



2018

# Ventura High School Cougar Country

2019



## Bulletin for February 12<sup>th</sup>

### Students

Make a Valentine for your loved one in ASSETS this week with Mrs. Minadeo. See Mrs. DiPaolo for details



**Student Assistance Program (SAP)** is offering group sessions. If you are interested, pick up a consent form from Mrs. Richards in room 41. Groups offered include: Drug counseling; grief counseling; relationships; anger management; stress management; self-compassion (aka, self-esteem)

**Textbook obligations** will be cleared immediately when the book is returned in good condition. If a textbook is lost or damaged beyond repair, come to the library and ask how to replace the book at a lower cost.

**STUDENTS:** The next ACT test to be held on the VHS campus will be on April 13, 2019. You can register online at [www.act.org](http://www.act.org). The registration deadline for the April exam is March 8<sup>th</sup>. Please see Mrs. Clobes in Room 212 if you have any questions. Taking the ACT in addition to the SAT can strengthen your college application!

**THE TWELFTH ANNUAL PHOENIX CHARITY TRIATHLON** will be held on Sunday, March 3, 2019. We will be raising funds for the Cameron Helmer memorial fund. Please see Mr. Locher in room 208 for an entry form or more information.

**California Scholarship Federation (CSF)** applications are available in room 206 for 1<sup>st</sup> semester. 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders with outstanding GPA's may apply. See Mrs. Sovich for more information.

### Minimum day is Tuesday

#### Minimum Day Schedule

Per 1 7:36 - 8:06

Per 2 8:12 - 8:42

Per 3 8:48 - 9:18

Per 4 9:24 - 9:54

Brunch 9:54 - 10:14

Per 5 10:20 - 10:50

Per 6 10:56 - 11:26

Per 7 11:32 - 12:02

**Assets will be closed  
Tuesday 2/12**

### AP Registration!

AP Exam registration is open! The last day to register for AP exams at VHS is **Friday, March 8**. Pay at the student store, then turn in your yellow registration form with your receipt attached to Ms. Adamich in the library. Registration packets are in AP classrooms and in the library.

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

U= Understanding  
Community builders



**Monday**

Try to involve others and invite them to join your conversations

**Tuesday**

Smile at the people you're with and try to brighten their day

**Wednesday**

Be kind especially when your first instinct is to be unkind

**Thursday**

Tell loved ones why they are so special to you



**Friday**

Respond positively to everyone you meet today

## Field trips

| Date | Time            | Teacher              | Program       | Destination                                       |
|------|-----------------|----------------------|---------------|---|
| 2/13 | 1:30pm - 3:30pm | Withers<br>Schroeder | AVID          | Cabrillo Middle School                            |
| 2/13 | 11:20am-2:30pm  | Francis              | Interact Club | Ventura Derby Club                                |
| 2/14 | 6:00am - TBD    | Hunt                 | Music         | Fresno Convention Center,<br>All State Convention |
| 2/21 | 8:00am - 2:30pm | Togneri              | Health        | VCOE - Teens Kick Ash Anti-<br>Smoking Conference |
| 2/23 | 7:45am - 4:00pm | Bergfeld             | AVID          | Moorpark College                                  |

## 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/>

## Clubs

**The National Association of Students against Gun Violence** will be selling candy-gram/ Valentines in the quad @ break on Tuesday and lunch. Grams and valentines will be delivered on Valentine's Day. Tell your sweetheart how you feel. - DeClerck

**Banner Bold-** We have less than a month to finalize the magazine. Submit your pieces to [Bannerbold.org](http://Bannerbold.org) or [Bannerbold@gmail.com](mailto:Bannerbold@gmail.com), time is running out. Deadline is March 1<sup>st</sup>.

- G. Raney