



2018

Ventura High School Cougar Country

2019



Bulletin for February 20 - 21st

Students

PTSA senior scholarship program: Applications are now available for seniors. Pick up an application for both the state PTA and VHS PTSA scholarships in the career counseling center. The only requirement is that you be a member of the VHS PTSA. Applications for membership in VHS PTSA will also be available in the Career counseling center. The applications deadline is March 31—essays are required so don't delay—go get your scholarship applications today!!

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)

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.

Seniors

Diploma name verification -

Names are posted on outside of Admin building switchboard window. Please stop by to verify name and spelling. If there are any errors see Mrs. Ryder during break or lunch in the Admin office.

AP Registration!

AP Exam registration is open! The last day to register for AP exams at VHS is **Friday, March 8**. Pay at the student store, then turn in your yellow registration form with your receipt attached to Ms. Adamich in the library. Registration packets are in AP classrooms and in the library.

Clubs

Banner Bold- We need more submissions! Send in your pieces to bannerbold@gmail.com and win a cash prize. The deadline is March 1st and the theme is bloom.

- G. Raney



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

U= Understanding

Community builders



Monday

Look for the good side when other people frustrate you.

Tuesday

Send an encouraging note to someone who needs a boost.

Wednesday

Actively listen to what people say, without judging them

Thursday

Give sincere compliments to three people you meet today

Friday

Make a plan to meet up with others and do something fun

Field trips

Date	Time	Teacher	Program	Destination
2/20	3:15pm-7:00pm	Lewandoski	Agriculture	Camarillo High School
2/21	8:00am - 2:30pm	Togneri	Health	VCOE - Teens Kick Ash Anti-Smoking Conference
2/23	7:45am - 4:00pm	Bergfeld	AVID	Moorpark College
3/5	8:00am-1:30pm	McEntyre	ROP Environmental Field Studies	Ventura River

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/>