



2018

# Ventura High School Cougar Country

2019



## Bulletin for February 8<sup>th</sup>

### Students

Make a Valentine for your loved one in ASSETS this week with Mrs. Minadeo. See Mrs. DiPaolo for details



**Student Assistance Program (SAP)** is offering group sessions. If you are interested, pick up a consent form from Mrs. Richards in room 41. Groups offered include: Drug counseling; grief counseling; relationships; anger management; stress management; self-compassion (aka, self-esteem)

**Textbook obligations** will be cleared immediately when the book is returned in good condition. If a textbook is lost or damaged beyond repair, come to the library and ask how to replace the book at a lower cost.

**STUDENTS:** The next ACT test to be held on the VHS campus will be on April 13, 2019. You can register online at [www.act.org](http://www.act.org). The registration deadline for the April exam is March 8<sup>th</sup>. Please see Mrs. Clobes in Room 212 if you have any questions. Taking the ACT in addition to the SAT can strengthen your college application!

**THE TWELFTH ANNUAL PHOENIX CHARITY TRIATHLON** will be held on Sunday, March 3, 2019. We will be raising funds for the Cameron Helmer memorial fund. Please see Mr. Locher in room 208 for an entry form or more information.

**California Scholarship Federation (CSF)** applications are available in room 206 for 1<sup>st</sup> semester. 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders with outstanding GPA's may apply. See Mrs. Sovich for more information.

### Minimum day is Tuesday

#### Minimum Day Schedule

Per 1 7:36 - 8:06

Per 2 8:12 - 8:42

Per 3 8:48 - 9:18

Per 4 9:24 - 9:54

Brunch 9:54 - 10:14

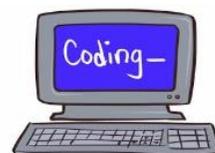
Per 5 10:20 - 10:50

Per 6 10:56 - 11:26

Per 7 11:32 - 12:02

### AP Registration!

AP Exam registration is open! The last day to register for AP exams at VHS is **Friday, March 8**. Pay at the student store, then turn in your yellow registration form with your receipt attached to Ms. Adamich in the library. Registration packets are in AP classrooms and in the library.



Come learn about coding and enjoy some snacks! Student coaches available at lunch in room 58 Monday and Wednesday. 9<sup>th</sup> and 10<sup>th</sup> graders encouraged to attend and you don't need to know anything!



C.O.U.G.A.R.

U= Understanding

Community builders



**Monday**

Do Something supportive and friendly for your colleagues

**Tuesday**

Notice the good qualities of everyone you meet today

**Wednesday**

Thank someone and tell them how they made a difference for you

**Thursday**

Show an active interest by asking questions when talking to others

**Friday**

Say friendly things to people who work in your local shop or cafe

## Field trips

Date	Time	Teacher	Program	Destination
2/7	7:30am-1:00pm	Castillo	ELAC	Cal Lutheran University
2/7	8:00am - 3:00pm	Sellers	Journalism/Government	LA Times Olympic Printing Plant
2/8	6:45am - 6:00pm	Hays	Auto Shop	NHRA Motorsports Museum, Auto Club Drag Way, Pomona
2/13	1:30pm - 3:30pm	Withers Schroeder	AVID	Cabrillo Middle School
2/21	8:00am - 2:30pm	Togneri	Health	VCOE - Teens Kick Ash Anti- Smoking Conference

## Career Center Happenings

**SENIORS:** 2019 Ronald Reagan Presidential Foundation Scholars Program- Deadline February 22, 2019 this program will recognize outstanding local students with awards totaling \$50,000. Seniors attending Ventura County high schools who possess outstanding leadership, character, communication skills, academic achievement, and commitment to Ventura County are invited to complete the application for this award. For more information and to apply visit <https://www.reaganfoundation.org/education/scholarship-programs/ronald-reagan-presidential-foundation-scholars-program/>

## Clubs

**Banner Bold-** We have less than a month to finalize the magazine. Submit your pieces to [Bannerbold.org](http://Bannerbold.org) or [Bannerbold@gmail.com](mailto:Bannerbold@gmail.com), time is running out. Deadline is March 1<sup>st</sup>.

- G. Raney