

DAILY BULLETIN: Thursday, February 28, 2019 (A-day)

A NOTE FROM THE DISTRICT OFFICE REGARDING ASSESSMENTS:

PVPUSD is committed to educational excellence through continuous improvement in the areas of instruction. This year, in collaboration with administration and teachers, schools will employ a variety of formative assessment measures that are designed to have minimal impact on classroom instructional time and will provide needed information that will guide the improvement and refinement of classroom instruction. Students will interact with a range of sample question types to from Interim Assessment Blocks to assist our students in their preparation for state and college testing. The California Department of Education has additional information regarding the Interim Block Assessments at <https://www.cde.ca.gov/ta/tg/sa/sbacinterimassess.asp>. Understanding the degree to which our students are learning will provide our teachers with data to evaluate and inform their instructional practice in order to reach our goal of moving each student towards mastery of grade-level standards and content skills. The utilization of assessment data will allow teachers to collaborate across and within schools to formatively align practices and to ensure equity of achievement for all students. This ongoing work will also serve to drive our District's continued professional development in the area of instruction and to help to create increased common experiences for our students across all our sites.

While these formative assessments are not subject to opt-out requirements as this information is not reported to any state database, we will provide opt-out options which can be reviewed at https://www.pvpusd.net/apps/pages/index.jsp?uREC_ID=376328&type=d&pREC_ID=

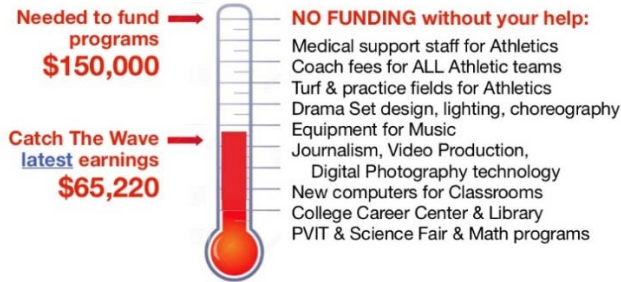
.....

GENERAL INFORMATION:



PVHS Booster Club Catch The Wave Sponsors

More support still needed!



Here's how YOU can help

1. Donate an auction item
2. Become a Catch The Wave Sponsor
3. Attend Catch The Wave

Please click on link below.

Sea King for Life \$10,000 & above

Oarsmen Foundation

Platinum Sea King \$5,000+

Britta & Kevin Shannon

Gold Sea King \$2,500+

Lori & Tom O'Hern

Silver Sea King \$1,500+

Louise & David Clinton
Pam & Martin Griffiths
The Jellison Family
Colleen & Craig Quinn

Bronze Sea King \$500+

The Bartlett Family
Sarah & Kevin Boyle
Alyson & Dean Decker
Diane & Scott Imbach
Catherine & Bret Johnsen
Georgene & George Mitsanas
Serena Padian
Danielle & Darin Puhl
Diane & George Ringer
Cynthia & Ken Sanders
Chris & Steve Tight
Libby & Michael Thomas

Family Sea King \$250+

Christiana & Peter Ciolino
Joycelyn & Mark Harrigian
Amy & Tom Roche
Andrea & Rich Galvin
The Holt Family
The Wang Family

Proud Sea King \$100+ Sponsor-A-Teacher

Ru Bai
Cindy Campbell
Cindy & Paul Campbell
The Heffernan Family
Teresa & Paul Nagy
Drita Peer
PVHS Boys' Soccer
Amy Tilson
Diane Tody
PVHS Girls' Volleyball

<https://pvboosterclub.ejoinme.org/MyEvents/BoosterClubCatchtheWaveMardiGras/PalosVerdesHighSchoolBoosterCatchtheWaveFundraiser/tabid/1009860/Default.aspx>

AP REGISTRATION

ATTENTION ALL STUDENTS! AP Testing registration will close on Wednesday March 6th. **Please make sure to register by this Sunday March 3rd. Any student who registers after this date will have a \$50 late registration fee.** Please visit the school website to click the link to register using Total Registration. If you need financial assistance, have any questions, or need to take the late testing day, please come see Ms. Hafer in the main office.

<https://user.totalregistration.net/AP/052358>

CSF

Applications due TODAY Thursday to the library or Room 316.

LIBRARY

Come **Learn To Knit** in the library **TODAY at lunch.**

LUNCHTIME ATHLETIC DISCUSSION

Student Athletes,

Bring your lunch, and join us for a lunchtime Athletic discussion on the "Mental Game" dedicated to giving athletes the tools, resources, and time they need to enhance their game through the integration of Sports Psychology. This workshop will help high school athletes in dealing with the stress, challenges, and pressures that come with being a student athlete.

When: **March 1st at 12:30 PM** , Bring your lunch

Where: Room 325

Why?

Athletes spend so much of their time training physically for competition, often the mental side of the game is left behind. Most athletes and coaches understand the importance of the mind when it comes to high performance, there is often a lack of education, training, and development of these programs for teams and individuals.

Some topics and tools we will talk about:

Confidence, Staying Calm Under Pressure, Performance Imagery, Visualizations, Meditations
Mindfulness, Relaxation Techniques, Concentration, Responding vs. Reacting, Self Care, Failure,
Recovery, Positive Self Talk, Overcoming Setbacks, Goal Setting, Facing Challenges, Brining Joy to
the Game

MUSIC IN THE GARDEN

The Peninsula Committee Los Angeles Philharmonic invites you to Music in the Garden at **South Coast Botanic Garden, on Sunday March 3, 2019 (from 12 to 4:30 pm)** during the annual Cherry Blossom Festival. The event is located at 26300 Crenshaw Boulevard, Palos Verdes Peninsula, CA 90274.

Music in the Garden showcases young musicians of Peninsula and South Bay schools. This year's event will feature performances by Palos Verdes Peninsula High, Palos Verdes High, Redondo Union High, Ridgecrest Intermediate and Torrance South High, to name a few. Festivities will also include Philharmonic's Music Mobile, face painting, food for purchase and more. Bring your families for a fun day in the garden!

The ticket price is \$25 for a Family Pack (up to two adults and five children), or \$15 per adult and \$5 for additional youth. This annual program benefits music youth education. For more information, please visit www.pclaphil.org or email pclaphil@gmail.com.

BLOOD DRIVE

Give a PINT, Get a PINT

Palos Verdes High School is partnering with Cedars-Sinai to host a BLOOD DRIVE on **TUESDAY, MARCH 5TH in the MPR**. Sign up in the office and receive a gift card to a free pint of Baskin Robins upon donation. Students must be at least 16 years old and weigh over 110 lbs. Parent signature is needed for students under 18. Parents and Walk-Ins are welcome

PENNIES FOR PATIENTS

The Pay if Forward Club is having a fundraiser "Pennies for Patients" in support of Leukemia Lymphoma Society **March 4-15th**. Donation boxes will be in certain classrooms.

HSA

Do you know someone who goes above and beyond the call of duty to help the students at PVHS? It might be an individual who works or volunteers at PVHS, or perhaps an organization. There are *so many* people who deserve recognition for helping our kids. Please consider nominating them for a **PTSA Honorary Service Award**. Nomination forms are currently available on the PTSA website <https://pvhs.pvpusd.net/apps/pages/ptsa> or in the PTSA box in the main office. They can also be emailed to pvhsptsa1stvp@gmail.com. **All nominations are due by Friday, March 15, 2019.** Thank you!

.....

SEAN'S RUN

Sean's Run and St Patrick's Day Faire

Sunday, March 17th, meet in Senior Park by 10am, run starts at 10:30am

Immediately following the race: Singing, Irish Dancing, Games, BBQ Food, Photography Exhibits & More!

[See attached flyer](#)

.....

PTSA

General Meetings

Don't miss our **March 26th** meeting and our very own Gayle Carpenter, Associate Principal. Have you ever wondered what a 7th period class is or how your child ended up with *that* schedule?! Well, come and find out! Ms. Carpenter will be joined by several teachers who will share some of the 7th period opportunities available to PVHS students. There will be tons of information and a Q&A just in time for finalizing those required scheduling forms and student meetings with the counselors! We hope to see you at 9:00am in the MPR!

Remember, **all PTSA General meetings are the 4th Tuesday at 9:00am in the MPR!**

.....

.....

COUNSELING OFFICE NEWS:

IT IS TIME TO SCHEDULE CLASSES FOR NEXT YEAR!

Counselors will be meeting individually with students to review their course selections on the following days:

- **Current Freshmen:** February 26th and 27th during English classes
- **Current Juniors:** February 20th, 21st, 22nd, 25th and 28th during English classes
- **Current Sophomores:** March 4th-22nd

If parents or students have questions regarding course selections, students will have the opportunity to discuss them with their counselor at these individual meetings. We want to encourage them to advocate for themselves!

.....

WELLNESS CENTER

We love having the Wellness Center open for our students. As always, we welcome any donations, as we have run out of snacks. We thank you in advance!

Water bottles (8 or 16 oz)—*highest need*
Paper cups (for tea)
Capri sun
Fruit snacks
Nut free granola bars
Fresh fruit such as apples, bananas, tangerines
Pretzels
Chips/Pringles
Chocolate chip cookies
Dried fruit snacks
Goldfish crackers/Cheez-it crackers
Disinfecting Wipes

COLLEGE AND CAREER CENTER NEWS:

COLLEGE ESSENTIALS TOOLKIT is for students Grade 9-11 and their parents. It will take place in February - March 2019. All programs will take place in the MPR at 6:30 pm. Whether you're a freshman, sophomore or junior, **it's time to think about college!** Learn how to build the right vision and strategy for you to have the best chance of gaining admission to your **best fit school** with the maximum amount of merit based aid when possible. **SAVE THE FOLLOWING DATES:**

March 14th - Panel Discussion on What KINDS OF COLLEGES are there and what's my best fit? Hear from a sampling of national colleges/universities: small, private liberal arts colleges to large research universities; "Big Sports" schools to "faith based" schools

March 26th - Transition to College - What high school students should consider looking forward to their freshman year in college!

For more detailed information on the above programs, please [CLICK HERE](#).

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 <https://studentaid.ed.gov/sa/fafsa>

WORKSHOPS FOR FAFSA AND DREAM ACT applications are still available through the Financial Aid Office at El Camino. Please [click HERE to view the schedule](#).

OUTSIDE OPPORTUNITIES

2019 LA BioMed SUMMER FELLOWSHIP PROGRAM provides LA 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. **Fellowships begin**

on Monday, June 17th, 2019 and continue through Friday, August 9th, 2019. Students will work full time and receive a total stipend of \$2,200. Students will be selected on the basis of merit. Further details about this opportunity can be found online at <https://labiomed.org/hssfp> . To apply, go to <http://labiomed.org/summer-fellowship-application> . **Applications are due no later than March 20, 2019.**

GIRLS WHO CODE is a free introductory summer immersion computer science program for girls going into their junior or senior year of high school. During a seven week program, participants learn about computer science, gain exposure to tech jobs, and join a national sisterhood of girls who are using computer science to become change-makers. This program is hosted at major tech companies across the United States, so girls get a firsthand look at what it's like to work in computing and are able to envision their own futures in this field. For further information, please click on the following website:<https://girlswhocode.zendesk.com/hc/en-us/categories/202681357-Summer-Immersion-Program->

USC LAWRENCE ELLISON INSTITUTE for TRANSFORMATIVE MEDICINE is a free summer program to foster scientific achievement for rising high school seniors interested in clinical or research oncology. This program attempts to foster scientific education by incorporating hands-on experimentation in a collaborative environment. **Applications will be accepted through April 5, 2019.** The program will begin on June 11th and requires the students to commit 6 hours each weekday until June 28th at the Health Science Campus of USC. You can learn more about their Institute and program at <https://ellison.usc.edu/jrfellows/>

ONIZUKA SPACE SCIENCE DAY will take place on **Saturday, March 9**, at El Camino College. The day is designed for serious-minded science students in grades 5 through 12. The whole event is FREE – including lunch for the first 900 students. This year's featured NASA Astronaut is **Stanley Glen Love**. Love completed his first spaceflight in 2008 to deliver the Columbus laboratory module to the International Space Station and install it there, logging more than 306 hours in space, including 2 spacewalks. Because of limited space, and to ensure a seat and early check-in, students should sign up now. To make reservations go to <http://www.elcamino.edu/academics/naturalsciences/onizuka-space-science-day/>

2019 GREATER LOS ANGELES NACAC COLLEGE FAIR will take place on **Tuesday, April 9, at the Pasadena Convention Center** from 9:00 am – 1:00 pm or 6:00 pm – 8:30 pm. Free and open to the public, NACAC fairs connect you to hundreds of colleges and universities in one location. Students may now register prior to the college fair and bring their printed or electronic barcode to the fair. Register at <https://www.gotomyncf.com/Registration/EventSelectForState?StateName=California>

SCHOLARSHIP OPPORTUNITIES and DEADLINES:

Please [find here a link to all of the scholarships](#) currently posted on NAVIANCE. Listed below are those **scholarship opportunities that have deadlines through March 15:**

- ✓ **FEBRUARY 28 - LA MILITARY CHARITABLE CLUB** (\$500 - \$2500) - seniors only; must be a child of an active, retired service member or current or retired Dept. of Defense

employee; awarded on academic performance, extracurricular activities, demonstrated leadership, and applicant's character. To apply log onto lamcf.weebly.com. Applications may also be downloaded from Naviance.

- ✓ **MARCH 1 - JACL NATIONAL SCHOLARSHIPS** (varies) - currently offers over 30 awards, every applicant must be an active JACL member at either an Individual or Student Youth Level. To apply, log onto <https://jacl.org/jacl-national-scholarship-program/>.
- ✓ **MARCH 1 - META FOUNDATION SCHOLARSHIPS** (\$2,000 - \$6,000) - students must be a U.S. citizen or legal permanent resident of Hispanic origin meet the following criteria: be applying, accepted or enrolled at an accredited institution of higher; have a 3.00 GPA and be in good academic standing. Preference is given to students who have demonstrated leadership and shown involvement and participation in civic activities in school or in their communities. To apply, log onto <https://meta-foundation.org/scholarship-program/scholarship-program/overview.html>.
- ✓ **MARCH 1 - PV JUNIOR WOMEN'S CLUB SCHOLARSHIP** (varies) - seniors only; awarded primarily on financial need with a secondary emphasis on academic achievement, community service and extracurricular activities. To apply log onto <https://www.pvjuniors.org/scholarships/> Applications may also be downloaded from Naviance. **DEADLINE: MARCH 1, 2019**
- ✓ **MARCH 1 - SONS OF ITALY ACADEMIC SCHOLARSHIP** (\$500 - \$5,000) – seniors only; must be wholly or partially of Italian Descent; selection based on scholastic record, activities evidencing leadership, financial need, written personal goals statement, essay of Italian Origin, and letters of recommendation. To apply log onto <http://www.osiaca.org/Scholarships/How-To-Apply>. Applications may also be downloaded from Naviance.
- ✓ **MARCH 1 - SONS OF ITALY ATHLETIC SCHOLARSHIP** (\$500 - \$5,000) – seniors only; must be wholly or partially of Italian Descent; will be awarded to those pursuing a career in sports or a sports related field. Selection based on scholastic record, activities evidencing leadership, financial need, written personal goals statement, essay of Italian Origin, and letters of recommendation. To apply log onto <http://www.osiaca.org/Scholarships/How-To-Apply>. Applications may also be downloaded from Naviance.
- ✓ **MARCH 1 - SONS OF ITALY LANGUAGE STUDY GRANT** (varies) – seniors only; Italian Language Study Grants are available for a one-month complete immersion summer course in Italian language at an Italian College; applicants must be wholly or partially of Italian Descent; selection based on scholastic record, activities evidencing leadership, financial need, written personal goals statement, essay of Italian Origin, and letters of recommendation. To apply log onto <http://www.osiaca.org/Scholarships/How-To-Apply>. Applications may also be downloaded from Naviance.
- ✓ **MARCH 13 - JACK BAGDASAR** (\$500) – awarded to a senior who demonstrates the ability and desire to be an elementary school teacher. Applications may be downloaded from Naviance
- ✓ **MARCH 15 - CABRILLO CIVIC CLUBS OF CA** (\$500) -seniors only; must be of Portuguese descent; minimum weighted GPA of 3.5; participated in three extracurricular

activities. To apply log onto <http://www.cabrillocivicclubs.org/scholarship.asp>. Applications may also be downloaded from Naviance.

- ✓ **MARCH 15 - ELK'S STUDENTS WITH DISABILITIES SCHOLARSHIP** (\$1,000-\$3,000) - to be eligible to apply, individuals must be a U.S. citizen; be a resident of CA or HI; have a physical, neurological, visual, hearing and/or speech/language impairment; and be a senior in high school. Funds are to be used for undergraduate work. Selection criteria is based on the following: severity of disability, financial need, GPA, seriousness of purpose and depth of character. To apply, log onto <https://chea-elks.org/youth-activities/scholarships>. Applications may also be downloaded from Naviance.
- ✓ **MARCH 15 - ITALIAN CATHOLIC FEDERATION** (up to \$2,500) - seniors only; must be of Italian ancestry and also Roman Catholic; minimum unweighted GPA of 3.2; participation in extracurricular activities; financial need. To apply log onto www.icf.org. Applications may also be downloaded from Naviance.
- ✓ **MARCH 15 - PANHELLENIC ALUMNAE SOUTH BAY ASSOCIATION** (\$1,000) - for female seniors only who will be attending a 4 year college or university where sororities are established; must demonstrate academic excellence, demonstrate character, participation in school/community, and financial need. To apply log onto www.SouthBayPanhellenic.com. Applications may also be downloaded from Naviance.
- ✓ **MARCH 15 - PEF SENIOR SCHOLARSHIP PROGRAM** (\$1,500) –seniors only; must be currently enrolled in the PVPUSD and maintained enrollment for two years prior to graduation; need to write a maximum 500 word essay on the following topic "How has PEF funding enhanced students' educational experience?" To apply, log onto <https://www.surveymonkey.com/r/PEF2019>.

To access more 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. Should you have any questions, please contact Teresa Hoffman in the College and Career Center, Room 318.

.....

SPORTS NEWS

HOME GAMES:

Thurs. 2/28 V-Boys' Golf vs. Chadwick @ 3pm (PVCC)

Thurs. 2/28 Track/Field-El Segundo Dual Meet

Thurs. 2/28 JV Baseball vs. Santa Monica @ 3pm

Fri. 3/1 Boys' Volleyball vs. Servite: V@3:15pm, JV@4:15pm, FS@5:15pm

Sat. 3/2 Varsity Baseball vs. Carson @ 11am

Sat. 3/2 FS Baseball vs. North @ 2pm