



COUGAR COUNTRY

Two North Catalina Street
Ventura, CA 93001



Bulletin for September 13th, 2017

STUDENTS

Wednesday's Lunch Menu

Chicken and Waffles
Spicy Chicken Sandwich
Peanut Butter and Jelly Sandwich
Cheeseburger on Wheat Bun,
Turkey and Cheese Hoagie
Chicken Caesar Salad with Dinner
Roll

Cheese Pizza, Pepperoni
Polka Dot Tots
Seasoned Potato wedges
Dark Greens Lettuce Mix
Carrot Sticks
Broccoli Florets

Cherry Tomatoes
Garbanzo Beans
Fresh Nectarines
Fruit Cocktail
100% Juice Varieties, Raisins
Cilantro Lime Brown Rice

STUDENTS- Free "Gold Rush" Cougar Pride football t-shirts will be handed out to the first 300 students with paid admission to the Ventura vs Saugus Varsity "Gold Rush" home game this Friday. 7:00 pm is kick off. Shirt distribution begins at 6:15 pm, you must show ID. **COACH GARCIA**

CLUB WEEK- This week, Wednesday, Thursday and Friday, during lunch out by the senior lawn. Come and check out all the clubs and sign up for one!

SENIORS- Please submit your Senior quote via goo.gl/jR42d6. The due date is October 18, 2017, your Senior portraits are also due October 18th, 2017. Baby ads are due by November 15, 2017, link is on VHS website. **SELLERS**

ASSETS REGISTRATION will close on Friday so please see Mrs DiPaolo TODAY for a form. We have food, tutors, games, art and baking classes, credit recovery, and more! Everything is free, but you need to see Mrs DiPaolo before Friday.

BACK TO SCHOOL NIGHT is Wednesday September 13th. We are accepting school supplies in the main office with donation boxes as a deposit area. All of the month of September! Tissues and hand sanitizers a must! **PTSA**

CSF- applications are due Thursday September 21st for junior and seniors. Please pick up an application in room 206. **SOVICH**

STUDENTS: The VHS library is OPEN on Thursdays until 5:30 pm! This is an excellent time to bring friends and meet as a study group, work on research or type that big paper. Everyone is welcome.

STUDENTS, do you have textbook or library obligations? If you do, you will receive an email obligation notice every Friday. Check your 'venturaedu' email regularly. Students may be waiting for the book you did not return. Clear your obligations as soon as possible by returning any overdue books or paying for a replacement book. **ADAMICH**

REMINDER- Please if you have not done so, complete the bright pink form from your summer packet and return it to your teacher or the guidance office as soon as possible. **RYDER**

STUDENTS under 18 years old who are currently working need to renew their work permit. Stop by the Career Center (room 107) for the paperwork. **SMYLE**

CAREER CENTER HAPPENINGS

STUDENTS: A representative from University of Southern California (USC) will be in the career center on Friday, September 15th, during 2nd period, to share information about their campus and programs. USC is a private research university located in Los Angeles. It is home to the College of Letters, Arts and Sciences and 21 exceptional academic schools and units. The school is a member of NCAA Division 1 and Pac-12 conference. Sign up in the career center.

STUDENTS: A representative from Pacific Northwest College of Art will be in the career center on Friday, September 15th, during 7th period, to share information about their campus and programs. PNCA is a private fine arts and design college located in Portland, Oregon. They offer ten undergraduate majors in Studio Arts, Media Arts and Design Arts. Sign up in the career center

STUDENTS: The PSAT is Wednesday, October 11th. Priority registration for Juniors will begin on Tuesday, September 12th at the student store. The cost is \$18 (limited fee waivers available). Sophomores can register on October 2nd and 3rd (space permitting). See your counselor or Mrs. Roberts in the career center for more info.

STUDENTS: A representative from Syracuse University will be in the career center on Wednesday, September 13th, during 7th period, to share information about their campus and programs. Syracuse is a private research university with a gorgeous campus in the heart of New York State. They offer a choice of more than 200 majors and 100 minors. The school is a member of NCAA Division 1 and Atlantic Coast Conference. Sign up in the career center.

STUDENTS: Our first Young Professional Alumni Speaker Jake Dodge is scheduled for Thursday, September 14th at 8:30 am in the career center. After graduating from VHS in 2000, Jake attended UCSB and then attended UAG School of Medicine in Guadalajara. Don't miss this opportunity to hear how Jake pursued his interest in medicine and became a medical doctor. Sign up in the career center.

STUDENTS: Are you interested in attending a Service Academy? Foothill High School is hosting an information night on September 14th at 6 pm. Representatives from the US Naval Academy, US Military Academy, US Air Force Academy, US Merchant Marine Academy and US Coast Guard Academy will be sharing information about their programs. **ROBERTS**

STUDENT VOLUNTEER OPPORTUNITY: The Middle School Youth Center (at the First United Methodist Church next to Cabrillo Middle School) is looking for volunteers to assist with their after school program. The center is open M-F from 3:00 to 5:15 pm. Volunteers can serve one day or multiple days a week. See Mrs. Roberts in the career center for more info. **ROBERTS**

STAFF AND STUDENTS

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CLUBS

WILLKOMMEN! THE GERMAN CLUB will meet every Friday at lunch in Room 131. You do not need to know German or be in German class to join! Come share in the fun, food, and games. Learn about German culture and help prepare for the exchange in the spring! See you there. **REICH**

THE GEOGRAPHY CLUB is the new name for last year's International Club. Come to Room 131 on Wednesdays to learn about and celebrate other cultures, meet people of different ethnicities, and prepare for the Geography Competition in November. **REICH**

SPORTS

Nothing to report.

STAFF

LAST REMINDER- If you need more business cards please send me an e-mail by Friday 9-15-17. **RYDER**

FIELD TRIP/EXCURSION INFORMATION

Nothing to report.