



VHS WEEKLY UPDATE

Ventura High School - 4/22/2022



ATHLETIC EVENTS

Ventura High School Athletic Events 4/25 - 4/30/22

Day	Date	Sport	Opponent	Location	Time	Bus
Mon	4/25/22	Boys Golf	Oxnard	River Ridge GC	2:00 PM	
Tues	4/26/22	Boys Tennis	PVL Singles	Buena HS	8:00 AM	
Wed	4/27/22	Boys Tennis Swimming	PVL Doubles PVL Prelims	Buena HS Oxnard HS	8:00 AM 2:00 PM	12:00 PM
Thur	4/28/22	Boys Golf Varsity Softball Track and Field	Buena Santa Clara PVL Finals	Olivas Links GC Home Rio Mesa HS	2:00 PM 3:30 PM 3:00 PM	1:00 PM
Fri	4/29/22	Swimming JV Baseball F/S Baseball	PVL Finals Buena* Buena*	Oxnard HS Home Away	2:00 PM 3:15 PM 3:15 PM	12:00 PM 1:45 PM

* Rescheduled from 4/19/22

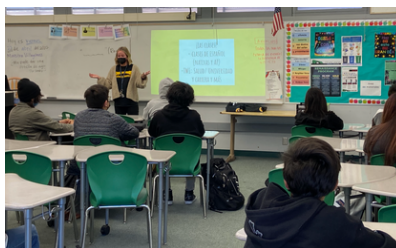
FOOD DELIVERIES

VHS has seen an increase in students leaving class early before the bell rings to try and meet food delivery services on the perimeter of campus.

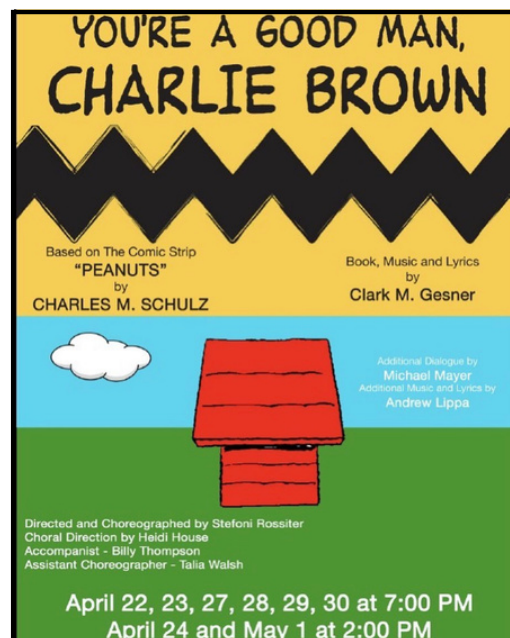
Admin would like to reiterate that food deliveries from outside vendors such as Uber Eats and Door Dash are not allowed. Please pack a lunch for your student or encourage them to eat a free meal at our cafeteria.



TWO WAY IMMERSION (TWI) FIELD TRIP TO ANACAPA MS



VHS Spanish and TWI teacher, Grace Ellberg, went and visited Anacapa Middle School to speak and connect with incoming 9th graders in the Two Way Immersion (TWI) Program. Ms. Ellberg had a fun time getting to know students, sharing a little about the program at VHS and answer questions. We look forward to seeing them this fall at Cougar Country!



**CELEBRATING EARTH WEEK BY
PASSING OUT FREE VHS
WATERBOTTLES**

**AWARDING OUR STUDENTS WITH A
4.0 GPA+ WITH 'ACADEMIC' BAR
PATCHES AND GOLD STARS.**



VHS CAMPUS-WIDE EVENTS
COURTESY OF ASB

APRIL '22

<p>MON-FRI 4-8 THURS 14 FRI 15 MON-FRI 18-22 FRI-SUN 22-24 MON-FRI 25-29 WED-SUN 4/27- 5/1</p>	<p>SPRING BREAK</p> <p>MORNING EGG HUNT</p> <p>BOARD HOLIDAY - DISTRICT CLOSED</p> <p>EARTH APPRECIATION WEEK</p> <p>SPRING PLAY "YOU'RE A GOOD MAN, CHARLIE BROWN" PERFORMED ON THE VHS MAIN STAGE</p> <p>SPRING FEVER WEEK</p> <p>SPRING PLAY "YOU'RE A GOOD MAN, CHARLIE BROWN" PERFORMED ON THE VHS MAIN STAGE</p>
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ALL MONTH

CLUB MEETINGS FOR:

- DRAMA CLUB
- FISH CLUB
- MODEL UNITED
- STUDENT RUNNERS
- PHILOSOPHY CLUB
- CHESS CLUB
- GSA
- HEALTH THE BEACH
- KEY CLUB
- TRI-ACTIVISM CLUB
- NATIONAL ART HONOR SOCIETY
- NHS
- FELLOWSHIP OF CHRISTIAN ATHLETES
- SWIMMING CLUB
- INTERACT CLUB
- LUTHER RIGHTS CLUB
- ASIAN & PACIFIC ISLANDER CULTURAL APPRECIATION CLUB
- SMV
- DEAD POET SOCIETY
- STUDENT FORUM SOCIETY



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(STUDENT ASSISTANCE PROGRAM)

GROUP SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stress Management (SM) (Tapping)	Alumni (AT) (Alumni Family Groups)		Grief & Bereavement (GB) (LGBTQ Group)	Self-Compassion (SC) (Community Circle)
Anxiety Relief (AR) (Art with Heart)	Drug Intervention (DI)			Anger Management (AM)
3/7/22 SM - 5 th period	3/8/22 Alumni-Period 6	3/9/22	3/10/22 LGBTQ-Period 5	3/11/22 AM - 4 th period
3/14/22 AR - 3 rd period	3/15/22 Alumni-Period 6	3/16/22	3/17/22 Grief-Period 4	3/18/22 AM - 5 th period
3/21/22 SM - 4 th period	3/22/22 Alumni-Period 4	3/23/22	3/24/22 LGBTQ-Period 3	3/25/22 SC - 2 nd period
3/28/22 AR - 5 th period	3/29/22 Alumni-Period 5	3/30/22	3/31/22 Grief-Period 4	4/1/22 AM - 4 th period
4/11/22 SM - 3 rd period	4/12/22 Alumni-Period 6	4/13/22	4/14/22 LGBTQ - Period 5	4/15/22 NO SCHOOL
4/18/22 AR - 4 th period	4/19/22 Alumni-Period 3	4/21/22	4/22/22 Grief-Period 3	4/23/22 SC - 5 th period
4/25/22 SM - 5 th period	4/26/22 Alumni-Period 4	4/27/22	4/28/22 LGBTQ - Period 5	4/29/22 AM - 5 th period

LIBRARY CLOSED FOR AP EXAMS

ONLY AP STUDENTS AND PROCTORS MAY ENTER THE LIBRARY.

AP Exam Time -	Morning exams: 7:30 - 11:30 + Closed before school & Nutrition break.	Afternoon exams: 11:30 - 3:30 + Closed at lunch & after school.
Monday, May 2	LIBRARY OPEN 7:30 - 11:30	AP Chemistry Exam
Tuesday, May 3	LIBRARY OPEN 7:30 - 11:30	AP Psychology Exam
Thursday, May 5	LIBRARY OPEN 7:30 - 11:30	AP Statistics Exam
Monday, May 9 CLOSED ALL DAY	AP Calculus Exam	AP Computer Science Principles Exam
Wednesday, May 11 CLOSED ALL DAY	AP Spanish Language Exam	AP Biology Exam
Thursday, May 12	LIBRARY OPEN 7:30 - 11:30	AP Physics Exam

During AP exams, May 2 - 18, 2022, the VHS library will be open 7:30 - 3:30 on all other school days. Open times above are subject to change. Sorry for any inconvenience.

NEED CHROMEBOOK HELP WHEN THE LIBRARY IS CLOSED?



Distant Learning,
Hybrid & Tech
Call Center

Call 805-641-5000 ext. 1381

or send an email to Ms. Frazee
Kimberly.Frazee@venturausd.org

SAP

TUTORING IS AVAILABLE

The schedule is:

Knowles: Every Mon.-Fri.(Lunch): Core content for Special Ed Prgrms.

Cougard: Every Thursday, Period 1 for French

Maxwell: Every Tues./Thurs. (Lunch) & Wed. (6 P.M. - 7:30 P.M.) for Science

Rivera: Every Mon.- Fri. (Lunch) for Math

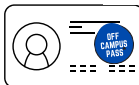
Jones: Every Mon-Fri Lunch and Period 6: English (rm 209)

Reynosa: Before school, every lunch, and after Period 6 (room 64)

SATURDAY SCHOOL DATES:

May 21

STUDENTS WILL ONLY BE ALLOWED TO LEAVE CAMPUS DURING LUNCH IF THEY HAVE THEIR PHYSICAL ID CARD WITH THEM. THEY CAN ALSO SHOW THEIR SCHEDULE BY ACTIVELY GOING ON THE STUDENT VUE APP.



VUSD COVID NEWS:

Ventura Unified School District continues to follow Ventura County Public Health's mask updates and the California Department of Public Health school guidance. Such guidelines include: mask mandate goes from required to strongly recommended, temperature threshold of 100.4, and testing for indoor sports is no longer required, however, weekly testing for indoor sports/band continues to be strongly recommended.

If a student or staff member feels sick, we ask that they please stay home. For more COVID guidance information, please go to the [COVID Resources Webpage](#).

FOLLOW PTSA ON SOCIAL MEDIA:

Facebook: <http://facebook.com/vhsptsa>

Instagram: @vhsptsa

VENTURA HIGH SCHOOL
Cap and Gown Order Deadline is April 1st
Order Online at Jostens.com or 1-800-567-8367
All late orders placed after April 1st, 2022 are subject to a \$20 late charge.

GRAD PACKAGE
Celebrate graduation with a package that has everything you need for senior year in one easy bundle.

THERE'S STILL TIME TO PURCHASE A CAP & GOWN FOR VHS GRADUATION!



VENTURA ATHLETICS
HOME OF CHAMPIONS

FRESHMAN INFORMATION NIGHT
WEDNESDAY MAY 4TH
6:00PM TO 8:00PM
TUTTLE GYM (ON POLI ST)
MEET THE COACHES/ATHLETIC STAFF
SUMMER PROGRAM INFO/OUT DATES
ATHLETIC CLEARANCE
REGISTERMYATHLETE.COM

GO COUGARS

VHS PROM 2022

Date: May 7, 2022
@ Ventura Beach Marriott

TICKETS GO ON SALE
MONDAY, APRIL 18TH @
THE STUDENT STORE

DANCE CONTRACTS CAN BE FOUND IN THE
ASB ROOM & STUDENT STORE. FOR
INFO ON TICKET PRICES, PLEASE STOP BY
THESE LOCATIONS.

VHS DANCE PROGRAM INVITES YOU TO

DANCE TEAM

AUDITIONS

3:30 to 5 PM
MAY 3, 4, & 6th
IN THE VHS DANCE ROOM
ROOM 40

VHS DANCE PROGRAM INVITES YOU TO

HIP HOP TEAM

AUDITIONS

3:30 to 5 PM
MAY 17, 18, & 20th
IN THE VHS DANCE ROOM
ROOM 40

Social Media Outlets:

Instagram: @venturahscougars

Twitter: @VHSVenturaHigh