



VHS WEEKLY UPDATE

Ventura High School - 11/5/2021



CTE HIGHLIGHTS

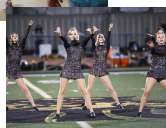
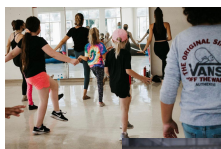


Photo courtesy of VHS Dance Instagram

TEACHER: TAYLOR KOESTER

Taylor Koester is our fantastic new dance teacher who has been long term subbing for Brittney Nevison-DeAlba in our CTE Commercial Dance program. She creates routines, techniques and more in CTE Advanced Dance, Pro Dance, and Intro to Professional Dance classes. Our dance and hip hop teams have participated in rallies, halftime shows and hosted Cougar Camp.



STUDENT NEWS

Student Assistant Program available to students in need of counseling. See your counselor, teacher and/or administrator for support.

REMINDER! THE SOUTH SIDEWALK IS CLOSED FROM CATALINA TO THE WEST TACO BELL DRIVE WAY.

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

Work Permits: Students have you renewed your work permit this year? If not, please stop by the Career Center to pick up an application.

SAP (STUDENT ASSISTANCE PROGRAM)

"Support Groups" will be offered at VHS beginning Thursday, 10/21/21. Invitations will be sent to some students. If other students are interested, please sign up in the SAP Office, room 41. Groups offered include:

Art with Heart for those dealing with anxiety, art can ignite healing powers; turning pain into possibility through drawing/coloring in personal sketch books; empowering students to work through their feelings, build resilience and see a future full of possibility via creative expression.

*Meetings on Monday during 4th or 6th period

Stress Management designed to help students with the stress they may be feeling about the Coronavirus; bring safety and balance to the body; calming the brain to bring normalcy on the inside regardless of what is going on, on the outside; help students to identify stress and its physical and emotional symptoms, how to identify stressful situations that are within/without our control and ways to manage stress through relaxation and deep breathing techniques.

*Meetings on Wednesday during 4th or 6th period.

Grief and Bereavement provides a safe, healing place to learn how to cope with grief, share stories, and to honor and remember the loved one.

*Meetings on Thursday during 4th or 6th period

Self-Compassion Circle will focus on the three components: Self-kindness: being kind and understanding to one's self in times of suffering, failure, or when feeling inadequate; Shared humanity: understanding that suffering and being imperfect are part of the shared human experience; Mindfulness: observing negative thoughts and emotions without judgment; coming to the realization that thoughts and emotions are not facts.

*Meetings on Tuesday during 4th or 6th period



DIA DE LOS MUERTOS



Photos courtesy of F. Castillo, F. Cortes, and E. Botello

CAMPUS ACCESS UPDATE:

Portable restrooms will be closed during nutrition & lunch. Please access 50/60 and 90/100's restrooms. Portable area is off limits during nutrition & lunch, unless in a teacher classroom with supervision.

Detention: Administration and attendance are issuing detention/Saturday School as needed due to attendance and behavior. Detention is held daily during lunch. Students are provided lunch.

STUDENT STORE:

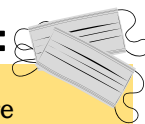
Hours:
Open 7:45 A.M.-3:30 P.M.
Includes: Nutrition Break and Lunch
(Closed 11:30 A.M.-12:30 P.M. & hours may vary depending on school wide events or athletics)

*STUDENTS need ID for ALL transactions Please!

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.

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 to VCPH and district guidelines.

Social Media Outlets:

Instagram: @venturahscougars

Twitter: @VHSVenturaHigh



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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

ATHLETICS



Varsity Boys Water Polo made it to the first round of CIF play earlier this week.

Girls Varsity Tennis won their first round match-up versus Ayala HS in CIF play to complete in the second round. Although falling short on Friday versus Whitney HS, both VHS teams had stellar seasons.

Boys & Girls Cross Country raced in the PVL Finals on Friday with outstanding results! To wrap up the week was Varsity Football who won their CIF game to compete on Friday, Nov. 12 at home at 7 P.M.

FALL PLAY: A WRINKLE IN TIME
WILL TAKE THE MAIN STAGE
STARTING ON NOV. 10TH AT 7 P.M.

Ventura High School Theater Arts Department proudly presents

A WRINKLE IN TIME

Adapted for the Stage by James Sie
From the Book by Madeleine L'Engle
Directed by Stefoni Rossiter
Staged in the style of Storytelling and Modified Reader's Theater

Presented on the VHS Main Stage
November 10, 12, 13, 18, 19, 20 at 7:00 pm
November 14 & 21 at 2:00 pm
Tickets available at the door 1/2 hour before curtain.
\$7 students / \$10 adults
For more info, call (805) 641-5116 x2114
Produced with permission from STAGE PARTNERS

Programa de asistencia navideña 2021

¡Esta Navidad, las familias de Ventura, Ojai, Santa Paula y Somis pueden inscribirse en nuestro programa de juguetes navideños!

La inscripción este año se hará ONLINE:
11 de octubre a 8 de noviembre de 2021
Visita: <https://www.SAAngelTree.org>
Por favor ingrese el código de invitación: GQGXC529

Documentos requeridos*:

- Identificación válida para todos los adultos en el hogar
- Actas de nacimiento para TODOS LOS NIÑOS (DE 0 A 12 AÑOS)
- Verificación de ingresos actuales
- Comprobante de residencia: (factura de servicios públicos con su nombre y dirección)

Debe adjuntarse a la solicitud completa

THE SALVATION ARMY
Ejército de Salvación Ventura
650 S. Petit Avenue - (805) 659-3598

FELIZ NAVIDAD

2021 Christmas Assistance Program

This Christmas, families in Ventura, Ojai, Santa Paula, and Somis can sign up for our Christmas Toy program!

Registration this year will be done ONLINE:
October 11 - November 8, 2021
Visit: <https://www.SAAngelTree.org>
Please enter Invitation Code: GQGXC529

Required Documents:

- Valid identification for all Adults in Household
- Birth certificates for ALL CHILDREN (AGES 0-12)
- Current Income Verification
- Proof of Residency- (utility bill with your name and address)

Must be attached to complete application

THE SALVATION ARMY
The Salvation Army Ventura Corps
650 S. Petit Avenue - (805) 659-3598

MERRY CHRISTMAS

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 checked out one chromebook each.

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.



ID PHOTOS



Students who have lost their IDs or never took their ID photo are welcome to come to the front office and get a new one in our attendance office. Students Monarch photos are in as well. Pick them up at the attendance windows during school hours.

COLLEGE & CAREER

There's been a couple updates. Here's the latest on the College Application Week:

https://docs.google.com/document/d/1F7qupIEABX_jYE6E1l4wwI4q7ITfPMshSfWkYrFw_uE/edit?usp=sharing

Please pick up your trash!
Let's keep Cougar Country Clean!



PURCHASE TICKETS ONLINE FOR ATHLETIC EVENTS INCLUDING ROUND 2 OF CIF FOOTBALL!



TARDY SWEEPS:

Random Tardy Sweeps will begin in November 2021.
Tardy=Lunch Detention.
We encourage all students to get to class early and be on time.

COURSE LEVEL CHANGE DEADLINE IS 11/8/21

A course level change is for CP, Honors and AP skill adjustments.

SATURDAY SCHOOL DATES:

November 20
December 11
January 22
February 26
March 26
April 23
May 21

School of Choice

VENTURA HIGH SCHOOL INVITES YOU TO A NIGHT IN COUGAR COUNTRY!
2 NORTH CATALINA STREET, VENTURA CA 93001
805.411.3318

CTE PATHWAYS

CONSTRUCTION, MANUFACTURING, AUTOMOTIVE, HEALTHCARE, AGRICULTURE, BUSINESS, EDUCATION, ENVIRONMENTAL, FINANCE, FOOD & BEVERAGE, HEALTHCARE, INFORMATION TECHNOLOGY, LAW ENFORCEMENT, MEDICAL, NURSING, PUBLIC SAFETY, RETAIL, SERVICE, TRUCKING, WAREHOUSING, WELDING, YACHTING

VENTURA HIGH SCHOOL INVITES YOU TO A NIGHT IN COUGAR COUNTRY!
V NOV. 16, 2021 - 5:30 P.M. - 8 P.M. V

5:30 P.M. - 6:30 P.M. FOOD TRUCKS & CLUB FALL FESTIVAL
6:30 P.M. - 8 P.M. SHOWCASE ON OUR BEAUTIFUL LAWN OF DEPARTMENTS/PROGRAMS, AND SELF-GUIDED TOURS OF CTE/ARTS/MUSIC/ATHLETICS
SELF-GUIDED TOURS INTO AIR WILLIAMS OUT HALLS AT TWO LOCATIONS: ATOMS FOR PEACE STATION & CAFETERIA

VENTURA COUNTY'S TRANSGENDER DAY OF REMEMBRANCE

centering trans/gender variant/non-binary visual/performance artists

resources/food
visual artists
speakers/performers
dance/celebration

5:00PM - 8:00PM
THURS, NOV 18TH, 2021
OXNARD PERFORMING ARTS CENTER

register at vtcdor2021.eventbrite.com
streamed live + in-person w/ ASL & Spanish interpreters provided

Funding provided by California Humanities & the National Endowment for the Humanities, part of the 2021 American Rescue Plan Act & Diversity Collective Ventura County