

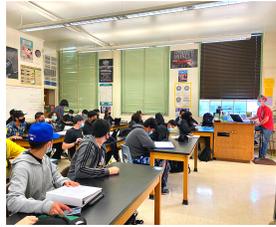


# VHS WEEKLY UPDATE

Ventura High School - 10/22/2021



## CTE HIGHLIGHTS



**TEACHER: SCOTT HAYS** →  
 Scott Hays is a veteran teacher leader in our CTE Automotive program as he instructs our Auto Tech and Intro to Auto Tech classes. Students get to build engines, work on cars and learn hands on training. Several of his students have gone on to automotive careers.



## STUDENT NEWS

**Black Student Union:** There will be a Black Student Union (BSU) meeting on Friday, October 22nd, during lunch in the SAP office, room, 41. All interested are invited to attend.

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

## PTSA

You're invited to Ventura High School PTSA's Spirit Night fundraiser with Red Robin Thursday, Oct. 28 at 3301 E. Main St. #1511, Ventura, CA 93003. Visit in person and mention our fundraiser or order at [order.redrobin.com](http://order.redrobin.com), select Red Robin Pacific View Mall, add our fundraiser to your cart, then load up on Yummm! 20% of Dine-in and To-Go fundraising sales will go back to VHS PTSA. Excludes alcohol and tax.

The more who join us, the more we earn. We hope to see you there!



## 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 as needed due to attendance and behavior. Detention is held daily during lunch. Students are provided lunch.

## STUDENT STORE:

Hours:  
 Open 7:45-3:30 pm  
 Includes: Nutrition Break and Lunch  
 \*(Closed 11:30-12:30pm & hours may vary depending on school wide events or athletics)\*

\*STUDENTS need ID for ALL transactions Please!

### LETTERMAN JACKETS

Please come to the student store by Wednesday, November 3rd to order your letterman's jacket. You will need to bring a \$75.00 deposit before we can order your jacket. We accept cash, check and credit cards.

## 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.

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

**MADD CALIFORNIA ANNUAL TEEN INFLUENCER SUMMIT**

Please join us Saturday, October 30, 2021 for our 5th Annual MADD California Teen Influencer Summit held virtually. The goal of the teen conference is to positively impact knowledge, attitudes, and behaviors of youth around underage drinking and impaired driving through leadership development opportunities provided through the Teen Influencer Group.

**SATURDAY, OCTOBER 30, 2021**  
 11:00AM - 12:30PM

TO REGISTER: [TINYURL.COM/MADDCAETEEN2021](http://TINYURL.COM/MADDCAETEEN2021)

For how to get involved, contact:  
 Melissa Estelle, Sr. Program Specialist (Los Angeles / Orange)  
 (714) 838-6199 ext. 6653 / [melissa.estelle@madd.org](mailto:melissa.estelle@madd.org)  
 Kelley Krieger, Program Specialist (San Diego County)  
 (619) 564-9726 ext. 6663 / [kelly.krieger@madd.org](mailto:kelly.krieger@madd.org)

**POWER OF YOUTH!**  
 #ProtectOurFriends  
 #ProtectOurSquad  
 #MADD2021  
 #CourageToChange  
 #BeThe



# VHS WEEKLY UPDATE

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## AXCESS FUNDRAISING KICKS OFF THIS WEEK!

Students can pick up an order packet from Room 20, Ms. McKee's art class, before 2nd Period, during Nutrition, Lunch or before 7th period all week long.

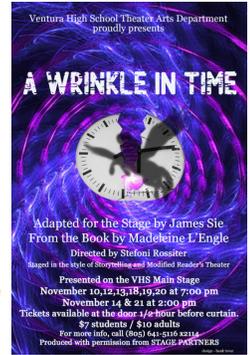
- Sale starts Friday, 10/15 and lasts until 10/29.
- Orders should be turned in to Ms. Banales in the VHS office by Nov. 2. Checks are made payable to "VHS PTSA." The fundraising volunteers will collect these at the end.

Students can earn the following prizes for selling Axxess books:

- Sell 2 = Axxess PrizeCard
- Sell 5 = \$20 Cash Card
- Sell 10 = \$50 Cash Card
- Top Sellers = \$100 Cash Card (15 minimum)



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



## SPORTS SCHEDULE

Tuesday 10/26/21:

- Boys Water Polo vs Buena (Home): 3 P.M.

Wednesday 10/27/21:

- Girls Golf: CIF Individuals (Away) Los Robles GC: 7 A.M.

Friday, 10/29/2021:

- Varsity, F/S Football vs Channel Islands (Away): 7 P.M., 4 P.M.
- Cross Country vs Vent. Co Champs: Lake Casitas 9 A.M.

## ATTENTION SENIORS:

Don't be left out of the yearbook! Appointments are still available at the studio. Call Monarch Photography at 805-843-4111 to book your senior portrait appointment today. If you do not have transportation available, Monarch will be photographing seniors on campus November 2nd. Please call the studio to schedule your appointment. The deadline to be photographed is November 2nd. For more information please call: 805-843-4111



## TUTORING BEGINS OCT. 11TH:

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

Buckner-Rodas: Every Tues. during Period 6 for Spanish/English

**VENTURA UNIFIED SCHOOL DISTRICT INFORMATION NIGHT**

Information on the VUSD School of Choice lottery & enrollment for the 2022-23 school year

THURS., OCT. 21, 2021

6-8 PM

BUENA HIGH SCHOOL, FOOTBALL STADIUM

690 Telegraph Rd. Ventura

Visit with VUSD school staff. Obtain information from service departments. Representatives from all VUSD schools will be in attendance.

School of Choice Lottery: The School of Choice Lottery application window will be open from November 5-December 3, 2021. All schools will have lottery spots available for the 2022-23 school year.

Spanish Interpretation | All Interpretation

[www.venturausd.org/infonight.aspx](http://www.venturausd.org/infonight.aspx)

**NOCHE INFORMATIVA DEL DISTRITO ESCOLAR UNIFICADO DE VENTURA**

Información sobre el sorteo de Escuela de Elección de VUSD e inscripciones para el año escolar 2022-23

JUEVES, 21 DE OCT. 2021

6-8 PM

PREPARATORIA BUENA, ESTADIO DE FUTBOL

690 Telegraph Rd. Ventura

Visita a los empleados escolares de VUSD. Obtena información de los departamentos de servicios. Hable con el personal de Tránsito, Educación Especial, programas después de la escuela y más.

Sorteo de Escuela de Elección: El periodo de solicitud para el sorteo de Escuela de Elección será del 5 de noviembre al 3 de diciembre del 2021. Todas las escuelas tendrán espacios disponibles para el año escolar 2022-23.

Interpretación al español | Interpretación A.L.L. (Español a todos)

[www.venturausd.org/infonight.aspx](http://www.venturausd.org/infonight.aspx)

## COLLEGE & CAREER

There's been a couple updates. Here's the latest on the College Application Week:

[https://docs.google.com/document/d/1F7qupIEABX\\_jYE6E1l4ww14q7TfPMshSffWkYrYfw\\_uE/edit?usp=sharing](https://docs.google.com/document/d/1F7qupIEABX_jYE6E1l4ww14q7TfPMshSffWkYrYfw_uE/edit?usp=sharing)

### 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.

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



## SATURDAY SCHOOL DATES:

- November 20
- December 11
- January 22
- February 26
- March 26
- April 23
- May 21

**DIA DE LOS MUERTOS**

CELEBRATE WITH US FROM NOV. 1 - NOV. 5 IN THE COUNSELING PLAZA DURING LUNCH

ALTARS  
PAN DE MUERTO  
FACE PAINTING TABLE  
GIVEAWAYS  
DULCES  
MUSIC  
MARIACHIS  
@VHS

PURCHASE TICKETS ONLINE FOR ATHLETIC EVENTS:



### TARDY SWEEPS:

Random Tardy Sweeps will begin the week of October 11h, 2021. Tardy=Lunch Detention. Get caught in class and on time.

### COURSE LEVEL CHANGE DEADLINE IS 11/8/21

A course level change is for CP, Honors and AP skill adjustments.

### ELAC MEETING #3: NOV. 2

You are cordially invited to our next ELAC meeting on Tuesday, Nov. 2 at 6 P.M. via Zoom. Zoom link will be sent via Parent Square.

