

Ventura Unified School District
255 W. Stanley Ave.
Ventura, CA 93001

April 2009
Volume V, Issue 3

VENTURA HIGH SCHOOL
PARENT TEACHER STUDENT ASSOCIATION NEWSLETTER



Cougar Chronicles

VENTURA HIGH SCHOOL VISION: To prepare all students for full participation in and contribution to the larger society by delivery of high-quality programs and instruction to all students in a caring atmosphere.

From the Principal's Desk

by Val Wyatt

News from Ms. Wyatt

By the time you receive this newsletter spring break will be over and we will be thinking about the end of the year activities including the prom, yearbook distribution, the senior ball, graduation and the next school year. What a fast and successful year this has been!

In early February we showed a very strong presence at the Academic Decathlon held at Pacifica High School in Oxnard. Our team, coached by Linda Brug, was in the highest bracket of teams and fared well against Westlake and Moorpark, schools that have Academic Decathlon classes designed to study only for competitions! Our small team of eight came home with nearly as many medals and made us all very proud!

Our music, drama and art programs are thriving at VHS! Eleven students qualified for the All State Honor Band, traveling north for clinics and competition.

Our drama department treated us to three student written and/or directed short plays that were incredible. Our art department featured its annual *I Madonnari* chalk festival in mid-March.

Our Science department presented their Discovery Days for over 600 students from around the district who visited our homemade habitats and learned about science. Soon we will also be presenting our Readers Faire, an activity done through our 10th grade English classes where our students write stories, create related habitats and then read to our elementary student visitors. Both activities allow VHS students to share what they know in science or literature and share it with young children who are thrilled to visit a high school campus and be among the "big kids".

I will share that we had great winter and spring sports seasons at VHS with all sports going into CIF competition. I hope to be

able to tell you all of the teams that were victorious in my next newsletter.

Not all the news I have to share today is good. The state of our economy is affecting Ventura High School. I was recently asked to look at my staffing and see how losing class sized reduction funding and increasing the class size average from 34:1 to 38:1 might look and how it would affect the numbers of teachers on my staff. The loss was huge, losing 85 sections which translates into 17 (yes, seventeen) teachers. Hopefully things won't be quite so dire, with the passage of the federal stimulus bill and a state budget, but only time will tell. I will keep you posted.

Well, I guess that's about all the news I have to share right now. I hope you are enjoying the sunshine and warmer weather that comes with spring.

Take care!

Ms. Wyatt

2009 CIF

WRESTLING CHAMPIONS



The Ventura High School wrestling team made headlines by becoming the CIF Champions. The wrestling team hasn't held this title since 1992. Coach Gacha is proud of the team and very happy that their dedication and hard work paid off!



E-NEWSLETTER NEWS

In light of the budget cuts and the increasing costs of printing and mailing, the PTSA voted last month to stop mailing the PTSA newsletter. This is the last newsletter that will be mailed. The newsletter will be available to all families on the school website at www.venturahs.com. Parents will receive a Connected phone call when a new newsletter has been posted to the school's website. A limited number of hard copies in Spanish and English will be available in the VHS office and in the DeAnza Middle School office.

Thank you for your understanding, cooperation, and interest in your child's education.

Ventura High School students also took top honors at the 2009 Ventura County Science Fair. "Today's Dream is Tomorrow's Science," was the theme for this year's fair.

VHS was named the "Most Winning School" for having the most student winners of **any** competing school.

Congratulations to all our winners!

Academics and Academies

By Lorelle Dawes, Assistant Principal of Curriculum and Instruction

Spring is testing season in high schools. The **CAHSEE** (California High School Exit Exam) Census took place on **March 17 and 18**. All sophomores take the exam, and our entire AYP (Annual Yearly Progress) is measured on their success. The AYP is a federal indicator of each school's progress. The faculty who teach sophomores in English and Math worked diligently to prepare students, so we are anxious to see the students' results.

On **April 28, 29, and 30 of 2009**, all ninth, tenth, and eleventh graders will take the **CSTs** (California Standards Tests). During those three days, students will be assigned to one room from 8:00 a.m. to 12:26 p.m. with only one break, 10:00-10:20 a.m. They will all test in English Language Arts and Mathematics; tenth and eleventh graders will take tests in World History and U.S. History, respectively; students enrolled in a Science course this year or during summer school last year will take an end-of-course science exam; and sophomores will take a Life Science test as well. We will also administer the California Healthy Kids Survey to ninth graders during that testing window. The CSTs are critically important in informing us, as educators, what our students know at the end of each course. The results of these tests are one of the factors we use in placing students into courses the following year. Please encourage your children to take the tests seriously and come to school prepared. They don't need to do any studying outside of school to prepare,

but they do need to get to sleep early the nights beforehand and eat a nutritious breakfast on the mornings of testing. We offer monetary rewards for students with the highest score and the most improved score in each grade in each subject, and we offer prizes for students with perfect attendance during testing, but the best motivators for students to do well are intrinsic. Thank you for supporting us in this endeavor.

Many times parents call me and ask why their student is getting a D or an F in a class. There can be many reasons, but the best person to ask is the student's teacher. If you need help communicating with a teacher, I can support you. If your child needs extra support in a class, know that every teacher has tutoring hours every week. They may be before school, at lunch, after school, or in the evening, but the hours are posted in every classroom. If a student is struggling, s/he may get tutoring from their own teacher or it is perfectly acceptable for a student to go to another teacher in the department for tutoring support. **There is also Math tutoring available in the Library after school, Monday through Thursday, 3:00-4:00 p.m.** Please seek help as early as possible when students are struggling with the content.

Next school year will be the last year of our Smaller Learning Communities federal grant. We will continue to have 9th graders clustered into "Houses" with common teacher collaborative time and

House field trips and events. We will also be opening **three new Academies for 10th graders: Academy of Creative Arts, Culinary and Hospitality Academy, and the Global Eco Management Specialist (GEMS) Academy**. Students who apply for an academy during registration will interview for a slot. Then, we will form them into cohorts that will take three academy courses each year. The remainder of their classes will be with the regular VHS population. The three courses are English, grade level Social Studies, and one academy-specific course. This allows students to take the Math, Science, and other elective courses they need as well as to be available for Athletics. Students who sign up for academies are making a three-year commitment to take the sequence of courses in the academy and to reap the rewards of working with a family-like cohort of students and a focused group of teachers. If you are the parent of an incoming sophomore, please take the time to discuss with your child whether one of the academies is a match for him or her. If you need further information about one of the academies, please contact the lead teacher for the academy:

Academy of Creative Arts—
maryanne.irving@venturausd.org
641-5116 ext. 2122

Culinary and Hospitality Academy—
pat.doler@venturausd.org
641-5116 ext. 2183

Global Eco Management Specialist—
lorilee.johnson@venturausd.org
641-5116 ext. 2167

DRESS CODE REMINDER: As the days get warmer, students' outfits tend to get skimpier. Please remember the school dress code and remind your children to dress appropriately for school. Board of Education Policy requires:

"4. Clothes shall be sufficient to conceal undergarments at all times. See-through or fishnet fabrics, halter tops, off-the-shoulder or low-cut tops, bare midriffs and skirts or shorts shorter than mid-thigh are prohibited." [per Board of Education policy.]

PTSA Presidents' Message

by Karen Waln and Rachel Enevoldsen, VHS PTSA Co-Presidents

Now that the budget dust is beginning to settle, we can begin to deal with the reality of our education budget. When we consider the gains we have made in recent years, it's frustrating, to say the least. Ventura High School still has much to offer, from top performing sports teams, to an award winning music program, to a wide variety of clubs, and, not always receiving top billing, the ROP course offerings (culinary arts, landscape/gardening/agriculture, computer technology, woodshop/metal shop, auto shop, and others).

We have to help protect our ROP classes. The Focus on Education insert on a recent Ventura County Star newspaper publication mentions some wonderful statistics about the ROP offerings in the County: Countywide, 63.4 % of post ROP students are continuing their education in college, apprenticeships or other training, 2.4 have joined the military and 31.7 % are employed. Only 2.5 % are looking for a job, not enrolled in college, or not in the military. Percentages similar to these go back for about 30 years. If anyone recalls, a few years back, our then Superintendent Joe Spirito originally conceived of the idea of an ROP type curriculum for the Foothill campus. Thank

goodness Ventura High School continues to offer courses for our students. Our students are employable out of High School, with skills developed to qualify for earning wages higher than minimum. Encourage your son or daughter to take advantage of these courses while attending Ventura High School. In these difficult economic times, it's always good to have a skill to market!

I have included several contacts for anyone interested in having their voice heard by our local, state and national legislators with regards to cuts directly and indirectly related to education. Alliance for the Arts reminds everyone that while a class in music, dance or drama may seem frivolous when considering budget cuts, the reality is that there are well over 500,000 people employed in California by the Arts (consider not just the musicians, actors and dancers, but also sound and lighting technicians for concerts, set builders and caterers for Hollywood, event planners for any number of performances, museum employees, just to mention a few). Governments which support the Arts on average see a return on investment of over \$7 in taxes for every \$1 that the government appropriates.

Science /technology appears to be headed

down the same road of funding cuts. Now would be a great time to contact your Senators and Representatives (State and Local) and urge them to support Science funding along with the Arts and ROP. Science and technology are responsible for half of the economic development of the United States since WWII and yet, if current trends hold, some predict that 90% of all scientists and engineers will live in Asia within 5 years. Whatever the true percentage is, we need our scientists and engineers to stay right here at home, in the USA. Here are percentages proposed to be cut from the national budget, which will trickle down to the states and schools: NASA exploration cut by \$750,000,000 =50%; National Science Foundation cut by \$1,402,000,000 = 100%; NOAA cut by \$427,000,000 = 34.94%; NIST cut by \$218,000,000 = 37.91%; DOE energy efficiency & renewable energy \$1,000,000,000 = 38% ; DOE office of science \$100,000,000 = 100%. How can we hope to stay competitive in the world market if we cut so much Science?!

If enough of our voices are heard, our legislators will have to respond. If you have more websites/organizations to share with the rest of us for ideas on how to save our schools and communities, contact us and we'll try to get that information put into our PTSA link on the VHS site.

Arts funding: <http://www.americansforthearts.org/> national and <http://www.californiaartsadvocates.org/> California

Local legislators: **Pedro Nava, State Representative**, 101 W. Anapamu Street, Suite A, Santa Barbara, CA 93101 ; E-mail: hillary.blackerby@ASM.CA.gov; phone (805) 564-1649 or (916) 319-2035 and **Tony Strickland, State Senator**, 223 E. Thousand Oaks Blvd. #400, Thousand Oaks, CA 91360 (805) 494-8808 or (916) 651-4019 or email senator.strickland@SEN.CA.gov

Federal legislators: **Barbara Boxer, Diane Feinstein, Elton Gallegly**

Sample message:

"I am calling/writing to you to express my concern for our schools. I understand that the state budget is in crisis and that cuts will have to be made from essential programs. I ask that you find ways to save money that will not be at the expense of our children. Our children deserve our best efforts to teach them all the skills that will make them competitive workers, productive citizens and future tax-payers." Please save our (Arts, Science, ROP) educational opportunities.



Volunteers Needed for Grad Nite

Volunteers are needed for Grad Nite, a school district-wide celebration held at the Fairgrounds for graduating seniors on June 11th, to help with organizing, setting-up and working the event. Grad Nite is loads of fun for the seniors and helps us keep our seniors safe on one of the most statistically dangerous nights of the year.

In addition, sophomore and junior parents who volunteer at least 24 hours prior to your child's graduation, may qualify for preferential seating for your child's graduation ceremony. To volunteer or find out more information about this fun event please send your contact information to: vusdgradnite@yahoo.

Cougar Counselor Connect

"A Newsletter of the Ventura High School Counseling and Guidance" Center"



Volume 1, Issue 3

Quarter Three 2008-09

Counselor Calendar

Understanding Risk Factors that Can Lead to Teen Suicide

March

2	F.A.F.S.A./CAL Grants Due
2	10th Registration for junior year
5	Progress Report 3
17 & 18	10th CAHSEE
23	9th Registration for Sophomore yr.
26	End of 3rd quarter
30	Spring Break thru- April 3

April

9	Qtr. 3 grades available for viewing
28-30	CST Testing & VCC Matriculation

May

4- 14	AP Exams
16	Junior/Senior Prom
25	Memorial Day Holiday Observed

June

2	Senior Awards Night
5 & 8	Senior Finals
9-11	Finals for grades 9-11
9 & 10	Mandatory Graduation Rehearsals
11	GRADUATION!

The reasons behind a teen's suicide can be complex and the risk is high among adolescents. Suicide is the third-leading cause of death for 15 to 19 year olds according to the American Academy of Pediatrics; the CDC states teen suicide is only surpassed by accidents and homicides.

The risk of suicide increases dramatically when kids and teens have access to firearms at home, and nearly 60% of all suicides in the U.S are committed with a gun. That's why any gun in your home should be unloaded, locked, and kept out of the reach of children and teens.

Suicide rates differ between boys and girls. Girls think about suicide about twice as often as boys, yet boys die by suicide about four times as often as girls. While girls tend to use drugs or cutting; boys tend to use more lethal means, such as firearms, hanging or jumping from heights.

Biologically, an adolescent could have depression (chemical imbalance), a physical illness, or a physical dependency on alcohol or drugs. Emotional feelings such as sadness, grief, rage and hopelessness are associated with suicide. Intellectual thoughts such as an inability to communicate feelings, pressure to achieve, and self-criticism are also involved. Finally social factors like isolation, withdrawal, and feelings of not belonging can cause suicidal thoughts.

Factors that increase the risk of suicide among teens include; precipitating and predisposing factors. Precipitating factors include history of depression or suicide within the family, substance abuse, and or conduct disorders. Predisposing factors include low self-esteem, loss of a boyfriend/girlfriend, or loss of familiar surroundings.

Suicidal adolescents describe themselves in more negative terms and in addition suffer from a painful self-awareness. Suicidal adolescents tend to have more difficulty at tolerating or solving problems, may

blow things out of proportion and often cannot manage their feelings or anxiety. Death is seen as the only way out. The suicidal adolescent is unable to access inner resources and strengths to solve everyday problems, and may be dependent on others for that support.

Other risk factors include physical or sexual abuse, lack of a support network, poor relationships with parents or peers, and feelings of social isolation. If a teen is dealing with sexual identity issues in an unsupportive family or community or experiences a hostile school environment, this can also increase suicide risk.

Warning signs to look for often occur following a stressful life event, such as a perceived failure at school, relationship break-up, death of a loved one, divorce, or major family conflict. A teen who is thinking about suicide might: talk about suicide or death in general; talk about "going away" or feeling hopeless or guilty. They may pull away from friends or family, lose the desire to take part in favorite activities; have trouble concentrating. Other warning signs are changes in eating or sleeping habits and self destructive behavior (taking drugs, drinking alcohol or driving too fast).

Parents must keep a close eye on a teen who seems depressed and withdrawn. Keep lines of communication open by expressing your support, concern and love. Ask your child if they have thought of hurting themselves and seek the help of a professional. Ask your family doctor to refer you to an appropriate mental health specialist. Or contact one of our local hospitals department of psychiatry and ask for referrals. You can also contact Ventura County Mental Health Services at 981-4200. In an emergency call 211 or (800) Suicide or (800)-999-9999. There are many web resources available on this topic. Try <http://kidshealth.org> for one.

Counselor and Guidance Center Staff Contacts

Counselors	Grades 10-12	Ext.	Counselors	Grade 9	Ext.
Mrs. Heinz	A-Da	1025	Ms. Dath	by SLC Houses	1030
Mrs. Richards	De-Hor	1009	Mr. Castillo	by SLC Houses	1020
Mrs. G.-Wilson	Hos-Mont	1026	Mrs. Dodge:	Student Assistance Program	
Ms. Frias	Mora-Sal	1029		joan.dodge@venturausd.org	
Mrs. Roberts	San-Z	1022	Guidance Center Staff		
			Ms. Lowe-Appointments		1019
			Mrs. Blanchard-Records		1021
			Mrs. Velasquez-Parent Connect		1051

Ventura High School 641-5116



Ventura High School
Parent Teacher Student Association
Membership Form and Volunteer Sign-up

Greetings from the Ventura High School PTSA!

While your children are students at VHS, it is essential that you stay informed, involved, and engaged in your child's education. The PTSA provides the tools for you to do that and enhances our school with your support. Please join the PTSA and/or volunteer your time and talents. Every contribution, no matter how small, adds up to big benefits for our school.

Return this form to the PTSA Mailbox in the school office or mail to: VHS PTSA, Two Catalina St., Ventura, CA 93001

PTSA Member Names (please include grade level for student memberships)

		Total Members
		X
		\$6.00 = _____

Optional Contributions: Family Membership	\$ 20 _____	
Sponsor Membership	\$ 40 _____	Total Enclosed
Cougar Membership	\$100 _____	\$ _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Cell Phone: _____

Email Address: _____

I am willing to Volunteer for the following:

- | | |
|--|--|
| <input type="checkbox"/> Snack Bar during home football games (setup, sell, cleanup)
<input type="checkbox"/> Cougar Café during school dances
<input type="checkbox"/> Writing for the PTSA Newsletter 3-4 times/year
<input type="checkbox"/> School Library at beginning/end of school year
<input type="checkbox"/> S.E.R.V.E. Day project in the Spring
<input type="checkbox"/> Hospitality Committee for Spring Academic Awards Night
<input type="checkbox"/> Serve as a resource person. I have special skills in _____ | <input type="checkbox"/> Teacher Appreciation Activity in May
<input type="checkbox"/> PTSA Scholarship Committee
<input type="checkbox"/> Senior Barbeque in June
<input type="checkbox"/> Grad Night at fairgrounds in June
<input type="checkbox"/> Freshmen Orientation in August '09
<input type="checkbox"/> Just call me when you need help! |
|--|--|

Name of Volunteer(s): _____ Phone no: _____

Name of Volunteer(s): _____ Phone no: _____

All contributions make a difference! Join PTSA today!

Grades and Grade Points

A parent asked how some grades in Honors and Advanced Placement (AP) classes can count for more than grades from other classes when calculating a student's overall Grade Point Average. To get an answer we spoke with Mr. Francisco Castillo, one of Ventura High School's Counselors.

Honors and AP classes receive an extra grade point. Because of this extra grade point it is possible for some students to have a Grade Point Average higher than 4.0.

For regular classes an "A" is counted as 4 grade points, a "B" as 3 grade points, and "C" as 2 grade points, a "D" as 1 grade point, and an "F" as zero grade points. AP and Honors Courses carry an extra point for grades A through C. For an honors class or an Advanced Placement class, the grade is increased by one point, so that an "A" is counted as 5 grade points, a "B" as 4 grade points, and "C" as 3 grade points; D and F grades are the same grade point whether the course is honors or not. The extra grade point is reflected in the GPA.

Classes taken at a Community College or other college are treated differently. If the college class is (1) on the IGETC (course transfer) list and (2) a VUSD graduation requirement or meets one of the A – G requirements from the University of California, the class may be counted as an honors class and the extra grade point is factored in. (More below about the IGETC.)

Mr. Castillo noted that a college or university may recalculate an applicant's GPA using their own criteria. This can lead to a student seeing different GPAs when being considered by different colleges.

Mr. Castillo stated that it is school policy to discourage students from taking at community colleges subjects that are part of the California Standards Test (CST). Even minor differences in the curriculum or pacing of the class may cause the student to miss items on the state test.

Most college or university applications have a space for college classes taken while in high school. Seniors need to read each college

application carefully to make sure that any class taken at a community college or other college is correctly recorded as a high school class or "other college level" class taken. This can affect the overall Grade Point Average and whether the class taken while in high school may substitute for a required class at the college.

The Inter-segmental General Education Transfer Curriculum (IGETC) is a published list of specific community colleges classes that will be accepted by the University of California and Cal State University systems. Ventura High School uses this list to insure college classes will be properly credited and accepted by these two systems and the many other colleges that follow the UC/CSU standards. Parents and students should carefully check that any class their high school student takes is on the transfer list so that it may transfer to a college for credit in the future. The list is available at www.IGETC.org and is noted in most community college catalogs.

QUESTIONS AND ANSWERS ABOUT VENTURA HIGH

The Parent-Teacher-Student Association (PTSA) collected some common questions from parents about Ventura High School and received answers from the school staff. More information on any item may be obtained from your student's Counselor.

Q: My daughter has a Walk-On coach for her team. What is a Walk-On Coach?

A: Athletic Director David Hess answered: "Walk on coach" describes a coach who is not a teacher at VHS. We have some very good walk on coaches at VHS, but we are also proud of the fact that 19 of the 22 head varsity coaches at VHS are classroom teachers here (actually, it is 18 teachers and one counselor.)

Every coach at Ventura High School, including walk on coaches, is required to be fingerprinted for a background check. They also must have current CPR and First Aid certification. The exception to this would be a volunteer. A volunteer can help with a program, but they can only

work with athletes while under the supervision of a certificated staff member (teacher or administrator.)

When we have a coaching vacancy, we announce to the staff that there is a coaching opening. If there are no teachers interested in the job, we open it up to non teachers. Candidates are interviewed by the Athletic Director and the Principal. Sometimes other coaches participate in the interview.

Q: Does Ventura High get any additional funding for students from Foothill, El Camino Independent Study, or Buena who take classes on this campus?

A: Yes and no. The District provides funding for three sections (classes) because of athletes from Foothill competing on VHS teams. About three dozen students from Foothill take one or more elective classes at VHS; the school doesn't get any extra funding for these students.

Q: Our family's income has dropped and we can't afford to pay the cost of athletic team fees and other school costs. Is there any help available?

A: Please contact the Principal or your Counselor. We want every student to have access to the opportunities here at Ventura High School. Students will be asked to pay what they can or work to meet some of the costs, and we have a limited amount of scholarships to make up any difference.

Q: Should my student take the PSAT and SAT tests before their Junior year?

A: Please see article in this newsletter from Mrs. Campbell, VHS Career Center Coordinator. You will find this brief guide useful in helping your child prepare for college applications.

Other questions? Contact the school office, the Principal, or the PTSA

MAY

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 PTSA Meeting 7pm	28 CST TESTING Minimum Day	29 CST TESTING Minimum Day	30 CST TESTING Minimum Day	1	2
3	4 AP FRENCH	5 AP COMPUTER SCIENCE AP SPANISH	6 AP CALCULUS AB & BC	7 AP ENGLISH LIT. HONK! Spring Musical 7pm	8 AP US HISTORY HONK! Spring Musical 7pm	9 HONK! Spring Musical 7pm
10 HONK! Spring Musical 7pm	11 AP PHYSICS	12 AP ENVIRON. SCIENCE	13 AP ENGLISH LANGUAGE	14 HONK! Spring Musical 7pm	15 HONK! Spring Musical 7pm	16 HONK! Spring Musical 2pm PROM—CROWNE PLAZA
17 HONK! Spring Musical 2pm	18	19 VHS SPRING CONCERT I 7PM	20	21 VHS SPRING CONCERT II 7PM	22	23
24	25 NO SCHOOL	26 VHS SPRING CONCERT III 7PM	27	28	29	30
31	1	2 SENIOR AWARDS NIGHT 7PM	3	4	5 SENIOR FINALS: PERIODS 1,3,5	6 SAT TESTING 8AM—1PM
7	8 SENIOR FINALS: PERIODS 2,4,6 SENIOR BBQ 5PM — 9 PM	9 FINALS 9—11: PERIODS 1,4 MINIMUM DAY	10 FINALS 9—11: PERIODS 2, 6 MINIMUM DAY	11 FINALS 9—11: PERIODS 3,5 MINIMUM DAY LAST DAY OF SCHOOL GRADUATION	12	13
14	15	16	17	18	19	20

As your student navigates through the maze of high school, here are some things to keep in mind each year. Whether it's testing, grades, activities or college applications there's lots to remember. Listed are a few of the major events.

Freshman Year...

Get used to high school, develop good study habits and get involved in a sport or extracurricular activity. It's a good way to meet good friends.

Sophomore Year...

This is the year your grades really start to count. Colleges look at Sophomore and Junior year grades ONLY for college admission in your senior year.

This is the year you take the CAHSEE (California High School Exit Exam.) You must pass it to graduate. Get involved. Join a club. CSF and/or NHS are honor societies, which require a certain Grade Point Average. It looks good on college and scholarship applications, you meet people and it's fun! You get to wear a special collar at graduation and sit in the front rows!

If you have any questions about careers and/or the college application and financial aid process, please contact your counselor and/or the VHS Career Center. 805-641-5116 ext 2375.

Junior Year...

First semester...Take the PSAT...given in October each year, the PSAT is a practice run for the SAT. It is also necessary for National Merit Scholarship consideration. Register early at the Student Store.

Second semester... Take the SAT test. This is required for college admission. Cal States and Private colleges require only the SAT I (Reasoning test). UC's require SAT I and SAT II (subject tests.) Start visiting colleges during spring break to get an idea of where you may want to apply in the fall.

Senior Year...

Take the SAT tests or re-take them if you didn't like your scores. Decide on where to apply to college over fall break and apply to college by Nov. 30th.

Sign up on the NCAA website if you plan to play sports in college.

Second semester.... Fill out the FAFSA (Free Application for Federal Student Aid) form. This is required in order to get any financial aid and/or student loans for any college. It is also required to be able to get the first year free at Ventura College. The FAFSA and the Cal Grant Form are both due on March 2nd.



To Get Started Go To:
www.idrivesafely.com/

[Ventura](#)

And select your
desired course.

40% of all completed
sales
go to our School!

VHS

Fundraiser

Learn lifelong safe driving skills.
Help us achieve our fundraising goals.

Participate in this great fundraiser! This unique program features State-approved online instructional driving courses designed to help the entire family. Sign up and complete any course and VHS gets a generous commission!

[California Driver Education](#)

[California Traffic School](#)

[Mature Insurance Reduction Program](#)

Ventura Unified School District
Ventura High School Parent Teacher Student Association
255 West Stanley Ave.
Ventura, CA 93001

Non-profit Organization
U.S. Postage PAID
Oxnard, CA 93030
Permit No. 447