



Foothill High School

Flex Day Schedule

Wednesday, September 16th, 2026

General Information.

- **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!
- **College Quest 2026 College Fair is Monday, September 21st** from 5:30pm-7:30pm **at Shasta College**. This is a free event with over 40+ colleges present including private, trade and military. There is also a **financial aid table with counselors available to answer questions**.

ASB/Yearbook

- **A Night in New York Homecoming Dance is October 3rd 7-10pm.** Tickets are currently \$45 with ASB and \$65 without, and \$65 for non-FHS students. **In person sales are the 15th and 16th**, at brunch and lunch in room 207. **Cash or check only.** 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>. The current sales window ends on the 16th.
- **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

- **Varsity/JV Football** Bye Week
- **Frosh Football:** Thursday, Sept. 17 vs Sutter @ Sutter (5:30)
- **Volleyball:** **Tuesday**, Sept. 15 vs Enterprise @ Enterprise (5:00/6:00/7:00)
Thursday, Sept. 17 vs Gridley @ Gridley (4:30/5:30/6:30)
Saturday, Sept. 19 West Valley Frosh Tourney @ West Valley (TBA)
- **Girls Golf:** **Thursday**, Sept. 17 League @ Grape Ranch (2:00)
- **Swim:** **Wednesday** Sept. 16 vs Pleasant Valley @ Foothill (4:00)
- **Cross Country:** **Friday**, Sept. 18 Steve Nesheim Invite @ Shastice Park (10:00)
- **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.