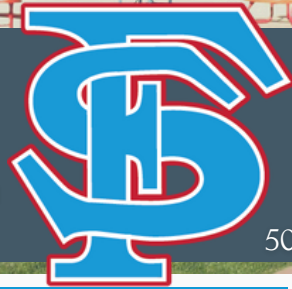




OCTOBER 10, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

PRINCIPAL'S MESSAGE

Hello Scottie Parents/Guardians/Families!

I'm honored to be this week's guest writer for our Principal's Message. Many of you know me as Freeman High School's counselor, and this year I'm also serving as an administrative intern as part of my Principal Certification program. This opportunity allows me to take on additional leadership responsibilities that support our school's goals—helping coordinate programs, supporting staff and students, and contributing to schoolwide planning and improvement efforts. It's been a meaningful way to learn through authentic leadership practice while continuing to serve our amazing Scottie community. I continue to be so grateful for the strong sense of community we have here at Freeman. Our theme this year—belonging—reminds us how vital it is for every student to feel connected and cared for. We hope each student finds their points of connection with staff, peers, and the broader school community. When students feel they belong, they are more confident, engaged, and ready to learn. As we approach parent-teacher conferences, I also want to encourage families to take advantage of this opportunity for connection. While conferences are optional at the high school level, they're a valuable chance to partner with teachers, celebrate student growth, and problem-solve together. Even as our students gain independence, they continue to benefit from having parents and guardians actively engaged in their learning. Thank you for your continued partnership and support—it truly makes a difference!

Warmly,

Kaela Holm - FHS School Counselor & Administrative Intern

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: Randy Russell, rrussell@freemansd.org, 509- 291-3695, 15001 S Jackson Rd. Rockford, WA 99030

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FHS HOMECOMING & 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:

- 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.

Let's make this a fun and respectful celebration!!

****SEE PAGE 7 FOR A LISTING OF THE HOMECOMING DRESS UP DAYS****

**Juniors
& Seniors**

You're Invited to Attend the
SPOKANE NATIONAL COLLEGE FAIR!
Wednesday, October 15th 9am-noon or 6-8pm

We are taking a bus and students can
get permission forms in the office.
Over 100 colleges will be in
attendance. Learn more [here](#)



OCTOBER 13TH-17TH
Homecoming Week

OCTOBER 13TH
Bell Schedule: AM Activity
Texas Football Hoco Activity
6:30pm

OCTOBER 15TH
Yearbook Sr Photos Due
Bell Schedule: AM Activity

OCTOBER 16TH
Macho Volleyball Hoco
Activity 6:30pm

OCTOBER 17TH
Bell Schedule: PM Extended
Activity

OCTOBER 18TH
Homecoming Dance - 8pm

OCTOBER 22ND
PSAT Test 10th & 11th graders

OCTOBER 23RD & 24TH
Parent/Teacher/Student
Conferences - NO SCHOOL



Would you like to read about what's happening at the elementary or middle school? Get caught up with their Friday newsletters here:



FREEMAN
ELEMENTARY



FREEMAN
MIDDLE SCHOOL



2025-26 YEARBOOK NEWS

Yearbooks on Sale Now

If you want to get your student a yearbook for the discounted early bird price of \$45, the deadline is October 15th. After that, the price will increase to \$50. To purchase a yearbook, simply log in to our payment site [here](#) and select your student and then “items at student’s school”.

Yearbook Senior Pictures Due

All senior photos are due for the yearbook before October 15th. Please see pg 10 in this Friday Flyer for instructions on how to submit photos. If you have questions please email plonginotti@freemansd.org

PARENT/TEACHER/STUDENT CONFERENCES

Parent-Teacher-Student Conferences will be held Thursday and Friday, October 23rd and 24th. 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 8 for details.

NUTRITION SERVICES SEEKS STUDENT INPUT

Freeman Nutrition Services has embarked on a journey to provide students with more direct input on the menu items. They will be able to provide a new menu choice they would like to see based on the monthly celebrations calendar that Nutrition Services has provided them with. For example, November 3 is National Sandwich Day. As some may already be aware, the Nutrition Services Lead Cook at FHS is also teaching two culinary classes at the high school. The students from these classes will have input on these menu items each month. Due to time constraints, the culinary class students didn’t have this opportunity for the November Menu but they will in the near future. Nutrition Services has selected a new sandwich item to offer for lunch at FHS on November 3rd. It will be a Crispy Thai Chili Chicken po’ Boy with Slaw. Feel free to reach out to our Nutrition Services Director for comments, questions or suggestions at kbevers@freemansd.org.



CTE

COLLEGE CAREER
readiness

ABC IPE CONSTRUCTION TRADES NIGHT

WEDNESDAY, OCTOBER 15, 2025
5:00 P.M. TO 8:00 P.M.
NEWTECH SKILLS CENTER
4141 N REGAL ST. SPOKANE, WA 99207

CHANGING THE NARRATIVE: CONSTRUCTION IS A GREAT PATHWAY TO SUCCESS!
FREE COMMUNITY EVENT FOR ALL AGES! NO TICKET REQUIRED FOR ATTENDEES!
PARTICIPATE IN OPERATING EQUIPMENT & POWER TOOLS!

Parents and students from all over our region are invited to participate in a HANDS-ON experience and talk with companies who work and train people in the trades. From electricians to welders to general contractors and subcontractors, all will be there to share firsthand experience and employment opportunities.

Pants and closed toed shoes required for participants



It's FAFSA season. We're here to help.

Getting started with federal student aid can be tricky. Schedule a free FAFSA appointment at an STCU branch near you. Open to everyone, membership not required.

Find details and schedule a session today at stcu.org/FAFSA.



IMPORTANT COLLEGE & CAREER READINESS DATES:

- October 13: Western Washington University @ 12:30pm in the Library
- October 15: Spokane National College Fair (11th and 12th)
- October 15: NEW Tech Trades Night - all are welcome
- October 22: PSAT (10th and 11th)
- October 29: Construction Days (sign up with Ms. Youseph)
- October 31: Boise State University, Idaho State University, Lewis & Clark State College during lunch
- November 5: Business After School: Coffman Engineering 3-5pm all grades welcome
- November 7: WSU Instant Decision Day @ FHS 12pm - 1:15pm (12th)



Upcoming Sports



10/10 - Varsity @ Newport 7pm
10/13 - JV vs. Newport 5pm
10/17 - Varsity vs. Reardan (HOMECOMING GAME) 7pm



10/14 - vs. Newport 4pm
10/16 - @ NWC 3pm



10/14 - @ Colfax C - 3:30pm, JV - 5pm, Var - 6:30pm
10/15 - vs. Asotin JV/C - 5pm, Var - 6:30pm

CROSS COUNTRY

10/11 - @ Hole in the Wall (Lakewood High School) 10am
10/17 - League Championships @ Reardan - 10am

Sports Links:



[Pay Fines/Fees](#)



ATHLETE OF THE WEEK

FREEMAN SCOTTIES ATHLETE OF THE WEEK
Sponsored by Freeman Athletic Booster Club

freshman
ELI BECK
 cross country

sponsored by
 Freeman Athletic Booster Club

ATHLETE OF THE WEEK

FREEMAN SCOTTIES ATHLETE OF THE WEEK
Sponsored by Freeman Athletic Booster Club

senior
GRETA VAN GEMERT
 volleyball

sponsored by
 Freeman Athletic Booster Club



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: \$3.90. 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.

2025 FREEMAN HIGH SCHOOL: HOMECOMING SPIRIT WEEK

"No Place Like Home"

1



Monday - Home Sick

Dress in your Pjs, nostalgic clothing or wear the color black!

2



Tuesday - Home of The Brave

Dress in your USA gear or wear the color white!

3



Wednesday - Home Team

Wear a jersey, sports team or the color red!

4



Thursday - Home Fixer-Upper

Dress in your construction gear or wear the color pink!

5



Friday - Home of the Dawgs

Dress in your Freeman gear or wear the color blue!

OCTOBER 13-17



CONFERENCE MEALS

Let's show our appreciation for the incredible educators and staff across the district by providing breakfast and dinner during the long conference day! Just scan one of the QR codes below to see how you can help make their day a little brighter!



Breakfast Bar

Sign Up [Here](#) for Breakfast



Lasagna Dinner

Sign Up [Here](#) for Dinner





Calling Readers

become an ambassador for the 2026
Spokane Lilac Festival's Royalty
Scholarship & Development Program.

All eligible high school senior girls **MUST** attend one
of four orientation sessions with a parent or guardian
to participate.

Informational Orientations

Monday, October 13 | 6:00-8:00pm

Spokane Valley Library

22 N. Herald Rd.

Wednesday, October 15 | 6:00-8:00pm

North Spokane Library

44 E. Hawthorne Rd.

Monday, October 20 | 6:00-8:00pm

Hilton Garden Inn Spokane Airport

9015 US - 2

Tuesday, October 21 | 6:00-8:00pm

Monroe Court Bldg.

901 N. Monroe St, 3rd Floor



FREEMAN SCHOOL DISTRICT
PRIDE | COMMITMENT | CARING

**WE ARE LAUNCHING DISTRICT-WIDE SURVEYS
IN PARTNERSHIP WITH THE
CENTER FOR EDUCATIONAL EFFECTIVENESS (CEE).**

Who is participating, and when?

- Staff, October 17-29, 2025
- Students, October 20-29, 2025
- Families, Winter-2026

Why are we doing this?

Your feedback helps us:

- Strengthen our Strategic Plan
- Guide Professional Development for educators
- Shape the supports and resources we provide across the district

How does it work?

Surveys are confidential and take just a few minutes.

Family links will be shared by email and available on the district website.



The Center for Educational Effectiveness



**'SUCCESS WITHOUT FEEDBACK
IS AN ACCIDENT.'**

Class of 2026: Yearbook Senior Pictures & Tributes

**Deadline -
October 15**

***Senior portraits and kid pictures are due
October 15 for the 2026 Yearbook!***

Submitting Senior Photos - both kid and senior portraits.

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 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.

Deadline to submit **both** these photos to the yearbook is **Tuesday, October 15.**

Directions to upload your photos:

- A. **RENAME** before uploading your photo so that we avoid misnaming your senior. Please save the image as a full size save and rename the photo as follows: Student's firstname_lastname (ex. Jenny_Smith) and your kid portrait to firstname_lastname_kid (Jenny_Smith_kid) so that it is easy to identify photos.
- B. Next, go to <https://yearbookshare.com/eShare/?code=dawgcountry> . School code for Freeman is 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!

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 your student's account 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, kid pics, or a senior tribute, please contact our Yearbook advisor, Pia Longinotti, at 291-3721, or at plonginot-

October 15 - Deadline to submit kid and senior pics

October 31- Deadline to reserve a senior tribute

December 1- Deadline to submit pictures and words for tributes (the sooner, the better).

December 15 - Deadline to pay for tributes (the sooner, the better).

Student HIGHLIGHTS

2025 AP Scholars

Class of 2025 (Recent Grads)

Michael Anderberg

AP Scholar

Addison Bowen

AP Scholar

Vance Coyner

AP Scholar with Honor

Dakota Daines

AP Scholar

Preston Eigenhuis

AP Scholar with Distinction

Jackson Florence

AP Scholar

Lexie Kennedy

AP Scholar

Brenen Ladwig

AP Scholar

Lane Mathews

AP Scholar

Lillian Truett

AP Scholar with Distinction

Class of 2026

Ava Aylward

AP Scholar

Eli Cotton

AP Scholar

Kaylyn Swanson

AP Scholar

Maris Vernon

AP Scholar

AP Scholar Award Levels

AP Scholar

Granted to students who receive scores of 3 or higher on three or more AP Exams

AP Scholar with Honor

Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams

AP Scholar with Distinction

Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams

Congrats, Scotties!

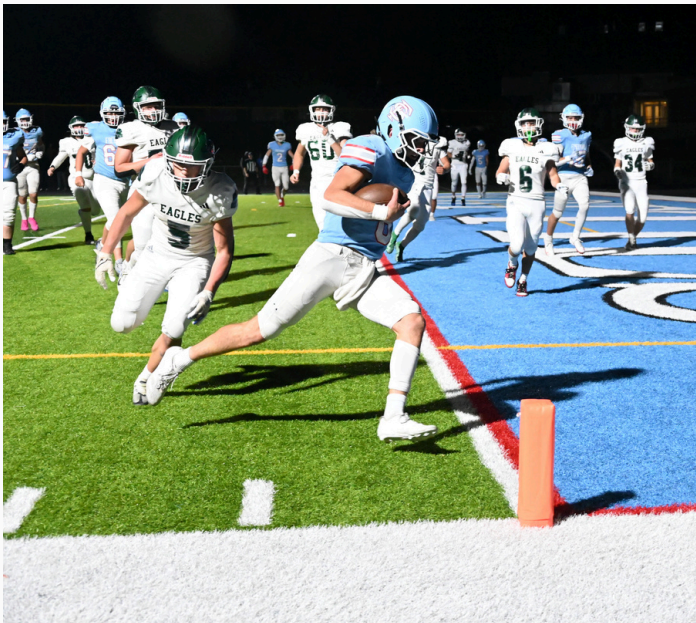
Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Student HIGHLIGHTS



Mr. Rae's Woodshop students took a field trip on Wednesday, October 8th to the Frazier's home in the Freeman area. Arlen Frazier spent time showing the students his sawmill and sharing his experiences milling wood. He also shared his insight on working in the trades and how they shaped his experiences and knowledge throughout his working career. The Fraziers have generously donated wood from their sawmill to Freeman's woodshop program. It was a wonderful opportunity for the students to see where the wood that they use on their project comes from. Arlen did a wonderful job taking about the health of forests and the use of wood products. The Fraziers have use much of their milled wood building outbuildings around their property. The students were able to see these buildings and see how they were constructed.