



MARCH 6, 2025

# THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

## A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

Last weekend, I had the pleasure of attending our Trap team's home event, and what a great event it was! There were teams from all over the state competing, and our seven groups were among the best. The comradery between teams, individual competitors and families is exciting to see. Congratulations to Coach Vail and the Freeman Trap team on their continued success! This week, I'd also like to note the dedication, hard work and presentation of our Scottie Cheer team. Cheer is one of the few activities that essentially runs the entire year: through Fall sports, through Winter sports through the Lilac parade in the Spring. Congratulations and thank you to Coach Unfred and the Freeman Cheer team for your support of our teams and your well-executed halftime performances! Next week marks the mid-point of our semester, and you should receive progress emails from teachers. If you have not already, an email invitation from the school to schedule a student-parent-teacher conference will also be sent at the start of next week. As the week closes, I am very excited to spend some time at the Spokane Arena cheering on our Boys Basketball team; it is not often a State tournament is played in our neck of the woods, and I hope to see you there!

Go Dawgs!

Jeff Smith

Principal, Freeman High School

The Freeman School District complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, national origin, disability or the use of a trained guide dog or service animal by a person with a disability, sexual orientation, including gender expression or identity, veteran or military status, and provides equal access to the Boy Scouts of America and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX officer and/or Section 504/ADA coordinator: Randy Russell, Ph.D., Superintendent, 15001 S. Jackson Road, Rockford, WA 99030, 509-291-3695.

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**THANK YOU SPONSORS!**

**SPOKANE VALLEY SCHOOLS PRESENTS:**

**FUTURE READY!**

**A TRADES DISCOVERY NIGHT**

**April 2nd from 5-7:30pm**

**East Valley HS**

**WHY ATTEND?**

- Free Hot dogs, hamburgers, water and chips
- Learn to Weld, drill concrete, CPR, drones
- Exposure to jobs in Spokane for all ages
- All ages are welcome to attend
- Long pants and close toes shoes required to use equipment

**SUPPORTED BY:**





**MARCH 7TH**  
NO SCHOOL - Snow Make Up Day

**MARCH 11TH**  
North Palouse Industry Fair  
Spring Sport Team Photos - 3pm

**MARCH 12TH**  
LATE START - 10:15am

**MARCH 15TH**  
Athletics Auction & Dinner

**MARCH 24TH**  
FSD Board Mtg. - 6pm PRTC Conference Room

**APRIL 3RD - 4TH**  
NO SCHOOL - Parent/Teacher/Student Conferences

**APRIL 7TH - 11TH**  
NO SCHOOL - Spring Break

## SPRING SPORTS PHOTOS BY LEOS

Spring sport team photos will be take by Leo's Photography after school on Tuesday, March 11th. Packets were handed out to athletes but you can also order online by going to <https://leosphotography.com/> and use order code SPO4014.





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CAREER

COLLEGE

readiness

## Apprenticeship Information Night!

### High School Students & Parents

Meet registered apprenticeship coordinators in our area and find out how to pursue a career in the skilled trades!



Apprenticeships

- Avista
- Associated General Contractors
- Advanced Manufacturing
- Carpenters
- Construction Industry Training Council
- Electricians
- Glaziers
- Heat & Frost Insulators
- Iron Workers
- Laborers
- Machinists
- Plasters & Cement Masons
- Plumbers & Pipe Fitters
- Sheet Metal Workers
- Spokane Community College
- Welders
- And More...

**March 20, 2025**

**6:00 p.m. to 8:00 p.m.**

**NEWTech PREP Skills Center**

4141 N. Regal, Spokane WA

Let us know if you're coming.  
Registration not required.



Questions? Contact Marie Miller [mariem@spokaneschools.org](mailto:mariem@spokaneschools.org)

### IMPORTANT COLLEGE & CAREER READINESS DATES:

- March 11: North Palouse Industry Fair 8:30am - 12:30pm
- March 20: Apprenticeship Information Night @ NEWTech Prep Skills Center 6-8pm
- March 25: HUB Hiring Fair for Seniors 9:15m-11:15am
- April 2: Future Ready Trades Night @ East Valley High School 5-7:30pm
- April 14: Deadline for Nurse Camp Applications
- April 22: Spring ASVAB
- April 24: SAT School Day



## Upcoming Sports



**3/13** - @ East Valley



**3/12** - @ Mt. Spokane - 4pm

**3/13** - @ Ridgeline - 4pm



**3/13** - Varsity @ Ferris Jamboree - 3:30pm

JV @ Ferris Jamboree - 3:30pm

**3/14&15** - Varsity @ Ephrata Johnson-O'Brien Baseball Classic



## Sports Links:



[Pay Fines/Fees](#)



# SPRING SPORTS PARENT MEETING



**MARCH 11TH 6:00PM  
FHS RED GYM**

- All parents will meet in the Red Gym to hear from our Athletic Director, Mr. Ripke.
- Sports will then breakout for meetings with each head coach
- It is important that at least one parent/guardian be in attendance



HAVE YOU SEEN IT?



**STCU Donates Video Board  
to Freeman High School**

In partnership with







## 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

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

We do not have an "attendance only" phone number at the high school. Please 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 a 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 have brought back Scottie Break at the High School this year. 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: \$3.80



### 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.





# ATHLETICS AUCTION & Dinner Fundraiser

March 15th | 5:30pm  
Coeur d'Alene Casino & Resort

Join us for a fun evening featuring a social hour, silent & live auction and dinner to raise funds for officials fees, sports travel, equipment & more.

**TODAY IS FINAL DAY  
TO BUY TICKETS!**

**BUY TICKETS HERE**

**\$60/PERSON  
\$450/TABLE OF 8**



Purchase a table & sit with friends for  
**RESERVED SEATING.** Individual tickets and  
couples will be **OPEN SEATING.**

## How to get involved...

- ✓ Purchase tickets and attend - must be purchased ahead of time
- ✓ Donate & help procure items by February 15th
- ✓ Extend the fun and stay the night with our discounted room block - use booking id# 12691 CALL 1-800-523-2464 (sold out last year)

If you have questions, would like to donate or volunteer please email [khayek@freemansd.org](mailto:khayek@freemansd.org)



# Student HIGHLIGHTS



**Good Luck at State - Boys Basketball!**