



2018

Ventura High School Cougar Country

2019



Bulletin for September 4th

STUDENTS...

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

LIBRARY HOURS: The library is open 7:00 - 4:00 every school day, and until 4:30 on Tuesdays and Thursdays. Come in to read, work and study.

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

Jr & Sr California Scholarship Federation (CSF) - applications are due for spring 2018 semester. Applications are available in room 206 and are due September 20th. You must re-apply each semester! - **SOVICH**

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!

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 6th period on September 12th.

University of Boulder representative- September 12th during 3rd period in the Career Center.

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

Staff and Students

Come to the ASB room for dodgeball intramural signups during lunch on Thursday and Friday.

- A. Larson

Field trips

Date	Time	Teacher	Program	Destination
9/8-9/9	10:00 am-3:00 pm	Lewandoski	Agriculture	Atascadero, CA
9/19	7:30 am-3:30 pm	Minadeo	AP Art History	California Science Center



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.