

DAILY BULLETIN: Friday, March 16, 2018 (B-day)

GENERAL INFORMATION:

SEAN'S RUN SHIRTS

Sean's Run t-shirts are available for sale **Fri during lunch in Rm 324.**

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BE A TRITON YEARBOOK PHOTOGRAPHER, WRITER, DESIGNER, LEADER

Join the journalism publication which captures memories to last a lifetime! **Applications in Rm 415!** Interviews in May. Sign up after filling out the application. Be a Triton Yearbook All Star Journalist!

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K-POP DANCE CLUB MEETING

Hi K-pop Dance Club members! Please check the dates for the meetings on March 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!

March . 19, and 22.

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There is a PEIS Meeting **Tuesday March 20th during lunch in the Gym.**

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2018-19 STUDENT BOARD MEMBER

Any student interested in applying for the **student member seat** to represent his/her school on the **Palos Verdes Peninsula Unified School District Board of Education** please fill out the [attached application](#) and submit to the Main Office. The term of office is for a period of one year, beginning July 1, 2018, and running through June 30, 2019. **The application deadline is Friday, May 18, 2018.** Interested applicants will be invited to appear before an interschool selection committee. Click here to review [Board Policy 9150](#).

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SOUTH BAY FAMILIES CONNECTED

All parents and educators are invited to the following **free events**:

- [Issues on the Minds of Teens](#), with Leah Niehaus, LCSW, and Adam O’Neil, Mindset Coach, and teen panel. **March 20th 6:30-8pm** Hermosa Valley MRR, 1645 Valley Dr, Hermosa Beach
- [“I’m Never Enough!” – Teen Anxiety is Living and Breathing in the South Bay](#), an expert panel. **March 28th 7-9pm** Shade Hotel, 1221 N Valley Dr, Manhattan Beach
- [Helping Students Find Balance in the South Bay Pressure Cooker](#), presented by Dr. Denise Pope. April 17th 5-8pm Redondo Beach Performing Arts Center, 1935 Manhattan Beach Blvd, Redondo Beach
- [Weekly Parent Chat](#), see dates and topics at www.southbayfamiliesconnected.org/events

Check out updated **resources and information** for parents on SBFC(www.southbayfamiliesconnected.org): [Suicide Prevention](#), [Technology and Social Media](#), and [Coping with Grief](#).

What’s trending? The SBFC [Vaping and Tobacco](#) and [Helping Youth with Stress and Anxiety](#) were the most popular resource pages on SBFC in the past 30 days. If you share these concerns, know that you’re not alone. Don’t miss this month’s [Families Connected E-newsletter](#), featuring an outstanding [blog from Leah Niehaus](#), LCSW.

FRENCH CLUB

French Club meeting on **Tuesday, March 20th at lunch**. Come listen to our guest speaker and enjoy some delicious quiche. Miam !

CHOREO

Tickets are now on sale for the Spring Choreo dance concert *History Repeating*. The concert will be held on **Wednesday, March 21, 2018 and Thursday, March 22, 2018 at 7:00 p.m.** at the Armstrong Theatre. Tickets are \$15 and can be purchased through Choreo and Intermediate dance students and also at the PVHS Student Store.

NHS PAINTED TURTLE WALK

March 25th at 9am Sea King Park. Entry Fee is \$20.

PTSA

It is that time of year to **elect our PTSA officers for the 2018-19 school year**. Please take a look at the [attached slate](#) and come to our PTSA meeting and election on **March 27th**. It is not too late to have your name on the slate...we still have several open positions! Please contact Trisha Paddock at trishapaddock@yahoo.com with any questions.

PVE CITIZENS ACADEMY

The Citizens Academy is a ten session, interactive program, held on Wednesday evenings and one Tuesday session where participants are recognized at City Council. The sessions are gathered toward leaning about the operations of the City of Palos Verdes Estates. Each week will focus on a different aspect of PVE's municipal government, which includes topics such as General Government, Public Safety, Finance, Development Services and Public Works. Applicants are encouraged from all segments of the community. Enrollment for each class session is limited to 27 participants, 15 years or older, and must be PVE residents. Application on file does not guarantee enrollment. [Please see attached application.](#) **Deadline to apply is March 29th.**

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JACK'S SURFBOARDS FUNDRAISER

Jack's Surfboards is having a ***Friends & Family Sale*** to benefit Palos Verdes High School **Thursday, March 29th 9am-8pm.** Please [see attached flyer.](#)

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CONGRESSIONAL ART COMPETITION

The Congressional Art Competition is an opportunity for high school students in the 33rd District to be recognized for their artistic talent. *1st place winner: scholarship & trip to Washington DC. *2nd and 3rd place winners: scholarship prizes. *All student participants: participation prizes. **Submission deadline is Friday, April 6th.** For more information [see attached flyer](#) or visit <https://lieu.house.gov/services/art-competition>.

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SONG TEAM

A clinic will be held for all students interested in being on the 2018-19 Song Team. The clinic will run from **Monday, April 9th to Wednesday, April 11th from 3:30-5:30pm** in the Lower Dance Room.

TRYOUTS will be held following the clinic on **Thursday, April 12th** beginning at 3:30pm in the Lower Dance Room.

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COUNSELING OFFICE NEWS:

SOCAL ROC

SoCal Roc is now enrolling for its 9 week courses: Adobe Suite, Business Entrepreneur, Banking & Financial Services and Event Planning. **Classes begin April 9th.** Come to the counseling office to sign up and speak with a SCROC counselor.

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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:

PVHS College Essentials Toolkit: February - March 2018

Students & parents, grades 9 - 11, are encouraged to attend these presentations focused on building a solid approach to the college research and application process. You'll hear directly from College Admission Counselors, as well as other experts in their respective fields, and learn important tips and practical advice with the goal of ***lessening stress for our students*** and families as they begin to contemplate **COLLEGE**. Detailed information on dates/topics can be found on our website at <https://pvhs.pvpusd.net/apps/news/article/807686>. Whether you're a freshman, sophomore or junior, it's time to think about college! Please join us for these informative presentations:

- **March 20th (CORRECTION)** - What KINDS OF COLLEGES are there and what's my best fit?

SENIORS, the Cal Grant GPA data was successfully uploaded by PVPUSD. 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:

Questbridge College Prep Scholars Program: This program prepares high-achieving, low-income 11th graders to be admitted to the nation's best colleges, and possibly attend for free. College Prep Scholars could receive special awards, such as full scholarships to college summer programs, exclusive access to 40 top colleges at a National College Admissions Conference, all-expense-paid campus visits, and more. **This program is for high school juniors** who have shown outstanding academic ability (top 5%-10% of your graduating class) despite financial challenges. College Prep Scholars typically come from **households earning less than \$65,000 annually for a family of four** with minimal assets. Applicants must be planning to apply to college during the fall of their senior year. For more information on this program, please log onto <https://www.questbridge.org/high-school-students/college-prep-scholars>. The application is now open, and the deadline for students to apply is **March 21, 2018**.

2018 LA BioMed Summer Fellowship Program: This program provides Los Angeles County **graduating high school seniors and high school juniors** the opportunity to work in a biomedical research environment. Selected students will spend eight weeks assisting their assigned mentors, who are accomplished medical scientists involved in cutting edge biomedical research. The summer fellows are exposed to ongoing research projects and participate in a well-defined protocol that can be completed during the summer program. **Fellowships begin on Monday, June 18th,**

2018 and continue through Friday, August 10th, 2018. Further details about this opportunity can be found online at <https://labiomed.org/summer-fellowship>. To apply, go to <https://labiomed.org/summer-fellowship-application>. **Applications are due no later than March 21, 2018.**

The USC Center for Applied Molecular Medicine (CAMM) and the Westside Cancer Center (WCC) of USC have developed a unique program to foster scientific achievement for **rising high school seniors** interested in **clinical or research oncology**. They believe that passion, coupled with outstanding aptitude, are the hallmarks for success. This program fosters scientific education by incorporating hands-on experimentation in a collaborative environment. The **application** consists of an essay and a copy of the student's transcript. The essay should be used as a forum to convey the student's passion for science/medicine. They will be accepting applications from **January 29th through April 5th, 2018**. The program begins on June 13th and requires the students to commit 6 hours a day until June 29th at the Health Science Campus of USC. Please contact Dr. Kian Kani (kani@usc.edu) for more information. **ONLINE APPLICATIONS CAN BE COMPLETED HERE:** www.BeARebel.org/junior-fellows-application

Camp Counselors needed for TANOSHII Fun Camp sponsored by the South Bay JACL. The mission of this camp is to "Promote the Legacy of the Japanese American Culture and Heritage to our Youth". The camp will take place from **July 9 to July 13, 2018** at the Gardena Valley Japanese Cultural Institute (JCI). **Camp Counselors must attend the entire camp week from 9:00am to 3:30pm.** They can be any college student or high school student entering his or her junior or senior year in the fall of 2018 and should have knowledge/experience with Japanese American culture and heritage. Applications for Camp Counselors are available now on the GVJCI website at: www.jci-gardena.org/tanoshii-fun-camp. If you have any questions, please contact the TANOSHII Camp Director, Ray Shibata by email at www.tanoshiifuncamp.org.

Camp Cardiac and Camp Neuro applications have just opened up for 2018! Run by medical students in over 30 cities nationwide with locations in Los Angeles, Orange County, and San Diego, Camp Cardiac & Camp Neuro are 1-week summer day camps for high school students interested in exploring careers in medicine. Students may learn more and apply by visiting <http://www.campcardiac.org> and <http://www.campneuro.org>

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, then click on the Sea Cadet tab. For more details, please contact LTJG Doug Irvine, USNSCC at (310) 977-5183 or doug@iwssurveying.com.

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SCHOLARSHIP OPPORTUNITIES and DEADLINES:

We are at the peak of scholarship season...especially for community-based opportunities! NOW IS THE TIME TO APPLY. A complete list of scholarships is listed on Naviance. To access information on these 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 March 22, 2018:

- **MARCH 16 - CALIFORNIA CREDIT UNION** (\$1,000) - seniors only; must have min GPA of 3.0 and evidence of community/school involvement. To apply log onto <https://www.ccu.com/educators/school-employees/scholarships-grants/1000-college-scholarship-program> . Applications may also be downloaded from Naviance.
- **MARCH 16 - SEAN HEFFERNAN MEMORIAL** (\$1,000) – graduating senior who shows academic achievement, community service; must include original artwork (includes photography, poem, writing, sculpture, etc.) and an essay on caring. Applications may be downloaded from Naviance.
- **MARCH 19 - DELTA SIGMA THETA SORORITY, INC. ROLLING HILLS/PV CHAPTER SCHOLARSHIP** (varies) - seniors only; must be of African-American ancestry; made positive contribution to school/community. Applications may be downloaded from Naviance.
- **MARCH 20 - KIWANIS CLUB** (\$500; \$1,000) - seniors only; given to students to have shown special heart, academic merit and service. To apply log onto Applications may also be downloaded from Naviance. To apply log onto <http://kiwanisclubrhe.org/scholarships/> . Applications may also be downloaded from Naviance.
- **MARCH 22 - PVP COUNCIL OF PTSAs** (\$1,000) - seniors only; **MUST be a PTSA member at least 30 days prior to the deadline** and complete an essay of 350 words max to describe “In what way has the PTA influenced your life?” Applications may be downloaded from Naviance.

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SPORTS NEWS:

HOME GAMES:

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| Fri. 3/16 | Boys' Lacrosse vs. Santa Margarita Catholic: V@3:30pm, JV@5:30pm |
| Fri. 3/16 | Swim vs. Santa Monica @ 3pm |
| Fri. 3/16 | Varsity baseball vs. South @ 3:15pm |
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| Sat. 3/17 | JV Baseball vs. LB Wilson @ 10am |