



2018

# Ventura High School Cougar Country

2019



## Bulletin for August 31<sup>st</sup>

**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.



### **STUDENT PARKING**

**PERMITS:** Get your 2018-2019 student parking permit **TODAY!** You have until September 7, 2018 to park in the student parking lot without a parking permit. Starting September 10, 2018 citations will be issued to cars parked without a parking permit. So don't delay, get your parking permit today.

**RAMIREZ**

## **STUDENTS...**

**REMINDER:** Students working that are under 18 yrs need a job permit. Stop by the Career Center (107) for more information. - **SMYLE**

**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**

**SCHOOL NEON DANCE!** All grade levels. August 31<sup>st</sup>, 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 20<sup>th</sup>. You must re-apply each semester!  
- **SOVICH**

## **Staff**

Champs Challenge: Challenge yourself to greet students at the door for the first two days next week. Check out this video-  
<https://youtu.be/6vwDdxbuBnA>

## **Career Center**

**University of Hawaii Pacific** representative will be in the Career Center during 6<sup>th</sup> period on September 12<sup>th</sup>.

**University of Boulder** representative- September 12<sup>th</sup> during 3<sup>rd</sup> period in the Career Center.

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

## New Program!

**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.