

## Daily Bulletin: January 7, 2020

### B-Day

7.00-7.55	Zero Per.
7.55-8.00	Passing
8.00-9.53	Per. 4
9.53-9.59	Passing
9.59-10.08	Per. 5
10.08-12.12	Passing
12.12-12.43	LUNCH
12.43-12.52	Passing
12.52-2.45	Per. 6



#### **Tranquil Tuesday, January 7(B)-**

Sea King Park: Notes to a friend at nutrition

Wellness Center: Art Therapy at lunch

Mindfulness Room: Yoga with Ms. Sheridan at lunch

#### **Wellness Wednesday, January 8 (A)- Pajama Day**

Sea King Park: Blue and Purple Chalk Notes at lunch

Library: Stress balls with Ms. Brockman at lunch

Mindfulness Room: Ms. Moeller will hold a sound therapy at lunch

#### **Therapeutic Thursday, January 9 (B)- "How do you cope with stress"**

Post-its-At nutrition

Sea King Park: "Mind Jars" at lunch

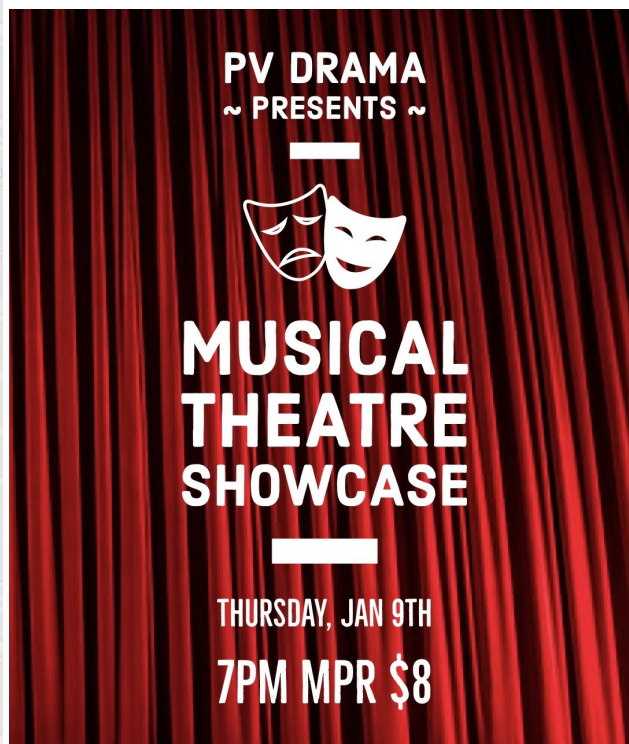
Wellness Center: Art Therapy at lunch

Mindfulness Room: Yoga with Ms. Sheridan at lunch

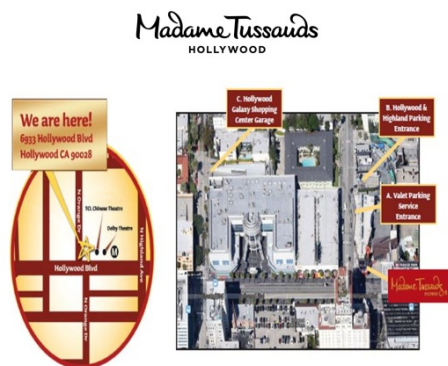
#### **Feel Good Friday, January 10 (A)- Deliver notes from parents**

Sea King Park: BTC hand out finals week goody bags at snack.

Mindfulness Room: Informational session:



Join the Drama Department for their Musical Theatre Showcase this **Thursday, January 9th**, at 7pm in the MPR. Enjoy an evening of entertainment featuring songs from Broadway's hottest shows. Tickets are \$8 and will be available at the door.



***Palos Verdes High School ASB*** is hosting our annual Winter Formal on Saturday, January 25, 2020 from 8:00-11:00 p.m. at Madame Tussauds in Hollywood. Students from all grade levels may attend this semi-formal dance.

**Madame Tussauds is located at 6933 Hollywood Blvd. in Hollywood, CA 90028.**

Please note that doors close at 9:00 pm, so be sure to arrive by that time.

Tickets go on sale in the Student Store this Wednesday, January 8th. Ticket prices are \$100 with an ASB card and \$115 without. The price of the ticket includes hors d'oeuvres, desserts, activities, and of course DANCING!

Guest passes are available in the Student Store. [Click here for a map of the venue and location of the dance.](#)

Questions, please contact Mrs. Maxfield at [maxfieldj@pvpusd.net](mailto:maxfieldj@pvpusd.net)

---

Senior Sea Kings,

The Cap & Gown deadline to borrow a cap & gown has been extended until **January 17, 2020**. If you wish to borrow a cap & gown from the school, please fill out the Reservation form found [here](#) and turn it in to the ASB



room by noon on **January 17th**. Please note that should you borrow from the school you must return all of your graduation regalia to the **ASB** room upon graduation on **June 11**. This includes your gown, medallion, cap and tassel.

If you'd prefer to order and keep your cap, tassel, gown and medallion, the forms are found [here](#). Additionally, this form can be used for announcements and any and all special graduation gear and packages. You can also always order online at [moongradservices.com](http://moongradservices.com)

For any additional questions, please contact Mrs. Maxfield at [maxfieldj@pvpusd.net](mailto:maxfieldj@pvpusd.net) or at ext.601.

---

### JUDGES NEEDED FOR SCIENCE FAIR!

We are currently looking for judges in all categories for the Palos Verdes Peninsula Science and Engineering Fair (PVPSEF).



The date for the PVPSEF is **Friday, February 14 2020 at the South Coast Botanical Gardens**. The times will be as follows:

8:00am-9:30am- Judges' meeting and breakfast; review student projects without students

9:30am-12:30pm- Interviews with high school students

12:30pm-2:00pm- Lunch for judges/ tabulation of scores by scoring committee

2:00pm-3:30pm- Open House for public viewing

3:30pm-4:00pm- Awards Ceremony

\*\*Please email Julie Munoz at [munozj@pvpusd.net](mailto:munozj@pvpusd.net) or Becky Egan at [eganr@pvpusd.net](mailto:eganr@pvpusd.net) if you are interested in being a judge and we will add you to the judges list for February.\*\*

Feel free to forward this email to anyone in the scientific community whom you think would like to participate and be part of the judging process. We thank you in advance for all that you do to support science research and engineering in our community and our schools!

---

### Attention Students:



SoCal ROC Spring semester schedules are now available in the Counseling Office! Reasons to attend SoCal ROC:



- Earn high school elective credits, many courses are A-G approved.
- Gain valuable hands-on experience in a variety of careers.
- Explore careers related to Art & Design, Engineering & Design, Finance & Business, Health Sciences and Public & Consumer Services.
- Classes are free and transportation is provided for our 12:45pm and 3:45pm classes.

Your ***SoCal ROC career guidance specialist is on campus every Tuesday***. Sign up in the Counseling Office to see her and she will call you out of class and answer any questions or accept applications from interested students.



## COLLEGE CAREER CENTER NEWS:

**SAVE THE DATES** for the **PVHS COLLEGE ESSENTIALS TOOLKIT**. This series of presentations is for students in grades 9-11 and their parents. The series will take place January through March 2020. ***For more detailed information on these programs, please visit our [Website](#).***

**Contestants of the *STUDENT SPEAKERS CONTEST*** sponsored by the **Lions Club** have the possibility of winning a total of **\$21,000!** The topic for this year's speech contest is ***"Homelessness in California: What can be done?"*** It is open to high school students, grades 9-12 and involves a number of rounds. If interested in participating, there will be an informational meeting over lunch on **Thursday, January 9, from 12:15 pm - 12:45 pm in the College and Career Center, Room 318**. Perry Lynn of the Lions Club will be here to discuss the contest in more detail and answer any questions that you may have.

***ATTENTION ALL STUDENTS***, it is important that you ***check "New Messages"*** at the ***top of your Naviance Home Page***. Information is sent out to you through Naviance about upcoming College and Career Center events, college testing/visits/applications, scholarships, and outside opportunities. If you are having trouble logging into the Naviance, please stop by the CCC so that we can assist you.

## **SCHOLARSHIP OPPORTUNITIES and DEADLINES:**

Please find below a ***partial*** list of scholarships that are now posted 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 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 2020***

**JANUARY 8 (EXTENDED DEADLINE) - AYSO JEFF RICKEL MEMORIAL SCHOLARSHIP**(\$2,000) - awarded to a college-bound senior who has played soccer in, and given volunteer service to the American Youth Soccer Organization (AYSO), Region 10. Applicant must demonstrate an understanding of the

importance of good sportsmanship. To apply log onto their website: <http://ayso10.teamopolis.com/league/page.aspx?PageID=3341>

**JANUARY 16 - COOLIDGE SCHOLARSHIP**(full-ride for college) –**JUNIORS ONLY** who plan to enroll in college in the fall 2021. 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/>

**JANUARY 31 - ELK'S LEGACY AWARD** (\$4,000) – seniors only; any child/grandchild of a living Elk who joined the order on or before April 1, 2017 is eligible to apply. Candidates who qualify are judged on knowledge, charity, community service and integrity. To apply, log onto <https://www.elks.org/scholars/scholarships/legacy.cfm>

---



shutterstock.com • 1115541160

---

## HOME GAMES

**PVHS Swim Team tryout results are posted in the window of the Student Store**

### Tuesday, 1/7/20

Boys' FS Soccer vs. Loyola @ 315pm  
Girls' V Soccer vs. Centennial @ 3pm

### Thursday, 1/9/20

Girls' Water Polo vs. Redondo: V@3pm, JV@4pm

### Friday, 1/10/20

Boys' Basketball vs. Mira Costa: JV@430pm, V@730pm  
Girls' Basketball vs. Mira Costa: V@6pm  
Boys' Soccer vs. Mira Costa: JV@230pm, V@3pm, FS@345pm

**GIRLS' LACROSSE TRYOUTS** will be held on Wednesday, **January 8th from 6-730pm** at PV Intermediate School on the back field.

**TRACK & FIELD TRYOUTS** will be held Wednesday, **January 22** after school on the track. You must bring proof of a Physical on File from the School Nurse's Office. See more information at [pvtrackandfield.com](http://pvtrackandfield.com) If you cannot make that time, see Coach Broughton in room 310.

**BOYS' TENNIS TRYOUTS** will be held on the Tennis Courts on **January 22, 23, 24, 2020** from 1-430pm. Students must have a current physical on file at the Health Office to tryout.

Palos Verdes High School | [Website](#)

