



Howard Cadenhead, Principal  
Suzanne Ambrosini, Assistant Principal  
Greg Crannell, Assistant Principal  
Louise Cranston, Assistant Principal  
Eric Eklund, Assistant Principal  
Nicole Estrada, Assistant Principal

June 30, 2025

Folsom High Students and Families,

I hope you are enjoying your summer! I realize it is early in summer, but I want to welcome you to the 2025-2026 School year.

We have had a lot of construction and changes to our facilities this summer as we redesign our administration and counseling building, rename classroom buildings, paint the school, modernize our multi-purpose room and serving area, replace our stadium turf, add video scoreboards to our stadium and gymnasiums, add security fencing and more.

Please take time to carefully review the information in our summer email. Seniors, this information is critical for you as you enter a busy but exciting year.

We are excited as always to welcome incoming 9<sup>th</sup> grade students and families. We will see you on July 30 for our Link Crew Mentoring and Orientation event. New Families: Please join me July 30, 10:30 – 12:00 in our Theatre for an introduction and overview of how to be successful at Folsom High. You will be able to pick up your student from Link Crew at the end of my presentation.

Our focus this year will be in reinforcing our Folsom High Guiding Principles that were developed by students, parents and staff:

- Represent Your School Positively
- Create Community
- Celebrate the Success of Others
- Look to Lead
- Give Grace

Students, it is our hope that each of you will find a time and place to grow your leadership this year. We will talk more about this in August!

We will also communicate a great deal this year about our FHS Guiding Principles of Grading:

- Grades accurately reflect proficiency
- Grades accurately communicate proficiency
- Effort improves outcome



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We are excited to have teams of teachers refining grading practices to ensure that we support the above principles and ensure that all students are successful.

Based upon student feedback this past spring, we have made the following changes to our grading policies:

- Folsom High Teachers will not offer “extra credit.” Students who have demonstrated proficiency may have the opportunity for extension opportunities.
- All teachers who use a traditional grading scale will be aligned in rounding up at 59.5%, 69.5%, 79.5% and 89.5%.

We have worked hard to align key practices and provide students with consistency while recognizing that different disciplines or subjects may benefit from different systems of evaluation.

We are welcoming fifteen new teachers to our talented, veteran staff. We will be introducing new staff through our bi-weekly newsletter, Instagram Site ([Folsom\\_High\\_News](#)), and Facebook (<https://www.facebook.com/FolsomHighNews>).

We continue to improve our website, and we have added many dates to our [site calendar here](#).

Because we have added three minimum days to our calendar, we had to add two minutes to our day to meet our state mandated minutes. This means that our school day now ends at 3:35. Updated bell schedules are available on our [“FHS Student Hub” here](#).

Finally, our Parent, Teacher, Student Association and Athletic Booster Clubs are focused on raising money to purchase three vans to support our many school events including field trips, academic competitions, college visits and athletics. Our current three vans are no longer functional for trips outside our community. Please look for opportunities to support this urgent need for students.

We look forward to seeing you soon! Do not hesitate to contact us if you have questions.

Howard Cadenhead, Principal



Welcome back, Seniors, Class of 2026!

Over the summer, our campus has undergone several construction projects and upgrades—including the renaming of some buildings. Please take a moment to review the updated [Campus Map](#) so you'll know where your classes are on the first day of school.

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### **Stay Connected: Check Our Website**

Throughout the school year, our FHS website will be your go-to source for important information, including calendars, contact info, deadlines, and documents.

[Check the Seniors – Class of 2026 website](#) for all senior events and dates.

**Website:** [www.fcusd.org/fhs](http://www.fcusd.org/fhs)

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**Counseling:** Find class schedule information and more in [Counseling Corner 2025 – 2026 flyer](#)

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### **Senior Portraits:**

Seniors must have their portraits taken by Prestige Photography to be featured in the yearbook; no outside photography will be accepted. The deadline for Senior Portraits is mid-November. [Schedule your portrait here](#). You are not obligated to purchase a photo package and a no cost "yearbook image" only session is available upon request.

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### **First Day of School**

**Date:** Thursday, August 7, 2025

**Start Time:** 8:30 a.m.

Zero-period classes begin Friday, August 8 at 7:30 a.m.

Regular dismissal is at **3:35 p.m.** on Mon/Tue/Wed/Fri.

Thursdays are early release days with a **1:58 p.m.** dismissal.

**Bell Schedules:** [Click here](#)

## School Merchandise

### Online Purchases

**Dates:** July 28 – August 6

Visit the Student Accounts online store via the FHS website. A flat \$0.95 transaction fee applies. Items will be available for pickup at school.

### In-Person Purchases

**Start Date:** August 7

Bring a completed **25–26 Merchandise Form** and payment to Student Accounts (at the back of the Administration Building).

Payment methods: credit card, cash, checks (payable to Folsom High School), or Apple Pay.

**Merchandise Form:** [Click here](#)

### Pick-Up Details:

- **Parking Permits & Sports Passes:** Student Accounts
- **PE Clothes:** Distributed in PE class
- **Class Shirts:** Watch for details on shirt stations
- **ID Cards:** Issued on picture days

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## Back to School Night

**Date:** Wednesday, September 3, 2025

**Time:** 6:00 p.m. (5:45 p.m. for zero-period classes)

Meet your student's teachers and learn about class routines and expectations.

This is not a parent-teacher conference night, but teachers are always available for contact directly.

*Note: Students will be dismissed at 12:53 p.m. on September 3<sup>rd</sup> to allow staff time to prepare.*

**Bell Schedules:** [Click here](#)

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## Questions?

Visit [www.fcusd.org/fhs](http://www.fcusd.org/fhs) or contact the main office for support.

We look forward to seeing you on the first day of school!

Go Bulldogs!

Attached documents:

- Counseling Corner information
- Regular Day Bell Schedule
- 25-26 Merchandise Form
- Senior portrait scheduling instructions
- Senior portrait price sheet

# Class Schedule Availability

## Freshmen

will receive their schedules at the **Link Crew Freshman Orientation** on **Wednesday, July 30**

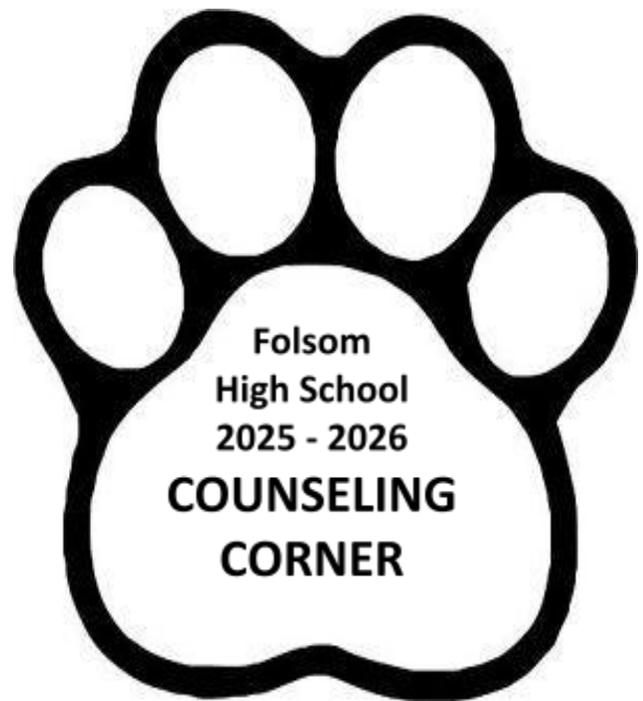
## Sophomores, Juniors & Seniors

(who were enrolled with an FCUSD school during 2024/25) will be able to access their schedules through their portals starting on **Friday, August 1**

## Sophomores, Juniors & Seniors

(who were NOT enrolled with an FCUSD school during 2024/25) will be able to pick up their schedules on **Monday, August 4** in the Administration Office.

If the schedule contains an error, see process below;  
Do not email your Counselor



**\*Students are encouraged to carry a printed copy of their schedule with them on the first day of school.**

## SCHEDULE CHANGE REQUESTS

Schedule Change Requests will only be considered for the following reasons:

- To Meet Graduation or a-g requirements
- Level Changes
- Blank in Schedule

**Be advised that it is highly unlikely that elective changes will be honored.**

A Schedule Change Google Form will be available on our FHS Counseling Website beginning on **July 30 for incoming 9th grade students and on August 1st for 10-12th grade students. The form will close on August 4th at 12pm. Late request may not be honored.**

By choosing to submit a **Schedule Change Request**, you are accepting **ALL** schedule changes deemed necessary to fulfill your Schedule Change Petition including changes in class periods, lunch periods and/or teachers.

If changes have been approved, revised schedules will be available by **Wednesday, August 6 by 3pm** on Student Powerschool Portals.



## FOLSOM HIGH BELL SCHEDULE 2025-2026

### Mon – A Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	9:29
Pd 2	9:36	-	10:35
Pd 3	10:42	-	11:45
Lunch	11:45	-	12:20
Pd 4	12:27	-	1:25
Pd 5	1:32	-	2:30
Pd 6	2:37	-	3:35

### Mon – B Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	9:29
Pd 2	9:36	-	10:35
Pd 3	10:42	-	11:45
Pd 4	11:52	-	12:50
Lunch	12:50	-	1:25
Pd 5	1:32	-	2:30
Pd 6	2:37	-	3:35

### Tue – A Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	10:12
PAWS	10:19	-	11:19
Lunch	11:19	-	11:54
Pd 3	12:01	-	1:47
Pd 5	1:54	-	3:35

### Tue – B Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	10:12
PAWS	10:19	-	11:19
Pd 3	11:26	-	1:12
Lunch	1:12	-	1:47
Pd 5	1:54	-	3:35

### Wed – A Lunch

Pd 0	7:30	-	8:23
Pd 2	8:30	-	10:12
PAWS	10:19	-	11:19
Lunch	11:19	-	11:54
Pd 4	12:01	-	1:47
Pd 6	1:54	-	3:35

### Wed – B Lunch

Pd 0	7:30	-	8:23
Pd 2	8:30	-	10:12
PAWS	10:19	-	11:19
Pd 4	11:26	-	1:12
Lunch	1:12	-	1:47
Pd 6	1:54	-	3:35

### Thu – A Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	9:13
Pd 2	9:20	-	10:03
Pd 3	10:10	-	10:56
Pd 4	11:03	-	11:45
Lunch	11:45	-	12:20
Pd 5	12:27	-	1:09
Pd 6	1:16	-	1:58

### Thu – B Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	9:13
Pd 2	9:20	-	10:03
Pd 3	10:10	-	10:56
Pd 4	11:03	-	11:45
Pd 5	11:52	-	12:34
Lunch	12:34	-	1:09
Pd 6	1:16	-	1:58

### Fri – A Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	9:29
Pd 2	9:36	-	10:35
Pd 3	10:42	-	11:45
Lunch	11:45	-	12:20
Pd 4	12:27	-	1:25
Pd 5	1:32	-	2:30
Pd 6	2:37	-	3:35

### Fri – B Lunch

Pd 0	7:30	-	8:23
Pd 1	8:30	-	9:29
Pd 2	9:36	-	10:35
Pd 3	10:42	-	11:45
Pd 4	11:52	-	12:50
Lunch	12:50	-	1:25
Pd 5	1:32	-	2:30
Pd 6	2:37	-	3:35

#### A Lunch Locations

G Building; B Building; C Building  
D Building; A Building; LRC; Theater

#### B Lunch Locations

Portables; Café; CTE; E Building;  
F Building; Gym; Music; [Stu.Gov](http://Stu.Gov)  
All Science Classes have B lunch

Lunch Determination: M, W, F: 4th period location. T: 3rd period location. TH: 5th period Location.



# Prestige

Photography  
by Lifetouch

**STEP ONE:** Go to the booking website

For the Elk Grove studio:

<https://local.prestigeportraits.com/ca/elk-grove/3159-dwight-rd.html>

For the Citrus Heights studio:

<https://local.prestigeportraits.com/ca/citrus-heights/7916-alta-sunrise-lane.html>

**STEP TWO:** Create an account or log in (if you already have an account from prior graduates)

**STEP THREE:** Click on "Book Appointment"

**STEP FOUR:** Type in Your School Name in the school search field

**STEP FIVE:** Be sure to select "Your School Name" [Grad Year 2026]

**STEP SIX:** Select the session type that you want. Read the details carefully. Whatever you decide, you DO NOT PAY until you get to the studio.

If you want to take photos ONLY FOR YEARBOOK PURPOSES, select the MINI SESSION. Once you arrive to your appointment, let them know that you're there for the "No Pay Yearbook Only" session and you will not be charged.

- If you are trying to schedule the **NO COST YEARBOOK** only session, please select the mini session and when you arrive to the payment options, select pay upon arrival. When checking in to your appointment, inform the Prestige team that you are photographing Yearbook Only. You will receive 2 - 3 images in yearbook attire and yearbook background.

**STEP SEVEN:** Select the date and time that works best for you. DO NOT schedule a session during school hours as this is an unexcused absence.

**STEP EIGHT:** Complete the contact form and "Finalize Appointment"

**STEP NINE:** Remember your log in details and have fun at your photography session!



ELK GROVE STUDIO



CITRUS HEIGHTS STUDIO

# Prestige Photography

by Lifetouch

**RESERVE YOUR  
SESSION TODAY**

*Studio locations are designed  
for photography purposes only  
and do not have a local phone  
number to contact.*

CITRUS HEIGHTS



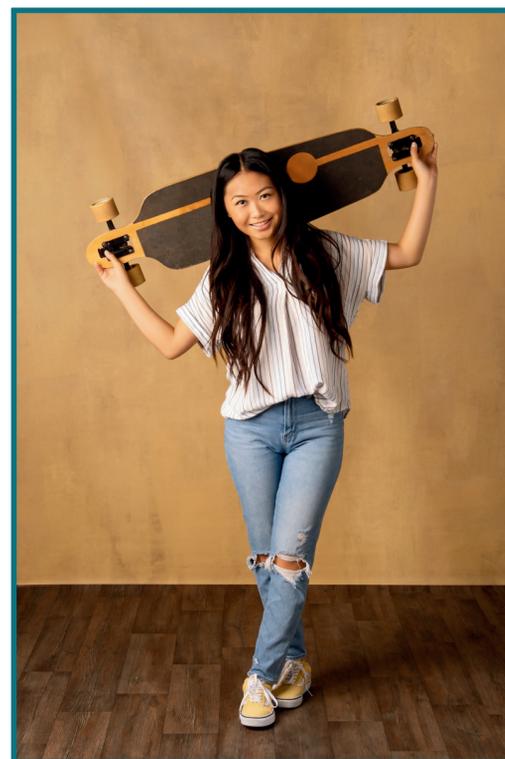
7916 Alta Sunrise Lane  
Citrus Heights, CA 95610

ELK GROVE



3159 Dwight Rd  
Elk Grove, CA 95758

*Online scheduling  
is available  
NOW*



## Session Types Available

View how you can capture your unique style!

\$50

**ULTIMATE**

UP TO:

32 POSES

9 BACKGROUNDS

5 OUTFITS\*

\$40

**MOST  
POPULAR**

UP TO:

24 POSES

6 BACKGROUNDS

4 OUTFITS\*

\$30

**ESSENTIAL**

UP TO:

18 POSES

3 BACKGROUNDS

3 OUTFITS\*

\$20

**MINI**

UP TO:

8 POSES

1 BACKGROUNDS

2 OUTFITS\*

**\*YEARBOOK IMAGE IS INCLUDED IN YOUR SESSION**

**NO COST YEARBOOK ONLY SESSION AVAILABLE UPON REQUEST  
INCLUDES 2-3 IMAGES, YEARBOOK ATTIRE, YEARBOOK BACKGROUND ONLY**

In need of customer support, please visit our website <https://prestigeportraits.com/>

Use the Get Support Chat feature

or call 1-800-736-4775 Weekdays: 6:00 AM – 4:00 PM PST