



2018

Ventura High School Cougar Country

2019



Bulletin for January 9 – 10th

Students

TEXTBOOKS FROM ONE SEMESTER CLASSES (CLASSES ENDING AT THE SEMESTER) ARE DUE IN THE LIBRARY BY FRIDAY, JANUARY 25:

- American Government & AP Government by the People
- Economics & AP Economics
- Criminal Justice
- Psychology and You
- First semester class set novels
- All other books you are not using.

STUDENTS WITH UNRETURNED TEXTBOOKS WILL RECEIVE OBLIGATIONS FOR LOST BOOKS.

Textbooks for new second semester classes may be checked out January 22-25 (Finals week), or January 29-February 1 (first week of second semester).

Sports



VHS Football: If you are interested in playing football for the upcoming 2019 season, you must attend a player meeting on Thursday, January 10th during lunch in room 31, woodshop. See Coach Garcia if you have questions.

Clubs

Banner Bold The submission deadline is coming up quick. Send in your pieces so we can put them in the magazine! G. Raney

Career Center Happenings

Seniors: 2019 Ronald Reagan Presidential Foundation Scholars Program- Deadline February 22, 2019 this program will recognize outstanding local students with awards totaling

\$50,000. Seniors attending Ventura County high schools who possess outstanding leadership, character, communication skills, academic achievement, and commitment to Ventura County are invited to complete the application for this award. For more information and to apply visit

<https://www.reaganfoundation.org/education/scholarship-programs/ronald-reagan-presidential-foundation-scholars-program/>

Field Trips

Date	Time	Teacher	Program	Destination
1/9	7:30am-3:30pm	Bergfeld	AP Computer Science	Moorpark College
1/30	6:00am - 11:00pm	Hernandez, K.	Applied Arts/ Honors foodservice	Disneyland & California Adventures, Anaheim
2/8	6:45am - 6:00pm	Hays	Auto Shop	NHRA Motorsports Museum, Auto Club Drag Way, Pomona

C.O.U.G.A.R

O = Optimism

Community builders

Monday

Write down at least three things you are grateful for

Tuesday

Visualize a tough task you completed and how good it made you feel to overcome it. Relish the feeling. Share it.

Wednesday

Upon waking up congratulate yourself for yesterday's tough task(s) completed and tell yourself you will make it a great day today

Thursday

Do at least one random act of kindness that helps someone accomplish a tough task or challenge

Friday

Reflect and focus on the positive things you accomplished and helped others accomplish this week.