



Bulletin for the week of October 5th

Students

ASB Upcoming Events: Club Week, links to voting, along with an application for the upcoming Virtual Talent Show:

<https://docs.google.com/document/d/1N2IH3UdP-NeLEdQksY2HhPDhLdRGnicirL85eq155lw/edit?usp=sharing>

AP EXAMS - registration is now open for the 2021 AP exams. Detailed instructions are on the VHS website (under the Academics tab) www.venturausd.org/ventura Register online and pay at the VHS student store by NOV. 6 to avoid a late fee.

National Honor Society meets Wednesday at 11:00 AM zoom code is 893 4462 8313 passcode peace. Applications are due Oct. 7 and can be found on Ms. Lorilee Johnson's landing page...click on National Honor Society

All Grades ID Photos & Yearbook Photos

10/12-10/16 1pm-6pm

Lifetouch will be on the Ventura High School campus (**Main St. Gym**) to take ID photos/yearbook photos. Don't miss out!

PICTURE DAY SCHEDULE:

TUESDAY, OCTOBER 13, 2020

Last Names A - L, all grades

1:00 pm - 2:00 pm	Last names beginning with A - C
2:00 pm - 3:00 pm	Last names beginning with D - F
3:00 pm - 4:00 pm	Last names beginning with G - H
4:00 pm - 5:00 pm	Last names beginning with I - J
5:00 pm - 6:00 pm	Last names beginning with K - L

WEDNESDAY, OCTOBER 14, 2020

Last names M - Z, all grades

1:00 pm - 2:00 pm	Last names beginning with M - N
2:00 pm - 3:00 pm	Last names beginning with O - Q
3:00 pm - 4:00 pm	Last names beginning with R - T
4:00 pm - 5:00 pm	Last names beginning with U - W
5:00 pm - 6:00 pm	Last names beginning with X - Z

THURSDAY, OCTOBER 15, 2020

Make-up pictures, all grades

1:00 pm - 2:00 pm	Last names beginning with A - E
2:00 pm - 3:00 pm	Last names beginning with F - L
3:00 pm - 4:00 pm	Last names beginning with M - R
4:00 pm - 5:00 pm	Last names beginning with S - Z
5:00 pm - 6:00 pm	Reserved for families who need to come later in the day.

Please only attend this evening time if you are unable to make your scheduled time.

THURSDAY, OCTOBER 15, 2020

12:00 pm - 5:00 pm All VHS Staff

Picture Day Procedures:

https://docs.google.com/document/d/e/2PACX-1vTkkwNvqX1bWZyPXBgdnj4zoNBmiRmngXAjHhgTK_lu5tnWmcrqdu91ogX5ib09a4wFlq7umYEgV92z/pub

Yearbook Information page:

https://docs.google.com/document/d/1I-HVSVNFsj_ZvZ856jBquyRtNNI9c3DkInbVrxaw8xQ/edit?usp=sharing

College & Career Center

Virtual College Rep Visits! These 30 minute visits are exclusively for high school students in VUSD. For full listing and zoom links go here:

https://docs.google.com/document/d/1pwtbVvOmRuzW_9wD3uyiaydSoU0AdDzCiq7iwfqq_Ok/edit?usp=sharing.

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- Wednesday, October 7
 - Johnson & Wales University at 10am
 - University of Missouri-Columbia at 10:45 am
 - University of Tampa at 11:30am
 - Kean University at 1:00pm
 - University of Chicago at 1:45pm

Thursday, October 8

- Syracuse University at 1:30pm

Monday, October 12

- Manhattanville College at 12:30 pm
- University of Houston at 1:15 pm

Congresswoman Julia Brownley is offering a Virtual Service Academy Information Night on October 7 at 5:00pm, for students interested in attending the US Naval Academy, US Military Academy, US Air Force Academy, US Merchant Marine Academy or the US Coast Guard Academy. RSVP to CA26.RSVP@mil.house.gov and a link will be provided.

Our first Virtual Financial Aid Information Nights are scheduled for October 7 (English presentation) and October 8 (Spanish presentation) at 6:00pm. Financial Aid Specialists from Ventura College will provide an overview of the different types of financial aid and the application process. The 2021-22 [FAFSA](#) and [CA Dream Act](#) applications open on October 1.

Ventura College Outreach (seniors only), October 9, at 1:00 pm. VC representatives will be available the second Friday of every month to meet with VHS seniors to assist with enrollment steps! <https://zoom.us/j/96498330195?pwd=QVNWbUNYMC9oSzlmZExkYkxLNHBLdz09> (Meeting ID: 964 9833 0195 & Passcode: uKYS0u)

NACAC Virtual College Fair, October 12 (10 am-6pm) & October 18 (9am-5pm), register at virtualcollegefairs.org. Here's your chance to hear firsthand from those-in-the-know at hundreds of colleges and universities nearby, across the country, and around the world. Start Exploring!

Update Tips to Optimize Performance for Chromebooks

<https://docs.google.com/document/d/1wb3RPlqxPIGj0Pt8qozj-E89rAjQBQHDk-4m5cmXUol/edit?usp=sharing>

Still having technical difficulties? Call **VUSD Technology help line!** (805) 641-5000 x1450 or

vusdparenthelp@venturausd.org

Student Assistance Program (SAP)

Group Information

These are the groups and services offered through the Ventura High School's SAP for the 2020/2021 school year.

To participate in a group, send an email to: bobbie.richards@venturausd.org

Visit the SAP Virtual Office to schedule individual, virtual appointments:

<https://docs.google.com/presentation/d/e/2PACX-1vQWdKnxKvJIC5wkgYrN5rrNirtSjVeeST5Zz1Dum6sRfDFZTET-vj4l29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>

ALATEEN Sessions Scheduled by Student

There are two options:

- 1) For an Alateen meeting in Ventura County, email "Bear," Group Manager at (grweil776@gmail.com). As the Ventura County Group Manager, Bear will provide a link and "go-to" meeting access code.
- 2) For Alateen virtual meetings/chats outside of Ventura County, these meetings can be accessed from the following link. <https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

ALCOHOL and DRUG PREVENTION (ADP) Sessions Scheduled by Student/Parent

When contacting the ADP Program Staff, please indicate what school the student attends.

Contact #: (805) 652-6919

BRIEF INTERVENTION (BI) Sessions by Appointment Only

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

Brief intervention (BI) typically consists of face-to-face, structured, student-centred, non-judgemental gathering using 1-4 counseling sessions of short durations (typically 30 minutes). Based on harm reduction, BI aims to reduce a person's substance consumption to safe level or complete abstinence.

BRIEF RISK REDUCTION INTERVENTION AND INTERVIEW MODEL (BRRIM) Sessions by Appointment Only

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

The BRRIM provides individualized services to students and their families in order to reduce alcohol and other drug (AOD) use and violence. Designed to provide an umbrella of prevention, intervention, and support strategies within a school, SAP and school district. Staff collaborate with families and community services to address students needs and help them succeed academically and personally.

GRIEF AND BEREAVEMENT COUNSELING Sessions Scheduled by Student/Parent

Facilitator: Amanda McQuade Crawford, M

Clinical Psychotherapy, Botanical Medicine

Livingston Memorial

(805) 633-9056 (home office)

“Livingston provides grief and bereavement support throughout Ventura County. [They] offer both individual (one-on-one) counseling with trained bereavement counselors/therapists and group counseling. [The] team of highly trained professionals and volunteers offer compassionate care and support. [The] goal is to provide a safe, healing place to learn how to cope with your grief, share your story, and to honor and remember your loved one.”

LGBTQ+ GROUP

(Schedule TBD based on student interest)

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

Tentatively, an “intersectional” approach, which means exploring how aspects of identity intersect and impact stress or trauma. This includes, but is not limited to, sexuality, gender, religion, age, race/ethnicity, or socioeconomic status. Otherwise, open discussions will be the focus, led by student participants.

MINDFUL SELF-COMPASSION GROUP

Wednesdays at 12:15pm

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

Mindfulness is the first step in emotional healing, acknowledging our difficult thoughts and feelings. Self-Compassion involves responding to these difficult thoughts and feelings with kindness and understanding so that we soothe and comfort ourselves when we're hurting.

REDUCING ANXIETY GROUP Fridays at 1:00 pm

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

In this group, we will engage in exercises to help reduce anxiety

STRESS MANAGEMENT GROUP

Wednesdays at 10am

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

A place where students can discuss how current life changes are causing anxiety and stress

- Pandemic
- Distance Learning
- Keeping Up With Classroom Zoom Meetings and Classwork
- Family Issues
- Mental or Emotional Issues

Visit the SAP Virtual Office to schedule individual, virtual appointments:

<https://docs.google.com/presentation/d/e/2PACX-1vQWdKnxKvJIC5wkgYrN5rrNirtSjVeeST5Zz1Dum6sRfDFZTET-vj4I29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>