


Follow us on Facebook & Instagram

Visit our website

NOVEMBER 6, 2026

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

## PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

Congratulations to our Boys Cross Country team and Girls Volleyball team for winning District Championships this week! Congratulations as well to our Girls Cross Country team for earning third-place at Districts. We are proud of all three teams and wish them the best of luck as they compete at State!

I am also very proud of our Freeman Robotics club – I was able to watch them improve and compete well through several rounds of competition last weekend, and I'm excited to see their continued growth!

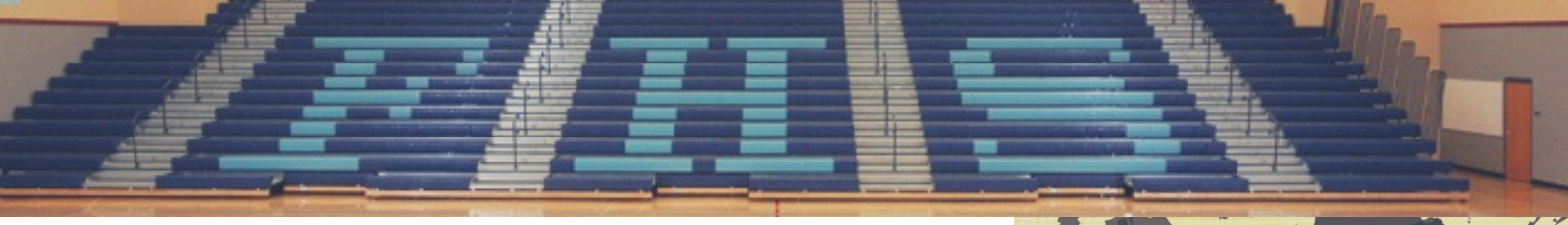
During this week's late-start professional development time, FHS teachers collaborated around an important instructional question: What does relevancy in the classroom look like and sound like? We defined relevancy as helping students connect what they are learning to something that matters. This might include connecting new learning to prior experiences, solving real-world problems, exploring career connections, making connections across subject areas, or applying skills to situations beyond school. We want students to understand not just what they are learning, but why it matters and how they can use it. We also discussed what relevancy sounds like in the classroom. Questions and comments such as "Why does this matter?" "How does this apply to...?" and "I could use this in my future career because..." demonstrate students making meaningful connections. Teachers also used this time to work together on specific instructional opportunities: several teachers reviewed an upcoming unit assessment, discussing point values, anticipated student errors, and consistent approaches to awarding partial credit; teachers discussed current programs, considered student feedback, and explored possible adjustments to better meet student needs; several teachers explored ways to connect their lessons about Mary Temple Grandin, combining perspectives on science and the special needs community to create richer learning experiences. Whether through school-wide conversations or individual teacher collaboration, our goal is to continually strengthen the student experience. We want Freeman students to leave our classrooms not only learning, but also understanding why learning matters and how they can apply it in their lives.

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

## In This Issue

Principal's Message
PAGE 01
Freeman Spirit Gear
PAGE 02
Upcoming Events
PAGE 02
Winter Weather Procedures
PAGE 02
Veteran's Day Program
PAGE 03
EWU Instant Decision Day
PAGE 03
We are Hiring
PAGE 03
College/Career Readiness/CTE
PAGE 04
Athletic News/Events
PAGE 05
Daily Happenings/Gen. Info
PAGE 06
Barnes & Noble Book Fair
PAGE 07
Student Highlights
PAGE 08-11



## 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. ORDER HERE



### Preparing for Winter Weather: School Delays, Closures & Safety Procedures

Rather than waiting until the moment arrives when early morning adjustments must be made, this information is being shared in advance. Please familiarize yourselves with the inclement weather information below.

#### Communication

If weather impacts the school day, we aim to communicate with staff, students, and families about changes to the normal school day operations by 6:00 a.m. through the following systems:

- Automated emails, texts, and voice messages-please ensure your contact information in Skyward is accurate and Freeman SD is not blocked.
- The Freeman School District website and our Facebook & Instagram pages
- Local news stations (note: their reports may not always be accurate — please rely on Freeman messaging first)

#### Weather Monitoring

When snow or inclement weather is in the forecast, we will monitor weather and road conditions at night and into the early morning hours.

- Transportation Director and staff drive roads and bus routes early in the early morning to assess conditions.
- Maintenance crews begin plowing and clearing parking lots and sidewalks before staff and students arrive. Even with these efforts, icy spots may remain—please use extra caution!
- Before any decision is made, Superintendent Lisa Phelan will work with Everett Combs, Transportation Director to determine if a 2 hour late start or cancellation is necessary. Safety of students, staff, and community is our number one priority.

#### Delays and Cancellations

Our goal is always to keep schools open when possible. Please remember that road conditions can change quickly and after decisions have been made; we do the best we can with the information we have at the time of the decision deadline of 6:00 a.m.

- Two-Hour Delay: School begins at 10:15 a.m. Breakfast will not be served. Staff should report when they can safely do so.
- Cancellation: All school programs, activities, athletics, and other events are canceled for the entire day and evening, even if conditions later improve. The day will be made up on the next scheduled make-up day (March 4th or May 28th).

#### Safety Tip: Walk Like a Penguin!

- Wear shoes with slip-resistant soles.
- Take short steps and keep your arms slightly out for balance.
- Hold onto your vehicle when getting in or out.

*Thank you for your continued cooperation in helping keep our Freeman students, staff, and families safe this winter!*




**NOVEMBER 10TH**
Veteran's Day Program - 9:30am
After the program we will follow at Late Start Bell Schedule

**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 SCHOOL DISTRICT

# ANNUAL VETERAN'S DAY Program

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








## YEARBOOK CLASS ATTENDS WJEA JOURNALISM DAY AT GU

Ms. Longinotti's yearbook class joined 200 high school and middle school journalism students for the WJEA Journalism Day at GU. Students heard from KHQ's Hayley Guenthner during a keynote address before heading to workshops to learn more about the craft of reporting and photography. They came back with lots of new tips and tricks to use in our yearbook.




## IMPORTANT COLLEGE & CAREER READINESS DATES:

- FAFSA is now open for the 2027-28 school year
- November 10: Navy visit at lunch
- November 18: Marines visit at lunch
- November 19: EWU Instant Decision Day 12:15 - 1:15pm

COLLEGE CAREER readiness



# Upcoming Sports

**11/6** - Varsity @ Colfax

**11/7** - District Championship vs. Northwest Christian 2pm Admission $8/$6 GoFan only. Purchase tickets here

**11/11-12** - State in Yakima. Game times TBD

CROSS COUNTRY **10/7** - State in Pasco

# 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 not 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.

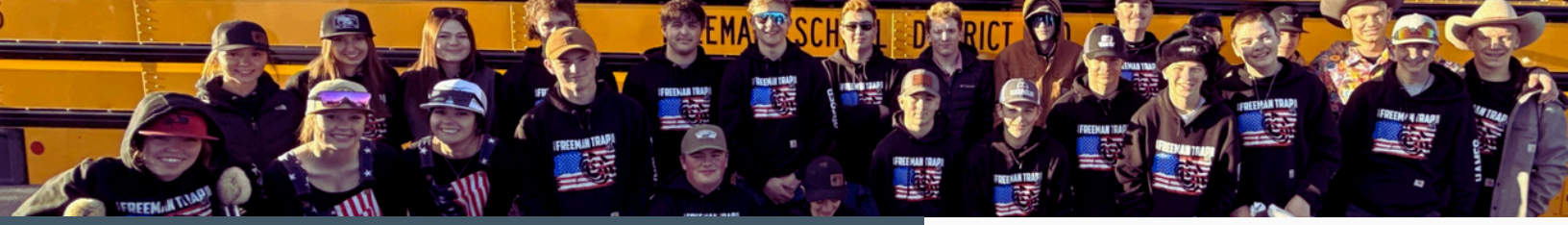
| | |
|---|---|
| Winter Sport Fee | $25 |
| Transportation (only due 1x/year) | $20 |
| ASB Card (only due 1x/year) | $35 |

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!

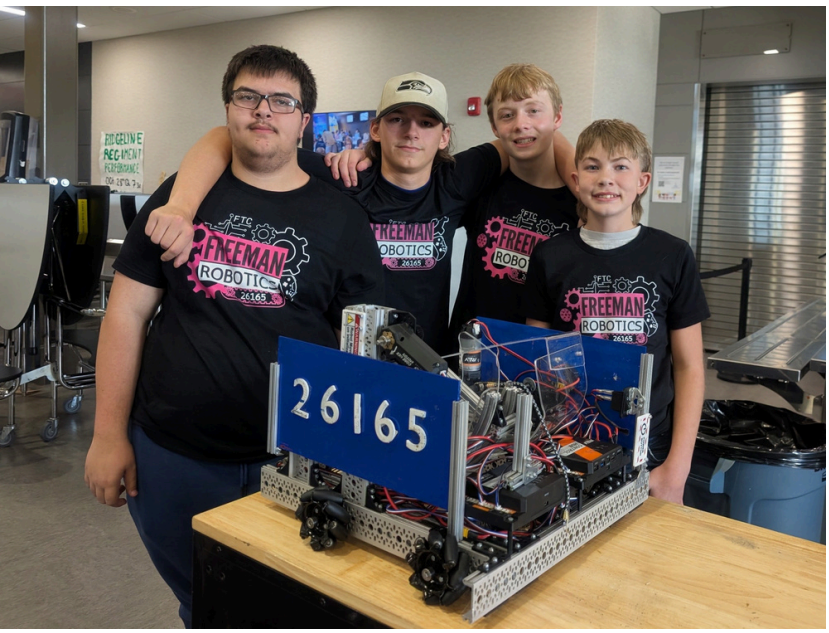
**3 SHOPPING ONLINE?**

**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







FREEMAN ROBOTICS



*Saturday, 10/31 was an exciting day for the Robotics team as they had their first league event at Ridgeline High School. Out of the teams' six matches through the afternoon, they ended up tying the 4th and winning both the 5th and 6th with their assigned alliances. In the end, the team placed 5th out of 8 teams!*

# Student HIGHLIGHTS






## CROSS COUNTRY DISTRICTS & STATE SEND OFF

Cross Country was at the State Qualifier last Saturday. The Boys Team took 1st place and the Girls Team took 3rd! The following individuals all qualified for State:

Audrey Santman, Audrey Shaw, Emma Dreyer, Tristin Ashmoore, Stella Dawe, Leighla Bias, Sofia Guinea, Clara Dawe, Emily Jensen, Micah Bessire, Owen Offereins, Jace Cotton, Eli Beck, Oliver Jones, Holden Dohrmann, Alex Schmidt, Avery Schmidt, Ty Stenlund.

# Student HIGHLIGHTS




## VOLLEYBALL DISTRICTS

Congratulations Freeman Volleyball
They are District Champions!
They advance to the State Tournament in
Yakima next Wednesday and Thursday

# Student HIGHLIGHTS

FREEMAN
ATHLETE OF THE WEEK
2026-2027

NAME: MORGAN MCINTIRE
GRADE: SENIOR
SPORT: CROSS COUNTRY

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB




FREEMAN
ATHLETE OF THE WEEK
2026-2027

NAME: RYLEE SALINAS
GRADE: SOPHOMORE
SPORT: CHEER

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB




FREEMAN
ATHLETE OF THE WEEK
2026-2027

NAME: TITUS COCHRAN
GRADE: SOPHOMORE
SPORT: FOOTBALL

SPONSORED BY THE
FREEMAN ATHLETIC BOOSTER CLUB



# 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