

Daily Bulletin: Wednesday December 13, 2023

1 message



Daily Bulletin: Wednesday, December 13, 2023
LS: A - Day



9:20 – 10:05 Zero Period

10:10 – 11:35 Period 1

11:35 – 11:40 Nutrition

11:45 – 1:15 Period 2

1:15 – 1:45 Lunch

1:50 – 3:15 Period 3

New This Week!



WEDNESDAY 12/13

*Goodie bags passed out
from BTC! During
nutrition*





Attention: Judges Needed for the PV Science Fair. We are excited to announce that sign-ups for the science fair are now open. We are looking for judges for the Palos Verdes Peninsula Science and Engineering Fair which will be held at Los Verdes Golf Club on Thursday, February 8, 2024. Please sign up by December 22, 2023.

Please use the link below to sign-up as soon as possible:

[Sign-Up Link!](#)

Sea Kings!!!!

As you prepare for upcoming finals, be sure to take advantage of the support your teachers are available and here for! The link below lists the Teacher Office Hours informing you when your teachers are available for extra assistance in helping you finish this semester strong. Your counselors are also available throughout

the school day and by email. Please reach out to anyone who may be helpful to you!

PLEASE CLICK HERE TO SIGN-UP FOR SUPPORT



Greetings Sea King Parents,

As finals are approaching, we wanted to provide parents with some suggestions on how to best help their students navigate exam season.

Things you may notice in your child:

- Increased stress
- Irritability
- Distractedness
- Procrastination/ changes in motivation

Strategies for aiding your student in managing stress:

- Provide balanced meals and adequate nutrition
- Encourage mental breaks throughout the day
- Promote adequate sleep and rest
- Encourage movement and exercise
- Be mindful of the frequency in which you discuss academics with your student
- Show interest in student's mental well-being with regular check-ins
- Open a space for students to share their feelings, and honor what comes up for them. ALL feelings are valid
- Allow time for students to decompress and make time for other activities outside of school and studying

Remember, this experience is temporary, and this too shall pass.

Happy Holidays from the PVHS SAGE Therapists!

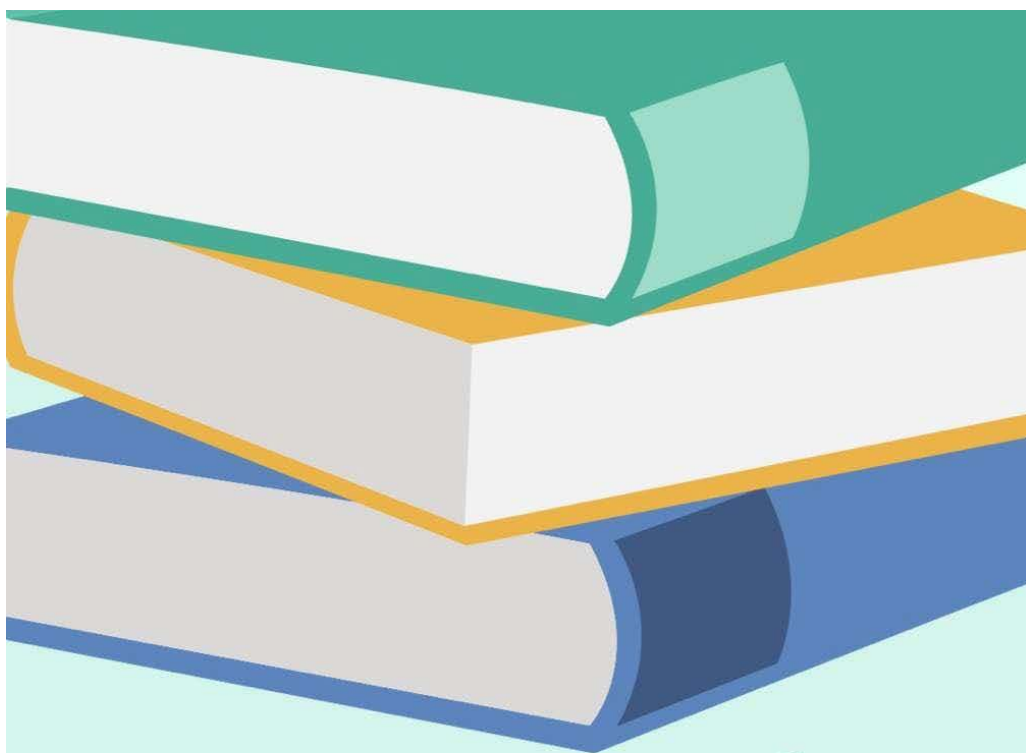




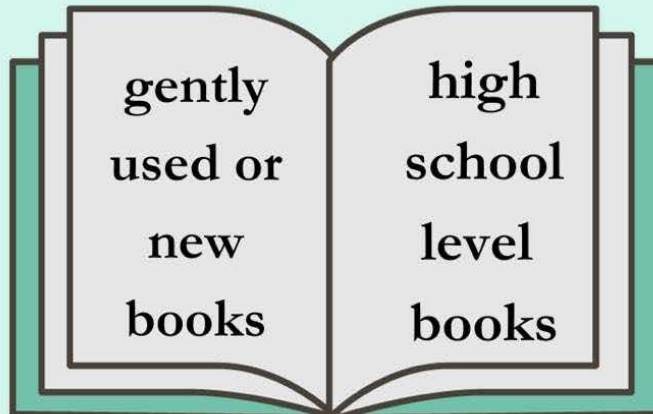
Love My Neighbor Foundation

This past Thanksgiving Day, PVHS students and their families joined Ms. Jimenez in DTLA. Working with the grass roots organization, love my Neighbor, they donated goods and serve the unhoused in Skid Row. It was a great experience to meet and serve the people in the community. If you are interested in joining Ms. Jimenez to serve the unhoused in Skid Row, or would like to donate goods for the cause, and earn community service hours over the winter break, please come to room 211 for more information and to sign up.





ASB Book Drive!



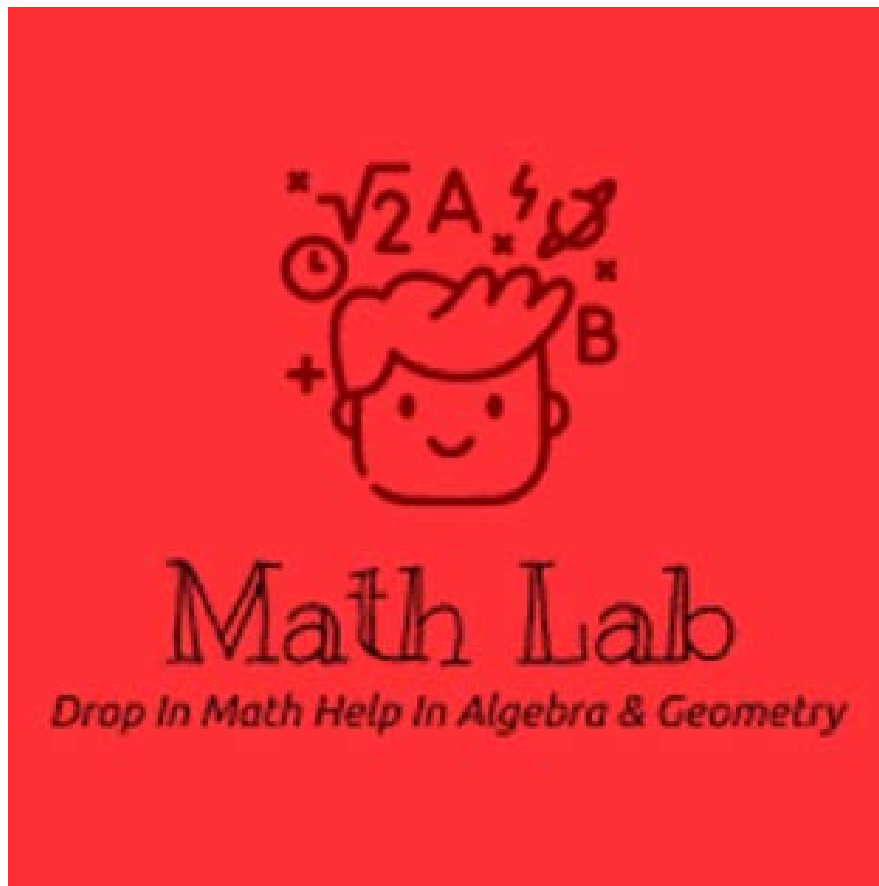
Drop off. bin in the library
Nov. 27 through Dec. 1

Books are going to
Wilson High School

Introducing the PVHS Math Lab

Drop in math help at lunch for students in Algebra and Geometry. Math Lab will be open Mondays and Tuesdays starting

next Monday November 13. Come to room 407 for any help in Algebra and Geometry provided by Peer Tutors. Students who come to 6 sessions will be entered into our December Drawing for some great prizes! Any questions, see your counselor!



PVHS Math Lab

Mondays and Tuesdays in Room 407

Drop in Algebra and Geometry help at lunch with PVHS Peer Tutors

**Don't miss this great opportunity for some extra help in your math class....
(and some great snacks!)**

****Get 6 stamps for coming this quarter and be entered into our drawing in December****

**Quarter 2 Dates:
12/18 and 12/19**



COUNSELING

COUNSELOR ADVISORY COUNCIL

**WILL MEET
ONCE PER MONTH**

DURING LUNCH

**IN THE
WELLNESS CENTER**



THE COUNSELOR ADVISORY COUNCIL (CAC) IS AN OPPORTUNITY TO MEET WITH MS. SHULMAN AS LEADERS BETWEEN THE STUDENT BODY AND THE COUNSELING DEPARTMENT. CAC MEMBERS WILL ADDRESS COUNSELING DEPARTMENT PROGRAMING AND IDENTIFY AREAS OF STUDENT NEEDS AND SUPPORT.

***OPEN TO ALL
GRADE LEVELS***



**COMPLETE CAC APPLICATION
BY FRIDAY, 12/15/23 BY
SCANNING QR CODE**

Coming in 2024 is a chance to join the Counselor Advisory Council (CAC), a new opportunity for students in all grade levels to meet with Ms. Shulman monthly to discuss the programming of the PVHS Counseling Office. Members of the CAC will be leaders between the PVHS student

body and the counseling department to address and identify areas of student needs and support.

The CAC will meet once per month during lunch in the Wellness Center. If you are interested in applying for the CAC, please complete the application using the QR code on the enclosed flier. The deadline to apply is Friday, December 15, 2023.

Please reach out to Ms. Shulman at shulmanh@pvpusd.net with any questions you may have!



COLLEGE CAREER CENTER UPDATES & EVENTS:

.....
U.S. MILITARY MINI FAIR on Tuesday, December 12, at lunchtime, in Senior Park with:

- U.S. Air Force
- U.S. Army
- U.S. Marine Corps
- U.S. Navy

IMPORTANT INFORMATION FOR SENIORS/PARENTS OF SENIORS ONLY: The FAFSA (Free Application for Federal Student Aid) will be available by December 31, 2023. Review this important information on the [**Launch of the 2024-2025 FAFSA Form**](#). Watch [**Preparing for the FAFSA**](#) Form playlist to understand what information and documents you'll need to fill out the FAFSA form.

Even though the FAFSA is not yet available to complete, you can [**Create your FSA ID now**](#). The FSA ID must be obtained before starting the FAFSA. [**CLICK HERE**](#) to create an FSA ID. [**Find out if your parent\(s\) will need to be contributors**](#) (contribute their info on your FAFSA form). If your parent(s) will need to contribute to your form, make sure EACH contributor [**creates their own FSA ID**](#).

The College and Career Center is planning to have a FAFSA Walk Through in January. The date is TBD.

SCHOLARSHIP OPPORTUNITIES and DEADLINES:

LOS SERENOS DE POINT VICENTE JUNIOR DOCENTS PROGRAM is open to local high school students. The program is designed to complement the existing educational and support activities including museum tours, hikes support, whale wagon duty and special event participation. If you are interested in becoming a Junior Docent, learn more about the program and how to apply [**HERE**](#). Applications are accepted until December 31; it is best to apply early as positions fill up quickly.

Click on the name of the scholarship in order to access the application and further information on the scholarship.

DECEMBER 31 - [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.

JANUARY 4 - [GE REAGAN FOUNDATION SCHOLARSHIP \(up to \\$40,000\)](#) – for seniors only who demonstrate at school, at the workplace, and within the community the attributes of leadership, drive, integrity, and citizenship; demonstrate strong academic performance; be citizens of the United States.

JANUARY 23 - [EDISON SCHOLARS](#) (\$50,000) - for seniors who want to make a difference in the world by studying science, technology, engineering or math (STEM) in college. Requirements for applying include having at least a GPA of 3.0 or higher on a 4.0 scale and show financial need.

FEBRUARY 5 - [ELK'S LEGACY AWARD](#) (\$4,000) – seniors only; any child/grandchild of a living Elk who joined the order on or before April 1, 2020, is eligible to apply. Candidates who qualify are judged on knowledge, charity, community service, and integrity.

FEBRUARY 28 – [LOS ANGELES MILITARY CHARITABLE FUND SCHOLARSHIP \(Varies\)](#) – 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.

FEBRUARY 29 – [MARY P. WYATT SCHOLARSHIP \(\\$865\)](#) – PVHS seniors only; min 3.0 GPA; demonstrates financial need; actively

helps others.

MARCH 1 – SONS OF ITALY 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.

MARCH 7 – PERRAULT FAMILY SCHOLARSHIP (\$930) - awarded to a senior, male or female, who has been a member of the PVHS Varsity Soccer Team during their senior year. Criteria includes leadership, commitment to the sport and academic achievement. Preference given to soccer players who have played defensive positions.

MARCH 20 – PV PENINSULA LIONS CLUB (\$500 - \$1,000) - seniors only; consideration will be given to academic achievement (min. GPA of 3.0), service to others, leadership, financial need and a strong desire/plan for further education/professional focus.

MARCH 22 – SUSAN PAVELKA SCHOLARSHIP FOR JOURNALISTIC EXCELLENCE (\$500) - for a college-bound senior who has participated and excelled in PVHS journalism. Candidates are eligible to apply after fulfilling a minimum of two consecutive years as a leader/writer in one or more of these journalism programs: yearbook, literary magazine, newspaper, podcast or broadcast news.

APRIL 1 – SOUTH BAY JAPANESE AMERICAN CITIZEN LEAGUE (Varies) – Scholarships are open to all high school seniors of Japanese American ancestry residing in the South Bay JACL Chapter area and a member of the JACL. Students are required to fill out only one application for the scholarships listed below. The committee will select the recipients for each of the scholarships based upon the requirements:

Kiichi Egashira Memorial Scholarship - for students pursuing a bachelor's degree in physical and biological sciences, engineering/mathematics.

Janice Kobata Zoeger Memorial Scholarship - for students in pursuit of a bachelor's in any field of study relating to biological sciences, foreign and/or ancient language or business.

Ernest K. Tsujimoto Memorial Scholarship - for students in pursuit of an undergraduate degree majoring in the STEM fields.

Gardena Valley Japanese American Citizens League Scholarship - for students pursuing a bachelor's degree in any field of study.

David & Lily Nakatani Scholarships - for high school seniors planning to attend a college or university in pursuit of a bachelor's degree majoring in the STEM fields: Science, Technology, Engineering, or Math

Showcase your talent and WIN!



High-School Arts competition:

- ART** 2 or 3 dimensional
DANCE any style, single/ensemble 1-3 minutes
SPEECH "Doing Good in the World", 4-6 minutes
MUSIC (Vocal) any style, single or ensemble, 1-3 min
MUSIC (Instrumental) any style, single/ensemble 1-6 min

First Prize wins \$1,000, Second \$500, Third \$250

Two -Step competition: First at the Granada Hills Rotary Club, at Porter Valley Country Club at Tampa & Rinaldi. Winners go on to Rotary District - **Saturday April 13, 2024. Location To Be Determined.**

Applications must be submitted by February 28th

For details, contact:

PUT YOUR CLUB'S CONTACT INFO HERE, SIMILAR TO BELOW

Agnes Lewis, District Chair, Pageant of the Arts
818-804-0095, ajlewis7@gmail.com



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Palos Verdes Council Reflections

PVHS Winners

Congratulations to all the winners!

"Award of Excellence" winners will be advancing to compete in the 33rd District competitions.

FILM PRODUCTION

AWARD OF EXCELLENCE

"Regrowth" by Ananya Balaji

PHOTOGRAPHY

AWARD OF EXCELLENCE

"Dew Better" by Sia Presser

DANCE CHOREOGRAPHY

AWARD OF EXCELLENCE

*"Another day of sun"
by Adam Ashcroft*

SPECIAL ARTIST

AWARD OF EXCELLENCE

*"My Favorite Things"
By Hikaru Kaiya*

LITERATURE

AWARD OF MERIT

*"A Midwinter's Dream" by
Kate North*

VISUAL ARTS

AWARD OF MERIT

*"Hope To Heal" by Ariana
Thuraiajah*

MUSIC COMPOSITION

AWARD OF MERIT

"aspiratio" by Avery Yu

Good luck to all the students advancing!

PTSA WINTER SALE



IMPORTANT

>>> **ANNOUNCEMENT** <<<

PVHS Directory is now available!

Look for an email titled
DirectorySpot Account
for the link to access. The link is
only good for **7 days**.

Check your spam folder if you don't see it.

Please note the directory is only available to PTSA members. Click below to join and gain access to the directory.

For questions or issues please email
pvhsptsa5thvp@gmail.com

Sea King Elves
are starting early
with a big

WINTER Sale

But hurry ... savings start 12/4 and end 12/21!

Flannels \$25
Blankets \$25
Sweatshirts \$30

Shop Holiday Savings NOW using the link below!
And remember all proceeds support your PVHS Sea King students, teachers & campus!



[Click HERE!](#)

St. Peter's by the Sea
PRESBYTERIAN CHURCH

**CMS is not related to, sponsored by, or endorsed by
the Palos Verdes Peninsula Unified School District.**

Christmas

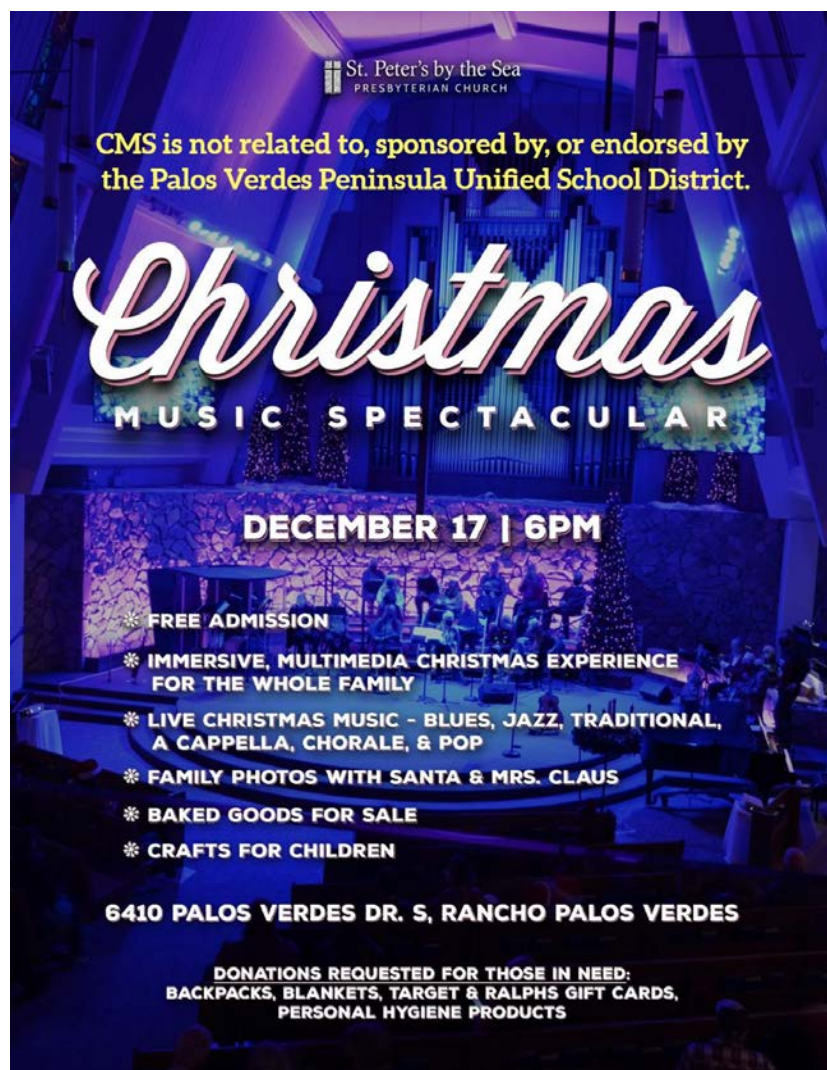
MUSIC SPECTACULAR

DECEMBER 17 | 6PM

- * FREE ADMISSION
- * IMMERSIVE, MULTIMEDIA CHRISTMAS EXPERIENCE
FOR THE WHOLE FAMILY
- * LIVE CHRISTMAS MUSIC - BLUES, JAZZ, TRADITIONAL,
A CAPPELLA, CHORALE, & POP
- * FAMILY PHOTOS WITH SANTA & MRS. CLAUS
- * BAKED GOODS FOR SALE
- * CRAFTS FOR CHILDREN

6410 PALOS VERDES DR. S, RANCHO PALOS VERDES

**DONATIONS REQUESTED FOR THOSE IN NEED:
BACKPACKS, BLANKETS, TARGET & RALPHS GIFT CARDS,
PERSONAL HYGIENE PRODUCTS**



WHY ENROLL?

at SoCal ROC

HIGH SCHOOL STUDENTS



Explore Career Fields & Earn Certifications

- Earn Elective Credit and many courses are UC/CSU A-C approved
- Gain hands-on experience and familiarize yourself with industry environments and equipment
- Gain a competitive advantage on college and job applications by earning industry certifications



Afterschool Classes

- Classes are designed to accommodate your schedule
- Days: (M-Th) (M/W) (T/Th)
- Time: 1:15pm, 4:15pm, and 7:00pm classes



Free Tuition, Materials, & Transportation

If your school is a part of one of the six districts listed:
IUSD, ESUD, MBUSD, PVPUSD, RBUSD, or TUSD

- Transportation available for 1:15pm and 4:15pm classes
- Students who choose to use HopSkipDrive will be picked up and dropped off at their high school
- Not a part of our JPA districts? Not a problem, you can still enroll by paying out of pocket or by contacting South Bay Workforce Investment Board (SBWIB) and/or Department of Rehabilitation (DOR) for financial support

ADULT STUDENTS



Short-Term & Flexible Industry Training

- The flexibility, affordability, and hands-on application to help you land a job and start a career
- Days: (M-Th) (M/W) (T/Th)
- Time: offer morning, afternoon, and night classes



Graduate Workforce Ready

- State or National Certifications Available
- Opportunities to gain on-the-job experience with local businesses and medical and dental offices



Potential Financial Support

- For financial support contact our partners: South Bay Workforce Investment Board or Department of Rehabilitation
- Find out more about SoCal ROC's "SoCal Workforce Reimbursement Program" (Adult Only) by visiting www.socalroc.com or calling registration

Contact Your Assigned Career Guidance Specialist



RBSUD | TUSD

Ana Briseno

P: (310) 224-4239

E: ABriseno@scroc.k12.ca.us

ESUD | MBUSD | IUSD | PVPUSD

Rocio Pineda-Contreras

P: (310) 224 4240

E: RPContreras@scroc.k12.ca.us

Contact Registration



Registration

P: (310) 224-4200

E: info@scroc.k12.ca.us



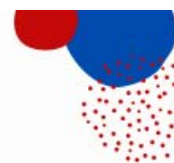
Enroll for Spring Semester Today!

Earn HS Credits while exploring career fields and building skills that will help you advance in your career!



Contact us for more information!





ASSISTEENS[®]

TRANSFORMING LIVES AND
STRENGTHENING COMMUNITIES

Invites you to our Get Acquainted Social

Saturday, January 27, 2024 11:30am - 1:30pm

**A volunteer organization for young ladies and men
who will be rising 7th-11th graders in 2024-2025**

BECOME PART OF A TRADITION

SERVING THE SOUTH BAY SINCE 1936

**ASSITEENS IS A CERTIFYING ORGANIZATION FOR THE
PRESIDENTIAL SERVICE AWARD. OUR MEMBERS WORK
TOGETHER TO FOSTER A SENSE OF PERSONAL AND
COMMUNITY RESPONSIBILITY WHILE DEVELOPING POISE,
SELF-RELIANCE, PUBLIC SPEAKING, AND LEADERSHIP
SKILLS THROUGH PHILANTHROPIC ENDEAVORS.**

RSVP by 1/22/24 to

AssisteensMemberships@gmail.com

**Assistance League Chapter House
1441 West 8th St., San Pedro**

Assisteens is not related to, endorsed by, or sponsored by the
Palos Verdes Peninsula Unified School District





**WITH YOUR SUPPORT AND GENEROSITY,
OUR STUDENTS RECEIVE AN EXCELLENT EDUCATION!**

California ranks among the lowest in the nation in public school funding. With the passage of Prop. 13 in 1978, the funding methods for education in California were turned upside down. Now, after all this time, our public schools remain underfunded.

Your donation to PEF funds critical programs, staff and teachers that strengthen the academic journey of all PV High students:

**COUNSELORS
STEM PROGRAMS
TEACHER GRANTS
COLLEGE AND CAREER CENTER STAFF
HIGH SCHOOL SCIENCE FAIR
AND MORE!**

**Our goal is 100% family participation.
Please donate at whatever level is possible for you.
Every donation makes a difference!**



attendance
MATTERS

ATTENDANCE PROCEDURES:

Parents / guardians should notify the Attendance Office
within 72 hours to clear a student's absence.

The office message machine can be reached 24 hours a day
at 310-378-8471 OR you may contact our attendance clerk
directly by phone or email:

Lisa Kastelan: 310-378-8471 x43202

kastelan@pvpusd.net

Palos Verdes High School | Website



Palos Verdes High School | [600 Cloyden Road, Palos Verdes Estates, CA 90274](#)

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