Foothill High School

Regular Day Schedule **Monday, November 16th 2026**

General Information

- **Seniors:** The U.S. Air Force will be giving a presentation to Senior students interested in the Air Force & Space Force. The presentation will be during 1st period on Thursday, November 19th. Presentation is limited to the first 25 Seniors to SIGN UP.
- **Cal Poly Humboldt** will be on campus for a presentation on Wed, Nov 18th during 3rd period. To attend, sign up HERE.
- **Oregon Institute of Technology** will be on campus for a presentation on Thurs, Nov 19th during 6th period. To attend, sign up HERE.
- **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
- **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.

ASB/Yearbook

- **The Glowchella Dance flash sale** for ASB sticker holders will be on November 18th on the webstore. General admission is $35 and VIP is $55. VIP admission comes with the following: skip the line access, custom wristband, body glitter, henna, sunglasses, glow sticks, hair tinsel, bandana, face gems, candy, neon face paint, and a food or drink item from one of our vendors. Don't have an asb sticker? It's not too late to purchase one! Please direct questions to afitzgerald@suhsd.net
- **Yearbooks:** Yearbook quantities have dropped another 4% leaving us with just 46% of our inventory left! Head to jostensyearbooks.com to purchase. Please email afitzgerald@suhsd.net with questions.
- **Grad Ads 2027**: Full page $365, half $185, quarter $90. Purchase and build at jostensyearbooks.com.

Athletics

- **Boys Soccer Tryouts:** For travel soccer players Nov. 16th -19th 6:30-8:30pm
- **Cross Country**: **Congratulations** to the boys and girls cross country teams and their performances at the Section Championship meet at West Valley High School on November 12th. The varsity boys team finished 7th overall out of 23 teams, while the varsity girls team finished 5th overall out of 16 teams. There were three individual standout performances as well. Dean Henry came in 11th overall out of 223 varsity boys runners and qualified for the State meet in Fresno on November 28th. Ryah Kellogg and Vanessa also qualified for the state meet with Ryah finishing 3rd overall and Vanessa finishing 11th out of 133 varsity girl runners. Way to go Foothill and good luck at state!
- **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.**