



2019

Ventura High School Cougar Country

2020



Bulletin for October 14 - 15

The E.P. Foster Library is offering Fall Break volunteer opportunities. Be a part of Horror in the Stacks, a “haunted house” experience in the library. All volunteers must be 13 years of age minimum, and have a volunteer application on file (applications available in the VHS library).

VC Open House: Learn about Ventura College’s Career Education Programs at their Open House on Wednesday, October 23 from 5:00-7:00 pm. Participating programs include agriculture, architecture/drafting, automotive technology, medical assisting, welding, and nursing. Register at <https://vccareeropenhouse.eventbrite.com>.

Scholarships

Become an Edison Scholar. Edison International is awarding \$40,000 college scholarships to 30 high school seniors to help them follow their dreams in science, technology, engineering or math (STEM)

Eligibility requirements include:

- Must be a high school senior and show financial need
 - Have a minimum 3.0 GPA
 - Live in Southern California Edison’s service area
 - Plan to attend a four-year college or university and pursue studies in science, technology, engineering or math (STEM)
- Apply now: October 1 – December 16. For details and to apply, please visit edisonscholars.com.

October is National Anti-bullying month. As part of your daily bulletin for this month, you will be given a new statistic with each bulletin. Please use these statistics to have a conversation with your friends/classmates/teachers/family/community on how you –and they- can be part of the solution against bullying behavior. Here is today’s statistic:

- ✚ Of those students who reported being bullied, 13% were made fun of, called names, or insulted; 12% were the subject of rumors; 5% were pushed, shoved, tripped, or spit on; and 5% were excluded from activities on purpose (National Center for Educational Statistics, 2016).

Upcoming events:

- October 18- Fall Backstage Café Improv Show, Auditorium 7:00pm
- October 22- Minimum day. 12:02pm dismissal
- October 25- Ventura vs Buena Games
- October 28 – November 1- Fall break

BannerBold: They are looking for writers to submit their work for publishing and even cash prizes. Submit work by emailing it to bannerbold@gmail.com.

Campus Pride College Fair for LGBTQ+ and Ally Students is Saturday, October 19th from 11:30 to 1:30 pm at Los Angeles City College. Go to <https://www.campuspride.org/collegefair/> for more info.

C.O.U.G.A.R.

O= Optimistic

Community builders



Monday	Tuesday	Wednesday	Thursday	Friday
Set hopeful but realistic goals for the week ahead	Do something to overcome an obstacle you are facing	Share your most important goals with people you trust	Thank yourself for achieving the things you often take for granted	Make a list of things you are looking forward to on the weekend



School field trips



DATE	TIME	TEACHER/ COORDINATOR	DESTINATION	# OF STUDENTS
10/12 thru 10/13	TBD	Lewandoski	San Benito H. S. , Hollister	6
10/14	7:15am - 5:00pm	Miyata	Westmont College and UCSB	50
10/18	9:30am - 1:00pm	Cohen	Century 10 Downtown	100
10/18	10:00am - 11:00pm	G. Murphy, Rickard	Pleasant Grove High School	16
10/21	8:15am - 3:30pm	Minadeo	Getty Villa Museum	60
10/23	9:40am-12:00pm	Clobes	Ventura County Medical Center	6
10/23	10:45am-12:40pm	Sovich	Ventura County Medical Center	6

Career Center

TARGET is having a hiring event **October 11-13 and November 2-3 at 10am until 6pm**. Students should apply on line www.targetseasonaljobs.com Stop by the career center for any questions.

Hispanic Heritage Foundation's 2019 Youth Awards is now accepting applications. To be considered student must be a senior with a minimum 3.0 and be of Hispanic heritage.

For more information visit www.HispanicHeritage.org **Deadline is October 15, 2019**

Texas A & M University- Brockman Scholars Program is looking for Seniors interested in STEM & Business Scholarships. This is a merit-based full-ride that covers five years of study at the College Station campus of Texas A & M University. Apply at www.brockmanfoundation.org Deadline December 1, 2019.

Ventura Pet Wellness & Dog Training Center will be hosting their 3rd annual Animal Career Fair on Sunday October 13th from 10 am to 1 pm. Learn about a variety of animal related fields and careers. This free event is located at 3521 Arundell Circle #B Ventura.

Volunteer Opportunity: Ventura Wild Wilderness Discovery Programs is looking for student volunteers to help elementary students develop leadership and build wilderness skills. More information available in the College and Career Center.

Project Understanding is looking for volunteer tutors to work with elementary students at the Temple Beth Torah Tutoring Center. Two sessions a day: 3:00-4:00 pm and 4:00-5:00 pm. Come to the College & Career Center for more information and to find additional volunteer opportunities.