



2018

Ventura High School Cougar Country

2019



Bulletin for August 22-23

Check out our new bell schedule!

MONDAY, TUESDAY, THURSDAY, FRIDAY				WEDNESDAY (LATE START DAY)			
PERIOD 1	7:36 a.m.	-	8:30 a.m.	PERIOD 1	8:36 a.m.	-	9:20 a.m.
PERIOD 2	8:36 a.m.	-	9:30 a.m.	PERIOD 2	9:26 a.m.	-	10:10 a.m.
PERIOD 3	9:36 a.m.	-	10:30 a.m.	PERIOD 3	10:16 a.m.	-	11:00 a.m.
Break	10:30 a.m.	-	10:45 a.m.	Break	11:00 a.m.	-	11:15 a.m.
PERIOD 4	10:51 a.m.	-	11:45 a.m.	PERIOD 4	11:21 a.m.	-	12:05 p.m.
PERIOD 5	11:51 a.m.	-	12:45 p.m.	PERIOD 5	12:11 p.m.	-	12:55 p.m.
Announcements	12:45 p.m.	-	12:50 p.m.	Announcements	12:55 p.m.	-	1:00 p.m.
Lunch	12:50 p.m.	-	1:30 p.m.	Lunch	1:00 p.m.	-	1:35 p.m.
PERIOD 6	1:36 p.m.	-	2:30 p.m.	PERIOD 6	1:41 p.m.	-	2:25 p.m.
PERIOD 7	2:36 p.m.	-	3:30 p.m.	PERIOD 7	2:31 p.m.	-	3:15 p.m.

Upcoming Events

- 👉 Back to school night
September 26th @ 6:30 p.m.
Visit classrooms, join PTSA,
get more information.

STUDENTS...

SCHOOL NEON DANCE! All grade levels. From 9- 11 pm in the main St Gym.

ASB CARDS: Free admission to all regularly scheduled home athletic events & discount on dances. The cost is \$40.

ALL STUDENTS are required to sign off upon receiving your 2018/2019 student handbook/planner. Go to the library if you have not received yours.

New Program!

Student Assistance Program (SAP): Welcome back to school EVERYONE, especially to the new students on campus - the Freshman Class of 2022!

The Student Assistance Program (SAP) is also new to VHS and the Dynamic! Coolest! Realest! and Awesome Mrs. Bobbie Richards is the SAP Counselor!!!! Currently, she can be found in the Guidance (Counseling) Center. Soon she will relocate to SAP office in room 41.

Turn over for more info on SAP 👉

Sports

New Coach- Mr. Lonardo!!

Boys Soccer Tryouts:

August 27 9th – 10th softball field 5:00 – 7:00 pm

August 28 11th – 12th softball field 5:00 – 7:00 pm

August 29 call backs stadium 8:00 – 9:30 pm

*Students must have completed physical and sign up on 'Register My Athlete.'

Career Center

UC Berkley representative: August 31st during 4th period. If you're interested in attending this presentation, please sign up in the career center.

Visit the Career Center (room 106) and sign up for future college visits.

The Student Assistance Program (SAP) is here to help with a wide range of issues that get in the way of students' academic achievement. Some of the THINGS blocking students from learning and succeeding in school may be:

- problems adjusting to school
- attendance problems
- trauma at school or at home
- family issues, homelessness, family member mental health and substance use disorders,
- parent or other family member incarceration (in jail)
- mental health issues including depression or suicide issues, self-injury, stress and anxiety related issues, grief
- physical and sexual abuse, relationship difficulties, and violence
- teen pregnancy and parenting
- substance abuse
- gender issues
- military deployment
- delinquency and involvement with the juvenile justice system

There are a lot of things that students may need help with Mrs. Richards is working hard on preparing the SAP office so that students can take advantage of the services - which are coming soon.

—**Stay tuned - available soon:**

*Student Surveys (to see which groups students are interested in)

*Referral Forms

*Council Circles (looking for students with Council Circle experience to be Peer Mediators/Ambassadors)

*Need a name for the Student Assistance Program (students & staff will have the opportunity to enter their suggestions)

*open House (once remodeling of SAP office is complete)

A Special Note to my 10th - 12th graders who were my counseling students (COL-GARCIA): I'm still on campus and I welcome you to stop by and say, "Hey!" Meanwhile, your new Counselor's (Ms. Frias or Mr. Favero) are just as excited to serve and try to meet your schooling needs.