



APRIL 25, 2025

THE FRIDAY FLYER

Weekly Newsletter of Freeman High School



509-291-3721

A MESSAGE FROM THE PRINCIPAL

Hello Scottie Parents/Guardians/Families!

It has been another week where FHS students have shined! First, our FFA Trap Team earned their 4th consecutive Washington State FFA State Trap Shooting Championship – Freeman's team of Tracye Rothrock, Gavin Goode, Austin Guinn, Drew Greger and Rex McGowan finished in 1st place out of 50 in the main team event, and Colin McPhillips won the individual State Championship in the boy's division. Throughout the entire tournament, Freeman participants earned 14 out of 35 trophies awarded – congratulations to Coach Vail and FFA Trap! Monday evening, Lexie Kennedy, Aubrey Gregory, Parker Vernon, Vance Coyner, Addison Bowen and Preston Eigenhuis represented Freeman as Spokane Scholars. I am very proud of their academic accomplishments as well as their character - what a super group of senior scholars! This week the ASB also kicked off a fun event that actually begins next week: Color Clash. With no opponent willing to engage in a spirit week this year (think Lakeside and Golden Garment), ASB has been looking for an opportunity to do some fun activities in and around school. Grades 9-12 selected one of four bright colors to represent their class and will compete with one another in games and activities next week. There will also be hall decorating, a movie night, and a fireworks show that is open to the entire community – it should be a fun time for all involved.

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.

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FREEMAN CROSS COUNTRY PRESENTS

Run the Palouse 2025

1 MILE OR 5K

Fun Run

Sat. May 17th - Freeman High School

Cost:

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

1 M - \$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 28TH

NO SCHOOL - P.D. Day

APRIL 29TH - MAY 3RD

Color Clash Spirit Week - see
pg. 3 for details

MAY 3RD

FFA Plant Sale 9am

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!

COLOR CLASH SPIRIT WEEK

Next week FHS will be having a spirit week - Color Clash. Please see the calendar below for a listing of the dress up days, different bell schedules, and special activities. Please note: movie night and blacklight volleyball are only for FHS students, however the whole community is welcome to attend the fireworks on Wednesday, April 30th, at 8pm at the elementary.

	Tuesday April 22	Monday April 28	Tuesday April 29	Wednesday April 30	Thursday May 1	Friday May 2	Saturday May 3
Schedule	AM Activity	PD Day	AM Activity	Standard	AM Activity	PM Activity	Weekend
School Day Activity	Color Clash Kick Off Assembly	Hallway Decorating	Dress in Orange Color Clash Assembly	Dress in Blue	Wear Yellow Nathan Longhurst Motivational Speech	Wear Pink Color Clash Assembly	
Evening Activity		Outdoor Movie SOARS lawn (7pm)	Fireworks FES Lower Field (8pm)	Blacklight Volleyball FHS Gym (7:30pm)	Prom at Centerplace (8-10:30 pm)		



JOIN US FOR OUR ANNUAL
FREEMAN FFA

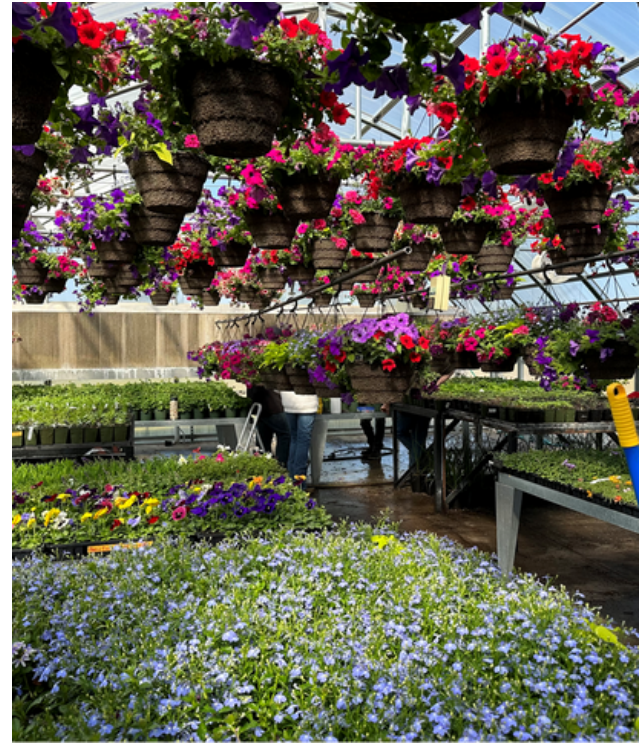
Plant Sale

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!



ATTENTION FREEMAN

COMMUNITY!!



WHEN: Wednesday April 30th

TIME: 7:45

WHERE: FES + FMS Lower fields

Come get hotdogs, hamburgers and chips at 7:30 and then enjoy the show!!

Sponsored by the FHS Associated Student Body

IMPORTANT COLLEGE & CAREER READINESS DATES:

- May 21: Trade Program Discovery Day @ SCC 8am-12pm



Upcoming Sports



4/30 - vs. St. George's 3pm

5/2 - vs. Newport (SENIOR NIGHT) 3:00pm



4/28 - Varsity @ Mt. Spokane 3:30pm

4/29 - Varsity @ Liberty 4:30pm

5/1 - JV vs. Riverside 4pm



4/29 - Varsity vs. Liberty Dbl Header 3 & 5pm

4/30 - JV @ Colfax Dbl Header 3 & 5pm

5/3 - Varsity vs. Colfax (SENIOR NIGHT) 12pm



4/26 - @ Rogers 10am

5/1 - vs. Colfax, Reardan & Asotin @ Home (SENIOR NIGHT) 3:30pm



4/28 - Boys Sub Districts @ Deer Park 11am

4/29 - Girls Sub Districts @ Pasco 11am

5/1 - Girls @ Palouse Ridge Invite 9am

Sports Links:



Pay Fines/Fees



CONGRATULATIONS



ATHLETE OF THE WEEK

TANNER
GOLDSMITH

GOLF



CONGRATULATIONS



ATHLETE OF THE WEEK

KASSIE
BROERS

GOLF



CONGRATULATIONS



ATHLETE OF THE WEEK

VANCE
COYNER

BASEBALL



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



ffa trap **congratulations!**
state champions


SENIOR SPOTLIGHTS THIS WEEK

FUTURE PLANS:
I will be going on a two year mission to Londrina Brazil

2025  2025

QUOTE:
"God's path for you is greater than anything you can plan."

MICHAEL



FUTURE PLANS:
Study health psychology online through EWU while living in England with my family

2025  2025

QUOTE:
"Love the life you live. live the life you love."
- Bob Marley

CHLOE



SENIOR SPOTLIGHTS THIS WEEK

FUTURE PLANS:
Attend EWU to study elementary education


2025  2025

QUOTE:
"Sunsets are proof that endings can be beautiful too."

MEGAN




FUTURE PLANS:
Move to Boise to finish my Associates degree.

2025  2025

QUOTE:
Proverbs 3:24-26. "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord will be at your side and will keep your foot from being snared."

ROWAN



SENIOR SPOTLIGHTS THIS WEEK

SENIOR SPOTLIGHTS THIS WEEK

FUTURE PLANS:
Attending Embry-Riddle Aeronautical University to pursue a degree in Astronomy & Astrophysics. I want to work for NASA and be in Mission Control for the first manned mission to Mars.


2025  2025

QUOTE:
"Imperfection is beautiful, madness is genius and it's better to be absolutely ridiculous than absolutely boring."
-Marilyn Monroe




**A
D
D
Y**

FUTURE PLANS:
Attend WGU to pursue a certificate in teaching, and become an art teacher.

2025  2025

QUOTE:
Samuel replied, "Don't be afraid. Even though you have committed all this evil, don't turn away from following the Lord. Instead, worship the Lord with all your heart."
1 Samuel 12:20



**J
A
D
Y
N**

SENIOR SPOTLIGHTS THIS WEEK

SENIOR SPOTLIGHTS THIS WEEK