

**DAILY BULLETIN: Wednesday, January 10, 2018 (Late Start B-Day)**

8:00-8:50	Staff Meeting	
8:50-9:35	Zero Period	45 min
9:35-9:40	Passing	5 min
9:40-11:05	Per. 4	85 min
11:05-11:12	Passing	7 min
11:12-12:43	Per. 5	85 min
12:43-1:13	Lunch	30 min
1:13-1:20	Passing	7 min
1:20-2:45	Per. 6	85 min

**HEALTH UPDATE:**

**Flu season is upon us. Some of the symptoms of the flu are: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, sometimes diarrhea and vomiting.**

**Please keep your child home if they have flu symptoms. Students cannot return to school until they are fever free for 24 hours without the use of fever-reducing medications (for example, Tylenol).**

**The flu virus is spread mainly from person to person through droplets made when people with the flu cough, sneeze or talk. The flu virus also may spread when people touch something with the flu virus on it and then touch their mouth, eyes or nose.**

**To help prevent the spread of the flu, stay away from others as much as possible to keep from infecting others. If you must leave home, wear a mask if you have one or cover coughs and sneezes with a tissue or by sneezing into your elbow, not your hands. Wash your hands often to keep from spreading the flu to other.**

**GENERAL INFORMATION:**

**WINTER FORMAL IS COMING SOON....**

**WINTER FORMAL—Saturday, January 27, 2018, 8pm to 11pm**

SPACE SHUTTLE ENDEAVOUR (Samuel Oschin Pavilion) at the California Science Center

- Appetizers, Desserts and Beverages (soda, water, coffee & tea)
- Entertainment & Activities (Photo Booth, DJ)

**Ticket Sales start: January 2, 2018**

Ticket Prices:

- Jan.2<sup>nd</sup>—12<sup>th</sup>: ASB = \$85, Without ASB = \$100
  - Jan.16<sup>th</sup>—25<sup>th</sup>: ASB = \$100, Without ASB = \$115
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## **WALTERIA FLOWERS**

Order your **wristlets & boutonnieres for the Winter Formal:**

- Boutonniere--\$15 (\$3 back to PTSA)
- Wristlets--\$35 (\$7 back to PTSA)

Walteria Flowers  
24266 Hawthorne Blvd  
(310) 375-1770

**\*\*Remember to tell them it's for PV High\*\***

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## **#SEAKINGGREATNESS CONTEST**

Do you want a **chance to win In-n-Out?** Use the **#seakinggreatness** on **Twitter and Instagram** until January 19<sup>th</sup> to show why PVHS is great! 20 posts will be chosen and will receive **FREE In-n-Out!!**

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## **TRITON YEARBOOK CLUB GROUP PHOTOS THIS WEEK!**

Check in with your club presidents or with our club editors in room 415 for times for group photos. Be prepared in your club or academic gear with posters and props for the Triton Yearbook reference section photos! Academic groups are **Monday at lunch on the football field bleachers and clubs are Tuesday and Wednesday at lunch on the football field bleachers.** Go Kings!

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## **HEAL THE BAY CLUB**

Heal the Bay Club is hosting a speaker on **TODAY Wednesday, January 10<sup>th</sup> in Room 319 at lunch.** Zoe Scott from Heal the Bay will be talking about the **Beach Cleanups** that students can participate in this upcoming year.

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## **MANDATORY CLUB MEETING**

There will be a MANDATORY CLUB meeting on **Thursday, January 11th at lunch in Room 302**. You **MUST** attend.

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## **K-POP DANCE CLUB MEETING**

Hi K-pop Dance Club members! Please check the dates for the meetings on January 2018. We are going to meet during lunch at UDR. Please advised that you can wear dance shoes or socks only without regular shoes. Thank you!

**Jan. 11, 22, 25, 29**

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## **FRIDAY, JANUARY 12<sup>TH</sup> EXTENDED NUTRITION B-DAY SCHEDULE**

<b>7:00-7:55</b>	<b>Zero Final</b>	<b>55 min</b>
<b>7:55-8:00</b>	<b>Passing</b>	<b>5 min</b>
<b>8:00-9:52</b>	<b>4<sup>th</sup> Period</b>	<b>112 min</b>
<b>9:52-10:17</b>	<b>Extended Nutrition &amp; Rally</b>	<b>25 min</b>
<b>10:17-10:22</b>	<b>Passing</b>	<b>5 min</b>
<b>10:22-12:14</b>	<b>5<sup>th</sup> Period</b>	<b>112 min</b>
<b>12:14-12:44</b>	<b>Lunch</b>	<b>30 min</b>
<b>12:44-12:53</b>	<b>Passing</b>	<b>9 min</b>
<b>12:53-2:45</b>	<b>6<sup>th</sup> Period</b>	<b>112 min</b>

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## **FINALS SCHEDULE**

### **Tuesday, January 16<sup>th</sup> (Zero Final, All Periods):**

<b>7:00-8:55</b>	<b>Zero period final</b>	<b>115 min</b>
<b>8:55-9:00</b>	<b>Passing</b>	<b>5 min</b>
<b>9:00-9:45</b>	<b>1st Period</b>	<b>45 min</b>
<b>9:45-9:52</b>	<b>Passing</b>	<b>7 min</b>
<b>9:52-10:37</b>	<b>2nd Period</b>	<b>45 min</b>
<b>10:37-10:44</b>	<b>Passing</b>	<b>7 min</b>
<b>10:44-10:50</b>	<b>Nutrition</b>	<b>6 min</b>
<b>10:50-11:35</b>	<b>3rd Period</b>	<b>45 min</b>
<b>11:35-11:42</b>	<b>Passing</b>	<b>7 min</b>

<b>11:42-12:27</b>	<b>4th Period</b>	<b>45 min</b>
<b>12:27-1:01</b>	<b>Lunch</b>	<b>34 min</b>
<b>1:01-1:08</b>	<b>Passing</b>	<b>7 min</b>
<b>1:08-1:53</b>	<b>5th Period</b>	<b>45 min</b>
<b>1:53-2:00</b>	<b>Passing</b>	<b>7 min</b>
<b>2:02-2:45</b>	<b>6th Period</b>	<b>45 min</b>

**Wednesday, January 17<sup>th</sup> (Finals 1, 2):**

<b>8:00-9:55</b>	<b>1<sup>st</sup> Final</b>	<b>115 min</b>
<b>9:55-10:05</b>	<b>Passing</b>	<b>10 min</b>
<b>10:05-12:00</b>	<b>2<sup>nd</sup> Final</b>	<b>115min</b>

**Thursday, January 18<sup>th</sup> (Finals 4, 3):**

<b>8:00-9:55</b>	<b>4<sup>th</sup> Final</b>	<b>115 min</b>
<b>9:55-10:05</b>	<b>Passing</b>	<b>10 min</b>
<b>10:05-12:00</b>	<b>3<sup>rd</sup> Final</b>	<b>115min</b>

**Friday, January 19<sup>th</sup> (Finals 5, 6):**

<b>8:00-9:55</b>	<b>5<sup>th</sup> Final</b>	<b>115 min</b>
<b>9:55-10:05</b>	<b>Passing</b>	<b>10 min</b>
<b>10:05-12:00</b>	<b>6<sup>th</sup> Final</b>	<b>115min</b>

**SAVE THE DATE: ALL PRO DADS BREAKFAST**

**Wednesday, February 28, 2018 at 8am in the Gym**

Dads and other important male role models, are you looking for ways to improve health and reduce stress? Join us for the next All Pro Dads Breakfast with Dr. Brad Barez, Chiropractor and Owner of Back to Healthcare Chiropractic. Maintaining a healthy relationship requires constant adjustments at every age, literally! Brad will share tips on Wellness and how Dads can help lead a healthier lifestyle.

Please plan on joining us and **RSVP to Diane Imbach** at [dimbach22@aol.com](mailto:dimbach22@aol.com).

**PRESS-FRIENDS**

PressFriends is holding a training for **new student volunteers on Saturday, January 20<sup>th</sup> from 2:00-3:15pm at the Peninsula Center Library in the Community Room.**

PressFriends is a fun way to make a difference. They work with elementary students in the Title 1 elementary schools, boys & girls clubs, the Cabrillo Marine Aquarium, and Richstone Family Center. They were founded by kids for kids in 2008 and today are still an all-volunteer and student-run organization. They have over 100 chances to volunteer every year and mentor 400 underserved youth annually. They also have leadership opportunities after you volunteer 25 hours in one year in their afterschool newspaper clubs and high school student board members have gone on to Univ of

Pennsylvania, Univ of Michigan, Univ of Virginia, USC, NYU, John Hopkins, UC Berkeley, UCSB, UCI, Clemson, Purdue, Villanova, Chapman, Marquette, LMU and many more! For more information and to signup visit [bitly.com/PF12018](http://bitly.com/PF12018).

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## **JAPANESE CULTURE CLUB**

The Japanese Culture Club is making mochi **Mon, January 22<sup>nd</sup>**. Anyone interested in trying mochi or likes mochi should show up. For anyone who doesn't know what mochi is: Mochi is a type of bread made from a special type of rice that is traditionally pounded until it is an elastic and sticky blob of warm goodness. **Room 314 during Lunch**. Hope to see everyone there!

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## **DRAMA**

Our award winning Drama Department is holding **auditions for their spring musical – *Kiss Me Kate* – January 23<sup>rd</sup> & 24<sup>th</sup>**. Audition materials available online at [www.pvhsdrama.com](http://www.pvhsdrama.com).

More interested in working backstage? **Crew positions are currently open** for stage crew, sound, lights, costumes, and more! **Download a crew application online and turn it in to Mrs. Thompson in the OAR.**

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## **KOREAN CULTURE CLUB**

KCC members! We are going to have **K-pop day (EXO day) on Jan. 30<sup>th</sup>**. We are going to enjoy EXO music videos with popcorns! Please save the date and bring your friends too!

Date: Jan. 30 Tuesday

Time: Lunch time

Place: Mrs. Kim's room #403

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## **KOREAN**

If you have any questions regarding the **Korean NEWL test (AP equivalent test), Korean online program, or Korean Honors Society**, please contact Mrs. Kim directly before you plan to register. You will get the latest and most valid information. Thank you.

Mrs. Esther Kim: [kime@pvpusd.net](mailto:kime@pvpusd.net)

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## **NHS TUTORING**

There is daily tutoring being offered by the NHS in **Room 410 at lunch**.

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## **VOLUNTEER AND INTERNSHIP OPPORTUNITIES**

The **Palos Verdes Peninsula Land Conservancy** conserves and protects the native lands of Palos Verdes for everyone in the community to enjoy. Please see [the attached flyer](#) for the fun and educational **Outdoor Volunteer Days** they have coming up in 2018. For information on internship positions please visit [www.pvplc.org](http://www.pvplc.org).

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## **LOS ANGELES BRAIN BEE**

**The Brain Bee** allows students to learn more about neuroscience and compete with their peers for a chance to participate at the National Brain Bee in Baltimore, MD! Students do not need prior knowledge in neuroscience to participate. It is recommended that students prepare for the event by downloading the following books: *Neuroscience: the Science of the Brain* [https://www.bna.org.uk/static/docs/BNA\\_English.pdf](https://www.bna.org.uk/static/docs/BNA_English.pdf) and *Brain Facts* [www.brainfacts.org](http://www.brainfacts.org).

During the competition, students will take a written exam and a practical exam involving human brain anatomy, in order to test their knowledge in basic neuroanatomy as well as principles in neuroscience. All exam questions will be taken from the books listed above.

As a part of the event, students will:

- (1) Participate in interactive demonstrations about neuroscience and the brain
- (2) Meet neuroscience professionals and students
- (3) Go on campus and lab tours at the USC Health Science Campus
- (4) Enjoy a complimentary lunch

Registration is free, and the event is scheduled for **Saturday, February 3rd, 2018 from 9am to 4pm at the University of Southern California Zilkha Neurogenetic Institute (ZNI)**. To register and for more information please visit our website at: <http://losangelesbrainbee.com/> or see [the attached flyer](#).

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## **WANTED: PROFESSIONALS TO SHARE THEIR CAREERS WITH PVHS STUDENTS**

The Career Club is planning a second "Occupation Exploration" panel discussion on **Thursday, March 8, from 6-8 PM in the CCC**. The panel currently hosts a lifeguard, a music-licensing expert, and a video gaming company accountant. We would like to further expand to additional professions to educate, inspire, if not excite young people to embrace career paths beyond the labels of lawyers, doctors, and/or teachers. Please contact Ms. Skylar McVicar at: [skymail2011@yahoo.com](mailto:skymail2011@yahoo.com) for more information.

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## **CATCH THE WAVE 2018**

Save the Date!  
Catch the Wave 2018 "By the Sea"  
**Friday, March 9<sup>th</sup> at 6pm**  
Come Celebrate our Children at Portofino's

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**SOUTH BAY FAMILIES CONNECTED**

PVPUSD is pleased to be a South Bay Families Connected Partner School  
Please visit our unique youth wellness web page, [PVPUSD Families Connected](http://www.southbayfamiliesconnected.org/pvpusd)  
([www.southbayfamiliesconnected.org/pvpusd](http://www.southbayfamiliesconnected.org/pvpusd))  
Don't miss this month's [SBFC newsletter](#) focusing on stress and anxiety in our youth, including great advice and resources for parents. This month we feature the [SBFC Stress and Anxiety](#) page for resources and national articles.  
Also, please check out the following links on SBFC:  
<http://www.southbayfamiliesconnected.org/help-kid-cope-with-technology>  
<http://www.southbayfamiliesconnected.org/help-kid-cope-with-bullying>  
<http://www.southbayfamiliesconnected.org/building-an-inclusive-community-for-our-youth>

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**STRAW BALLOT FOR 2018-19 PVHS PTSA OFFICERS**

The PVHS PTSA Nominating Committee needs and wants your suggestions for next year's officers (click here for [Job Descriptions](#)). Please make your nominations by filling in [this ballot](#) and e-mail it by **February 1<sup>st</sup>, 2018** to the PVHS Parliamentarian Cathy Fresch at [queenbee98@cox.net](mailto:queenbee98@cox.net). Questions? Please call Cathy at 310-594-1215

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**LIBRARY NEWS:**

Students with **SEMESTER-ONLY classes**, please return your books to the Library after your final or beforehand.

Please be advised, **books for 2nd semester courses** will not be issued until outstanding books have been returned.

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**COUNSELING OFFICE NEWS:**

**Attention Seniors Applying to College:**

It is time to order Mid-Year transcripts. **Mid year transcripts** include your first semester senior year grades. Many colleges require these to be sent for admission. We recommend you look at your applicant portal or on the college website to determine if you need to send a mid-year transcript. **You can pick up the mid-year transcript instructions and order form at the front of the counseling office starting Monday January 8th.** If you have any questions please see your counselor.

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**Attention Parents of Current Juniors!**

The counseling office will be holding a **Junior Parent Presentation** on **January 24th at 8:30AM in the MPR.** The purpose of this presentation is to review graduation requirements, College admissions information, testing information, and the letter of recommendation procedures. Counselors will also discuss the importance of finding an appropriate College match for the student and topics to consider when developing a College list. For those that are unable to attend the presentation we will be posting the full presentation on our school website under the counseling office section for you to review at your convenience.

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**SOCAL ROC**

**SoCal Roc is now enrolling for the Spring 2018 semester.** Classes begin January 29th. Come to the counseling office to sign up and learn more about the classes they offer.

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**MINDFULNESS PROGRAM**

A Mindfulness Program will be offered every **B Tuesday at lunch in the Wellness Center.** All students and staff are invited. See Jill Moeller or Nancy De La Rosa for questions.

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**COLLEGE AND CAREER CENTER NEWS:**

**UNITED STATES NAVY ROTC INFORMATION SESSION** will take place on **Tuesday, January 9, from 12:15 pm - 12:45 pm (lunchtime) in the College and Career Center, Room 318.** All are welcome!

**SENIORS, the Cal Grant GPA** data was successfully uploaded by PVPUSD on Tuesday, November 28. If you opted out of this process, your information was not uploaded. In order to be considered for the Cal Grant Awards, **seniors must also submit the FAFSA (Free Application for Federal Student Aid).** If you have NOT filed the FAFSA, please do so before the deadline posted by the



college/university to which you applied. To access the FAFSA website, click on the following link: <https://fafsa.ed.gov/>

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## **OUTSIDE OPPORTUNITIES:**

***U.S. Naval Sea Cadet Corps*** is a military youth program for young men and women: Navy Sea Cadet Corp (Ages 14-17) and the Navy League Cadet Corp (Ages 11-13). It is sponsored by the U.S. Navy, U.S. Coast Guard, and U.S. Marine Corps. Students will have the opportunity to participate in Aviation, Field and Medical Training, Leadership Development, Military Police Science, Scuba Diving, Sailing and Photo-Journalism. Cadets train aboard U.S. Navy and Coast Guard Vessels and can meet Sea Cadets from around the world in their International Exchange Program. Information on the program can be accessed at [www.bevhillsnavyleague.org](http://www.bevhillsnavyleague.org), then click on the Sea Cadet tab. For more details, please contact LTJG Doug Irvine, USNSCC at (310) 977-5183 or [doug@iwssurveying.com](mailto:doug@iwssurveying.com).

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## **SCHOLARSHIP OPPORTUNITIES and DEADLINES:**

Please find below those scholarships with deadlines through January 2018. Many other scholarships are now listed on NAVIANCE. Many of the scholarships shown are for SENIORS ONLY. However, there are a several open to ALL STUDENTS, grades 9-12. To access more information on these and other scholarships, please log onto NAVIANCE. Click on the COLLEGES tab and then scroll down to SCHOLARSHIPS and MONEY. Click on SCHOLARSHIP LIST. At this point, select the scholarship of interest. In many cases, you will be directed to a website for the application. In other instances, you may be able to download the application directly from NAVIANCE.

### **Scholarship Deadlines through January 2018**

- **JANUARY 24 - COOLIDGE SCHOLARSHIP** (full-ride for college) – **JUNIORS ONLY** who plan to enroll in college in the fall 2019. It can be used by recipients at any accredited U.S. college or university. The main criterion is academic merit. Additionally, it seeks those who are interested in public policy; demonstrate an awareness of the values of President Coolidge; display a sense of service and care for the well-being of others. To apply, log onto <https://coolidgescholars.org/>
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## **SPORTS NEWS:**

### **SWIM**

**Swim Team Tryouts** will be held:

**Saturday, January 6<sup>th</sup> 9:00am to 11:30am and Saturday, January 13<sup>th</sup> 9:00am to 11:30am.** Swimmers trying out only need to attend 1 tryout. Please sign up for the tryout in the Student Store by Friday, January 5<sup>th</sup>

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**BOYS VOLLEYBALL**

**Boys Volleyball Tryouts** will be held on **Thursday, January 11th from 3-5pm in the GYM.** Students must have a current physical on file in the Health Office to try out.

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**TRACK & FIELD**

**Track & Field Tryouts** will be held on **Thursday, January 18th during the 3rd period final time slot 10-11am AND after school from 12-1pm.** You may attend either one. Bring athletic shoes and clothes and you must have a current physical on file with the nurse's office in order to tryout.

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**GIRLS LACROSSE**

**Girls Lacrosse Tryouts** will be held **12:00-2:00PM on Thursday January 18th.** Tryouts are mandatory for team placement.

All players must have a current physical on file with the school in order to be eligible.

Winter sport athletes are encouraged to attend - if there are practice/game conflicts please email coach Marissa [pvgirlslacrosse@yahoo.com](mailto:pvgirlslacrosse@yahoo.com) for the winter transfer tryout date (tentatively February 3rd).

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**BASEBALL**

**BASEBALL TRYOUTS for Freshman and any players interested in joining the team,** will be held **January 8th (CANCELLED), January 10th, January 12th (ADDED), February 13th, and February 15th from 3-5pm at the Baseball Stadium.** Please note that students **MUST HAVE A CURRENT PHYSICAL** on file in the Health Office to try out. All interested students please come and sign up on the Baseball Tryout Sheet in the Athletic Office.

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**BOYS TENNIS**

**Tryouts for Boys Tennis** will take place on **January 24th and January 25th after school at 3pm at the PVHS tennis courts.** Students **MUST HAVE A CURRENT PHYSICAL** on file in the Health Office to try out.

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**TRACK & FIELD**

**Track/Field Parent Meeting** will be held on **Tuesday, February 13th at 6pm on the OAR.**

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**HOME GAMES:**

**Friday, 1/12**      Boys' Soccer vs. Mira Costa: FS@2:30pm, V@3pm, JV@ 3:45pm

**Friday, 1/12**  
**Friday, 1/12**

Boys' Basketball vs. Mira Costa: JV@4:30pm, V@7:30pm  
Girls' V Basketball vs Mira Costa @ 6pm