

# CHANNEL ISLANDS HIGH SCHOOL

## RAIDERS IN ACTION:

IN THE FIRST TWO QUARTERS OF THIS ACADEMIC SCHOOL YEAR, UPWARD BOUND CHANNEL ISLANDS PRESENTED TWO CAREER PANELS WITH A SPECIALLY CURATED VARIETY OF PROFESSIONALS TO ENRICH OUR STUDENTS. OUR FALL CAREER PANEL SHOWCASED CAREERS IN S.T.E.M. WHERE OUR ORGANIZATION INVITED INDIVIDUALS FROM NURSING, MATHEMATICS, PHYSICS, AND COMPUTER SCIENCE TO SPEAK ON THEIR JOURNEYS FROM HIGHER EDUCATION INTO THEIR CAREERS. OUR WINTER CAREER PANEL SHOWCASED CAREERS IN ENTREPRENEURSHIP, WHICH INTRODUCED OUR STUDENTS TO PROFESSIONALS IN REALTY, MORTGAGE LOANS, AND SMALL BUSINESS. IN OUR UPCOMING SPRING PANEL, WE PLAN ON FOCUSING ON CAREERS IN BEHAVIORAL SCIENCE FOR OUR STUDENTS WHO ARE INTERESTED IN SUBJECTS LIKE SOCIOLOGY AND PSYCHOLOGY.

PART OF UBCI'S OBJECTIVE IS TO ASSIST STUDENTS WITH CAREER EXPLORATION TO PREPARE AND ENCOURAGE THEM TO PURSUE HIGHER EDUCATION. WE STRIVE TO PROVIDE OUR STUDENTS A VARIETY OF RESOURCES TO KEEP THEM INSPIRED AND ENGAGED. WE HOPE TO EXTEND/EXPAND THESE OPPORTUNITIES TO THE ENTIRETY OF CIHS STUDENTS BY WAY OF COLLABORATION WITH OUR MANY WONDERFUL SCHOOL RESOURCES. KEEP AN EYE OUT!





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## RAIDERS IN ACTION:



A HUGE CONGRATULATIONS TO THE CHANNEL ISLANDS WRESTLING TEAM FOR BEING THE 2023 CCL CHAMPIONS! THE SEASON WAS A FOUGHT BATTLE WITH CLOSE MATCHES UPS AGAINST HUENEME, FILLMORE AND NORDHOFF. LAST NIGHT, OUR RAIDERS, FINISHED OFF NORDHOFF RANGERS WITH TWO PINS FROM SENIORS, TIMOTHY BURKE AND EMMANUEL MARTINEZ. A GREAT ENDING FROM A GRITTY-HARDWORKING TEAM

CONGRATULATIONS TO THE WRESTLING ATHLETES, COACH RICHARD SIERRA AND HIS STAFF. WE ARE PROUD OF YOU! GO RAIDERS!

## COUNSELOR CORNER

QUARTER 3 BEGAN ON TUESDAY, JANUARY 10TH. COUNSELORS CONTINUE TO MEET WITH STUDENTS, PARENTS, TEACHERS & ADMINISTRATION REGARDING BALANCING, SCHEDULE & LEVEL CHANGES, Q2 GRADES, COLLEGE CLASSES & MORE.

8TH GRADE REGISTRATION BEGINS IN JANUARY THROUGH MID-FEBRUARY. THE TEAM WILL VISIT VARIOUS JUNIOR HIGH SCHOOLS TO ENROLL OUR SLATED INCOMING 563 FRESHMEN FOR THE 23-24 SCHOOL YEAR.

UPCOMING SENIOR FAFSA/DREAM ACT WORKSHOPS FROM 6PM - 8PM AT CIHS:

**JANUARY 25, WEDNESDAY**

**FEBRUARY 2, THURSDAY**

APPLICATIONS ARE DUE MARCH 2, 2023 TO QUALIFY FOR THE CAL GRANT, 2 YEARS OF COMMUNITY COLLEGE FOR FREE & PRIORITY FUNDING.



# CHANNEL ISLANDS HIGH SCHOOL

## ADMIN UPDATE:

GREETINGS RAIDERS AND HAPPY NEW YEAR!

I HOPE EACH OF YOU ENJOYED A WONDERFUL HOLIDAY BREAK AND THAT YOU ARE RELAXED, RECHARGED AND READY TO JUMP INTO QUARTER THREE. I AM SO DELIGHTED THAT EACH OF YOU CONTINUES TO BE A PART OF OUR AMAZING LEARNING COMMUNITY. I WELCOME AND DEEPLY VALUE YOUR INPUT, ENERGY, AND DEDICATION TO EXCELLENCE IN EDUCATION, AND I LOOK FORWARD TO CONTINUING OUR GREAT WORK AT THE ISLANDS.

AS WE BEGIN QUARTER THREE, I WANTED TO SHARE A FEW REMINDERS AND UPDATES.

### MINGA

MINGA IS OUR SCHOOL'S DIGITAL STUDENT ID AND IS USED AS OUR ONLY DISMISSAL PASS. STUDENTS MUST HAVE MINGA DOWNLOADED ON THEIR PHONE OR DISTRICT ISSUED CHROMEBOOK IN ORDER TO ENTER CAMPUS AFTER 1ST PERIOD AND/OR LEAVE CAMPUS FOR 4TH PERIOD DISMISSAL. STUDENTS, IF YOU DO NOT HAVE MINGA DOWNLOADED, PLEASE DO SO AS SOON AS POSSIBLE.

### DRESS CODE

THIS IS A REMINDER REGARDING CIHS'S DRESS CODE POLICY. STUDENTS MUST ABIDE BY THE DRESS CODE POLICY. HIGHLIGHTS OF THIS POLICY INCLUDE BUT ARE NOT LIMITED TO:

STUDENTS ARE NOT PERMITTED TO WEAR PROFESSIONAL TEAM HATS.

STUDENTS ARE NOT PERMITTED TO WEAR UNDERWEAR AND UNDERGARMENTS OR CLOTHING THAT RESEMBLES UNDERWEAR AND UNDERGARMENTS AS OUTERWEAR. STUDENTS ARE NOT PERMITTED TO WEAR SWIMWEAR OR CLOTHING THAT RESEMBLES SWIMWEAR AS OUTERWEAR.

FULL DRESS CODE DETAILS CAN BE FOUND TOWARDS THE END OF OUR NEWSLETTER.

### COVID AND THE FLU

IF AND WHEN A STUDENT, TEACHER, OR STAFF MEMBER IS SICK, IT'S IMPORTANT TO KNOW WHEN TO STAY HOME FROM SCHOOL, ESPECIALLY IF A CONTAGIOUS DISEASE IS CONTRACTED SUCH AS COVID AND THE FLU. STAYING HOME WHILE ILL, WILL ALLOW FOR MORE REST, FASTER HEALING, AND CONTINUED SAFETY FOR STUDENTS, TEACHERS, AND STAFF. FOR EVERYONE'S HEALTH AND SAFETY, IF YOU ARE ILL, PLEASE STAY HOME AND MEET WITH A MEDICAL PROFESSIONAL AS NEEDED. ADDITIONALLY, COVID TESTS AND MASKS ARE READILY AVAILABLE AT THE ADMINISTRATION AND NURSE'S OFFICE.

PLEASE LET US KNOW IF YOU HAVE ANY QUESTIONS OR CONCERNS.  
ONCE AGAIN, HAPPY NEW YEAR AND A WARM WELCOME BACK TO ALL.

MARIANNE RAMOS  
PRINCIPAL

Follow us on our socials



@cihs\_raiders





RINCON WELLNESS CENTER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER BREAK				
TEACHER PREP DAY	FIRST DAY BACK START OF QUARTER 3	MANIFESTATION JOURNALING	ART THERAPY ACTIVITY	DRUM CIRCLE W/ OG PEER ISRAEL LOZANO
MLK DAY	WELCOME THE NEW FRIENDSHIP GAMES W/ GROUP 5	SELF-LOVE AFFIRMATION STICKERS	MINDFUL JARS (IN SPANISH) 10 SPOTS	MINDFUL JARS (IN ENGLISH) 10 SPOTS
KIND ACTS TIK TOK CHALLENGE FIND A WELLNESS PEER TO PARTICIPATE	RECONNECTING WITH THE PAST GRAMS TABLING AT LUNCH	COFFEE W/ PRINCIPAL X WELLNESS STAFF	KINDNESS ROCKS AT LUNCH	WC CLOSED PARADISE FALLS WELLNESS PEER HIKE
MONDAY MORNING MEDITATION IN MB1	SELF CARE JOURNAL AT LUNCH	Happy New Year!		

\*ACTIVITIES IN RED PLEASE SIGN UP- SPACE LIMITED



#### OC Dental Hygiene Program Presentation



- When Jan 27, 2023 10:15am-12:20pm
- Scan the QR code to register
- Open to all students

If you have any questions or need help to register please stop by the College and Career Center or email [rogelio.juarez@oxnardunion.org](mailto:rogelio.juarez@oxnardunion.org)



#### California State Universities Application Workshop by CSUCI



Scan the QR code in order to register for the presentation.

When: January 17  
1:00pm  
Where: Library

If you have any questions or need help to register please stop by the College and Career Center or email [rogelio.juarez@oxnardunion.org](mailto:rogelio.juarez@oxnardunion.org)



## DRESS CODE

### STUDENTS ARE NOT PERMITTED TO WEAR:

- CLOTHING AND JEWELRY WITH WRITING/PICTURE/INDICATIONS OF:
  - RACIAL, ETHNIC OR RELIGIOUS PREJUDICE
  - VIOLENCE, TAGGING, GAMBLING, THE USE OF DRUGS OR ALCOHOL, GANG AFFILIATION, OR ANY OTHER ILLEGAL ACTIVITY.
  - PROFANE, OBSCENE, AND SEXUALLY SUGGESTIVE
- PROFESSIONAL SPORT TEAM HATS OR ATTIRE (JERSEYS, SHIRTS, SWEATSHIRTS, BEANIES, ETC SEE EXAMPLES BELOW)
- SWIMWEAR OR CLOTHING THAT RESEMBLES SWIMWEAR AS OUTERWEAR
  - PARTICIPATING STUDENT ATHLETES MAY WEAR APPROPRIATE ATTIRE DURING PRACTICE FOR THE SPORT
- UNDERWEAR AND UNDERGARMENTS OR CLOTHING THAT RESEMBLES UNDERWEAR AND UNDERGARMENTS AS OUTERWEAR.



IN ACCORDANCE WITH THE EQUAL PROTECTION CLAUSE OF THE FOURTEENTH AMENDMENT, TITLE IX AND OXNARD UNION HIGH SCHOOL DISTRICT'S BOARD POLICY 5132

## REGLAMENTO DE VESTIMENTA

### LOS ALUMNOS NO TENDRÁN PERMISO DE USAR COMO VESTIMENTA LO SIGUIENTE;

#### VESTIMENTA Y JOYERÍA CON LOGOTIPOS/IMÁGENES QUE INDICAN:

- RACISMO O PREJUICIOS RELIGIOSOS
- VIOLENCIA, GRAFITI, O CUALQUIER ASOCIACIÓN CON PANDILLAS, APUESTAS, EL USO DE DROGAS O CUALQUIER OTRA ACTIVIDAD ILEGAL.
- BLASFEMIA (PROFANO), OBSCENIDADES/INDECENCIA Y SEXUALMENTE SUBJETIVA
- SOMBREROS O ATUENDOS DE EQUIPOS DEPORTIVOS (JERSEYS, CAMISAS, SUDADERAS, GORROS (MIRAR EJEMPLOS))



#### TRAJES DE BAÑO O VESTIMENTA QUE PAREZCA COMO UN TRAJE DE BAÑO

- LOS ESTUDIANTES QUE PARTICIPAN EN ATLETISMO SOLO PUEDEN TRAER SUS UNIFORMES DURANTE LA PRACTICA
- ROPA INTIMA QUE PAREZCA ROPA DE SALIR O DE VESTIR.

IN ACCORDANCE WITH THE EQUAL PROTECTION CLAUSE OF THE FOURTEENTH AMENDMENT, TITLE IX AND OXNARD UNION HIGH SCHOOL DISTRICT'S BOARD POLICY 5132