Foothill High School

Flex Day Schedule **Thursday, November 12th 2026**

General Information

- **Student Store**: Our new Online Cougar Spirit gear. ships directly to your home!! These items are exclusive to the online shop and not sold on campus.Check them out here: https://bsnteamsports.com/shop/kELJpcgKSu
- **Attendance:** Last week's class attendance results:
  Frosh: 96.2% Soph.: 96.0% Junior: 95.8% Senior: 94.9%
  Freshmen, for 2 weeks in a row, had the highest attendance. But, Sophomores improved the most with a 1.2% increase from last week. For the tie breaker: Sophomores not only fewer tardies than freshman, but a lower overall tardy percentage as well. So, congratulations to the Sophomore class who are last week's attendance winners! The Dutch Bros gift card winners from the Sophomore class are Blake Ohlsen and James Stewart.
- **Juniors/Seniors:**
  Students that took the ASVAB on Nov 3rd, the interpretation of your scores will be on Tuesday, November 17th at 8:30am in the library.
- **FFA Ag Boosters Fundraiser Dinner :** November 14th! Email aanderson@suhsd.net for tickets (open to all)

ASB/Yearbook

- **Yearbook:** Make sure you head to jostensyearbooks.com to secure your copy!.
- **Grad Ads 2027**: Full page $365, half $185, quarter $90. Purchase and build at jostensyearbooks.com.

Athletics

- **Cross Country**: Thursday, November 12th @ West Valley (2:00) **NSCIF Section Championships**
- **Varsity Football:** Friday, November 13th VS Shasta (7:00) **NSCIF Quarter Finals**
- **Cross Country:** Congratulations to both the Varsity Girls and Varsity Boys cross country teams for finishing 3rd overall in the EAL-SRL League Championships on November 5th at Foothill High School. We also saw some amazing individual performances and All League Honors. Dean Henry finished 3rd overall in the Varsity Boys race, Vanessa took 5th place overall in the Varsity Girls race and Ryah Kellogg had a photo finish in the varsity girls race, barely missing 1st place by 2 tenths of a second! Ryah finished the 3 mile course in 18:02 and set a new course record! Way to go Foothill!!!
- **Frosh Football:** Congratulations on an undefeated season! 10-0!! Congratulations boys!!
- **Boys Basketball:** Tryouts will be November 9th-11th **Frosh-** 3:30 / **JV**- 5:00 / **Varsity**- 6:30
- **Girls Soccer**: Varsity/JV Tryouts: **CHANGED-** Tuesday Nov. 10th & Thursday Nov. 12th will be held at **Redding Soccer Park 4-6pm**
- **Boys Soccer**: Tryouts will be November 9th,10th & 12th 6:30-8:30 pm
- **Softball:** Fall softball conditioning has been moved to Tuesdays only 3:45-5:30 (Varsity 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.**