



VHS WEEKLY UPDATE

Ventura High School - 9/10/2021



UPCOMING EVENTS

- **September 13:** School Site Council Meeting @ 6 P.M.
- **September 16:** Non-Student Contact day, no school
- **September 27:** Back to School night (virtual @ 6:00 pm)
- **September 28:** Junior/ Senior Parent night (virtual @ 6 pm)
- **September 29:** Freshmen/ Sophomore parent night (virtual @ 6pm)



STUDENT STORE

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

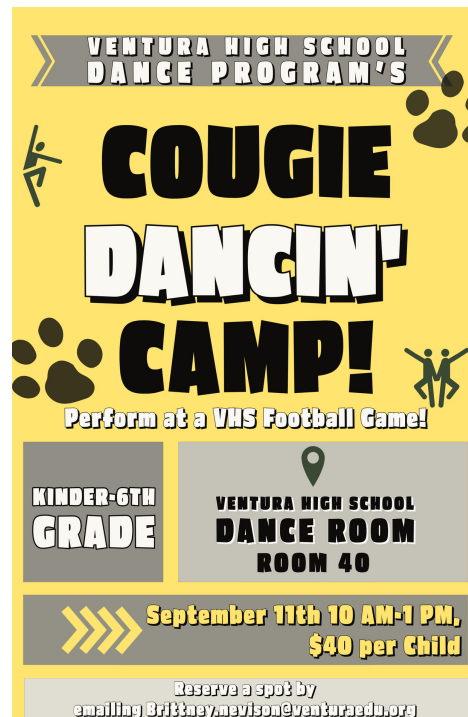
Open 7:45-3:30 pm
Includes: Nutrition Break and Lunch
(Closed 11:30-12:30pm & hours may vary depending on school wide events or athletics)
*STUDENTS need ID for ALL transactions Please!

ABSENCE REPORTING

If you need to report a student absence, we encourage you to email our Attendance Clerk: Cathy Tipton at cathy.tipton@venturausd.org

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.



Dance Team

We're back! The Ventura High School Dance team invites dancers everywhere from Kindergarten to sixth grade to come and learn a few dance moves with us! Presenting our Cougie Dancin' Camp, where your child will get to work one on one with a Ventura High School dance team member to learn a fun dance and perform at a Ventura High School Football game! Happening September 11th from 10 AM-1 PM in the Ventura High School dance room. Snacks, a pizza lunch, and t-shirt will be provided. Email brittneynevison@venturaedu.org to reserve your child's spot by 9/4/21!

PARENT WORKSHOPS

90%

PE is back in action! Around 90% of our PE students dressed out this week. Thank you to all the parents and families in helping our students get their PE clothes.



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/ Caregiver Conference

Focus upon Wellbeing

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 Miteco

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.k12ca.gov/1616-200112>
"Commitment to Quality Education for All"

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

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

Community Resiliency Model—Martie Miles & Jacqueline Robarge, Aspirant
Curando la Comunidad—Genevieve Flores-Haro, Miteco Community Indigenous Organizing Project
Padres Saludables, hijos saludables—Jessica Vargas de Ruiz and Soledad Barragan, Padres Juntos Promoviendo la Educación
Proyecto Acceso—Genevieve Flores-Haro, Miteco Community Indigenous Organizing Project
Walking up the CA Teaching Pyramid: How to care for others without burning yourself out—Alicia McFarland, VCOE
Pandemic Stress: How can we help ourselves and our kids?—Pablo Vélez, Amigo Baby

Featured Presentation
(available in English, Spanish and Miteco)
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.

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!

FCA (Fellowship of Christian Athletes) will be meeting in room 118 starting in September...Stay tuned for more information.

Yearbook Senior Announcements:

- Senior Portraits and Baby Ads due by October 22nd
- Makeup senior portraits will be November 2nd and 3rd at the VHS Main Street gym 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

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

COLLEGE & CAREER

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 only. 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

COLLEGE REP VISITS

(sign up in room 106)

Upcoming College Rep Visits (sign up in the College & Career Center):

9/14 - CSUCI (period 4) and Loyola Marymount University (period 6)
 9/15 - Westmont College (period 3)

Applications for the Fall 2021 Pre-Engineering Program (PEP) at the Port Hueneme Naval Warfare Center are now being accepted. An information meeting will be held on Monday, September 13th during lunch in the College & Career Center. See Ms. Roberts for more info.

Are you interested in attending a Service Academy (US Naval Academy, US Military Academy, US Air Force Academy, US Merchant Marine Academy, & US Coast Guard Academy)? Congresswomen Julia Brownley is hosting a Virtual Service Academy Information Night on September 14th at 5:00pm. RSVP to CA26.RSVP@mail.house.gov for link.

SPORTS SCHEDULE

Ventura High School Athletic Events 9/13 - 9/18/21

Day	Date	Sport	Opponent	Location	Time	Bus
Mon	9/13/21	Girls Golf Girls Tennis	Rio Mesa Oxnard	Sterling Hills GC Home	2:00 PM 3:00 PM	
Tue	9/14/21	V, JV, F/S Girls Volleyball Boys Water Polo Girls Tennis	Pacifica San Marcos Pacifica	Home Away Away	6, 5, 4 PM 3:00 PM 3:00 PM	1:15 PM
Wed	9/15/21	V, JV, F/S Girls Volleyball Boys Water Polo Girls Tennis Girls Golf	Oxnard Newbury Park Moorpark Pacifica	Home Away Away Buena Ventura GC	6, 5, 4 PM 3:00 PM 3:00 PM 3:30 PM	1:15 PM
Thur	9/16/21	F/S Football	Santa Barbara	Home	4:00 PM	
Fri	9/17/21	Varsity Football Boys F/S Water Polo	Santa Barbara SBHS F/S Tourn	Home SBHS	7:00 PM TBA	
Sat	9/18/21	Cross Country Boys F/S Water Polo	Woodbridge Invite SBHS F/S Tourn	Silver Lake, CA SBHS	3:50 PM TBA	11:00 AM

Instagram: @venturahscougars • Twitter: @VHSVenturaHigh

