



2018

Ventura High School Cougar Country

2019



Bulletin for February 13th – 14th

Students

Make a Valentine for your loved one in ASSETS this week with Mrs. Minadeo. See Mrs. DiPaolo for details



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.

Seniors

Diploma name verification - Names are posted on outside of Admin building switchboard window. Please stop by to verify name and spelling. If there are any errors see Mrs. Ryder in the Admin office.

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.

Clubs

Banner Bold- We need more submissions! Send in your pieces and win a cash prize. The deadline is March 1st and the theme is bloom.

- G. Raney



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

U= Understanding

Community builders



Monday

Try to involve others and invite them to join your conversations

Tuesday

Smile at the people you're with and try to brighten their day

Wednesday

Be kind especially when your first instinct is to be unkind

Thursday

Tell loved ones why they are so special to you



Friday

Respond positively to everyone you meet today

Field trips

Date	Time	Teacher	Program	Destination
2/13	1:30pm - 3:30pm	Withers Schroeder	AVID	Cabrillo Middle School
2/13	11:20am-2:30pm	Francis	Interact Club	Ventura Derby Club
2/14	6:00am - TBD	Hunt	Music	Fresno Convention Center, All State Convention
2/21	8:00am - 2:30pm	Togneri	Health	VCOE - Teens Kick Ash Anti- Smoking Conference
2/23	7:45am - 4:00pm	Bergfeld	AVID	Moorpark College

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/>