



2018

# Ventura High School Cougar Country

2019



## Bulletin for March 6 - 7

### Students

**Cell phone policy:** Students will see in your classrooms, in the library, and around campus our new Cell Phone Expectation posters. These posters have been created to help all students focus on class.

With over 80% approval from Ventura High School teachers and staff, VHS has approved 3 acceptable levels of cell phone use in all classrooms. Please see these levels below and look for your teacher's accepted level in each classroom:

**Green:**

- May be in your hands for use as your teacher directs for the learning or lesson activity

**Yellow:**

- Phone on silent
- Music function only
- Must be flat on table face down
- Texts and calls may not be answered

**Red:**

Cell Phone Free!

- Turned off or on silent
- Phone is put completely away

**Saturday school** will be held on Saturday March 16. Registration is due this Friday. Please see Mrs. DiPaolo in ASSETS after school today for more information.

**Honors English:** If you are not currently enrolled in 10<sup>th</sup> grade Honors English and you are interested in taking 11 AP English next year, please come take the mandatory entrance exam. Mrs. Jones' classroom, room 60, period 7 or afterschool on Thursday, 3/7, Friday, 3/8, or Monday, 3/11. You only need to attend one day.

**Lifeguard tryouts Aqua Center 2019**

March 8 & 15; March 9 & 16 and March 21<sup>st</sup>.  
Online applications available at:  
[www.cityofventura.ca.gov](http://www.cityofventura.ca.gov) - Aquatic Center Jobs

**Lettermen Jackets:** Dagan Sales will be taking orders on Thursday March 7<sup>th</sup>. Please sign up with Mrs. Ceja in the Student Store.

**Dancers Needed!** If you're interested in auditioning for the dance showcase, come to the dance room next Wednesday, March 6<sup>th</sup> from 3:30 – 4:30 pm. See Ms. Hazan in room 40 with questions.

### Staff & Students

**VHS "What?" Improv troupe's backstage café** this Friday & Saturday night, March 8<sup>th</sup> and 9<sup>th</sup> doors open at 6:30 show starts at 7:00pm. \$5 for students, \$7 for adults and \$10 for VIP. Tickets sold at the door.

**Car show coming soon!** We are having a mandatory meeting at lunch on March 6th. Entry forms will be available in room 37 at that time. The forms must be turned in to Mr. Hays by Monday March 25th. The car show is on Friday March 29th.



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



*G= Generous*

*Community builders*



**Monday**

*Stay fully present while drinking your cup of tea or coffee*

**Tuesday**

*Every hour simply take three calm breaths in and out*

**Wednesday**

*Eat mindfully. Appreciate the taste, texture & smell of your food*

**Thursday**

*Listen to how you speak to yourself. Try to use kind words*

**Friday**

*Look around and spot 3 things you find unusual or pleasant*

## Field trips

Date	Time	Teacher	Program	Destination
3/6	8:00am-1:30pm	McEntyre	ROP Environmental Field Studies	Ventura River
3/7	7:50am-10:45	Garcia, C.	SAI	Ventura College
3/15	8:00am -1:15pm	Francis	College Career Center	Ventura College
3/15 thru 3/17	7:00am - 6:00pm	Rickard	Robotics ROP	Valencia High School
3/16	5:30am-7:00pm	Murphy, G.	Robotics ROP	Valencia High School

## Seniors

**Cap & Gown!** According to the Josten's records, there is a large number of Seniors who have not purchased their cap, tassel, & gown yet. In order to participate in the Graduation Ceremony, you must be appropriately dressed and wearing a Cap & Gown. If you are wearing a sibling's gown, you may still need to purchase your 2019 tassel. You can stop by Room 119 (in the portables) for the information packet. The cost of Cap with tassel & Gown is approximately **\$38.00**. It is listed on the Josten's website as **CAP & GOWN UNIT**.

All Graduation items can be purchased online at [www.jostens.com](http://www.jostens.com)

**PTSA senior scholarship program:** Applications are now available for seniors. Pick up an application for both the state PTA and VHS PTSA scholarships in the career counseling center. The only requirement is that you be a member of the VHS PTSA. Applications for membership in VHS PTSA will also be available in the Career counseling center. The applications deadline is March 31—essays are required so don't delay—go get your scholarship applications today!!

**Completed applications are being accepted for the Bilingual / Multilingual Seal** this week. Please see your language instructor or Mrs. Scovell (Rm. 119 – portables) for the application. Applications can be dropped off to Mrs. Scovell through Tuesday March 12<sup>th</sup>. Remember that it is YOUR responsibility to submit the application on time.

**Hello Seniors!** Would you like the opportunity to speak to all seniors, their families, and your beloved VHS teachers and staff and the Ventura community for your 2019 Graduation? You must have at least a 3.5 GPA and have a good citizenship record. On Tuesday, March 12<sup>th</sup> at 1:00 PM (start of lunch) come to the library for more information.

**Cypress Place Senior Living** is pleased to offer its annual "Senior to Senior" Legacy Scholarships." Each year two \$2500 scholarships are awarded to qualified high school seniors who demonstrate excellence in academics and who participate actively in the life of the school and the community. If you're college bound and have a GPA of 3.2 or above, fill out an application and attach a written essay on a meaningful relationship with an older person/s and any participation in school activities and two letters of recommendations. The deadline for applying is 5:00 pm, April 10, 2019.