



2020

# Ventura High School Cougar Country

2021



## Bulletin for the week of February 16

*Presidents Day, no school Monday, February 15*

*Lincoln's birthday observed, no school Monday, February 22*

### VHS LIBRARY HOURS

Mon.-Fri., 8 am - 3 pm

(excluding holidays and vacation days)

Knock at the door. Please wear a mask

### Seniors

**Name Verification:** Seniors, please check your student Q to verify your name is spelled correctly (same way it is spelled on your birth certificate). The way it is on Q is exactly how it will be spelled on your diploma. If there's an error please contact Mrs. Velasquez by email:

[Tish.Velasquez@venturausd.org](mailto:Tish.Velasquez@venturausd.org) or by phone: (805) 641-5116 ext. 1000. **Deadline will be 2/19/21.**

### College & Career Center

**Need a work permit?** Follow the link below for instructions on how to get one!

<https://docs.google.com/document/d/1-5cJQwk0IL1hZeULgY3Pbt6QiTiCJAVBhutUXHf2UJM/edit?usp=sharing>

**College bound?** February will be focused on Financial Aid. Our goal is to have at least 70% of seniors complete a FAFSA or CA Dream Act application by the priority **deadline of March 2nd!** We are VERY behind with only 27% completion as of today. There's only 33 days left!

To help achieve this goal, we will be having a competition with our Economics and American Democracy classes. The class with the highest completion rate by the March 2nd priority deadline will earn a burrito party!

- FAFSA application (for US citizens and permanent residents):  
<https://studentaid.gov/h/apply-for-aid/fafsa>
- California Dream Act Application (for undocumented/dreamer students):  
<https://dream.csac.ca.gov/>

Ventura College is hosting two Virtual Cash for College events on Saturday, February 6th and Saturday, February 20. These events are open to everyone regardless of their post-secondary plans. Registration links will be available soon. Looking forward to the possibility of having students back on campus in April.



Need a letterman jacket? Call the student store at 805 641-5116 ext.2431 or e-mail [marie.lowe@venturausd.org](mailto:marie.lowe@venturausd.org). The price will increase on March 1<sup>st</sup> 2021.

## Clubs

**NHS:** National Honor Society Please turn in your applications or email them to [lorilee.johnson@venturaedu.org](mailto:lorilee.johnson@venturaedu.org) by March 14<sup>th</sup>. Include Transcript and application. If you have not turned in Fall's community service please do so. To be eligible, you need a 3.5 weighted GPA or better and 10 hours of community service for the semester. For more information, click on NHS at Ms. Johnson's landing page (found under VHS website/staff).

***Updated holiday schedule for the month of February, see below for details***

# Ventura High School February 2021: Month at a Glance

### Feb. 8th - Feb. 12th

Monday	Tuesday	Wednesday	Thursday	Friday
Per. 1: 8-9 A.M. Per. 3: 9:15-10:15 A.M. Per. 5: 10:45-11:45 A.M. Per. 7: 12-1 P.M.	Per. 0: 7-8 A.M. Per. 2: 8-9 A.M. Per. 4: 9:15 -10:15 A.M. Per. 6: 10:45-11:45 A.M.	Period 3: 9:15-9:45 A.M. Live Social Emotional Learning	Per. 1: 8-9 A.M. Per. 3: 9:15-10:15 A.M. Per. 5: 10:45-11:45 A.M. Per. 7: 12-1 P.M.	Per. 0: 7-8 A.M. Per. 2: 8-9 A.M. Per. 4: 9:15 -10:15 A.M. Per. 6: 10:45-11:45 A.M.

Period 8: Mock Trial: Tuesdays (12-1 P.M.) Acadeca Wednesdays (12-1 P.M.)  
 Period 8: Band and Ethnic Studies/Social Justice: Tuesdays/Fridays (12-1 P.M.)  
 Period 8: Robotics: Tuesdays/Thursdays at 5:30 P.M.

This schedule can also be found on the [VUSD website](#)

### Feb. 15th - Feb. 19th

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Holiday Non-student Contact Day</b>	Periods: 0-2-4-6	<b>SEL</b>	Periods: 1-3-5-7	Periods: 0-2-4-6

### Feb. 22 - Feb. 26th

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Holiday Non-student Contact Day</b>	Periods: 1-3-5-7	<b>SEL</b>	Periods: 0-2-4-6	Periods: 1-3-5-7



## Food, housing and additional resources

[https://docs.google.com/document/d/1utEGyDh1eIWiy1oCazCpshMYGDy\\_cJFEDFOklykAo/view?usp=sharing](https://docs.google.com/document/d/1utEGyDh1eIWiy1oCazCpshMYGDy_cJFEDFOklykAo/view?usp=sharing)

## Update Tips to Optimize Performance for Chromebooks

<https://docs.google.com/document/d/1wb3RPlqxPIGj0Pt8qozj-E89rAjQBQHDk-4m5cmXUol/edit?usp=sharing>

If you're having technical difficulties with your Chromebook call **VUSD Technology help line!** (805) 641-5000 x1450 or

[vusdparenthelp@venturausd.org](mailto:vusdparenthelp@venturausd.org)

## Student Assistance Program (SAP)

### Group Information

These are the groups and services offered through the Ventura High School's SAP for the 2020/2021 school year.

To participate in a group, send an email to: [bobbie.richards@venturausd.org](mailto:bobbie.richards@venturausd.org)

Visit the SAP Virtual Office to schedule individual, virtual appointments:

<https://docs.google.com/presentation/d/e/2PACX-1vQWdKnxKvJIC5wkgYrN5rrNirtSjVeeST5Zz1Dum6sRfDFZTET-vj4l29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>

**ALATEEN** Sessions Scheduled by Student

There are two options:

- 1) For an Alateen meeting in Ventura County, email "Bear," Group Manager at ([grweil776@gmail.com](mailto:grweil776@gmail.com)). As the Ventura County Group Manager, Bear will provide a link and "go-to" meeting access code.
- 2) For Alateen virtual meetings/chats **outside of Ventura County**, these meetings can be accessed from the following link. <https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

**ALCOHOL and DRUG PREVENTION (ADP)** Sessions Scheduled by Student/Parent

When contacting the ADP Program Staff, please indicate what school the student attends.

Contact #: (805) 652-6919

**BRIEF INTERVENTION (BI)** Sessions by Appointment Only

Facilitator: **Bobbie Richards, SAP Counselor (she, her, hers)**

Brief intervention (BI) typically consists of face-to-face, structured, student-centred, non-judgemental gathering using 1-4 counseling sessions of short durations (typically 30 minutes). Based on harm reduction, BI aims to reduce a person's substance consumption to safe level or complete abstinence.

**BRIEF RISK REDUCTION INTERVENTION AND INTERVIEW MODEL (BRRIM)** Sessions by Appointment Only

Facilitator: **Bobbie Richards, SAP Counselor (she, her, hers)**

The BRRIM provides individualized services to students and their families in order to reduce alcohol and other drug

(AOD) use and violence. Designed to provide an umbrella of prevention, intervention, and support strategies within a school, SAP and school district. Staff collaborate with families and community services to address students needs and help them succeed academically and personally.

### **GRIEF AND BEREAVEMENT COUNSELING**

Sessions Scheduled by Student/Parent

**Facilitator: Amanda McQuade Crawford, M**

**Clinical Psychotherapy, Botanical Medicine**

**Livingston Memorial**

**(805) 633-9056 (home office)**

**(818) 404-9804 (VM, texts, ZOOM)**

“Livingston provides grief and bereavement support throughout Ventura County. [They] offer both individual (one-on-one) counseling with trained bereavement counselors/therapists and group counseling. [The] team of highly trained professionals and volunteers offer compassionate care and support. [The] goal is to provide a safe, healing place to learn how to cope with your grief, share your story, and to honor and remember your loved one.”

### **LGBTQ+ GROUP**

**(Schedule TBD based on student interest)**

**Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)**

Tentatively, an “intersectional” approach, which means exploring how aspects of identity intersect and impact stress or trauma. This includes, but is not limited to, sexuality, gender, religion, age, race/ethnicity, or socioeconomic status. Otherwise, open discussions will be the focus, led by student participants.

### **MINDFUL SELF-COMPASSION GROUP**

**Wednesdays at 12:15pm**

**Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)**

Mindfulness is the first step in emotional healing, acknowledging our difficult thoughts and feelings. Self-Compassion involves responding to these difficult thoughts and feelings with kindness and understanding so that we soothe and comfort ourselves when we're hurting.

### **REDUCING ANXIETY GROUP** Fridays at 1:00 pm

**Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)**

**In this group, we will engage in exercises to help reduce anxiety**

### **STRESS MANAGEMENT GROUP**

**Wednesdays at 10am**

**Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)**

**A place where students can discuss how current life changes are causing anxiety and stress**

● **Pandemic**

● **Distance Learning**

● Keeping Up With Classroom Zoom Meetings and Classwork

● Family Issues

● Mental or Emotional Issues

**Visit the SAP Virtual Office to schedule individual, virtual appointments:**

<https://docs.google.com/presentation/d/e/2PACX-1vQWdKnxKvJIC5wkgYrN5rrNirtSjVeeST5Zz1Dum6sRfDFZTET-vj4I29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>