

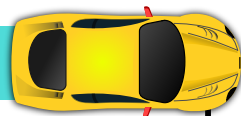


# VHS WEEKLY UPDATE

Ventura High School - 3/4/2022



## 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

## SPOTLIGHT ON: JUNIOR CARSON PETERSON

Junior Carson Peterson was recently featured by the VC Reporter on his invitation to the World Junior Rowing Championships camp over the summer. Carson not only excels at his sport, but is our Junior Class President and member of ASB as well as a member of honors music. Best of luck to Carson in his rowing pursuits this summer!



Photo courtesy of VCReporter

VHS CAMPUS-WIDE EVENTS  
COURTESY OF ASB

**MARCH '22**

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: <ul style="list-style-type: none"> <li>• DRAMA CLUB</li> <li>• FILM CLUB</li> <li>• MODEL UNITED</li> <li>• STUDENT RUNNERS</li> <li>• PHILOPSHY CLUB</li> <li>• CHESS CLUB</li> <li>• CSA</li> <li>• HEALTH THE BEACH</li> <li>• KEY CLUB</li> <li>• TRI-ACTIVISM CLUB</li> <li>• NATIONAL ART HONOR SOCIETY</li> <li>• NHS</li> <li>• CSF</li> <li>• FELLOWSHIP OF CHRISTIAN ATHLETES</li> <li>• BIKING CLUB</li> <li>• INTERACT CLUB</li> <li>• LATINE RIGHTS CLUB</li> <li>• ASIAN &amp; PACIFIC ISLANDER CULTURAL APPRECIATION CLUB</li> <li>• GWAT</li> </ul>

## FOLLOW PTSA ON SOCIAL MEDIA:



Facebook:

<http://facebook.com/vhsptsa>



Instagram:

@vhsptsa

FUNDRAISING TIME

Ventura High School Fundraiser

FUNDRAISER AT PRESTO PASTA

**Tuesday March 8th, 2022**

Eat at Presto Pasta anytime on this day and they will donate 20% of your total bill to Ventura High School. Not Valid on Delivery Apps. Simply show printed flyer or display on your phone at the restaurant. Flyers may not be distributed at Presto Pasta.

Presto Pasta 5722 Telephone Rd Ventura CA  
805-658-2898

KEEP THIS HALF TO SAVE ON CATERING!

**\$20 OFF CATERING**  
orders over \$100

La Presto Pasta de Venturo  
Pastas • Salsas  
Hamburgers • Sandwiches

COMPLETE MEALS  
from \$6.50

See menu online at  
PrestoPasta.com

## 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)

## 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.

Venga a conocer al equipo

**CAFE CON LOS MAESTROS**

7:30 AM  
EL SALON 50  
MIÉRCOLES, EL 9 DE MARZO

## ATHLETIC EVENTS

### Ventura High School Athletic Events 3/7 - 3/12/22

Day	Date	Sport	Opponent	Location	Time	Bus
Mon	3/7/22	Boys Varsity Volleyball	Moorpark	Away	6:30 PM	5:00 PM
Tues	3/8/22	Varsity, F/S Baseball	Oxnard	Away	3:15 PM	1:30 PM
		JV Baseball	Oxnard	Home	3:15 PM	
		Varsity, JV Softball	Oxnard	Home	3:30 PM	
		Girls Beach Volleyball	Buena	Home	2:30 PM	
		Boys Golf	San Marcos	Buenaventura GC	1:20 PM	
Thur	3/10/22	Boys V, JV Volleyball	Rio Mesa	Away	6:00, 4:30 PM	3:30 PM
		Boys Tennis	Rio Mesa	Away	3:00 PM	1:30 PM
		Girls Beach Volleyball	Rio Mesa	Home	2:30 PM	
		Boys Golf	Dos Pueblos	Glen Annie GC	2:00 PM	
Fri	3/11/22	Varsity, F/S Baseball	Channel Islands	Away	3:15 PM	1:15 PM
		JV Baseball	Channel Islands	Home	3:15 PM	
		Varsity, JV Softball	Channel Islands	Home	3:30 PM	
		Swimming	Buena	Home	3:00 PM	
		Track and Field	Ventura Invitational	Home	4:00 PM	
Sat	3/12/22	Track and Field	Ventura Invitational	Home	7:30 AM	



# VHS WEEKLY UPDATE

Ventura High School - 3/4/2022



## (STUDENT ASSISTANCE PROGRAM)

### GROUP SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stress Management (SM) (Tapping)	Alumni (AT) (All 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	3/8/22	3/9/22	3/10/22	3/11/22
SM - 5 <sup>th</sup> period	Alumni-Period 6	3/9/22	LGBTQ-Period 5	SC - 3 <sup>rd</sup> period
3/14/22	3/15/22	3/16/22	3/17/22	3/18/22
AR - 3 <sup>rd</sup> period	Alumni-Period 3	3/16/22	Grief-Period 4	AM - 5 <sup>th</sup> period
3/21/22	3/22/22	3/23/22	3/24/22	3/25/22
SM - 4 <sup>th</sup> period	Alumni-Period 4	3/23/22	LGBTQ-Period 3	SC - 2 <sup>nd</sup> period
3/28/22	3/29/22	3/30/22	3/31/22	4/1/22
AR - 5 <sup>th</sup> period	Alumni-Period 5	3/30/22	Grief-Period 4	AM - 4 <sup>th</sup> period
4/1/22	4/12/22	4/13/22	4/14/22	4/15/22
SM - 3 <sup>rd</sup> period	Alumni-Period 4	4/13/22	LGBTQ-Period 5	NO SCHOOL
4/18/22	4/19/22	4/21/22	4/21/22	4/22/22
AR - 4 <sup>th</sup> period	Alumni-Period 3	4/21/22	Grief-Period 3	SC - 5 <sup>th</sup> period
4/25/22	4/26/22	4/27/22	4/28/22	4/29/22
SM - 5 <sup>th</sup> period	Alumni-Period 4	4/27/22	LGBTQ-Period 5	AM - 5 <sup>th</sup> period



**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 handles the VHS chromebook obligations at the Technology Call Center at the ESC 805-641-5000 ext.1381.



**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.**

**CHEER** Join Ventura High School Cheerleaders!  
2022 Cougar Cheer Camp & St. Patrick's Day Parade/Performance

Friday, March 11, 3:30-6:30pm Cheer Camp at VHS  
Saturday, March 12, 10am-12pm Parade. Downtown Ventura  
Ages 5-13 years, \$65.00. Camp fee includes a t-shirt & cheer bow

Email [vhs.cougarcheer@gmail.com](mailto:vhs.cougarcheer@gmail.com) for more details and to register.

**2021-2022**  
VENTURA HIGH SCHOOL INVITES YOU TO OUR  
**ENGLISH LEARNER ADVISORY COMMITTEE (ELAC)**

**Tuesdays at 6 P.M. on ZOOM**

Please email Mrs. Botello-Lopez at [elizabeth.botello@venturausd.org](mailto:elizabeth.botello@venturausd.org) for further details

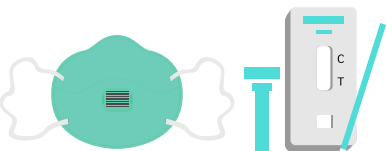
September 7  
October 5  
November 2  
December 7  
January 11  
February 8  
March 8

*More news will come regarding having meetings in-person.*

## VENTURA HS Health & Safety Protocols

### COVID TEST KITS & N95 MASKS

Any student wishing to acquire an additional COVID test kit may come by the Records Office starting on Monday from 3 - 4 P.M. while supplies last. N95 masks are still available for students.



## 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 Samoff (school nurse) and Barry Felch (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/cafeteria/etc) is required in alignment with VUSD and VCPH COVID safety protocols. Proper hand sanitizing and hand washing is encouraged.

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

## 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.



## 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**



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

**Social Media Outlets:**  
Instagram: @venturahscougars  
Twitter: @VHSVenturaHigh

## SENIOR PARKING LOT: PASSES (STICKERS)

Thank you to all our students who filled out their Google Form for a parking pass on our Senior Lot. VHS only has a limited number of parking spots available - including handicap spaces - in the Senior Lot - which includes and lower and El Jardin parking spaces above the baseball fields.

A Google Form was sent out electronically on Feb. 1st. Students were notified after the Feb. 10 deadline via email if they received a parking pass (sticker). If you have not picked yours up, please do so at your earliest convenience in the Front Office.

**SATURDAY SCHOOL DATES:**  
March 26  
April 23  
May 21