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NOVEMBER 13, 2026

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School

509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents, Guardians, and Families!

What an incredible week to be a Scottie! This week, our school came together to honor the service and sacrifice of our local veterans, and our students stepped up in extraordinary ways: our ASB and Leadership class organized a thoughtful, respectful, and seamless Veterans Day assembly, and our choir delivered a breathtaking rendition of "The Star-Spangled Banner" that left many community members visibly moved. A special thank you to Mrs. Frazier's culinary classes for preparing and serving a wonderful breakfast to welcome our veterans.

In athletics, congratulations to our Boys Cross-Country team on winning their second consecutive 2B State Title and our Girls Cross-Country team on placing 4th at State—Winning back-to-back state titles is a rare and tremendous accomplishment, and I am thrilled for all of our runners and their coach, Mallory McDonald. Congratulations also to our Volleyball team, who earned the title of State Champions as well! To be a State Champion is a tremendous accomplishment, and I'm very excited for these ladies and their coach, Kaela Swillie – incredible season! Good luck to our Soccer and Football teams as they continue their state runs this weekend.

Our excellence also shone beyond the playing field, with our FFA earning Rookie Team of the Year at the FFA Rangeland National Championships. Competing and earning national recognition at this level showcases the hard work and expertise of our agricultural students and Advisor Rachel Shrauger – we are proud of you!

Finally, several Freeman students represented the high school at an AI Summit organized by the Association of Washington Student Leaders and Microsoft. These students offered key insights, thoughts and experiences to Microsoft to increase the constructiveness and safety of AI usage. As we celebrate these achievements, please remember we have just four weeks left in the first semester. While we all look forward to a full week off for Thanksgiving and a stress-free winter break, now is the time for students to double down on their academics and finish the semester strong. Please encourage your students to stay focused, and reach out to their teachers or our office if they need any support.

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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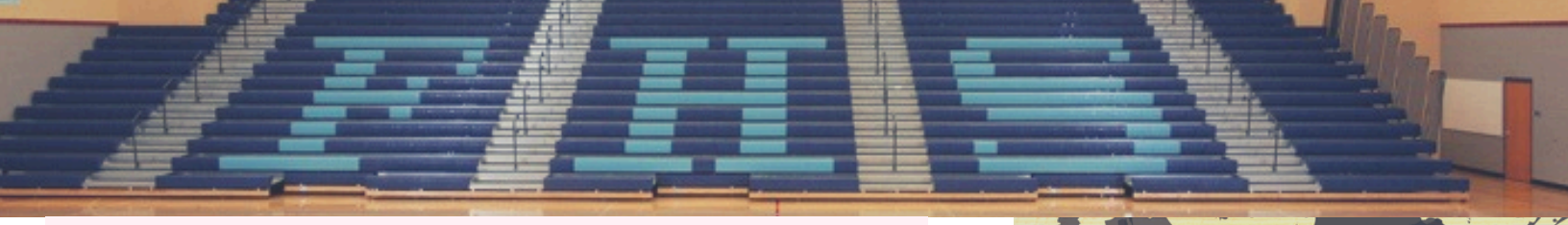
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HAPPY NATIONAL SCHOOL PSYCHOLOGIST WEEK!



THANK YOU JOANNA YEARTA!

School psychologists play a vital role in supporting students' learning, behavior, and mental health.

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 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



Yearbook Advertising/Senior Tributes

There are still pages of ad space available in the 2026-27 FHS Yearbook.

If you are interested in an ad for your business or including your Class of 2027 Senior in the tribute pages, please email Pia Longinotti at plonginotti@freemansd.org for more information.

yearbook

FREEMAN PTSG SPIRIT STORE

The Freeman PTSG has another spirit store open now but it closes soon. Click the image below to shop fun Freeman items. $5 from every item ordered goes back to the PTSG.





5 FFA Students Travel to Utah for FFA Rangeland CDE

The FFA Rangeland CDE is composed of 5 categories. Stocking rates and Current Issues, Plant Identification, Site Description, Rangeland Assessment, and Rangeland Ecosystem Measurements. This year, Conner Durrant, Emmett Wilkinson, Chase Jacot, and Briley Snyder placed 4th at state that qualified them for the national competition in Tremonton, Utah. Conner Durrant also placed 7th individual at the State Contest.

The Stocking Rates and Current Issues segment of the competition includes completing a multiple choice and math test in order to determine the proper stocking rates of livestock on Rangelands. The test also includes questions about the Current Issue, Virtual Fencing. At the National Contest, Freeman placed 3rd overall team with their Stocking Rate scores! In Plant ID, the students study 65 plants and need to be able to identify the plant name, lifespan, origin, desirability for grazers and browsers, and toxicity. The Site Description portion includes determining the precipitation zone, soil depth & rockiness, soil type, slope, aspect, and biomass estimate of a plot of rangeland. Rangeland Assessment orders students to compare a desired amount of forage with the current amount of forage on a plot of rangeland. Finally, Ecosystem Measurements include finding the utilization percentage of plants by using a plant utilization gauge and measuring the shrub coverage on a portion of the plot.

In Tremonton, the team attended the Golden Spike National Historical Park where they practiced Plant ID and identifying soil types. The team learned about the history of the Transcontinental Railroad and the people who built it. In addition to the National Park, the team also completed a practice competition run by the Western National Range Board in which they completed the 5 sections with assistance from College Rangeland students. The College students gave insight on each of the categories of the competition that helped the team achieve First Place Rookie Team for 2026.









Upcoming Sports

11/13 - Varsity @ Liberty Bell 7pm

11/14 - State Round #2 Game - vs. Northwest Christian @ Shadle Park HS - 1pm

Admission: Adults $13, Seniors/Students/Military $10

Sports Links:

FINALFORMS CLICK HERE to Complete Your Online Forms

GOFAN

Pay Fines/Fees

goscotties.org athletics website

Winter Sports Begin Next Monday

Winter sports begin Monday, November 16th. 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. 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

Congrats to Our All-League Athletes...



Football 1st Team
Jaetyn Cole - WR
Cooper Florence - OL
Cooper Florence - Defensive MVP
Jaetyn Cole - DB
Jaetyn Cole - Ret

Football 2nd Team
Jake Finley - RB
Jack Gibson - LB

Soccer 1st Team
Delaney Abustallo
Gabriella Daniel
Clara Paxton
Kelsey Hollen

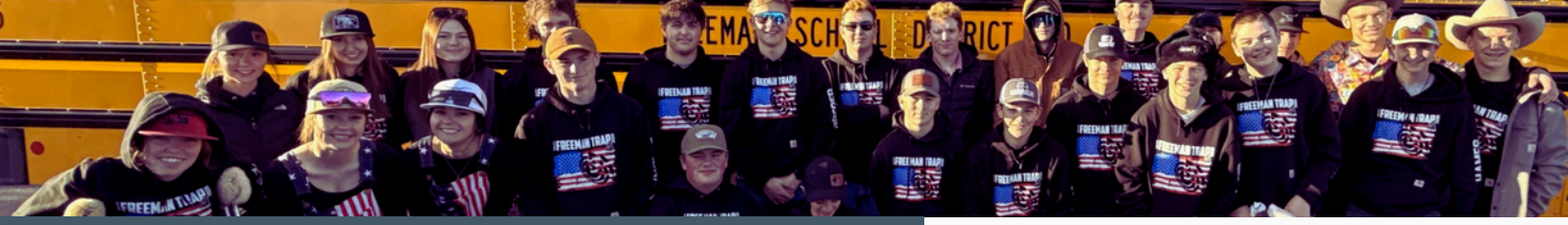
Soccer 2nd Team
Sadie Stenlund

Volleyball 1st Team
Avery Berglund - MVP
Rilyn Ripke
Logan Pecht
Finley Pecht

Cross Country 1st Team
Micah Bessire - Male League MVP
Audrey Santman - Female League MVP

Owen Offereins
Eli Beck
Jace Cotton
Audrey Shaw
Emma Dreyer

Cross Country 2nd Team
Oliver Jones
Tyler Stenlund
Stella Dawe



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

Boys Cross Country - STATE CHAMPS



Girls Cross Country - 4th Place



Freeman Cross Country had a very successful showing at the State Tournament last Saturday! Boys took 1st place and the girls took 4th. Below is a listing of the individual standings:



Audrey Santman - 4th
Audrey Shaw - 15th
Emma Dreyer - 26th
Stella Dawe - 56th
Tristin Ashmoore - 62nd
Sofia Guinea - 71st
Leighla Bias - 73rd
Micah Bessire - 2nd
Eli Beck - 11th
Owen Offereins - 12th
Jace Cotton - 18th
Holden Dohrmann - 25th
Oliver Jones - 39th
Alex Schmidt - 57th



Student HIGHLIGHTS





STATE SEND OFFS



Student HIGHLIGHTS





STATE CHAMPS

Freeman Volleyball Team won the State 2B Championship yesterday! Congratulations Scotties!



Student HIGHLIGHTS





FHS Culinary CLASSROOM



Our Culinary Class students prepared a FULL-MADE FROM SCRATCH breakfast for our Veteran's Day Program. There were roughly 92 attendees!!! Great job students and Mrs. Frazier!

Student HIGHLIGHTS









We had a wonderful celebration honoring our Veterans this last Tuesday at our Veterans Program! Students of all ages participated through songs, thank you letters and other creative expressions of gratitude. Thank you to Mr. Monasmith, our ASB and all the students and teachers who helped to put this event together. We appreciate you all.