



# VHS WEEKLY UPDATE



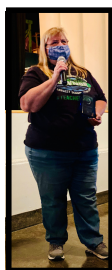
Ventura High School - 11/12/2021

## CTE HIGHLIGHTS



### TEACHER: AMY LEWANDOSKI

Amy Lewandoski is a veteran teacher at VHS who has been a staple on our campus and district for the last 30 years. She is beloved by her students and leads the CTE Agriculture program with key courses in landscape and floral. Ms. Lewandoski helps create all our floral decorations for our graduation, campus-wide events and much more. VHS is grateful to have such a dedicated educator on our campus leading this CTE.



### Ventura High School Athletic Events 11/15 – 11/20/21

Day	Date	Sport	Opponent	Location	Time	Bus
Mon	11/15/21	Girls JV Basketball	Westlake JV Tourney	Away	TBA	
Tue	11/16/21	Girls Varsity Basketball	Viewpoint	Away	6:00 PM	
		Girls JV Basketball	Westlake JV Tourney	Away	TBA	
		Girls V, JV, F/S Water Polo	Westlake	Home	4, 5, 6 PM	
Wed	11/17/21	Girls JV Basketball	Westlake JV Tourney	Away	TBA	
Thurs	11/18/21	Boys V, JV, F/S Basketball	San Marcos	Away	7, 5:30, 4 PM	4:00 PM
		Girls Varsity Basketball	Harvard Westlake	Away	6:30 PM	
		Girls JV Basketball	Santa Paula JV Tourney	Away	TBA	
Fri	11/19/21	Girls JV Basketball	Santa Paula JV Tourney	Away	TBA	
		Wrestling	PVL Novice Tourney	Buena HS	3:00 PM	1:30 PM
Sat	11/20/21	Girls Varsity Basketball	Crenshaw	Away	3:00 PM	
		Girls JV Basketball	Santa Paula JV Tourney	Away	TBA	

## TENNIS TRYOUTS:



VHS Boys Tennis Tryouts will be Wednesday and Thursday, November 17 and 18 and December 8 and 9. 2:45 – 4:30 PM at the VHS tennis courts.



## 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

## 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!

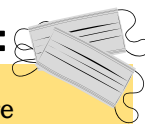
Modeling behavior that displays treating others with dignity & respect, supports a safe and caring school environment. This is the "high expectation" for students, staff and parents.

### Social Media Outlets:

Instagram: @venturahscougars

Twitter: @VHSVenturaHigh

## 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.

**Programa de asistencia navideña 2021**

*¡Esta Navidad, las familias de Ventura, Ojai, Santa Paula y Sonoma 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: 020VAC529

**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\*

El Centro de Servicios Ventura  
650 S. First Avenue - (805) 639-1000

**FELIZ NAVIDAD**

**2021 Christmas Assistance Program**

*This Christmas, families in Ventura, Ojai, Santa Paula, and Sonoma 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: 020VAC529

**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 Ventura County  
650 S. First Avenue - (805) 639-1000

**MERRY CHRISTMAS**



# VHS WEEKLY UPDATE

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## TUTORING IS AVAILABLE

The schedule is:

Knowles: Every Mon.-Fri.(Lunch): Core content for Special Ed Prgms.

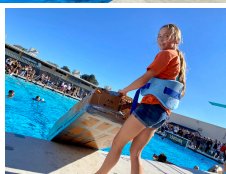
Cougard: Every Thursday, Period 1 for French

Maxwell: Every Tues./Thurs. (Lunch) & Wed. (6 P.M. - 7:30 P.M.) for Science

Rivera: Every Mon.- Fri. (Lunch) for Math



## CARDBOARD BOAT RACE



## 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](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!**



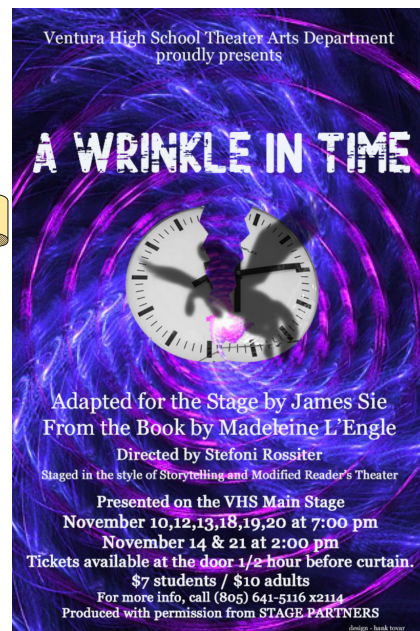
## TARDY SWEEPS:

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.

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



**School of  
Choice  
OPEN HOUSE**

VENTURA HIGH SCHOOL INVITES  
YOU TO A NIGHT IN COUGAR COUNTRY!  
2 NORTH CATALINA STREET,  
VENTURA CA 93001  
805.641.5116

CITE PATHWAYS



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 *FREE MEALS PROVIDED BY VENTURA HIGH SCHOOL A SILENT AUCTION WILL BE PRESENT FOR FAMILIES AND KIDS TO ENJOY	6:30 P.M. - 8 P.M. SHOWCASE ON OUR BEAUTIFUL LAWN OF DEPARTMENT PROGRAMS, AND SELF-GUIDED TOURS OF CTE/ARTS/MUSIC/ATHLETICS	SELF-GUIDED TOURS INFO AND WILL HAND OUT MAPS AT TWO LOCATIONS: STONE FOR PEACE STATUE & CANTER
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