



2018

Ventura High School Cougar Country

2019



Bulletin for January 30 - 31

Students

Student Assistance Program (SAP) is offering group sessions. If you are interested, pick up a consent form from Mrs. Richards in room 41. Groups offered include: Drug counseling; grief counseling; relationships; anger management; stress management; self-compassion (aka, self-esteem)

Students interested in Honors English- 10th grade- for next school year: Please remember the testing windows on Tuesday, February 12 and Wednesday, February 13.

Textbook obligations will be cleared immediately when the book is returned in good condition. If a textbook is lost or damaged beyond repair, come to the library and ask how to replace the book at a lower cost.

STUDENTS: The next ACT test to be held on the VHS campus will be on April 13, 2019. You can register online at www.act.org. The registration deadline for the April exam is March 8th. Please see Mrs. Clobes in Room 212 if you have any questions. Taking the ACT in addition to the SAT can strengthen your college application!

THE TWELFTH ANNUAL PHOENIX CHARITY TRIATHLON will be held on Sunday, March 3, 2019. We will be raising funds for the Cameron Helmer memorial fund. Please see Mr. Locher in room 208 for an entry form or more information.

Staff & Students

VHS Theater presents the Winter Showcase - "Showcase Showdown" Friday & Saturday 2/1 - 2/2 @ 7pm in little theater. Tickets \$5/ students; \$7/ adults. Come see the best scenes & monologues of the semester & The What? Improv Troupe with special appearances from some of this year's faculty improve!



Sports

Boys Volleyball tryouts: Today, Wednesday @ 7:30 pm in the Main St gym. All grades (9-12) are welcome!

C.O.U.G.A.R

O = Optimism

Community builders



Tuesday

Read an article or see a video to learn a skill you haven't mastered yet. Share it with someone

Wednesday

When presented with unpleasant news or challenges look for a positive solution- resist negativity

Thursday

Remind yourself that you grow stronger by overcoming challenges and helping others

Friday

Write down the tough tasks you accomplished this week- celebrate. Then write a goal for next week, create a checklist to complete it, share with a friend, and describe how you intend to celebrate its completion.

Field trips

Date	Time	Teacher	Program	Destination
1/30	6:00am - 11:00pm	Hernandez, K.	Applied Arts/ Honors foodservice	Disneyland & California Adventures, Anaheim
2/1	9:00am - 2:00pm	Solis	ED program	Ventura County Office of Education
2/6	8:00am - 2:00pm	Hays	Applied Arts/ Auto Shop	Ventura College
2/6	7:30am - 3:30pm	Bergfeld	AVID	DATA Middle School & Anacapa Middle School
2/7	7:30am-1:00pm	Castillo	ELAC	Cal Lutheran University
2/7	8:00am - 3:00pm	Sellers	Journalism/Government	LA Times Olympic Printing Plant
2/8	6:45am - 6:00pm	Hays	Auto Shop	NHRA Motorsports Museum, Auto Club Drag Way, Pomona
2/13	1:30pm - 3:30pm	Withers Schroeder	AVID	Cabrillo Middle School
2/21	8:00am - 2:30pm	Togneri	Health	VCOE - Teens Kick Ash Anti-Smoking Conference

Career Center Happenings

SENIORS: 2019 Ronald Reagan Presidential Foundation Scholars Program- Deadline February 22, 2019 this program will recognize outstanding local students with awards totaling \$50,000. Seniors attending Ventura County high schools who possess outstanding leadership, character, communication skills, academic achievement, and commitment to Ventura County are invited to complete the application for this award. For more information and to apply visit <https://www.reaganfoundation.org/education/scholarship-programs/ronald-reagan-presidential-foundation-scholars-program/>

Clubs

Banner Bold- Creative writing has only 1 month to finish banner bold. So, submit your pieces, the due date is March 1st. - G. Raney