

CHANNEL ISLANDS HIGH SCHOOL

Raider Spotlight



Please join me in congratulating Ella Ochoa as she placed 2nd in the State Comp for the Mock Trial Courtroom Artist Category! Thirty-two counties competed in this year's State Comp and each county sends 1 or 2 artists

to compete in this category. We're so super proud of her!! if you see her around please congratulate her.

Way to go Ella

Go Raiders!!



Huge congrats to two of our very own Jhola De Jesus and Cristian Rodriguez who will represent CIHS at Boys State this summer in Sacramento.

**Congratulations Boys
Way to represent!!!!**



Follow us on our socials



Teacher Spotlight



MR. MIGUEL TEJEDA WAS SELECTED AS VENTURA COUNTY MATHEMATICS COUNCIL'S 2023 OUTSTANDING MATHEMATICS EDUCATOR AWARD. MR. TEJEDA IS A DRIVEN, CARING, KNOWLEDGEABLE, AND ENTHUSIASTIC EDUCATOR WHO HAS BEEN AT THE ISLANDS FOR THE LAST FOUR YEARS. HE IS DEDICATED TO QUALITY MATHEMATICS EDUCATION AND PRACTICES EXEMPLARY TEACHING TECHNIQUES AS OUTLINED IN THE CALIFORNIA MATHEMATICS FRAMEWORK. HE DESIGNS AND DELIVERS

MEANINGFUL LEARNING EXPERIENCES FOR HIS MATH CLASSES AND IS HEAVILY INVOLVED IN ONGOING CURRICULAR IMPROVEMENT IN MATHEMATICS. "ONE THING THAT IS IMPORTANT TO ME IS THAT I CONTINUE TO LEARN NEW WAYS OF DOING MATHEMATICS SO THAT MY STUDENTS CAN BENEFIT FROM NEW IDEAS IN LEARNING TOPICS."

IF YOU SEE MR. TEJEDA AROUND, PLEASE MAKE SURE YOU CONGRATULATE HIM FOR BEING SELECTED AS THIS YEAR'S OUTSTANDING MATHEMATICS EDUCATOR!

@cihs_raiders

channelislandshigh.us

CHANNEL ISLANDS HIGH SCHOOL

MARCH
LET'S TALK ABOUT IT:
TEEN MENTAL HEALTH & NATIONAL NUTRITION MONTH

Reminder:
Wellness Peer Applications for 2023-2024 School Year are OPEN

RINCON WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 AM VISION BOARD DURING LUNCH	WELLNESS PEER CLASS PRESENTATIONS	CHILDHOOD MATTERS PRESENTATION	MINIFUR LETTERING SESSION 1	DO IT YOURSELF: LULU & MIMI STRESS HAIR
MONDAY MORNING MEDITATION	ART ACTIVITY DURING LUNCH	SUP 12 FARM SCHOOL HYDRATION ACTIVITY	WC STAFF @ DO WC CLOSED	DO IT YOURSELF: LULU & MIMI STRESS HAIR
CLOUD DOUGH	TEA TIME BEFORE SCHOOL & AFTERNOON	AROMATHERAPY ACTIVITY	TRAINING FOR WFP MINIFUR LETTERING SESSION 2	DO IT YOURSELF: LULU & MIMI STRESS HAIR
MASLOW'S BIRTHDAY	WELLNESS PEER INTERVIEWS 23-24	WELLNESS PEER INTERVIEWS 23-24	MINIFUR LETTERING SESSION 3	CHILDHOOD MATTERS PRESENTATION

stress LESS FOR SUCCESS

FINALS

*ACTIVITIES IN RED PLEASE SIGN UP- SPACE LIMITED

MARZO
Hablemos de eso:
MES NACIONAL DE LA NUTRICIÓN Y LA SALUD MENTAL DE LOS ADOLESCENTES

Recordatorio
Las solicitudes para compañero de bienestar para el año escolar 2023-2024 están ABIERTAS

CENTRO DE BIENESTAR RINCON

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
VISION DE SI MISMO DURANTE EL ALMUERZO	PRESENTACIONES EN CLASE DE COMPAÑERO DE BIENESTAR	Presentaciones En clase De Compañero de bienestar	CONSCIENTE DE LETRAS SESIÓN 1	CONSCIENTE DE LETRAS SESIÓN 1
MEDITACIÓN POR LA MAÑANA	ACTIVIDAD DE ARTE DURANTE EL ALMUERZO	ACTIVIDAD DE HIDRATACIÓN CON FARMACIA	EL CENTRO ESTÁ CERRADO	EL CENTRO ESTÁ CERRADO
MASA DE NUBE	HORA DE TE AMANTES DE LA ESCUELA Y NUTRICIÓN	ACTIVIDAD AROMATERAPIA	CONSCIENTE DE LETRAS SESIÓN 2	CONSCIENTE DE LETRAS SESIÓN 2
CUMPLEAÑOS DE MASLOW	ENCUESTAS PARA COMPAÑEROS DE BIENESTAR	Entrevistas para Compañeros de bienestar	CONSCIENTE DE LETRAS SESIÓN 3	PRESENTACIÓN DE ASUNTOS DE INFANCIA

menos PARA MAS EXITO

FINALS

*ACTIVIDADES EN ROJO POR FAVOR REGÍSTRESE- CUPO LIMITADO

RINCON WELLNESS CENTER

MARCH 26, 2023

MASLOW TURNS ONE

IN TRAINING THERAPY DOG

GOLDENDODDLE

Coffee with Principal and SRO

Tuesday March 21st 8am - 10am
Starbucks at 241 W 5th Street, Oxnard

Everyone is invited to meet and chat with our Principals and School Resource Officers from Anacapa, Channel Islands, Del Sol, Hueneme, and Oxnard Middle College High School.

OXNARD UNION HIGH SCHOOL DISTRICT

Follow us on our socials



@cihs_raiders

COUNSELORS CORNER

SENIORS WHO COMPLETED THE FAFSA/DREAM ACT BY THE MARCH 2ND DEADLINE WERE ENTERED INTO A RAFFLE. CONGRATULATIONS TO THE WINNERS!

IN-HOUSE REGISTRATION FOR ALL RETURNING 2000 STUDENTS CONTINUES THROUGH MARCH 17TH.

OXNARD ONLINE TERM 6 BEGINS 3/27 TO 4/28. STUDENTS IN NEED OF CREDIT RECOVERY OR A-G VALIDATION SHOULD SEE THEIR COUNSELOR BY 3/24.

BALANCING FOR Q4 IS ONGOING. THE NEW QUARTER BEGINS ON MARCH 27TH.

SUMMER SCHOOL REGISTRATION IS HAPPENING NOW. THE QR CODE & FORMS ARE IN THE FRONT OFFICE.

THE ROP/CEC INTEREST QR CODE IS AVAILABLE IN THE FRONT OFFICE. COURSE OFFERINGS COMING SOON.

THE OXNARD COLLEGE QR INTEREST LIST IS IN THE FRONT OFFICE FOR THE 23-24 SCHOOL YEAR. A PLANNED COURSE OFFERING AT CIHS IS ADS R101 (OVERVIEW OF ADDICTIONS).

HIGHER EDUCATION WEEK (HEW) FOR JUNIORS WAS FRIDAY, MARCH 10TH. HUNDREDS OF STUDENTS MET WITH OVER 30 COLLEGES & UNIVERSITIES TO PREPARE FOR SENIOR YEAR & THEIR POST-HIGH SCHOOL OPTIONS.

State Seal of CIVIC ENGAGEMENT

Spring 2023 Application deadline - Monday, April 10th



1. Be engaged in academic work

On track to graduate (submit an unofficial transcript showing academic progress)

2. Demonstrate competent understanding of government

Pass U.S. History with a C or better, pass American Government with a B or better, complete modules for the California Constitution and Tribal Government.



3. Participate in a civic engagement project

Project completed in grades 9-12, addressing a real-world problem, requiring personal action, minimum of 5 verified hours.

4. Self-Reflection

Demonstrating civic knowledge, skills, and dispositions, as well as evidence of the project.



5. Exhibit character traits that reflect civic-mindedness

Recommendation verifying concern for rights and well-being of all and character traits reflective of civic-mindedness and commitment to community.

For more information:

<https://bit.ly/OUHSD-SealOfCivicEngagement>

Attention Juniors and Seniors! Apply for the Seal of Civic Engagement! Visit the link below for more information about the seal and how to submit your application.

Seal of Civic Engagement: <https://bit.ly/OUHSD-SealOfCivicEngagement>

Qualified Candidates will receive:

- Seal of Civic Engagement from the State of California
- A certificate recognizing their accomplishment
- Notation of earning of the Seal of Civic Engagement on their transcript

Deadline to apply is Monday, April 10th, 2023.

If you have any questions reach out to Ms. Reiko Evans at:

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