



2019

Ventura High School Cougar Country

2020



Bulletin for October 9 - 10

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).

Spirit Week:

Monday- PJ day

Tuesday- College t-shirt day

Wednesday- Dress like it’s the 80’s

Thursday- Wear your floral print

Friday- Wear your black & gold

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.

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>.

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’s today’s statistic:

- ✚ A meta-analysis of 80 studies analyzing bullying involvement rates (for both bullying others and being bullied) for 12-18 year old students reported a mean prevalence rate of 35% for traditional bullying involvement and 15% for cyberbullying involvement (Modecki, Minchin, Harbaugh, Guerra, & Runions, 2014).

Upcoming events:

- October 12- Homecoming Dance, Main St gym, 8:00pm
- 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

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 |
|---|---|--|---|--|
| Take the first step towards a goal that really matters to you | Make progress on a project or task you have been avoiding | Avoid blaming yourself or others. Just find the best way forward | Look for the good intentions in people around you today | Re-frame a problem you face as a potential opportunity |



School field trips



| DATE | TIME | TEACHER/ COORDINATOR | DESTINATION | # OF STUDENTS |
|---------------------|-------------------|-------------------------|---------------------------------|------------------|
| 10/9 | 3:00pm - 8:00pm | Lewandoski | Santa Paula High School | 6 |
| 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 |

Career Center

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.

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.