



2018

Ventura High School Cougar Country

2019



Bulletin for February 4 – 5th

Students

Student Assistance Program (SAP) is offering group sessions. If you are interested, pick up a consent form from Mrs. Richards in room 41. Groups offered include: Drug counseling; grief counseling; relationships; anger management; stress management; self-compassion (aka, self-esteem)

Textbook obligations will be cleared immediately when the book is returned in good condition. If a textbook is lost or damaged beyond repair, come to the library and ask how to replace the book at a lower cost.

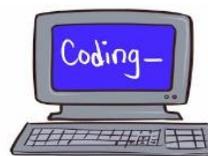
STUDENTS: The next ACT test to be held on the VHS campus will be on April 13, 2019. You can register online at www.act.org. The registration deadline for the April exam is March 8th. Please see Mrs. Clobes in Room 212 if you have any questions. Taking the ACT in addition to the SAT can strengthen your college application!

THE TWELFTH ANNUAL PHOENIX CHARITY TRIATHLON will be held on Sunday, March 3, 2019. We will be raising funds for the Cameron Helmer memorial fund. Please see Mr. Locher in room 208 for an entry form or more information.

California Scholarship Federation (CSF) applications are available in room 206 for 1st semester. 10th, 11th, 12th graders with outstanding GPA's may apply. See Mrs. Sovich for more information.

AP Registration!

AP Exam registration is open! The last day to register for AP exams at VHS is **Friday, March 8**. Pay at the student store, then turn in your yellow registration form with your receipt attached to Ms. Adamich in the library. Registration packets are in AP classrooms and in the library.



Come learn about coding and enjoy some snacks! Student coaches available at lunch in room 58 Monday and Wednesday. 9th and 10th graders encouraged to attend and you don't need to know anything!

Clubs

Banner Bold- Creative writing has only 1 month to finish banner bold. So, submit your pieces, the due date is March 1st. - G. Raney



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

U= Understanding

Community builders



Monday

Do Something supportive and friendly for your colleagues

Tuesday

Notice the good qualities of everyone you meet today

Wednesday

Thank someone and tell them how they made a difference for you

Thursday

Show an active interest by asking questions when talking to others

Friday

Say friendly things to people who work in your local shop or cafe

Field trips

Date	Time	Teacher	Program	Destination
2/6	8:00am - 2:00pm	Hays	Applied Arts/ Auto Shop	Ventura College
2/6	7:30am - 3:30pm	Bergfeld	AVID	DATA Middle School & Anacapa Middle School
2/7	7:30am-1:00pm	Castillo	ELAC	Cal Lutheran University
2/7	8:00am - 3:00pm	Sellers	Journalism/Government	LA Times Olympic Printing Plant
2/8	6:45am - 6:00pm	Hays	Auto Shop	NHRA Motorsports Museum, Auto Club Drag Way, Pomona
2/13	1:30pm - 3:30pm	Withers Schroeder	AVID	Cabrillo Middle School
2/21	8:00am - 2:30pm	Togneri	Health	VCOE - Teens Kick Ash Anti-Smoking Conference

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/>