



2018

Ventura High School Cougar Country

2019



Bulletin for January 7th- 8th

Students

Do you have any library fines or obligations? Check your school Gmail for library notices emailed every Friday to students who have fines and obligations.

* Remember to return or renew library books before the due date in order to avoid an overdue fine.

Sports



VHS Football: If you are interested in playing football for the upcoming 2019 season, you must attend a player meeting on Thursday, January 10th during lunch in room 31, woodshop. See Coach Garcia if you have questions.

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 The submission deadline is coming up quick. Send in your pieces so we can put them in the magazine! G. Raney

Field Trips

Date	Time	Teacher	Program	Destination
1/9	7:30am-3:30pm	Bergfeld	AP Computer Science	Moorpark College
1/30	6:00am - 11:00pm	Hernandez, K.	Applied Arts/Honors foodservice	Disneyland & California Adventures, Anaheim

C.O.U.G.A.R

O = *Optimistic*

Community builders



Monday

Write down ten things you feel grateful for in life and why

Tuesday

Go to bed an hour earlier than normal

Wednesday

Take ten minutes to sit still and just breathe

Thursday

Use one of your personal strengths in a new way

Friday

Learn something new and share it with others