



VHS WEEKLY UPDATE

Ventura High School - 3/11/2022



VHS Music Department

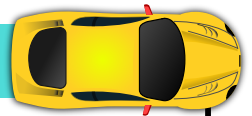
FESTIVAL CONCERT

FEATURING WIND ENSEMBLES AND STRING ORCHESTRA

7PM
MARCH 18
AUDITORIUM
FREE ADMISSION



CAR SHOW!



The annual VHS Car Show is right around the corner. Applications will be available starting Monday, March 14th in room 37. A mandatory meeting will be held **Wednesday, March 23rd in room 37**. All applications are due by Monday, March 28th. Car show will be on Friday, April 1st. We hope everyone has an opportunity to stop by.

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

Jones: Every Mon-Fri Lunch and Period 6: English (rm 209)

Reynosa: Before school, every lunch, and after Period 6 (room 64)

FOLLOW PTSA ON SOCIAL MEDIA:



Facebook:

<http://facebook.com/vhsptsa>



Instagram:

@vhsptsa

ATHLETIC EVENTS

Ventura High School Athletic Events 3/14 - 3/19/22

Day	Date	Sport	Opponent	Location	Time	Bus
Tues	3/15/22	Varsity, F/S Baseball	Buena	Home	3:15 PM	
		JV Baseball	Buena	Away	3:15 PM	1:45 PM
		Boys V, JV Volleyball	Pacifica	Away	6:00, 4:30 PM	3:30 PM
		Girls Beach Volleyball	Oxnard	Home	3:00 PM	
		Boys Tennis	Pacifica	Away	3:00 PM	1:30 PM
		Boys Golf	Channel Islands	Buena Ventura GC	2:00 PM	
Wed	3/16/22	Varsity, JV Softball	Buena	Away	3:30 PM	1:30 PM
		Swimming	Pacifica	Away	3:00 PM	1:30 PM
Thur	3/17/22	Boys V, JV Volleyball	Oxnard	Home	6:00, 4:30 PM	
		Boys Tennis	Oxnard	Home	3:00 PM	
		Girls Beach Volleyball	Santa Barbara	Away	3:00 PM	
		Boys Golf	Rio Mesa	Los Posas CC	2:00 PM	
		Track and Field	Rio Mesa, Pacifica	Pacifica HS	2:00 PM	12:30 PM

STUDENT DROP-OFF ON MAIN ST.

A friendly reminder that students can be dropped off on Main St. where there is a designated drop off zone.

Poli St. is closed during school hours. It is a major access point for our school buses who are transporting students across VUSD and this street is also where our student parking lot is. The Senior Parking Lot is meant for our students to safely park while on campus. Please remember that our students are trying to park in a timely fashion in order to get to class on time. We appreciate the egress/ingress exits be clear and to only have students coming in to park in the morning.

FOOD DELIVERIES

VHS has seen an increase in students leaving class early before the bell rings to try and meet food delivery services on the perimeter of campus.

Admin would like to reiterate that food deliveries from outside vendors such as Uber Eats and Door Dash are not allowed. Please pack a lunch for your student or encourage them to eat a free meal at our cafeteria.



Attn: Multilingual Seniors

BILINGUAL SEAL APPS ARE DUE!

By Friday, April 1st
To Ms. Bradvica in Room 50
emily.bradvica@venturausd.org

SNAPSHOTS: ST. PATRICK'S DAY PARADE



Photo courtesy of S. Meyers

The VHS Cheer team participated in the St. Paddy's Day Parade on Saturday morning on Main St. in Ventura, CA.





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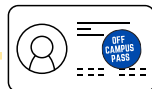


(STUDENT ASSISTANCE PROGRAM)

GROUP SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stress Management (SM) (Tapping)	Alumni (AT) (Alumni Family Groups)		Grief & Bereavement LGBTQ+ Group	Self-Compassion (SC) (Community Circle)
Anxiety Relief (AR) (Art with Heart)	Drug Intervention (DI)			Anger Management (AM)
3/7/22 SM - 5 th period	3/8/22 Alumni-Period 6	3/9/22	3/9/22 Grief-Period 4 LGBTQ+Period 6	3/10/22 AM - 4 th period
3/14/22 AR - 3 rd period	3/15/22 Alumni-Period 2 Drug-Period 6	3/16/22	3/17/22 Grief-Period 4 LGBTQ+Period 6	3/18/22 AM - 5 th period
3/21/22 SM - 4 th period	3/22/22 Alumni-Period 4	3/23/22	3/24/22 LGBTQ+Period 3	3/25/22 SC - 2 nd period
3/28/22 AR - 5 th period	3/29/22 Alumni-Period 5 Drug-Period 4	3/30/22	3/31/22 Grief-Period 4 LGBTQ+Period 6	4/1/22 AM - 4 th period
4/11/22 SM - 3 rd period	4/12/22 Alumni-Period 6	4/13/22	4/14/22 LGBTQ+Period 5	4/15/22 NO SCHOOL
4/18/22 AR - 4 th period	4/19/22 Alumni-Period 3 Drug-Period 6	4/20/22	4/21/22 Grief-Period 3 LGBTQ+Period 6	4/22/22 SC - 3 rd period
4/25/22 SM - 5 th period	4/26/22 Alumni-Period 4	4/27/22	4/28/22 LGBTQ+Period 5	4/29/22 AM - 5 th period

SAP



STUDENTS WILL ONLY BE ALLOWED TO LEAVE CAMPUS DURING LUNCH IF THEY HAVE THEIR PHYSICAL ID CARD WITH THEM. THEY CAN ALSO SHOW THEIR SCHEDULE BY ACTIVELY GOING ON THE STUDENT VUE APP.

ATTENTION SENIORS:

As we get ready for Graduation - Please review your name with Mrs. Grasmehr in the Guidance center, or in Q - this will be the name on your diploma and in the Graduation program. The list will be available from March 3rd - 18th.

CHROMEBOOK OBLIGATIONS

If you have a chromebook/charger obligation for a lost or damaged chromebook and charger you can pay:

- By check (payable to VUSD) or cash turned in to ESC or library
- By credit card: Only at the ESC (District Office)

If there is a financial hardship, there is a financial hardship form that needs to be filled out by a school administrator and submitted online. If you have questions about the obligation, contact Kimberly Frazee who files the VHS chromebook obligations at the Technology Call Center at the ESC 805-641-5000 ext.1381.



SATURDAY SCHOOL DATES:
March 26
April 23
May 21



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

VENTURA HS Health & Safety Protocols

- VUSD testing allows VUSD staff to reach out to students or staff members who test positive. If one tests positive from VUSD testing, then a health staff member will be in contact to discuss your status.
- A PCR test taken at a non VUSD location is NOT reported to VUSD, therefore please ensure the following if a positive result is received:
 - Do not attend school
 - Notify health services at 805.641.5116 x 1028

If you receive a positive result on a home test, do not come to school and proceed to a PCR test. You can also contact the VHS health services office for additional guidance. Contact: Juliana Samelli (school nurse) and Betty Feltch (health tech) at 805.641.4115 x 1028.

If you are sick and/or display any COVID symptoms (fever, headache, sore throat, coughing, and stomach ache), please stay home as a precaution.

Proper mask wearing while indoors (i.e. classrooms/library/canteen/cafeteria) is required in alignment with VUSD and VCPH COVID safety protocols. Proper hand sanitizing and hand washing is encouraged.

Athletics: All indoor sporting events will be limited to four spectators per athlete. Spectator names will be monitored through an athlete submission process. This is effective for the month of January pending new information.



MASKS:

"Beginning Monday, March 14, the mandate requiring masks indoors on our school and district sites and buses will change to strongly recommended. Masks will no longer be required of any student or staff member, regardless of vaccination status." - VUSD (District Newsletter 3.11.22)



VHS CAMPUS-WIDE EVENTS
COURTESY OF ASB
MARCH '22

WED 16 AVID SHADOW DAY
FRI 18 CAREER FAIR HOSTED BY ASB & COLLEGE & CAREER
FRI 18 FESTIVAL CONCERT @ 7 P.M.
WED 23 SENIOR ASSEMBLY (PER 3)
THURS 24 VC PIRATE DAY
FRI 25 SPRING FOOD FAIRE @ LUNCH
FRI-SAT 25-26 SPRING IMPROV @ 7 P.M.
MON 28 VHS SCIENCE FAIR @ 7 P.M. IN THE MAIN ST. GYM
ALL MONTH CLUB MEETINGS FOR:

- DRAMA CLUB
- FILM CLUB
- MODEL UNITED
- STUDENT RUNNERS
- PHILOSOPHY CLUB
- CHESS CLUB
- GSA
- HEALTH THE BEACH
- KEY CLUB
- TRI-ACTIVISM CLUB
- NATIONAL ART HONOR SOCIETY
- NHS
- CSF
- FELLOWSHIP OF CHRISTIAN ATHLETES
- BIKING CLUB
- INTERACT CLUB
- LATINX RIGHTS CLUB
- ASIAN & PACIFIC ISLANDER CULTURAL APPRECIATION CLUB
- GWAT

Updated Calendar!

DANCE CLASSES

VHS DANCE PRESENTS...

Open Beginner DANCE CLASSES

OPEN TO ALL VHS STUDENTS AND STAFF

MARCH 2ND: Musical Theatre Jazz
MARCH 16th: HIP HOP
MARCH 30th: REGGAETON
6-7 PM IN ROOM 40

Social Media Outlets:

Instagram: @venturahscougars

Twitter: @VHSVenturaHigh