

# CHANNEL ISLANDS HIGH SCHOOL



CI SWIM CELEBRATED THEIR SENIORS AT THIS WEEK'S SWIM MEET AGAINST HUENEME. GRADUATING FOR CI ARE APRIL RIVERA, RUBY LOPEZ, SEBASTIAN GALICIA, ANGEL LEYVA, CARLOS DUARTE, JOSE CORTES, DANIELA SOLIS, ARIANA MARTIN, AND ALONDRA MOSQUEDA. WE WILL MISS THEM GREATLY, BUT ARE EXCITED FOR THEM TO PURSUE THE NEXT CHAPTER OF THEIR LIVES



DAISY SANCHEZ SIGNED HER LETTER OF COMMITMENT TO CONTINUE RUNNING FOR UNIVERSITY OF LA VERNE. DAISY RECEIVED THE PRESTIGIOUS TRUSTEE SCHOLARSHIP. DAISY WAS THE MVP FOR HER CROSS COUNTRY TEAM. HERE SHE IS SIGNING.

way **RAIDER PRIDE** to go raiders



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CONGRATS TO OUR VERY OWN **ASHLEY VARGAS MAYO** FOR PLACING 1ST **CARLOS DIAZ CRUZ** FOR PLACING 2ND IN THE DRAWING CATEGORY **VERONICA RAZO** 3RD PLACE IN MIXED MEDIA **ANDY GUILLEN** 1ST AND **NATALIA CERVANTES** IN DIGITAL ART WAY TO MAKE US PROUD.



way **RAIDER** to go **PRIDE** raiders



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Mariana Gonzalez is a sixteen year old junior at Channel Islands High School and Explorer in the Camarillo Explorer Post. Mariana began with the Explorers in October of 2021, and graduated from the Explorer Academy in the summer of 2022. During the Explorer Academy, Mariana was taught First Aid and CPR as a block of instruction. During her time, as an Explorer, she volunteered at many events including the CSUCI Graduation, Camarillo Christmas Parade, Underwood Farms Harvest Festival, Wings Over Camarillo Air Show, and Coppers and Choppers.



Mariana was nominated for the Outstanding Citizen Award for her heroic action taken on February 25, 2023 around 7:30pm. While eating dinner with her family in North Hollywood, Mariana observed a male outside the restaurant experience a medical emergency and lose consciousness. Multiple people in the restaurant did nothing and no one offered aid. Mariana knew she needed to help the man and quickly called 911 to request assistance. Mariana went outside and evaluated the man. With the assistance of the 911 operator, Mariana started CPR. Mariana performed several rounds of CPR until Los Angeles County Fire arrived on scene. Fire personnel deployed naloxone and revived the man who finally became conscious, alert and breathing. Mariana took action and helped save the man's life. Mariana told her Explorer Advisors about the event. Mariana attributed her success to becoming CPR certified during the Explorer Academy.

Mariana took action during a critical incident in an effort to save a stranger's life. A career in law enforcement is often about saving lives. Mariana's future is bright. It is for this heroic act, Camarillo Administration and all Camarillo Explorer Advisors nominated and why Mariana was selected as the recipient of the Outstanding Citizen Award.

way **RAIDER** to go **PRIDE** raiders



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## CAMPUS TOUR OF CSUN

CIHS and UBCI students had the opportunity to tour the amazing and cultural campus of California State University Northridge during Spring Break.

Not only did they get to visit the famous Oviatt Library and Student Recreational Center, but also the cultural and historical Chicano House and Low Rider exhibit featuring art, magazines, and memorabilia on the history of Lowriding in California.



## CHICANO STUDIES DEPARTMENT PRESENTATION

Following the campus tour, students listened to a presentation on the Chicano Studies Department at CSUN. They discussed the type of jobs they can get with their degree, their double major opportunity, and the significant role they played in recognizing the need to learn the history of Chicanos in California.



## WORK HARD, PLAY HARD

Eligible UBCI Seniors celebrated their success of applying to 20+ scholarships at Dave and Busters over Spring Break.



## UBCI SPRING BREAK '23: CAL STATE NORTHRIDGE



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**OUR STELLAR GUIDANCE TECHNICIAN, FABIOLA SANCHEZ, WAS INSTRUMENTAL IN RECRUITING 163 FAMILIES IN ATTENDANCE AT OUR ANNUAL OUHSD FAMILY CONFERENCE AT CSUCI ON SATURDAY, APRIL 22ND. OUR DISTRICT HOSTS THIS OPPORTUNITY EACH YEAR TO INFORM FAMILIES OF COLLEGE, UNIVERSITY, FINANCIAL AID & SCHOLARSHIP OPTIONS.**

**SUMMER SCHOOL SIGN-UPS ARE HAPPENING NOW! THE DEADLINE TO ENROLL IS TUESDAY, MAY 2ND. PLEASE COME BY THE FRONT OFFICE TO ENROLL OR SCAN THE QR CODE POSTED THROUGHOUT CAMPUS.**





# CHANNEL ISLANDS HIGH SCHOOL SUMMER SCHOOL 2023

JULY 3 - JULY 28

8:30 AM - 1:00 PM

10:30 AM - 11:00 AM NUTRITION BREAK

NO SCHOOL JULY 4TH

PREREGISTRATION DEADLINE:

**MAY 2 @ 4 PM**



SCAN FOR  
MORE INFORMATION

PLEASE USE YOUR OXNARDUNION.ORG EMAIL  
ONLY ONE SUBMISSION PER SCHOOL EMAIL

1400 RAIDERS WAY  
OXNARD, CA 93033

# CHANNEL ISLANDS HIGH SCHOOL ESCUELA DE VERANO 2023

JULIO 3 - JULIO 28

8:30 AM - 1:00 PM

10:30 AM - 11:00 AM DESCANSO NUTRICIONAL

NO HAY CLASES EL 4 DE JULIO

PLAZO DE PREINSCRIPCIÓN:

**MAY 2 @ 4 PM**



ESCANEA PARA  
MÁS INFORMACIÓN

UTILICE SU CORREO ELECTRÓNICO DE OXNARDUNION.ORG  
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# Mental Health Month:

FOCUSING ON SELF ESTEEM



MAY

## Mental Health Month:

FOCUSING ON SELF ESTEEM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1  
COVITALITY  
FOLLOW UP

2  
CIHS  
STAFF  
MORNING  
SURPRISE

3  
COVITALITY  
FOLLOW UP

4  
COVITALITY  
FOLLOW UP

8  
CIHS  
STAFF

9  
CALMING

10  
WELLNESS

11  
WELLNESS-STAFF

### RINCON WELLNESS CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
COVITALITY  
FOLLOW UP

2  
CIHS  
STAFF  
MORNING  
SURPRISE

3  
COVITALITY  
FOLLOW UP

4  
COVITALITY  
FOLLOW UP

5  
PROM  
CINCOO  
MAYO

8  
CIHS  
STAFF  
AFTERNOON  
SURPRISE

9  
CALMING  
TOUCHSTONES

10  
WELLNESS  
PEER  
OUTING

11  
WELLNESS STAFF  
AT DO

12  
ART THERAPY  
WATERCOLOR  
ACTIVITY

15  
SELF ESTEEM  
MANDALA  
ROCKS

16  
UPWARD BOUND  
X  
RINCON COLLAB  
AAPI  
WORKSHOP

17  
SOUND BATH  
EXPIERENCE

18  
TOUCHSTONES

19  
RINCON  
RUMBLE

22  
MONDAY  
MORNING  
MEDITATION

23  
SELF ESTEEM  
MANDALA  
ROCKS

24  
FEELINGS  
SCULPTURE  
ACTIVITY

25  
DE-STRESS SLIME  
W/ MR. ESCOBAR'S  
4TH PERIOD

26  
SENIOR ACTIVITIES  
WELLNESS PEERS  
PERIOD 3/4

29  
HAPPY  
MEMORIAL  
Day

30  
AROMATHERAPY  
ACTIVITY

31  
GRAD NIGHT  
DE-STRESS SLIME  
W/ MS. FERNANDEZ  
4TH PERIOD

TO DO

11:45 END OF DAY

aren

18

ISTONES

25

LESS SLIME

ESCOBAR'S

PERIOD



MAYO

## Mes de Salud Mental:

CENTRÁNDOSE EN LA AUTOESTIMA

### CENTRO DE BIENESTAR EL RINCON

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

1  
SEGUIMIENTO  
DE  
COVITALITY

2  
SORPRESA  
PARA EL  
PERSONAL DE  
CIHS POR LA  
MAÑANA

3  
SEGUIMIENTO  
DE  
COVITALITY

4  
SEGUIMIENTO  
DE  
COVITALITY

5  
PROM  
CINCOO  
MAYO

8  
SORPRESA  
PARA EL  
PERSONAL DE CIHS  
POR LA TARDE

9  
PIEDRAS DE  
TOQUE PARA  
CALMAR

10  
SALIDA  
PARA  
COMPAÑEROS  
DE BIENESTAR

11  
PERSONAL DE  
BIENESTAR EN EL  
DISTRITO

12  
ACTIVIDAD DE  
ARTETERAPIA  
ACUARELA

15  
ROCAS  
MANDALAS  
DE  
AUTOESTIMA

16  
COLABORACIÓN  
CON PROGRAMA  
UPWARD BOUND  
ALLERT AAPI

17  
BAÑO DE  
SONIDO

18  
PIEDRAS DE  
TOQUE

19  
RETUMBA  
RINCON

22  
MEDITACIÓN  
POR LA  
MAÑANA

23  
ROCAS  
MANDALAS  
DE  
AUTOESTIMA

24  
ACTIVIDAD:  
ESCULTURA  
DE  
SENTIMIENTOS

25  
SLIME-ANTIESTRÉS  
CON/ SR. ESCOBAR  
PERÍODO 4

26  
ACTIVIDADES PARA  
ALUMNOS DE GRADO 12  
CON COMPAÑEROS  
DE BIENESTAR  
PERÍODO 3/4

29  
HAPPY  
MEMORIAL  
Day

30  
TALLER  
AROMATERAPIA

31  
GRAD NIGHT  
SLIME ANTIESTRÉS  
W/SRA. FERNANDEZ  
PERÍODO 4

RINCON

ES

4

SEGUIMIENTO

DE

TALITY

11

PERSONAL DE

STAR EN EL

STRITO

hasta el fin de día

aren

18

RAS DE

QUE

22  
MEDITACIÓN  
POR LA  
MAÑANA

23  
ROCAS  
MANDALAS  
DE  
AUTOESTIMA

24  
ACTIVIDAD:  
ESCULTURA  
DE  
SENTIMIENTOS

25  
SLIME ANTIESTRÉS  
CON/ SR. ESCOBAR  
PERÍODO 4

29  
HAPPY  
MEMORIAL  
Day

30  
TALLER  
AROMATERAPIA

31  
GRAD NIGHT