



# Foothill High School

Flex Day Schedule

Wednesday, October 7th 2026

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## 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 20th. 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!**
- **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!
- **Jessup University** will be giving a presentation on Thursday, October 8th during Flex, to attend, sign up in FlexiSCHED
- **Liberty University** will be on campus Thursday, October 8th during 5th period. To attend, sign up [here](#).
- **Club Cougar Workshop** coming soon! Thursday, October 15th - 7-9pm in the student union. Must be enrolled in a band, choir, or drama class. **Questions?** Contact Mrs. Hendrickson [@nhendrickson@suhdsd.net](mailto:@nhendrickson@suhdsd.net)

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## ASB/Yearbook

- **We only have 58% of our inventory left!** Head to Yearbooks are going at an alarming rate! [jostensyearbooks.com](http://jostensyearbooks.com) to purchase. Contact [afitzgerald@suhdsd.net](mailto:afitzgerald@suhdsd.net) with questions. We sell out every single year, do not wait to purchase. Jostens even offers a pay in three payment plan. Head to [jostensyearbooks.com](http://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](http://jostensyearbooks.com) to purchase and create your ad.

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## Athletics

- **JV/Varsity Football:** Friday, Oct. 9 @ Red Bluff (5:00/ 7:00)
- **Frosh Football:** Thursday, Oct. 8 @ Red Bluff (5:00)
- **Swim:** Wednesday, Oct. 7 VS. Chico (4:00)
- **Tennis:** Thursday, Oct. 8 VS. Red Bluff (4:00)
- **Cross Country:** Friday, Oct. 9 Coed Invite @ West Valley (11:00)
- **Volleyball:** Thursday, Oct. 8 VS. Enterprise (5:00/ 6:00/ 7:00)
- **Girls Golf:** Thursday, Oct. 8 @ Wilcox (2:00)
- **Interested in Girls Soccer?** Informational meeting on Thursday, Oct. 8th in room 312 during lunch.
- **ALL students** participating in sports must complete the athletic clearance through [homecampus.com](http://homecampus.com) and then pick up a Blue Card from Mrs. Perales in the Main Office.