



2018

Ventura High School Cougar Country

2019



Bulletin for March 4th - 5th

Students

Students will see in your classrooms, in the library, and around campus our new Cell Phone Expectation posters. These posters have been created to help all students focus on class.

With over 80% approval from Ventura High School teachers and staff, VHS has approved 3 acceptable levels of cell phone use in all classrooms. Please see these levels below and look for your teacher's accepted level in each classroom:

Green:

- May be in your hands for use as your teacher directs for the learning or lesson activity

Yellow:

- Phone on silent
- Music function only
- Must be flat on table face down
- Texts and calls may not be answered

Red:

Cell Phone Free!

- Turned off or on silent
- Phone is put completely away

Lifeguard tryouts Aqua Center 2019 - March 8 & 15; March 9 & 16 and March 21st. Online applications available at: www.cityofventura.ca.gov - Aquatic Center Jobs

LAST WEEK for AP exam

registration. The last day to register for AP exams at VHS is Friday, March 8. Your yellow registration form with a receipt attached must be turned in at the library by Friday.

Lettermen Jackets: Dagan Sales will be taking orders on Thursday March 7th. Please sign up with Mrs. Ceja in the Student Store.

Dancers Needed! If you're interested in auditioning for the dance showcase, come to the dance room next Wednesday, March 6th from 3:30 – 4:30 pm. See Ms. Hazan in room 40 with questions.

Staff & Students

VHS "What?" Improv troupe's backstage café this Friday & Saturday night, March 8th and 9th doors open at 6:30 show starts at 7:00pm. \$5 for students, \$7 for adults and \$10 for VIP. Tickets sold at the door.

Car show coming soon! We are having a mandatory meeting at lunch on March 6th. Entry forms will be available in room 37 at that time. The forms must be turned in to Mr. Hays by Monday March 25th. The car show is on Friday March 29th.



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



U= Understanding

Community builders



Monday

Stay fully present while drinking your cup of tea or coffee

Tuesday

Every hour simply take three calm breaths in and out

Wednesday

Eat mindfully. Appreciate the taste, texture & smell of your food

Thursday

Listen to how you speak to yourself. Try to use kind words

Friday

Look around and spot 3 things you find unusual or pleasant

Field trips

Date	Time	Teacher	Program	Destination
3/5	8:00am-1:30pm	McEntyre	ROP Environmental Field Studies	Ventura River
3/6	8:00am-1:30pm	McEntyre	ROP Environmental Field Studies	Ventura River
3/7	7:50am-10:45	Garcia, C.	SAI	Ventura College
3/15	8:00am -1:15pm	Francis	Colllege Career Center	Ventura College
3/15 thru 3/17	7:00am - 6:00pm	Rickard	Robotics ROP	Valencia High School
3/16	5:30am-7:00pm	Murphy, G.	Robotics ROP	Valencia High School

Clubs

PTSA senior scholarship program: Applications are now available for seniors. Pick up an application for both the state PTA and VHS PTSA scholarships in the career counseling center. The only requirement is that you be a member of the VHS PTSA. Applications for membership in VHS PTSA will also be available in the Career counseling center. The applications deadline is March 31—essays are required so don't delay—go get your scholarship applications today!!

Seniors

Cypress Place Senior Living is pleased to offer its annual "Senior to Senior" Legacy Scholarships." Each year two \$2500 scholarships are awarded to qualified high school seniors who demonstrate excellence in academics and who participate actively in the life of the school and the community. If you're college bound and have a GPA of 3.2 or above, fill out an application and attach a written essay on a meaningful relationship with an older person/s and any participation in school activities and two letters of recommendations. The deadline for applying is 5:00 pm, April 19, 2019.