



VHS WEEKLY UPDATE

Ventura High School - 1/21/2022



WELLNESS WEEK @ COUGAR COUNTRY



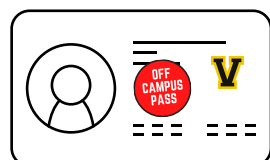
Thank you to our ASB for hosting a 'Wellness Week' that included a Petting Zoo for our students on Friday, January 21st.



PHOTOS COURTESY OF P. Roberts & E. Botello

OPEN DANCE CLASSES
FOR ANY AND ALL VHS
STAFF AND STUDENTS
TO ATTEND!

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.



**HOSTED BY
VHS DANCERS**

**OPEN
BEGINNER
DANCE
CLASSES**

CLASS SCHEDULE:
FEBRUARY 2ND: HIP HOP
FEBRUARY 16TH: RAGGAETON
MARCH 2ND: MUSICAL THEATRE JAZZ
6-7 PM IN ROOM 40

**OPEN TO ANY
& ALL VHS
STUDENTS
AND STAFF!**

Social Media Outlets:
Instagram: @venturahscougars
Twitter: @VHSVenturaHigh

FINALS EXAM SCHEDULE

TUESDAY - 1/25/20	WEDNESDAY - 1/26/20
Pd. 1 7:36 a.m. — 8:20 a.m.	Pd. 2 8:00 a.m.-10:00 a.m.
Pd. 2 8:26 a.m. — 9:10 a.m.	Break 10:00 a.m.- 10:20 a.m.
Pd. 3 9:16 a.m. — 10:00 a.m.	Pd. 5 10:26 a.m.-12:26 p.m.
Break 10:00 a.m. — 10:15 a.m.	THURSDAY - 1/27/20
Pd. 4 10:21 a.m. — 11:05 a.m.	Pd. 3 8:00 a.m. -10:00 a.m.
Pd. 5 11:11 a.m. — 12:00 p.m.	Break 10:00 a.m.- 10:20 a.m.
Pd. 6 12:06 p.m. — 12:50 p.m.	Pd. 6 10:26 a.m. -12:26 p.m.
Lunch 12:50 p.m. — 1:24 p.m.	FRIDAY - 1/28/20
Pd. 7 Semester Exam 1:30 p.m. - 3:30 p.m.	Pd. 1 8:00 a.m.- 10:00 a.m.
	Break 10:00 a.m. - 10:20 a.m.
	Pd. 4 10:26 a.m. - 12:26 p.m.

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)



TEXTBOOK RETURNS

If your class ends on Jan. 28,
Your book is due Jan. 28.

These books are due in the library by January 28:
Economics,
Knighan's Economics (AP),
American Democracy,
Government by the People (AP),
Psychology (red books),
Lifetime Health,
Salud Para Toda La Vida,
Career Choices (thick blue/gold books),
Eligiendo una Carrera (thick white books),
Class novels that are finished,
And any books not needed for current classes.



- Return books to the library.
- Do not leave your book in the classroom.
- Unreturned books will become obligations.

ATHLETIC EVENTS

Ventura High School Athletic Events
1/24 - 1/29/22

Day	Date	Sport	Opponent	Location	Time	Bus
Mon	1/24/22	Boys V, JV, F/S Basketball	Pacific*	Home	7:00, 5:30, 4 PM	
Tue	1/25/22	Girls V, JV Basketball	Oxnard	Away	7:00, 5:30 PM	
		Boys V, JV, F/S Soccer	Pacific	Away	5:00, 3:15 PM	1:15 PM
		Girls V, JV Soccer	Pacific	Home	5, 3:15 PM	
		Girls Water Polo	Oxnard	Away	3:15 PM	1:30 PM
Wed	1/26/22	Boys V, JV, F/S Basketball	Oxnard	Home	7:00, 5:30, 4 PM	
Thur	1/27/22	Girls V, JV Basketball	Channel Islands	Away	7, 5:30 PM	
		Boys V, JV Soccer	Buena	Away	5:00, 3:15 PM	
		Girls V, JV Soccer	Buena	Away	5:00, 3:15 PM	
		Girls Water Polo	Channel Islands	Hueneme HS	3:15 PM	1:15 PM
Fri	1/28/22	Boys V, JV, F/S Basketball	Channel Islands	Home	7, 5:30, 4 PM	
		Girls JV Basketball	Football Tech	Away (VC)	5:30 PM	
Sat	1/29/22	Girls V, JV Basketball	Buena**	Away	1 PM, 11:30 AM	
		Girls JV Soccer	Buena**	Home	11:00 AM	

* Make up from 1/13/22
** Make up from 1/11/22

LIVESTREAM BBALL GAMES:

VHS now has cameras installed in Tuttle Gym and Larrabee Stadium that will allow people to watch events in those venues online. If you would like to watch the Buena vs. Ventura Boys Bball game tonight, go to the National Federation of High Schools) NFHS network website. That link is here:
<https://www.nfhsnetwork.com/>
Here is the link for the Buena Ventura game:
<https://www.nfhsnetwork.com/events/ventura-a-high-school-ventura-ca/gamdd6c42609>
There is a fee to watch.

VHS BOYS GOLF:

Stop by Coach Norris Room 24 to sign up for Boy's Golf
Unofficial practices going on at Olivas Links
afterschool Mon-Thurs try outs and Preseason start Monday January 31st (after finals week)

MASKS:



Masks are required for indoor events. If mask policy is not followed, attendees will be asked to leave the event. This requirement is in alignment with VCPH and district guidelines.

SATURDAY SCHOOL DATES:
February 26
March 26
April 23
May 21



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BRING YOUR CHROMEBOOK TO SCHOOL EVERY DAY

VHS does not have one-day loan chromebooks for students who forget to bring their chromebooks to school, but students are welcome to come to the library and use one of the desktop computers. Just like textbooks, students are responsible for being prepared for class.

We encourage teachers to let the front office staff know if they need additional devices so we can support our students with tech to access the curriculum.



STUDENT STORE:

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

*STUDENTS need ID for ALL transactions Please!

SECOND SEMESTER: OFF-CAMPUS PASS

Second Semester Off-Campus Pass applications are available for pick-up at the attendance windows. Please turn them in when you can. Stickers will not be distributed until after the start of 2nd semester as staff has to verify eligibility requirements (i.e. academic performance, good attendance, etc.)



SAP (Student Assistance program)

If you are struggling with a family member or anyone close to you that is abusing drugs/alcohol, the SAP Counselors are starting an Alateen group to help you! Please see the SAP Counselors to enroll

Stay tuned for 2nd semester groups

- Grief
- stress management
- Art with Heart
- Self-Compassion
- Alateen
- LGBTQ+



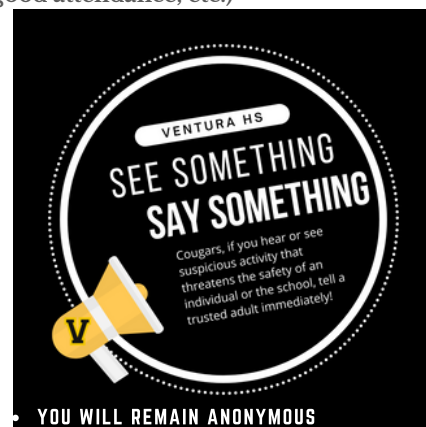
LET'S BE KIND COUGAR FAMILY!

Modeling behavior that displays treating others with dignity & respect, supports a safe and caring school environment.

This is the "high expectation" for students, staff and parents in Cougar Country.



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.



VENTURA HS Health & Safety Protocols

- VUSD testing allows VUSD staff to reach out to students or staff members who test positive. If one tests positive from VUSD testing, then a health staff member will be in contact to discuss your status.
- A PCR test taken at a non VUSD location is NOT reported to VUSD, therefore please ensure the following if a positive result is received:
 - Do not attend school
 - Notify health services at 805.641.5116 x 1028

If you receive a positive result on a home test, do not come to school and proceed to a PCR test. You can also contact the VHS health services office for additional guidance. Contact: Julianna Samoff (school nurse) and Betty Kelsch (health tech) at 805.641.4115 x 1028

Please utilize the VUSD: COVID-19 Resources & Information page at: <https://www.venturausd.org/covid.aspx> Here you will find information on:

- VUSD Weekly testing sites & how to register
- Dashboard
- COVID-19 School Guidance Checklist

If you are sick and/or display any COVID symptoms (fever, headache, sore throat, coughing, and stomach ache), please stay home as a precaution.

Proper mask wearing while indoors (i.e. classrooms/library/cafeteria/gym) is required in alignment with VUSD and VCPH COVID safety protocols. Proper hand sanitizing and hand washing is encouraged.

Athletics: All indoor sporting events will be limited to four spectators per athlete. Spectator names will be monitored through an athlete submission process. This is effective for the month of January pending new information.



CONGRATULATIONS TO OUR GRATITUDE WINNERS!

VUSD GRATITUDE AWARDS

Designed to recognize exceptional VUSD teachers, employees, volunteers, students, and administrators associated with VUSD.

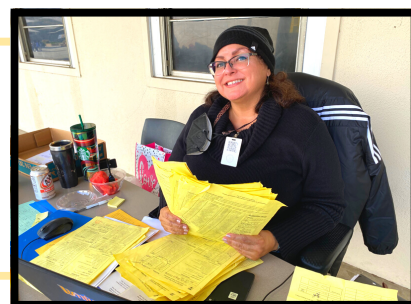
We had 89 nominations for the month of December.

The Superintendent and the Board would like to congratulate the following Gratitude Award winners:

Ann Griffin - Teacher
Betty Kelsch - Health Technician
Logan Norris - Teacher
Margaret Sellers - Teacher
Tim Garcia - Teacher

REGISTRATION @VHS

A huge thank you to our counseling team. They've been working hard on the registration of all our students, including incoming 8th graders, for the next school year. (Pictured: Counselor Sonja Frias)



COVID TEST KITS:

COVID test kits were distributed to our student body this week from 2:30 P.M. - 5 P.M. Our front office staff and Admin helped hand them out through our Records Window to students and parents alike.

