



VHS WEEKLY UPDATE

Ventura High School - 9/17/2021



UPCOMING EVENTS

- **September 24:** Neon Dance: Will take place from 7:30 P.M.-10 P.M. on the senior lawn.
- **September 27:** Back to School night (virtual @ 6:00 pm) General session will begin at 6 p.m. and classroom visits at 6:30 p.m. Zoom link info coming soon.
- **September 28:** Junior/ Senior Parent night (virtual @ 6 pm)
- **September 29:** Freshmen/ Sophomore parent night (virtual @ 6pm)
- **October 11:** School Site Council meeting @ 6 p.m.
- **October 16:** 1st Saturday School from 8 a.m. to 12 p.m. Please make sure absences are properly recorded in avoiding a Saturday School summons.

STUDENT NEWS

STUDENTS WILL BE REQUIRED TO HAVE HALL PASSES, ID'S, AND/OR SCHEDULES AVAILABLE FOR STAFF MONITORING ON CAMPUS.



2021 GRADUATION: Ventura High School Graduation is scheduled for **Wednesday-June 15th, 2022.**



Digital Citizenship: Students will be participating in Digital Citizenship Lessons that review technology expectations in the next coming weeks in supporting a positive & safe learning environment.



ADMINISTRATION IS AWARE OF THE TIK TOK "CLASSROOM ITEM STEALING" TREND. VHS HOLDS HIGH EXPECTATIONS FOR STUDENTS AND HAS A ZERO TOLERANCE FOR THIS TYPE OF BEHAVIOR CONTINUE TO MAKE US PROUD COUGARS!!!

SCHOOL TRAFFIC NEWS

Construction will be going on for 6 weeks starting Monday-September 13th. traffic control up today from 8:30-3:00 which will also include closing the sidewalk from Catalina to Jordan.

STUDENT STORE

Sweatpants are in! \$20.
P.E clothes are currently sold out but stay tuned for updates on when they will be available.

Open 7:45-3:30 pm
Includes: Nutrition Break and Lunch
(Closed 11:30-12:30pm & hours may vary depending on school wide events or athletics)

*STUDENTS need ID for ALL transactions Please!

COVID MOBILE VACCINE CLINIC

COVID-19 Mobile VACCINE Clinic

Ventura COVID-19 Vaccine Clinic
Pfizer (ages 12+ years)
Janssen (ages 18+ years)
Friday, September 17, 2021
4:00 p.m. - 6:00 p.m.
Buena High School Cafeteria
5670 Telegraph Rd., Ventura, CA 93003
No appointment needed.

Minors 12-15 must be accompanied by a parent or guardian. Minors 16-17 need a signed consent form or have a video call consent from a parent or guardian. The consent form can be found at www.vccovers.org.

The vaccine is...
✓ Safe
✓ Free
✓ Fast

The vaccine protects you from getting COVID-19 or help make the illness less severe.
COVID-19 vaccines will not give you COVID-19.
Vaccination is recommended regardless of whether you already had COVID-19.
Any side effects are typically mild and disappear within a few days.

1-800-438-1985
The second dose should be received 21 to 42 days after your first dose.
Ages 12+

1-800-565-4000
Requires only one dose.
Ages 18+

When you go to get vaccinated, please bring:
Proof of age

Learn more at: www.vccovers.org

COVID-19 Mobile VACCINE Clinic

Ventura COVID-19 Vaccine Clinic
Pfizer (ages 12+ years)
Janssen (ages 18+ years)
Thursday, September 16, 2021
4:00 p.m. - 6:00 p.m.
Ventura High School Cafeteria
2 N. Catalina St., Ventura, CA 93001
No appointment needed.

Minors 12-15 must be accompanied by a parent or guardian. Minors 16-17 need a signed consent form or have a video call consent from a parent or guardian. The consent form can be found at www.vccovers.org.

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PARENT WORKSHOPS

NEON DANCE

Date: Friday, September 24,
7:30 P.M. - 10 P.M.
Where: Senior Lawn
at VHS

Details: Celebrate the beginning of the school year with us! A live DJ and music will be included at the event.

Free tickets for all those who get theirs in advance of the dance. Tickets will be available through our Student Store window from 7:45 A.M. - 3:30 P.M.

Face masks are being asked to be worn while outside. For all those attending, please make sure you follow VUSD and VCPH health/safety/COVID-19 guidelines. VHS student handbook rules apply.

Presented by Dr. César Morales, Ventura County Superintendent of Schools
The Ventura County Office of Education Proudly Announces...

Social and Emotional Learning Conference
Living Well: Healthy Children Need Healthy Adults

Parent/Teacher Conference

Focus upon Wellness

This past year has taken a toll on our community. This conference is focused on the health and wellness of **parents and families**. Participants will learn more about self-care and resiliency and be given tools and strategies to use in their every day lives.

Saturday, September 25, 2021
8:30 a.m.—12:30 p.m.
Keynote Presentation by: Erica Fernandez, Community Liaison
8:45 a.m.—9:15 a.m.

Workshop sessions will be available in Spanish and Mexico

This conference is designed especially for parents and caregivers of children.

There is **no cost to attend**. We invite you to join us. You will be able to choose your sessions from a variety of topics. (See reverse page for a list of topics.)

Register Here:
<http://vcoe.k12oms.org/1916-209112>
"Commitment to Quality Education for All"

VCOE Adult SEL Conference—Conference Presentations
Saturday, September 25, 2021

Presentations are available in English and Spanish (with Mixteco interpretation)

Community Resiliency Model—Martie Miles & Jacqueline Robarge, Aspirant

Carando la Comunidad—Genevieve Flores-Haro, Mixteco Community Indigenous Organizing Project

Padres Saludables, hijos saludables—Jessica Vargas de Ruiz and Soledad Barragan, Padres Juntos Promoviendo la Educacion

Proyecto Acceso—Genevieve Flores-Haro, Mixteco Community Indigenous Organizing Project

Walking up the CA Tracking Pyramid: How to care for others without burning yourself out—Alicia McFarland, VCOE

Pandemic Stress: How can we help ourselves and our kids?—Pablo Velez, Amigo Baby

Featured Presentation
(available in English, Spanish and Mixteco)

Whole Brain Parenting—Nick Lawrence, Director of Tools for Life, Inc.

Logrando Bienestar
ACHIEVING WELL-BEING

Parent Workshops

Brought to you by the Ventura Unified School District, Student Assistance Program (SAP) School Counselors. Pre-registration is required for attendance.

VENTURA UNIFIED SCHOOL DISTRICT

WEDNESDAYS SEPTEMBER 15 - OCTOBER 20
6:00 P.M. VIA ZOOM

Topics:
September 15th: Mental Health and the Influence of Culture
September 22nd: How to Deal with Everyday Stress
September 29th: Depression and Living Well
October 6th: Bullying and How it Can Affect Your Child
October 13th: Healthy Growth and Development
October 20th: Substance Use and Related Disorders

For registration details/assistance please call 805.973.5220

VENTURA COUNTY
BEHAVIORAL HEALTH
A Department of Ventura County Health Care Agency



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CLUBS:

California Scholarship Federation(CSF) applications for Spring 2021 semester grades are available in room 206 or on the CSF webpage. Go to the VHS website -> Students -> CSF logo -> CSF webpage. Please return applications to Mrs. Sovich in room 206 by Friday, September 24, 2021. Elections for CSF officers will be coming soon!

Yearbook Senior Announcements:

- Baby Ads due by October 22nd. Purchase design yours through Yearbookforever @ <https://yearbookforever.com/>
- Makeup senior portraits will be November 2nd and 3rd at the VHS Main Street gym. (These dates are for any student who was not able to take theirs during the summer, who could not get transportation to the studio in Camarillo, or who are new to VHS. Our photography company, Monarch, will be sending a reminder to all remaining seniors in the coming weeks.

from 2:00pm-6:00pm

Yearbook (ALL) Announcements

- September 9th and 10th, 2021: School pictures and ID photos
- VHS in the main street Gym from 7:30 A.M - 3:30 P.M for school yearbook pictures and ID photos
- October 20th, 2021: School pictures and ID Photo Retakes
- VHS in the Main Street Gym from 8 A.M - 4 P.M for school pictures and ID photos
- Upload your photos to be featured in this year's yearbook through YearbookSnap
- The app is available on all mobile devices; use the code "ventura" to submit pictures.

Yearbook Prices

Sept. 1- Oct. 22 \$85
Oct. 23 - Dec. 17 \$95
Dec. 18 - March 31 \$100
April 1 - June 16 \$105

COLLEGE & CAREER

PSAT/NMSQT

October 13th

Registration opens September 13

PSAT

Who

- Juniors (class of 2023) (priority registration until 10/1)
- Sophomores - space permitting (register 10/4 & 10/5)

Why

- Great primer for the SAT & ACT.
- Qualifying test for the National Merit Scholarship Program.

Where

- VHS Main St Gym & Cafeteria

NOTE: UC's & CSU's will not use the SAT or ACT for Fall 2022 admissions. Private colleges vary. Check college websites for up-to-date info.

\$20

Purchase at the Student Store

See Ms. Roberts for a fee waiver code!

For further details, visit Ms. Roberts in the College & Career Center



VUSD is Hiring!

Come and join the Ventura Unified School District team! We are hiring in all positions; substitute teachers, custodial, accounting, food & nutrition, clerical, paraeducators, sign language interpreters, bus drivers and more! For more information, visit our Human Resources webpage, <https://www.venturausd.org/hr/HumanResources/Jobs.aspx>

Cross Country News

Cross Country team raced at the Cool Breeze Invitational. We had 3 of the top 11 sophomore runners over the entire day with Henry Hammel, Micah Grossman, and Anthony Fast Horse clocking 15:09, 15:46, and 15:46 for three miles. Mason Jekogian took 9th in 15:04. The team took 6th out of 38 teams in the elite race.

Shout out to Brody Daw, Olivia Mobly and Amelia McLeod. Congrats to Sadie Engelhardt who won- setting the course record in 15:59. Great job runners!

FORMS

- Off-Campus Pass: Forms are available & beginning to be distributed. Stop by the attendance windows to see if your form has been approved. Off-Campus passes are for juniors and seniors.

Library News

YAY! The VHS library is OPEN!
7:00am - 4:00 pm every school day

SPORTS SCHEDULE

Ventura High School Athletic Events 9/20 - 9/25/21

Day	Date	Sport	Opponent	Location	Time	Bus
Tue	9/21/21	V, JV, F/S Girls Volleyball	Channel Islands	Home	6, 5, 4 PM	1:00 PM
		Boys Water Polo	Dos Pueblos	Away	3:00 PM	
		Girls Tennis	Channel Islands	Home	3:00 PM	
		Girls Golf	Oxnard	Buenaventura GC	3:30 PM	
Wed	9/22/21	Girls Golf	Santa Paula	Buenaventura GC	3:30 PM	
Thur	9/23/21	V, JV, F/S Girls Volleyball	Buena	Away	6, 5, 4 PM	1:30 PM
		Girls Golf	Buena	Buenaventura GC	3:30 PM	
		Girls Tennis	Buena	Away	3:00 PM	
		Boys Water Polo	Rio Mesa	Away	3:00 PM	
Fri	9/24/21	Cross Country	Raider Invitational	College Park, Ox	1:00 PM	11:00 AM
		Girls Tennis	Saugus	Home	3:00 PM	

Instagram: @venturahscougars • Twitter: @VHSVenturaHigh

