



VHS WEEKLY UPDATE

Ventura High School - 4/15/2022

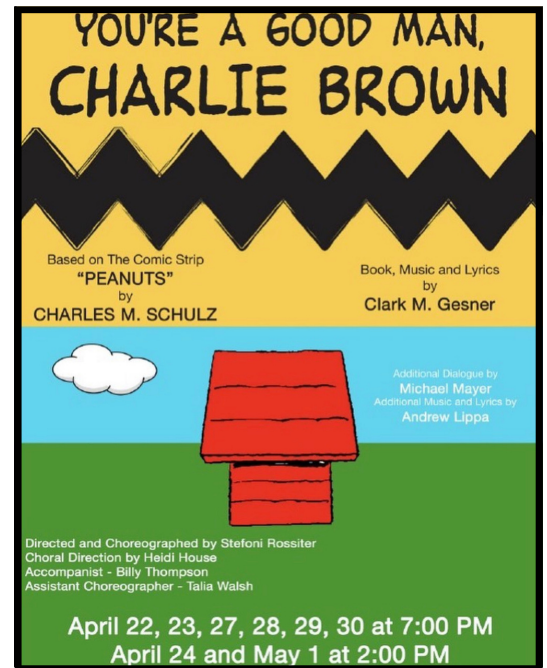


ATHLETIC EVENTS

Ventura High School Athletic Events 4/18 - 4/23/22

Day	Date	Sport	Opponent	Location	Time	Bus
Tues	4/19/22	Varsity, F/S Baseball	Buena	Away	3:15 PM	1:45 PM
		JV Baseball	Buena	Home	3:15 PM	
		Varsity, JV Softball	Buena	Home	3:30 PM	
		Boys Tennis	Channel Islands	Away	3:00 PM	1:30 PM
		Boys Golf	Rio Mesa	Buenaventura GC	2:00 PM	
		Beach Volleyball	League Tourney	Vent St Beach	TBA	
		Boys V, JV Volleyball	Oxnard	Away	6:00, 4:30 PM	3:45 PM
		Swimming	Buena*	Home	3:00 PM	
Wed	4/20/22	Boys V, JV Volleyball	Channel Islands	Away	6:00, 4:30 PM	3:30 PM
		Beach Volleyball	League Tourney	West Beach, SB	TBA	
Thur	4/21/22	Boys Golf	Pacifica	Buenaventura GC	2:00 PM	
		Boys V, JV Volleyball	Buena	Home	6:00, 4:30 PM	
Fri	4/22/22	Varsity, F/S Baseball	Buena	Home	3:15 PM	
		JV Baseball	Buena	Away	3:15 PM	1:45 PM
		Varsity, JV Softball	Buena	Away	3:30 PM	1:45 PM
		Swimming	Oxnard	Home	3:00 PM	
		Track and Field	Ventura Co Champs	Moorpark HS	4:00 PM	1:00 PM
Sat	4/23/22	Varsity, JV Baseball	Moorpark	Away	10:00 AM	8:15 AM
		F/S Baseball	Moorpark	Home	10:00 AM	
		V, JV Softball	TO Tourney	TOHS	9:00 AM	

* Rescheduled from 3/11/22



FIELD TRIP: LATINX COLLEGE DAY @ UCSB



A group of 20+ students participated in UC Santa Barbara's Latinx College Day' on Saturday, April 16. Hosted by El Congreso de UCSB, our students were empowered to pursue higher education. A huge thank you to our EL Intervention Specialist, EL Counselor, and College & Career Counselor who helped provide this opportunity to our Cougars!

Photos courtesy P. Roberts



MON-FRI 4-8

THURS 14

FRI 15

MON-FRI 18-22

FRI-SUN 22-24

MON-FRI 25-29

WED-SUN 4/27- 5/1

ALL MONTH

VHS CAMPUS-WIDE EVENTS
COURTESY OF ASB

APRIL '22



SPRING BREAK

MORNING EGG HUNT

BOARD HOLIDAY - DISTRICT CLOSED

EARTH APPRECIATION WEEK

SPRING PLAY "YOU'RE A GOOD MAN, CHARLIE BROWN"
PERFORMED ON THE VHS MAIN STAGE

SPRING FEVER WEEK

SPRING PLAY "YOU'RE A GOOD MAN, CHARLIE BROWN"
PERFORMED ON THE VHS MAIN STAGE

CLUB MEETINGS FOR:

- DRAMA CLUB
- FILM CLUB
- MODEL UNITED
- STUDENT RUNNERS
- PHILOPSHY 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
- DEAD POET SOCIETY
- STUDENT FORUM SOCIETY



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(STUDENT ASSISTANCE PROGRAM)

GROUP SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stress Management (SM) (Tapping)	Alatun (AT) (All Asian Family Groups)		Grief & Bereavement LGBTQ Group	Self-Compassion (SC) (Community Circle)
Anxiety Relief (AR) (Art with Heart)	Drug Intervention (DI)			Anger Management (AM)
	3/1/22 Drug-Period 4 Alatun-Period 5	3/2/22	3/3/22 Grief-Period 4 LGBTQ-Period 6	3/4/22 AM - 4 th period
3/7/22 SM - 5 th period	3/8/22 Alatun-Period 6	3/9/22	3/10/22 LGBTQ-Period 5	3/11/22 SC - 4 th period
3/14/22 AR - 3 rd period	3/15/22 Alatun-Period 5 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 Alatun-Period 4	3/23/22	3/24/22 LGBTQ-Period 5	3/25/22 SC - 3 rd period
3/28/22 AR - 5 th period	3/29/22 Alatun-Period 5 Drug-Period 6	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 Alatun-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 Alatun-Period 5 Drug-Period 6	4/20/22	4/21/22 Grief-Period 4 LGBTQ-Period 6	4/22/22 SC - 3 rd period
4/25/22 SM - 5 th period	4/26/22 Alatun-Period 4	4/27/22	4/28/22 LGBTQ-Period 5	4/29/22 AM - 3 rd period

S
A
P

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.



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

SATURDAY SCHOOL DATES:
April 23
May 21

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.



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.



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)

VUSD COVID NEWS:

Ventura Unified School District continues to follow Ventura County Public Health's mask updates and the California Department of Public Health school guidance.

Such guidelines include: mask mandate goes from required to strongly recommended, temperature threshold of 100.4, and testing for indoor sports is no longer required, however, weekly testing for indoor sports/band continues to be strongly recommended.

If a student or staff member feels sick, we ask that they please stay home. For more COVID guidance information, please go to the [COVID Resources Webpage](#).



FOLLOW PTSA ON SOCIAL MEDIA:



Facebook: <http://facebook.com/vhsptsa>



Instagram: @vhsptsa

Social Media Outlets:

Instagram: @venturahscougars

Twitter: @VHSVenturaHigh

VENTURA ATHLETICS
HOME OF CHAMPIONS

FRESHMAN INFORMATION NIGHT
WEDNESDAY MAY 4TH
6:00PM TO 8:00PM
TUTTLE GYM (ON POLI ST)
MEET THE COACHES / ATHLETIC STAFF
SUMMER PROGRAM INFO / JUNE OUT DATES
ATHLETIC CLEARANCE
REGISTERMYATHLETE.COM

GO COUGARS

Questions? Please contact
Athletic Director, David Hess
David.hess@venturausd.org

VHS PROM 2022

Date: May 7, 2022
@ Ventura Beach Marriott

TICKETS GO ON SALE
MONDAY, APRIL 18TH @
THE STUDENT STORE

DANCE CONTRACTS CAN BE FOUND IN THE
ASB ROOM & STUDENT STORE. FOR
INFO ON TICKET PRICES, PLEASE STOP BY
THESE LOCATIONS.

VHS DANCE PROGRAM INVITES YOU TO

DANCE TEAM

AUDITIONS

3:30 to 5 PM
MAY 3, 4, & 6th
IN THE VHS DANCE ROOM
ROOM 40

VHS DANCE PROGRAM INVITES YOU TO

HIP HOP TEAM

AUDITIONS

3:30 to 5 PM
MAY 17, 18, & 20th
IN THE VHS DANCE ROOM
ROOM 40