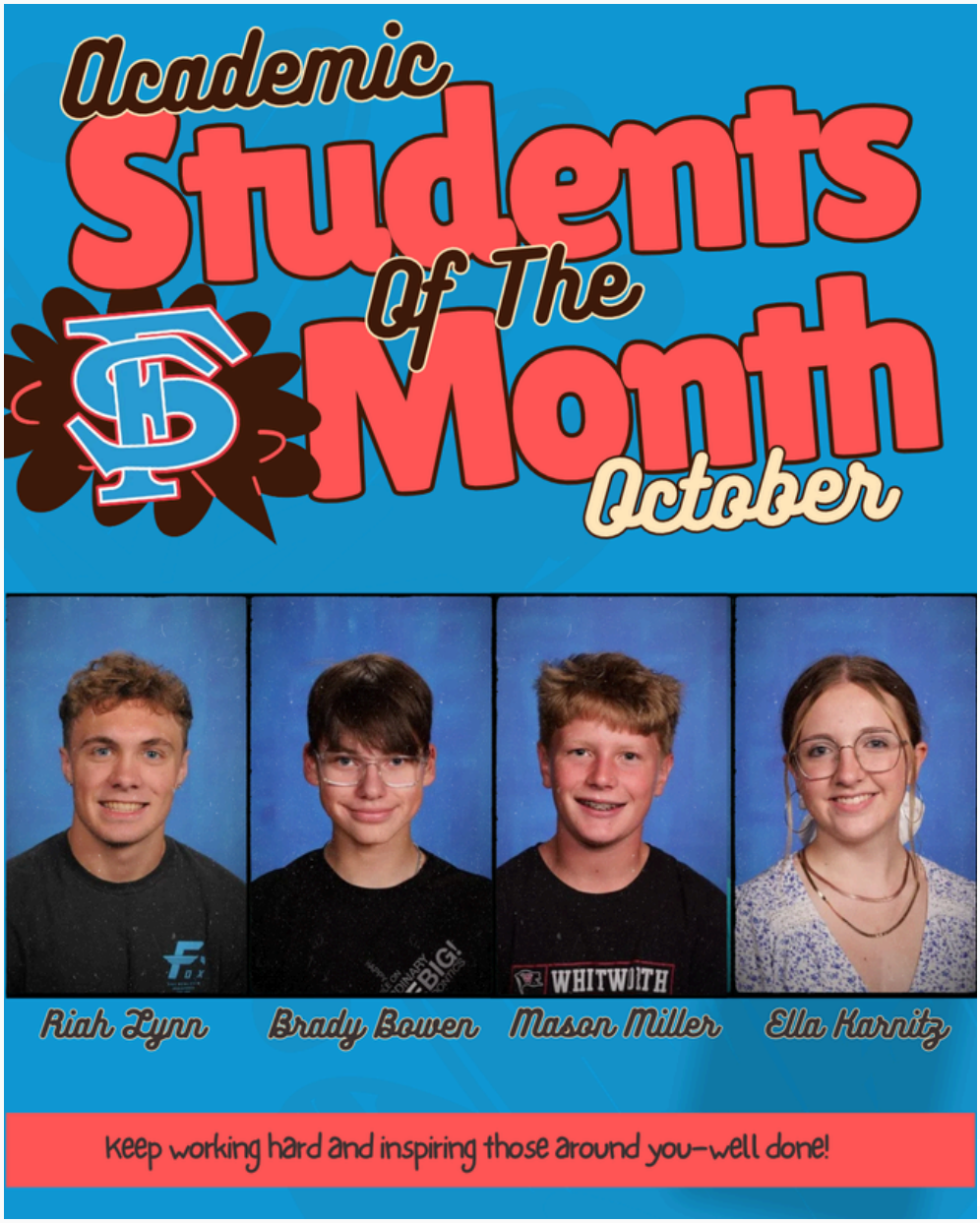
Congratulations Jaetyn Cole on being recognized as a WIAA Athlete of the Week!



Student HIGHLIGHTS



Student HIGHLIGHTS



SCHOOL NIGHT

SATURDAY, NOVEMBER 21 6:05 PM PUCK DROP Coca-Cola FAMILY FEAST



$12 TICKETS

OFFER VALID FOR STUDENTS, FAMILIES, FRIENDS, AND FACULTY

CLICK HERE

TEXT/CALL 509-431-6817

TICKET DEADLINE NOVEMBER 16.
TICKETS WILL BE DELIVERED DIGITALLY.

Shriners Children's™ Spokane

SPOKANECHIEFS.COM/SCHOOLNIGHT