



APRIL 18, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

As reflected by the sun every morning, it was fantastic to welcome students back for the final stretch of the school year this week! Certainly, the next few months of the school year are busy for all students and their families, so I encourage you to keep a close eye on upcoming FHS events through Friday Flyers, school emails, the school reader board, the school Instagram, the school website, etc. For example, the State mandated SBA exam for all 10th graders, the State mandated Science test for all 11th graders, AP exams and the ASVAB exam are all just around the corner in May. All 10th and 11th grade families and students received emails about the SBA exams at the start of this week, and there is summarized information about the SBA testing dates in this week's Flyer. Of course, busy calendars lead to busy students, and I have some fantastic student achievements that occurred over spring break to highlight as well: Congratulations to Addy Bowen for earning State Championships in both trampoline and tumbling. She was also presented the "Inspire Higher" award at the state meet which is similar to an athlete of the year award for this sport. Also, congratulations to some of our Advanced Construction students for their work on a project to support a local PetSaver organization. Jordyn Poston, Adeleigh Kann, Izzy Kiddoo, and Lila Kadzejs constructed a dog house and cat condo that raised the 2nd most amount of money out of 35 entries for this PetSaver fundraiser. Way to go team!

Go Dawgs!

Jeff Smith

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.

In This Issue

Principal's Message

PAGE 01

Upcoming Events

PAGE 02

Run the Palouse Fun Run

PAGE 02

Vitalant Blood Drive

PAGE 02

SBA & ASVAB Testing Information

PAGE 03

Pay all Fines & Fees

PAGE 03

FFA Plant Sale

PAGE 04

Athletics News & Events

PAGE 05

Daily Happenings & Details

PAGE 06

Student Highlights

PAGE 07-10

FREEMAN CROSS COUNTRY PRESENTS



Run the Palouse 2025

1 MILE OR 5K

Fun Run

Sat. May 17th - Freeman High School

Cost:

1M - \$25, 5K - \$30 if reg. & paid by 5/3

1M - \$30, 5K - \$35 after 5/3*

*Shirt included only if registered & paid by 5/3

Times:

1 Mile - 9:30am

5K - 9:50am

Register:



freemansd.org/runthepalouse

Questions: Email: runthepalouse@gmail.com

Run the Palouse is a 5K/1 Mile Fun Run put on by the FHS Cross Country Team.

All ages and skill levels are welcome, from walkers to competitive runners.

Proceeds benefit Freeman High School Cross Country.

BLOOD DRIVE

Because of you, life doesn't stop.

[Sign Up Here](#)



FHS will be hosting
Vitalant for a
Blood Drive
Thurs., May
8th, from
8:30am-1:30pm.
Sign up and
reserve your
time now.

UPCOMING events

APRIL 24TH

SAT School Day

APRIL 28TH

NO SCHOOL - P.D. Day

MAY 3RD

FFA Plant Sale

Jr/Sr Prom 8-11pm - Center
Place

MAY 7TH

LATE START FOR STUDENTS -
10:15am

MAY 8TH

Vitalant Blood Drive 8:30am-
1:00pm FHS Gym

MAY 17TH

Run the Palouse Fun Run

MAY 23RD

NO SCHOOL - Snow Make Up
Day

MAY 26TH

NO SCHOOL - Memorial Day

MAY 27TH

Art Show & Band/Choir
Concert



SMARTER BALANCED ASSESSMENT (SBA) TESTING INFO

Spring is in full swing, and with it comes an exciting opportunity for our students to showcase their skills in the upcoming Spring 2025 Smarter Balanced Assessments (SBA)! We wanted to provide you with the schedule for testing at FHS, so you can mark your calendars.

- 10th Grade ELA: May 5th & 6th, 8:15 am
- 10th Grade Math: May 20th & 21st, 8:15 am
- 11th Grade Science (WCAS): May 8th, 8:15 am

We encourage you to ensure that your student's computer is fully charged prior to testing, so they can dive into the assessments without any technical hiccups. Additionally, if your student will be absent on any of these testing dates, please reach out to Heidi Youseph at your earliest convenience. We'll work together to schedule a make-up time that fits your student's needs. Thank you for your ongoing support in your student's academic journey!

ASVAB TESTING IS NEXT WEEK

The Armed Services Vocational Aptitude Battery (ASVAB) is a standardized test used by the U.S. military to assess applicants' aptitude and determine their eligibility and suitability for different military jobs. It also serves as a career exploration tool for high school and college students, helping them identify their strengths and interests in various fields, including those outside of the military. We will be holding the test here at Freeman for our 11th and 12th grade students who are interested next Tuesday, April 22nd, at 8:15am in the Library. If interested, please sign up with Ms. Youseph.

PLEASE PAY YOUR STUDENT'S FINES & FEES OWED

Many of our students have outstanding fines and fees on their accounts. Statements were mailed out this week but do not include negative lunch account balances. Please go online during spring break and get your student's account cleared. Click the "pay now" button to the right. Your username and password are the same as your Family Access (Skyward) credentials. Please email khayek@freemansd.org if you have any questions.



AP EXAMS: Please note that all AP Exam payments are due by 5/2.





JOIN US FOR OUR ANNUAL FREEMAN FFA

Plant Sale

MAY 3RD, 2025

- Hanging baskets
- Tomatoes
- Basket Fillers
- Geraniums
- Annuals
- Clay pots

Doors open at 9 AM

We are taking cash, card and check!

All money raised goes to supporting our competitions and future plant sales!



IMPORTANT COLLEGE & CAREER READINESS DATES:

- April 22: Spring ASVAB - see Ms. Youseph to sign up
- April 24: SAT School Day
- May 21: Trade Program Discovery Day @ SCC 8am-12pm



Upcoming Sports



4/19 - vs. Kettle Falls 12pm
4/21 - @ Newport 3:30pm
4/22 - @ Chewelah 3:30pm



4/19 - Varsity @ Walla Walla 12:30pm & 4:30pm
4/21 - JV vs. Colfax Dbl Header 3 & 5pm
4/22 - Varsity @ Colfax Dbl Header 3 & 5pm
4/23 - JV @ NWC Dbl Header 3 & 5pm
4/24 - Varsity vs. Colfax 4:30pm



4/19 - Varsity vs. Liberty Dbl Header 12 & 2pm
4/21 - JV @ East Valley 4pm
4/23 - Varsity @ Colfax Dbl Header 3 & 5pm
4/24 - JV vs. Colfax Dbl Header 3 & 5pm



4/19 - @ Colfax 9am
4/22 - @ Lind/Ritzville 3:30pm
4/26 - @ Rogers 10am



4/19 - @ Stoneridge 10am
4/22 - @ Latah Creek 10am
4/24 - JV @ Tekoa 2pm

Sports Links:



Pay Fines/Fees



CONGRATULATIONS



ATHLETE OF THE WEEK

DAKOTA
DAINES

TRACK & FIELD



CONGRATULATIONS



ATHLETE OF THE WEEK

RILYN
RIPKE

SOFTBALL



CONGRATULATIONS



ATHLETE OF THE WEEK

ELI
COTTON

TRACK & FIELD



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.

Student HIGHLIGHTS



PROM *Spectacular*

Student HIGHLIGHTS



Good luck at State FFA Trap

Student HIGHLIGHTS

night of
champions
★★★★★



The Freeman soccer team was invited as the State Champs to attend the Night of Champions at the Seattle Reign game last weekend. A few players and Coach Ellis were able to attend. What an honor!

Student HIGHLIGHTS



State Champion

Congratulations to FHS Senior, Addy Bowen! Over spring break she competed in the state gymnastics meet. She placed 1st in tumbling and 1st in trampoline as well as 3rd in double mini.

She was also awarded the "Inspire Higher" award for her enthusiasm and love for the sport as well as unending support of all athletes and overall positive approach to competition.