



2019

Ventura High School Cougar Country

2020



Bulletin for November 20 - 21

Staff and Students:

Make Thanksgiving Possible. Please assist VHS Teen Voice make 150 Thanksgiving Baskets for families in need. VHS is responsible for collecting 300 cans of cranberry sauce and 300 boxes of stuffing by Monday November 25. Donations can be dropped off at the VHS Counseling office. Thank you!

VHS Drama presents "Anatomy of Gray"

It will run one more weekend. Don't miss this touching play. Thursday – Saturday at 7:00 pm in the little theater. \$5 for students / \$7 for adults. *** No show this Sunday.**

Letterman's jackets: If you are interested in a letterman jacket please see Ms. Lowe in the student store this week.

Key Club: Meeting today at lunch in room 119. Come have lunch and talk about upcoming service opportunities.

Banner Bold: The theme for VHS' Banner Bold literary magazines is "your space". Express yourself with us, no matter what space you're in. Submit to bannerbold.org.

- If you're interested in getting creative work out, submit to Banner Bold. For more information go to WWW.bannerbold.org

AP Exams: Students may still register for AP exams through March 6, 2020, but the price for AP exams is now \$135 each.

The annual Coats for Kids Project is happening now until December 20th. The need for new and used coats for citizens of our community continues to be critical. A collection box is located outside the College & Career Center (room 106). Interact Club greatly appreciates your wonderful support of this project!

Upcoming events:

- November 22 - Blood Drive, 7:30 – 2:30, Main st gym
- November 27- 29- No school, Thanksgiving/ Board holiday

C.O.U.G.A.R.

U= Understanding

Community builders



Monday	Tuesday	Wednesday	Thursday	Friday
Understand that others may have a more limited understanding than you	Take time to sincerely ask others how they are doing	Be aware that everyone is fighting a personal battle	Help other people appropriately, based on their understanding of their needs and emotions	Consider learning to understand others as a strength, not as a weakness

Career Center

Stepping into the Right Direction Black College Fair is scheduled for Sunday, December 15th at the Long Beach Convention Center. Students will have an opportunity to attend workshops, forums, and learn about incredible Historically Black Colleges & Universities (HBCU). Register for this free event at <https://www.eventbrite.com/e/stepping-in-the-right-direction-black-college-fair-2019-tickets-75083459649>.

The Rotary Youth Leadership Academy (RYLA) at Camp Ramah will be April 23-26th. This is a free opportunity to gain valuable leadership skills! Applications are available in the College & Career Center. The deadline to apply is November 20th.

Scholarships

Sunrise and East Ventura Optimist Essay Contest – Deadline December 17, 2019.

Open to all high school students, under the age of 19. Earn the opportunity to win college scholarships from \$300 to \$2,500.

Write an 700-800 word essay on “ Is Optimism the Key to Achieving the Dreams you Imagine?”

Applications In the Career Center Computer Lab.