



COUGAR COUNTRY

Two North Catalina Street
Ventura, CA 93001



Bulletin for August 30, 2017

STUDENTS

Lunch menu for Wednesday

Mini Cheese Ravioli with Marinara Sauce
Spicy Chicken Sandwich
Peanut Butter and Jelly Sandwich, Cheeseburger
Turkey and Cheese Hoagie
Chicken Caesar Salad with Dinner Roll
Pizza, Cheese, Pepperoni

Vegetables
Seasoned Potato wedges, Polka Dot Tots
Dill Pickle Chips
Fruit, 100% Juice Varieties
Cilantro Lime Brown Rice
1% Milk, Non-Fat Chocolate Milk, Lactaid, Soy Milk

Lunch menu for Thursday

Sriracha Chicken Pineapple Bowl
Crispy Chicken Sandwich
Peanut Butter and Jelly Sandwich,
Bean and Cheese Burrito
Turkey Ham and Cheese Hoagie
Chicken Caesar Salad with Dinner Roll
Vegetables, ranch dressing
Polka Dot Tots, Jicama with Chili

Zucchini with Lime and Chili
Fruit
100% Juice Varieties
HOTM - Summer Watermelon Salad
Southwestern Pasta Salad
Milk, 1% Milk
Non-Fat Chocolate Milk, Lactaid, Soy Milk

REMINDER- Please if you have not done so, complete the bright pink form from your summer packet and return it to your teacher or the guidance office as soon as possible. **RYDER**

STUDENT PARKING PERMITS: Get your 2017-2018 student parking permit TODAY! You have until September 6, 2017 to park in the student parking lot without a parking permit. Starting September 7, 2017 citations will be issued to cars parked without a parking permit. So don't delay, get your parking permit today. **RAMIREZ**

STUDENTS under 18 years old who are currently working need to renew their work permit. Stop by the Career Center (room 107) for the paperwork. **SMYLE**

CAREER CENTER HAPPENINGS

STUDENTS: Are you interested in attending a Service Academy? Foothill High School is hosting an information night on September 14th at 6 pm. Representatives from the US Naval Academy, US Military Academy, US Air Force Academy, US Merchant Marine Academy and US Coast Guard Academy will be sharing information about their programs. **ROBERTS**

STUDENTS: We have 24 colleges and universities scheduled to visit VHS so far! This Thursday, August 31st, University of Tennessee, University of Edinburgh (Scotland), and Arizona State University will be here, and on Friday, September 1st, Hawaii Pacific University will be here. You can sign up to hear these presentations through your Naviance account or drop in the career center to add your name to the list. Mrs. Roberts

STUDENTS: Many elite universities, including Tufts, University of Chicago, Pitzer and Harvey Mudd College offer all-expenses-paid fly-in opportunities for underrepresented high school seniors. Additional information is available in the career center. **ROBERTS**

STUDENT VOLUNTEER OPPORTUNITY: The Oxnard Jazz Festival is looking for volunteers for Saturday September 9th. Volunteers are needed for registration table, parking, shuttle area, setup, breakdown and runners. Volunteers will be able to enjoy the festival after their shift. Event organizers will certify your hours and provide a letter of recommendation. See Mrs. Roberts in the career center for more info.

STUDENT VOLUNTEER OPPORTUNITY: The Middle School Youth Center (at the First United Methodist Church next to Cabrillo Middle School) is looking for volunteers to assist with their after school program. The center is open M-F from 3:00 to 5:15 pm. Volunteers can serve one day or multiple days a week. See Mrs. Roberts in the career center for more info. **ROBERTS**

STAFF AND STUDENTS

Nothing to report.

CLUBS

WILLKOMMEN! THE GERMAN CLUB will meet every Friday at lunch in Room 131. You do not need to know German or be in German class to join! Come share in the fun, food, and games. Learn about German culture and help prepare for the exchange in the spring! See you there. **REICH**

THE GEOGRAPHY CLUB is the new name for last year's International Club. Come to Room 131 on Wednesdays to learn about and celebrate other cultures, meet people of different ethnicities, and prepare for the Geography Competition in November. **REICH**

ART CLUB- On Wednesday the 30th, Art Club is going to have its first meeting in Mrs. Minadeo's room (rm 20) during lunch.

SPORTS

GIRLS SOCCER- If you are interested in girls soccer tryouts are August 28, 29 and 31st from 7:30pm – 9:30pm.

9th and 10th graders; Monday

11th and 12th graders; Tuesday

Call backs will be on Thursday. See Mr. Tackett in room 279 if you have any questions.

BOYS SOCCER TRYOUTS- September 4th for freshman and sophomores: 7:15 – 9:15 pm

September 5th for Junior and seniors: 7:15 – 9:15 pm

September 7th for all call backs: 7:15 – 9:15 pm

All tryouts and call backs will be at Iarrabee stadium. See Mr. Tackett if you have any questions.

STAFF

Nothing to report.

FIELD TRIP/EXCURSION INFORMATION

Nothing to report.