



2018

Ventura High School Cougar Country

2019



Bulletin for August 29-30th

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. |

STUDENTS...

Upcoming Events

Picture make-up day:

August 30th from 7:30 – 2:30 pm
in the CSU.



CONGRATULATIONS to Vhs varsity girls' volleyball team for going 3-1 in the Tournament of Champions this past weekend and finishing 5th! Way to go Cougars!

STUDENTS: FREE "Gold Rush" Cougar Pride Football T-Shirts will be handed out to the first 300 students with payed admission to the Ventura vs Dos Pueblos Varsity "Gold Out" game this Friday at home. 7:00pm Kick Off. Shirt distribution begins at 6:15pm Must show student ID.
Coach Litten

WORK EXPERIENCE STUDENTS- You will have first class meeting Wednesday, August 29th, 7:30- 8:30 a.m. in Room 171 with Mr. Schmidt.

SCHOOL NEON DANCE! All grade levels. August 31st, from 9- 11 pm in the main St Gym. \$7 pre-sale tickets or \$10 @ the door.

Jr & Sr California Scholarship Federation (CSF) - applications are due for spring 2018 semester. Applications are available in room 2026 and are due September 20th. You must re-apply each semester!
- SOVICH

Sports

Wrestling:

Boys and girls wrestling tryouts will be one day, one hour from 3:30 – 4:30 pm, August 30th in the wrestling room. See Coach Gacha in room 130 for more details.

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.

University of Hawaii Pacific representative will be in the Career Center during 6th period.

University of Boulder representative- during 3rd period in the Career Center.

**Sign up for these college visits @ the Career Center with Mr. Francis*

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.

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.