



Foothill High School

Flex Day Schedule

Wednesday, September 30th, 2026

General Information.

- **Juniors & Seniors:** The Fall ASVAB will take place on Tuesday, November 3rd. The ASVAB is not just for those interested in the military but it's an Aptitude Test, Interest Self Assessment and Career Exploration. To sign up, see Mrs. Noble in the Career Center located in the Library.
- **Juniors!** The PSAT will be hosted at our school on October 21st. If you are interested in taking the PSAT, please sign up in the Counseling Office. Don't miss this opportunity to practice for the SAT and learn more about your college readiness! **Sign up in the Counseling Office today!**
- **Southern Oregon University** will be on campus Wednesday during FLEX. To attend, be sure and schedule in FlexiSCHED.
- **School Pictures have arrived!** If you ordered please come pick them up from the Main Office.
- **The 4th Annual FHS Hoops Halloween 5K** is coming up, and we're **looking for some zombies** to help light a fire under our runners! If you're interested in dressing up as a zombie and helping scare—I mean motivate—our runners along the course, **see Coach Carter in Room 307** for more information!

ASB/Yearbook

- **Homecoming Spirit week is here!!**
Washington Wednesday - USA
Take me to the Ball Game Thursday - Jerseys/Sports
Friday-Brand New Day/Foothill Verse - Wear Red or Spiderman
- **A Night in New York Homecoming Dance is October 3rd 7-10pm.** Tickets are currently \$55 with ASB and \$75 without, and \$75 for non-FHS students. **In person sales** will be Wednesday, Thursday & Friday during brunch & lunch. Thursday & Friday ticket price is \$80 for everyone. As a reminder, tickets are non refundable and non transferable. Please refer to the Homecoming Website for more information:
<https://sites.google.com/suhsd.net/fhshoco2026?usp=sharing>.
- **Guest Dance Passes for Homecoming** are available in the Main Office and will need to be returned by **Sept. 30th** to Mrs Perales
- **The yearbooks are going FAST!** We only have 64% of our inventory remaining. We sell out every single year, do not wait to purchase. Jostens even offers a pay in three payment plan. Head to jostensyearbooks.com to purchase or email afitzgerald@suhsd.net with questions.
- **Personalized grad ad in the 2027 yearbook!** Current pricing is \$365 for a full page, \$185 for a half page, and \$90 for a quarter page. Head to jostensyearbooks.com to purchase and create your ad.

Athletics

- **JV/Varsity Football:** Friday, Oct. 2 vs McLane @ Foothill (5:00/7:00) (Homecoming)
- **Frosh Football:** Bye Week
- **Volleyball:** Thursday, Oct. 1 vs Red Bluff @ Red Bluff (5:00/00/7:00)
- **Cross Country:** Wednesday, Sept 30 League @ Foothill (3:00)
- **Swim:** Friday, Oct. 2 NorCal Invite @ Anderson (10:00)
- Saturday, Oct. 3 Novice Invite @ Anderson (10:30)
- **Girls Tennis:** Wednesday, Sept. 30 vs West Valley @ Foothill (3:30)
Thursday, Oct. 1 vs Enterprise @ Enterprise (4:00)
- **Girls Golf:** Wednesday, Sept. 30 League @ Canyon Oaks (2:00)
- **Softball Preseason conditioning** will begin October 1st from 3:45-5:30 on the varsity softball field
- **ALL students** participating in sports must complete the athletic clearance through homecampus.com and then pick up a Blue Card from Mrs. Perales in the Main Office.