



2019

Ventura High School Cougar Country

2020



Bulletin for October 7 - 8

The E.P. Foster Library is offering Fall Break volunteer opportunities. Be a part of Horror in the Stacks, a “haunted house” experience in the library. All volunteers must be 13 years of age minimum, and have a volunteer application on file (applications available in the VHS library).

Spirit Week:

Monday- PJ day

Tuesday- College t-shirt day

Wednesday- Dress like it's the 80's

Thursday- Wear your floral print

Friday- Wear your black & gold

Seniors - We recommend ALL seniors complete a FAFSA or California Dream Act application! We have two upcoming opportunities to assist you in applying for financial aid:

- VHS is hosting a Financial Aid night on October 8th at 6:30 pm in the cafeteria (English) and Library (Spanish).
- Ventura College is hosting a free CASH 4 College event on Saturday October 12th from 9am to 1pm at Ventura College Learning Resource Center. Financial Aid staff will assist you in applying for the 2020/2021 FAFSA application and the California Dream Act application.

Don't miss this opportunity to learn from financial aid experts!

October is National Anti-bullying month. As part of your daily bulletin for this month, you will be given a new statistic with each bulletin. Please use these statistics to have a conversation with your friends/classmates/teachers/family/community on how you –and they- can be part of the solution against bullying behavior. Here's today's statistic:

- ✚ The federal government began collecting data on school bullying in 2005, when the prevalence of bullying was around 28 percent (**U.S. Department of Education, 2015**).

Upcoming events:

- October 12- Homecoming Dance, Main St gym, 8:00pm
- October 18- Fall Backstage Café Improv Show, Auditorium 7:00pm
- October 22- Minimum day. 12:02pm dismissal
- October 25- Ventura vs Buena Games
- October 28 – November 1- Fall break

Campus Pride College Fair for LGBTQ+ and Ally Students is Saturday, October 19th from 11:30 to 1:30 pm at Los Angeles City College. Go to <https://www.campuspride.org/collegefair/> for more info.

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

O= Optimistic

Community builders



Monday	Tuesday	Wednesday	Thursday	Friday
Take the first step towards a goal that really matters to you	Make progress on a project or task you have been avoiding	Avoid blaming yourself or others. Just find the best way forward	Look for the good intentions in people around you today	Re-frame a problem you face as a potential opportunity



School field trips



DATE	TIME	TEACHER/ COORDINATOR	DESTINATION	# OF STUDENTS
10/9	3:00pm - 8:00pm	Lewandoski	Santa Paula High School	6
10/12 thru 10/13	TBD	Lewandoski	San Benito H. S. , Hollister	6
10/14	7:15am - 5:00pm	Miyata	Westmont College and UCSB	50
10/18	9:30am - 1:00pm	Cohen	Century 10 Downtown	100
10/18	10:00am - 11:00pm	G. Murphy, Rickard	Pleasant Grove High School	16
10/21	8:15am - 3:30pm	Minadeo	Getty Villa Museum	60

Career Center

Scholarships

Hispanic Heritage Foundation's 2019 Youth Awards is now accepting applications. To be considered student must be a senior with a minimum 3.0 and be of Hispanic heritage.

For more information visit www.HispanicHeritage.org **Deadline is October 15, 2019**

VC Open house- Learn about Ventura College's Career Education Programs at their Open House on Wednesday, October 23 from 5:00-7:00 pm. Participating programs include agriculture, architecture/drafting, automotive technology, medical assisting, welding, and nursing. Register at <https://vccareeropenhouse.eventbrite.com>.

Texas A & M University- Brockman Scholars Program is looking for Seniors interested in STEM & Business Scholarships. This is a merit-based full-ride that covers five years of study at the College Station campus of Texas A & M University. Apply at www.brockmanfoundation.org Deadline December 1, 2019.

Ventura Pet Wellness & Dog Training Center will be hosting their 3rd annual Animal Career Fair on Sunday October 13th from 10 am to 1 pm. Learn about a variety of animal related fields and careers. This free event is located at 3521 Arundell Circle #B Ventura.

Volunteer Opportunity: Ventura Wild Wilderness Discovery Programs is looking for student volunteers to help elementary students develop leadership and build wilderness skills. More information available in the College and Career Center.

Project Understanding is looking for volunteer tutors to work with elementary students at the Temple Beth Torah Tutoring Center. Two sessions a day: 3:00-4:00 pm and 4:00-5:00 pm. Come to the College & Career Center for more information and to find additional volunteer opportunities.

College/ University Visits in Room 106 (Career Center)

*Sign up With Mrs. Roberts to attend

UC Santa Barbara- October 8, during period 4

Western Washington University- October 8, during period 6

The New School- October 8, during period 7