



2020

Ventura High School Cougar Country

2021



Bulletin for the week of June 1st

Students

Free stickers and ribbons! The VHS GSA (Gender-Sexuality Alliance) wants to celebrate PRIDE with you on June 2 and June 3 during lunch; come by the quad for free stickers and ribbons and to support the VHS LGBTQIA+ community.

Yearbooks are in! 9, 10, & 11 yearbook distribution: June 7 & 8, at lunch & 3-4, at the attendance windows

Book return begins on JUNE 4.

Students should return all textbooks and library books by the end of their last final exam.

ONLY SENIORS WILL RETURN CHROMEBOOKS (students in grades 9-11 will have chromebooks renewed for summer school and next year).

Students will receive obligations for unreturned, lost or damaged books/chromebooks after June 10.

To Juniors: if you are interested in being a college athlete at a NCAA Division I or II athletic program, please make sure you go to <https://web3.ncaa.org/ecwr3/> to begin the registration and clearance process. Seniors, if you have not done so already and you plan to participate, you should do this now.

Seniors

SAVE the DATE: Senior Awards Night is scheduled for June 2nd at 6:00pm. This will be a live virtual event on YouTube. The viewing link will be sent out soon.

We need all our seniors to take our [Senior Exit Survey](#) ASAP. This information will be used primarily for senior celebrations (College Signing Day, Senior Awards Night, etc.). Be sure to include a photo for Senior Spotlight postings on our school social media accounts. Your feedback also helps us improve our counseling services & programs.

June 3 – June 4 SENIOR YEARBOOK DISTRIBUTION – in front of the Attendance Windows during lunch & after school from 3:05pm - 4:00pm.

June 4 Fri. SENIOR FINALS – Periods 1, 3, 5, 7 (Block Schedule). Final Senior grade check.

Sports

Volleyball tryouts June 1-3rd. 3-5pm in Tuttle Gym

Interested in Joining the wrestling team?

See Coach Garcia in room 130 to get summer information.

AP exams:

Many AP students are choosing to take college level exams May 3 - June 11. Students who are registered for AP exams should check the email that they used for their College Board account (My AP). There is important information; especially for students who will be taking the digital AP exams.

AP information and a calendar of exams for VHS students is posted on the VHS website, under the Academics tab <https://www.venturausd.org/ventura/home>

Dance Concert



College & Career Center

If you haven't picked up your Senior Gifts (Yard Sign, Class of 2021 Commemorative Mug, Class of 2021 sticker), they are still available in the College & Career Center (room 106)!

Center events:

https://docs.google.com/document/d/1pwtbVvOmRuzW_9wD3uyiaydSoU0AdDzCiq7iwfqq_Ok/edit?usp=sharing

Need a work permit? Follow the link below for instructions on how to get one!

<https://docs.google.com/document/d/1-5cJQwk0IL1hZeULgY3Pbt6QiTiCJAVBhutUXHf2UJM/edit?usp=sharing>

Student Assistance Program (SAP)

VHS SAP Services	Day(s)	Time	Place	Contact Person	Email	How To Sign Up
Grief/Loss Group	Mon or Thurs	10:45am 5/17 thru 6/7/21	SAP Office (room 41)	Mrs. Richards	bobbie.richards@venturausd.org bobbie.richards@venturaedu.org	Send an email to Mrs. Richards
On Campus Drop-In	Mon & Thur	1:45-3pm	SAP (rm 41)	Mrs. Richards	bobbie.richards@venturausd.org bobbie.richards@venturaedu.org	No sign-up; come to SAP Office (rm 41)
Individ Virtual Meetings	Tues	1:45 - 3pm	Google Meet	Mrs. Richards	bobbie.richards@venturaedu.org	Visit SAP Virtual Office to schedule an appointment
	Fri	1-3pm	Goggle Meet	Mrs. Richards	bobbie.richards@venturaedu.org	Visit SAP Virtual Office to schedule an appointment
LGBTQ + PogChamps Group	Fri	6:00p	Virtual	Mrs. Richards	bobbie.richards@venturausd.org	send an email to receive zoom link
				Nathan Ohren	n.ohren@thecoalition.org	send an email to receive zoom link
Virtual Support Grp	Weds	2-3p	Virtual	Mrs. Richards	bobbie.richards@venturaedu.org	Click on the zoom link below
						https://zoom.us/j/95378783729?pwd=Q01IRzc0MW1oYTBNeWVPNmp1azc2Zzh https://zoom.us/j/95378783729?pwd=Q01IRzc0MW1oYTBNeWVPNmp1azc2Zz0909
						Meeting ID: 953 7878 3729
						Passcode: ye69Tk

						(1 or more students may drop-in at one time)
Sexual Assault Support Group	Mon	3-4p	Virtual	A. Ruiz	a.ruiz@thecoalition.org	send an email to receive zoom link
Gender-Diverse Support Group	Mon	3-4p	Virtual	Dahkotahv Beckham	d.beckham@thecoalition.org	(805) 620-7441
Grief Group (age 12 - 14)	Wed	3-4p	Virtual	Laura Gallardo @ Livingston	lgallardo@lmvna.org	(805) 389-6870
Grief Group (age 15-18)	Mon	4:30-5:30	Virtual	Laura Gallardo @ Livingston	lgallardo@lmvna.org	(805) 389-6870
Alcohol/ Drug Prevention (ADP)	Parent/Guardian Must Call to Schedule an Assessment for Student					(805) 652-6919
Mental Health Support	By Appt	Referral	Virtual	Interface/ Phoenix Program	intake@icfs.org or www.icfs.org	(805) 485-6114 x662 (For students and/or parents that LIVED in Ventura County during the 2018 Wildfires)
Logrando Bienestar	By Appt	Referral	Virtual		vcbh.org	(866) 998-2243 (Program designed to help families, especially the Latino community, understand the importance of mental and emotional health)