



Foothill High School

Flex Day Schedule

Wednesday, October 21st 2026

General Information.

- **Business Club:** No meeting Wednesday 10/21. The club will reconvene next week on a weekly basis: Wednesdays at lunch in Mr. Salyer's Room [314](#).
- **PSAT Reminder:** Wednesday, Oct. 21st @ small gym (8:30)
- **Simpson College:** Simpson University is having a Fall Preview Weekend November 6-7. Spend the night in the dorms, experience campus life and connect with current students. Register [HERE](#) to attend.
- **AP Exams 2027:** Planning to take an AP Exam in May 2027? Payments will be accepted from Monday, Oct. 19th-Friday, Nov. 6th. Cash or checks payable to **Foothill High School** can be given to Mindy in the Main Office. Have questions? Contact the AP Coordinator, Mrs. Smith. ksmith@suhsd.net
- **Juniors & Seniors:** Learn about the NROTC Scholarship opportunity with the Navy during Flex period on Wednesday, October 21st. Register using FlexiSCHED to reserve your spot.
- **Christmas Belles – Tickets on Sale Now!** The Foothill Drama Department presents the hilarious holiday comedy Christmas Belles on November 4, 5, 7, 12, 13 & 14 in the Foothill Drama Room (404). Tickets are \$15 each and can be purchased from Mrs. Hendrickson in Room 404 before or after school, or during brunch. Cash or checks payable to Foothill Drama Club are accepted. Not on campus? Email nhendrickson@suhsd.net to reserve your tickets. **Tickets are going fast, so get yours today!**
- **Club Cougar Auditions:** Thursday, Oct. 22nd: 7-9pm in the student union. **Questions?** Contact Mrs. Hendrickson @nhendrickson@suhsd.net
- **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.
- **The 4th Annual FHS Hoops Halloween 5K and Kids Monster Dash:** 10/31 @ 9 AM at Clover Creek Preserve. Sign: [https://foothillcougars-webstore.myschoolcentral.com/\(S\(z013strpawnzwpip3nkhwydu\)\)/Index.aspx#/1008518/product/45666](https://foothillcougars-webstore.myschoolcentral.com/(S(z013strpawnzwpip3nkhwydu))/Index.aspx#/1008518/product/45666) All proceeds go to support FHS Hoops!!

ASB/Yearbook

- **Yearbook inventory has dropped another 6%.** We only have 52% of our inventory remaining. Contact afitzgerald@suhsd.net with questions. Jostens even offers a pay in three payment plan. Head to jostensyearbooks.com to purchase.
- **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

- **Girls Soccer:** Varsity/JV Tryouts November 9th, 10th and 12th 6:00 pm - 8:00 pm
- **Cross Country:** Congrats to Ryah Kellogg and Dean Henry for placing 2nd in the Varsity Girls and Boys Cross Country races at the Chico Autumn Invitational! Both teams also took 3rd place overall.
- **Cross Country:** Wednesday, Oct. 21 @ Chico- League (3:00)
Saturday, Oct. 24 @ Gibson Ranch Regional Park- Flat Sac Invitational (10:00)
- **JV/Varsity Football:** Friday, Oct. 23 @ Chico (5:00/7:00)
- **Frosh Football:** Thursday, Oct. 22 @ Chico (5:30)
- **Softball:** Fall softball conditioning has been moved to Tuesdays only 3:45-5:30 (Varsity Field)
- **Volleyball:** Thursday, Oct. 22 @ Chico (5:00/6:00/6:00)
- **Swim:** Wednesday, Oct. 21 VS. EAL League Championship (11:00)
- **Girls Golf:** Wednesday, Oct. 21 @ Bidwell League Championship (1:00)
- **Tennis:** Thursday, Oct. 22 @TBA -NSCIF Team Championship
Saturday & Sunday, Oct. 24/ 25 VS. League Championship (9:00)
- **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.

