



2019

Ventura High School Cougar Country

2020



Bulletin for March 6

SENIORS ONLY!

If you qualify or THINK you might qualify for
the **VUSD Multilingual Seal** or the **State Seal of Biliteracy**
Completed forms are due today, Friday March 6th 2020
to Mrs. Scovell in room 119 no later than 3:45 pm.



Summer Program Opportunities: There are many programs this summer offered by colleges for high school students overseas and in the states. Stop by room 107 for more information.

AP exam Late Registration ends today, Friday, March 6.

AP exam information and registration forms are available in AP classrooms, the library and office. Students must turn in their AP exam registration form with the receipt attached at the library by Friday.

Our Yearbook is almost complete! If you have a club, sport and/or class you want in the yearbook, contact Mrs. Guerrero in room 90 or 105.

Math 1, 2 & 3 Help is HERE!

Mr. Biller's room (108) Wednesdays during 1st period
and Thursday from 3:15 to 4:15pm;
Mr. Rivera's room (56)
Monday – Thursday during lunch.

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

S = Selfless

Community builders



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Broaden your perspective. Being selfless starts with having the ability to see beyond your personal concerns and empathize with others, even those you've never met.</i>	<i>Think about how other people feel. Empathy and selflessness go hand in hand. If you understand how someone else feels, you'll be more likely to be moved to act selflessly toward that person.</i>	<i>Be selfless even when no one notices. Do it because it's the right thing to do, and because it feels good to help other people when you have the capacity to do so.</i>	<i>Take pleasure in other people's happiness. Rather than focusing on whether selflessness is, in fact, selfish, relish the good feelings that come with helping other people.</i>	<i>Don't hurt someone else for your own benefit. Resist the temptation to cheat, steal, or pull the wool over someone's eyes, even when you're sure you won't get caught.</i>

Career Center

Are you interested in Sports Medicine/Physical Therapy? Sign up to hear our Career Speaker Margo Georghiou Kwiatkowski (VHS class of 2010), on March 9th, during 5th period, in the College & Career Center. Margo earned her doctorate from CSUN in 2019 and completed an internship with the LA Dodgers!

A representative from UC Merced will be giving a presentation on March 10th, during 6th period, in the College & Career Center. UC Merced is the newest campus in the venerable UC system. It's 'cutting-edge, growing, sustainable, focused on research and community and diverse'. All grades are welcome. They offer 24 majors and 25 minors!

A representative from California Aeronautical University will be giving a presentation on March 26th, during 6th period, in the College & Career Center. CAU is a 'modern aeronautical training center, offering aviation related-degree programs to students from around the world'.

The Trade Desk presentation was rescheduled to March 30th, during period 6. Drew West, Global Manager of Global Academic Partnerships, will share valuable insights on the soft & hard skills needed for a successful career with a tech company. Advanced registration is required! See Mrs. Roberts in the College & Career Center as soon as possible.

We have partnered with Tried and True Tutoring to offer a Mock ACT test on Saturday, March 21st. The practice exam will be from 9am to 1pm at the VHS cafeteria. The cost is \$10/student. They will also be offering an SAT Boot Camp on April 29th and April 30th in the VHS library from 4:00 pm to 6:30 pm for \$99/student. Sign up now online at store.triedandtruetutoring.com. See Mrs. Roberts for more info.

Field trips

DATE	TIME	TEACHER/ COORDINATOR	DESTINATION	# OF STUDENTS
3/11	7:45am - 1:30pm	Bergfeld	CSUCI	40
3/13	9:00am - 7:45pm	Hunt	Santa Susana High School, Simi Valley	90
3/17	9:30am - 2:00pm	K. Hernandez	Buno Gusto Olive Farm, Ventura	16
3/18 thru 3/19	6:15am - 9:00pm	Bergfeld	Cal Poly SLO, CSU Monterey Bay, San Jose State, UC Santa Cruz	40

