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**Daily Bulletin: Thursday December 21, 2023**

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***Finals Week!!!!***  
***Finals Per.4 & 5***

## Finals Bell Schedules

Wednesday, December 20<sup>th</sup>:

<del>8:30-10:25</del>	<del>Period 1 Final</del>
<del>Passing</del>	
<del>10:35-12:30</del>	<del>Period 2 Final</del>

Thursday, December 21<sup>st</sup>:

8:30-10:25	Period 4 Final
Passing	
10:35-12:30	Period 5 Final

Friday, December 22<sup>nd</sup>:

8:30-10:25	Period 3 Final
Passing	
10:35-12:30	Period 6 Final



## **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 SEE OFFICE HOURS!**



## *Wellness Center Invite*

Join Your PVHS SAGE  
Therapists in the wellness  
center:

Tuesday 12/19–Friday 12/22

Relax, unwind, & get support  
for finals week!

What to Expect: Games, aromatherapy,  
fidget toys, art supplies & holiday  
movies/music





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:

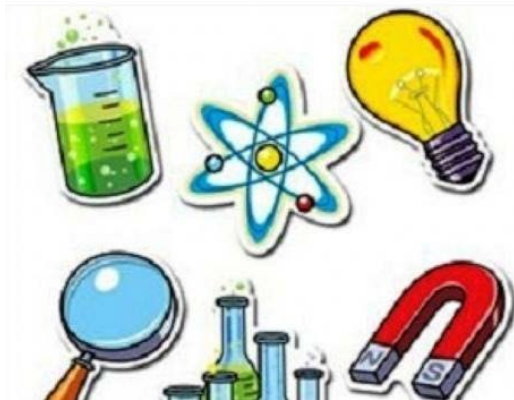
- Provide balanced meals and adequate nutrition
- Encourage mental breaks throughout the day
- Promote adequate sleep and rest
- Encourage movement and exercise
- Be mindful of the frequency in which you discuss academics with your student
- Show interest in student's mental well-being with regular check-ins
- 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!



## Judges Needed for the Science Fair



**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!](#)**



**Girls Beach Volleyball tryouts are  
scheduled for Jan 11th**



**6th period for students in PE  
Volleyball & 3 pm for newcomers**



**MOD** FUNDRAISING

# RAISE SOME DOUGH

JOIN MOD IN SUPPORTING

ORGANIZATION NAME: PALOS VERDES HIGH SCHOOL SPEECH AND DEBATE TEAM

FUNDRAISER DATE: January 15, 2024

HELP OUR TEAM go to Peninsula's Speech and Debate Tournament.

Bring in this flyer, or order online through the MOD app or website using the provided coupon and MOD will donate 25% of your bill to support this great school!

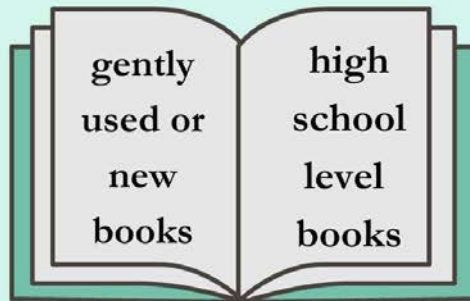
ADDRESS: 3A PENINSULA CENTER  
ROLLING HILLS ESTATES, CA 90274

FUNDRAISER CODE: MODGIVES25

Offer valid only on the date(s) and at the MOD location identified on this flyer. Offer valid for dine-in, take out, or delivery when ordered through the MOD app or website only. For online or in-app orders, please use the code MODGIVES25. For delivery, customer must live within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 25% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>



# ASB Book Drive!




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

Books are going to  
Wilson High School



COUNSELING





# COURSE SELECTION PRESENTATION

**January 17, 2024**

8:30AM PVHS MPR  
5:30PM Webinar

**Save the date! When we return from Winter Break, information about course selection for the 2024-2025 will be sent home to current 9-11 grade families. Please join us for a presentation reviewing the scheduling process to obtain more information. It will be held on Wednesday, January 17 at 8:30AM in the PVHS MPR or you may join us via Webinar at 5:30PM. The link will be provided soon.**



**COLLEGE CAREER CENTER UPDATES & EVENTS:**

**STUDENT SPEAKERS CONTEST** is sponsored by the PV Lions Club and contestants have the possibility of winning a total of \$21,000! The topic for this year's speech contest is "For a Better World, What Would You Change?" 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 after school (after 2nd period final) on Wednesday, December 20, from 12:30 pm - 1:00 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.

**PALOS VERDES SUNSET ROTARY CLUB** is sponsoring the Pageant of the Arts. This is an opportunity for high school students, grades 9-12, to showcase their talents and potentially win \$1,000, \$500, or \$250 in each of five categories:

- Art
  - Music/Instrumental
  - Music/Vocal
  - Dance
- Speech For more information, please contact Roger Schamp of PV Sunset Rotary Club at [rgschamp@aol.com](mailto:rgschamp@aol.com) and/or stop by and see Mrs. Hoffman in the College and Career Center, Room 318.

**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.

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**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 28<sup>th</sup>**

**For details, contact:**

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

Agnes Lewis, District Chair, Pageant of the Arts  
818-804-0095, [alewis7@gmail.com](mailto:alewis7@gmail.com)



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

**Palos Verdes Council Reflections**

**PVHS Winners**

Congratulations to all the winners!

“Award of Excellence” winners will be advancing to compete in the 33<sup>rd</sup> 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  
Thurairajah*

**MUSIC COMPOSITION**

AWARD OF MERIT

*“aspiratio” by Avery Yu*

**Good luck to all the students advancing!**



# 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.*

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**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](mailto:pvhsptsa5thvp@gmail.com)

**PTSA WINTER SALE**



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!](#)**



## HIGH SCHOOL STUDENTS



### Explore Career Fields & Earn Certifications

- Earn Elective Credit and many courses are UC/CSU A-G 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: ESUSD, 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](http://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](mailto:ABriseno@scroc.k12.ca.us)

ESUSD | MBUSD | IUSD | PVPUSD  
Rocio Pineda-Contreras

P: (310) 224 4240

E: [RContreras@scroc.k12.ca.us](mailto:RContreras@scroc.k12.ca.us)

### Contact Registration



Registration

P: (310)-224-4200

E: [info@scroc.k12.ca.us](mailto:info@scroc.k12.ca.us)



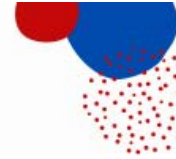
# Enroll for Spring Semester Today!

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



Contact us for more information!





# ASSISTEENS<sup>®</sup>

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](mailto:kastelan@pvpusd.net)

Palos Verdes High School | Website



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

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