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**Daily Bulletin: Wednesday, May 10, 2023**

1 message

**Palos Verdes High School** <pvhs@pvpusd.net>

Tue, May 9, 2023 at 3:30 PM

Reply-To: ramirez@pvpusd.net

To: patriciagill8@gmail.com



Daily Bulletin: Wednesday, May 10, 2023  
Late Start B-Day

9:20 – 10:05 Zero Period  
10:10 – 11:35 Period 4  
11:35 – 11:40 Nutrition  
11:45 – 1:15 Period 5  
1:15 – 1:45 Lunch  
1:50 – 3:15 Period 6

**Mental Health Awareness Month**

Sea Kings! May Celebrates Mental Health Awareness Month - a time when we can all remember to prioritize our health and wellbeing. Join the PVHS Counseling team for weekly activities throughout the month of May and utilize Drop-In times if you'd like a space to reset. Join us tomorrow for a reception in the Wellness Center @ Lunch.

**Drop-In Times:****Tuesdays @ Lunch (students can be let out at 12:40)****Wednesdays 10:10-1:15pm (students can be let out per their request)**

# Mental Health Awareness Month

@PVAS



May 3-31st, 2023  
Weekly Events Each  
Wednesday

5/3 - WELLNESS CENTER OPEN FOR ALL @ LUNCH  
5/10 - TEA & TREATS @ NUTRITION  
5/17 - AFFIRMATION STATION @ LUNCH  
5/24 - MENTAL HEALTH WALK @ LUNCH  
5/31 - MUSIC & MAKER SPACES @ LUNCH

Fostering Compassion, Empathy, Mercy & Respect for All Sea Kings



Added Drop-In Session Times with SAGE Team  
In Wellness Center Each Tuesday



## Library Information

Clear **ALL** library obligations **BEFORE** Wednesday, **MAY 10th**.

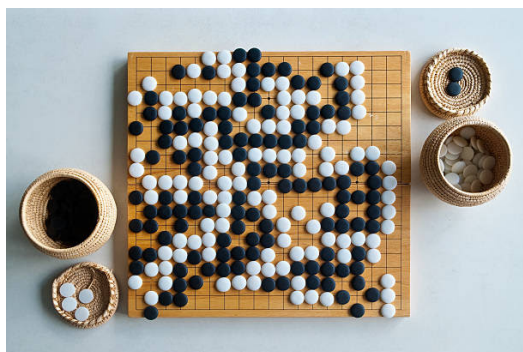
Failure to clear obligations will impact participation in end-of-school-year yearbook festivities (all grades), graduation tickets, and transcripts (seniors). Click the link below to view the list.

<https://docs.google.com/spreadsheets/d/1s9lJh5oZ9cs2fpEmfx5x1Sv5uAh9rPg8117ke7xx8CY/edit#gid=0>

**Start turning in any unused textbooks NOW.** Do NOT wait until finals.

**Learn to play GO!**

Learn to play GO! A popular centuries-old strategy board game. Monday, May 22nd and Thursday, May 25th come to the library at lunch to learn and play. No experience necessary!



### **Don't Dwell, Get Well**

Are you interested in learning coping tools to manage stress and anxiety, feel better, and live your best life? Then join us for our new group: *Don't Dwell, Get Well*. The group will run for 6-weeks on **Tuesdays during lunch** (12:45-1:15pm) in the Wellness Center.

**Start date: Tuesday, April 11th- Tuesday, May 9th.**

Stop by the counseling office and see Jen or Brenna, your student support specialists, with any questions!

### **Interested in Link Crew?**

Are you a current sophomore or junior (or know one) who...

- is enthusiastic and friendly
- wants to help welcome incoming freshman
- has a positive attitude
- respects diverse ideas and personalities
- is willing to take risks

Students and Parents, I'm excited to announce that Link Crew is looking for the leaders of the future. Link Crew is a nationwide program that helps freshmen enter high school with successful advice and help. We also provide activities to foster a positive school environment for everyone. You must be a current sophomore or junior to apply.

If you think you could be a leader, get an application from [pvhigh.com](http://pvhigh.com) or Ms. Klabe in room 316 or email: [seekinglinkcrew@gmail.com](mailto:seekinglinkcrew@gmail.com).

**Applications are due by Friday, May 19th at 3:30pm. No exceptions.**

## **One Hill Project Survey**

One Hill Project is a student-led organization comprised of PVHS and Peninsula High students and led by our student school board members. The organization is looking to gather input from all students regarding mental health, academics, activities, school involvement, and sustainability of facilities. It is a [survey](#) by students for students. The One Hill Project wants to elevate the students' voices with the school board and gather as much feedback as possible regarding these topics.

The [survey](#) only takes about 4 minutes and is completely anonymous. These survey results will be shared with the Board of Education with the hope of enhancing their understanding of what is impacting high school students and providing them with student perspectives when they are making policy decisions. Please use [this link](#) to have your voice heard on these issues. The survey will also be posted on the homepage of our school's website. You will have until May 13th to complete the survey.

## **Donations Needed**

PTSA and the Counseling office are seeking donations. The Counseling office is in need of boxes of tissues and black sharpies. Please drop the donations by the counseling office. Your donations are greatly appreciated.

## **SBFI Food Drive EXTENDED**

# SOUTH BAY

*Now - May 12th*

# FOOD INITIATIVE SPRING FOOD DRIVE



[www.southbayfoodinitiative.com](http://www.southbayfoodinitiative.com)

## SPRING INTO ACTION!



**Deliver donations to Room 316  
or the PVHS Library for CSF credit.**

**Minimum of 8 donations for credit**

**Examples: rice, pasta, beans, crackers, oatmeal  
canned veggies/fruits/soups, peanut butter, granola bars**

**NON-PERISHABLE, NON-EXPIRED GOODS**

South Bay Food Initiative is not related to, endorsed by, or sponsored by the Palos Verdes Peninsula Unified School District



Need CSF Credit? Donate to SBFI's Food Drive before Friday, May 12th. Read the flyer for more information.

### ***The Point Newspaper Senior Destinations***

Seniors! Don't forget to fill out this [Google Form](#) in order to be featured in our Senior Issue of *The Point* newspaper. Let us know your post-grad plans, whether that's college, work, gap year, or more. Please fill out as much

as possible so we can make this final issue one to remember. **Submissions are due May 15th.**

### **Counseling Department Updates**

Attention Senior Class of 2023: It is time to order your **Final Transcript** from your counselor. Whether you will be attending a two-year, four-year, taking a gap year, enlisting in the military, wherever your postsecondary plans may be taking you after you graduate from PVHS, you must order a transcript to be sent to your college or home (if not attending a school next year).

Transcripts may be ordered via Scribbles: <https://pypusdca.scribborder.com/applicationCurrent>

Please order your final transcript by **Friday, June 2, 2023!** Please see your counselor if you have any questions. Congratulations to our almost graduates!

#### **Coffee Chat on Wednesday, May 17th at 8:30am in the Wellness Center:**

Senior Parents - Please join PVHS Counselors, Kristin Jones-Manning and Heidi Shulman, for a Coffee Chat discussing sending your soon to be graduates off to college! We look forward to seeing you there.

#### **Junior Presentation, Part 2 on Wednesday, May 24 at 8:30am and 7:00pm**

**(attend only one):** Junior Parents/Guardians and Students - Please join PVHS Counselors, Kristen Nelson and Heidi Shulman, along with PVHS CCC Director, Joanne Lewis, for a presentation on the College Application Process. We will review Senior Year, College Applications, Application Accounts, Essays and Supplemental Essays, and more.

*Presentations will be held at 8:30am and 7:00pm in the MPR.*

Parents/Guardians and students are welcome to attend together and only need to attend once (the same information will be covered at booth presentations).





### College & Career Center Updates/Events

#### **MOCK ADMISSIONS CASE STUDY!**

**Tuesday, May 16th @ 6:00pm - 8:00pm in Various Classrooms**

**RSVP by May 12th - Registration required!**

PRIORITY Registration opens today, April 26<sup>th</sup>, for PVHS students/parents. Limited seats are available! **Students and parents Grades 9 – 11 are invited to attend.** Participants will be placed in various rooms to simulate small “Admissions Committees” to review 3 candidates with an actual college admissions officer. As a group, you will then review all aspects of the Common Application to determine how the candidates compare to the University profile in order to then decide which student should be admitted, denied and waitlisted. This is one of the most enlightening college planning events of the year! A mini College Fair will follow the case study from 7:30 – 8pm. Details on our website.

### **Mental Health Awareness Month**

Our community partner, [South Bay Families Connected](#), offers our families a variety of youth wellness resources. For Mental Health Awareness Month, we feature their resource pages covering trending youth wellness topics on the minds of parents and caregivers:

- Supporting healthy [social media and screen time management](#)
- Recognizing and supporting [mental health challenges](#)
- Understanding and managing [stress and anxiety](#)
- Helping youth build [healthy relationships](#) and fostering [empathy and compassion](#)
- Practicing [mindful parenting](#)

Visit our own [PVPUSD Families Connected webpage](#) for more youth wellness resources from PVPUSD and SBFC.

### **High School Naturalist Internship**

Through this program, high school students volunteer in both George F Canyon Nature Center and White Point Nature Education Center as well as in the adjacent Nature Preserves. Interns shadow PVPLC Nature Center Staff to assist with greeting visitors, facilitating programs, community science projects, trail monitoring, animal care and facility maintenance. Interns also receive a checklist of enrichment requirements including reading and activities that they complete to round out their knowledge during their internship. This is an unpaid internship and interns must be age 16 or above when they start. Interns are required to complete 25 hours of shifts and enrichments to complete this program. Applications can be completed online, and competitive applicants will be contacted for an interview whenever internship spaces are available. Here is the link to the application: <https://forms.gle/js1M3q2sRFydXmot8>

### **Girls' Volleyball Tryouts**

Interested in joining Girls' Volleyball next year? Tryouts will be held on **Saturday, July 1st at 9am** in the PVHS Gym. If you have any questions, please reach out to Coach Lynch via email [lynchp@pvpusd.net](mailto:lynchp@pvpusd.net).

### **PVPUSD Spring Parent Education Webinars PVPUSD New Student Enrollment for 2023-24 School Year is now available!**

Do you have a child turning 5 on or before April 2, 2024, and would like to enroll in school for the fall? Enrollment season for all grades TK-12 is now open.

Please visit the [PVPUSD Enrollment home page](#) for more information.

### **COVID Positive Reporting Form**

To streamline communication for COVID case reporting, we are asking families to fill out the form below if their students test positive for COVID. This will also



be a way for us to respond much more efficiently and effectively to our students and families. Please click the linked form below to notify us of your PVHS student's positive results.

## [PVHS COVID Reporting Form](#)

A PVHS administrator will be in touch with the family regarding the next steps after completing the form.

### **PTSA News and Important Information**

PTSA would like to extend a warm welcome to all Sea King families!

[Click here to join!](#)

Attend monthly meetings on the 4th Tuesday of each month at 9am in the MPR to hear from Dr. Ramirez, PVPUSD Superintendent Dr. Alex Cherniss, PVPUSD School Board Members and others on campus!

To provide feedback, please submit your questions/issues/suggestions [here](#).

### **PVPUSD Curricular and Instructional Monthly Webinars**

PVPUSD is hosting a series of monthly webinars on curricular and instructional practices. The purpose of the webinars is to share the wonderful things that the District and school sites are doing. To view the recordings or to register for the April Webinar, [click here](#).

- April 20- English Language Arts

# What is the Wellness Center?

## A PLACE TO RESET

The Wellness Center is a safe space on campus to check in with a Counselor or SAGE Therapist during drop-in hours or to take a mental health break if you are feeling overwhelmed at school. Students can listen to music, practicing mindful breathing, or participate in short activities to help regulate their feelings. During Mental Health Month the Wellness Center will be open for drop-in hours on Tuesdays @ Lunch and Wednesdays from Late Start - Lunch.

## A PLACE FOR SUPPORT

The Wellness Center also provides space for Group Counseling Workshops. Students! Please complete the survey on the back of this infographic to let us know more about what you would like to see as we utilize this space more in the future!

## HOW TO ACCESS THE WELLNESS CENTER

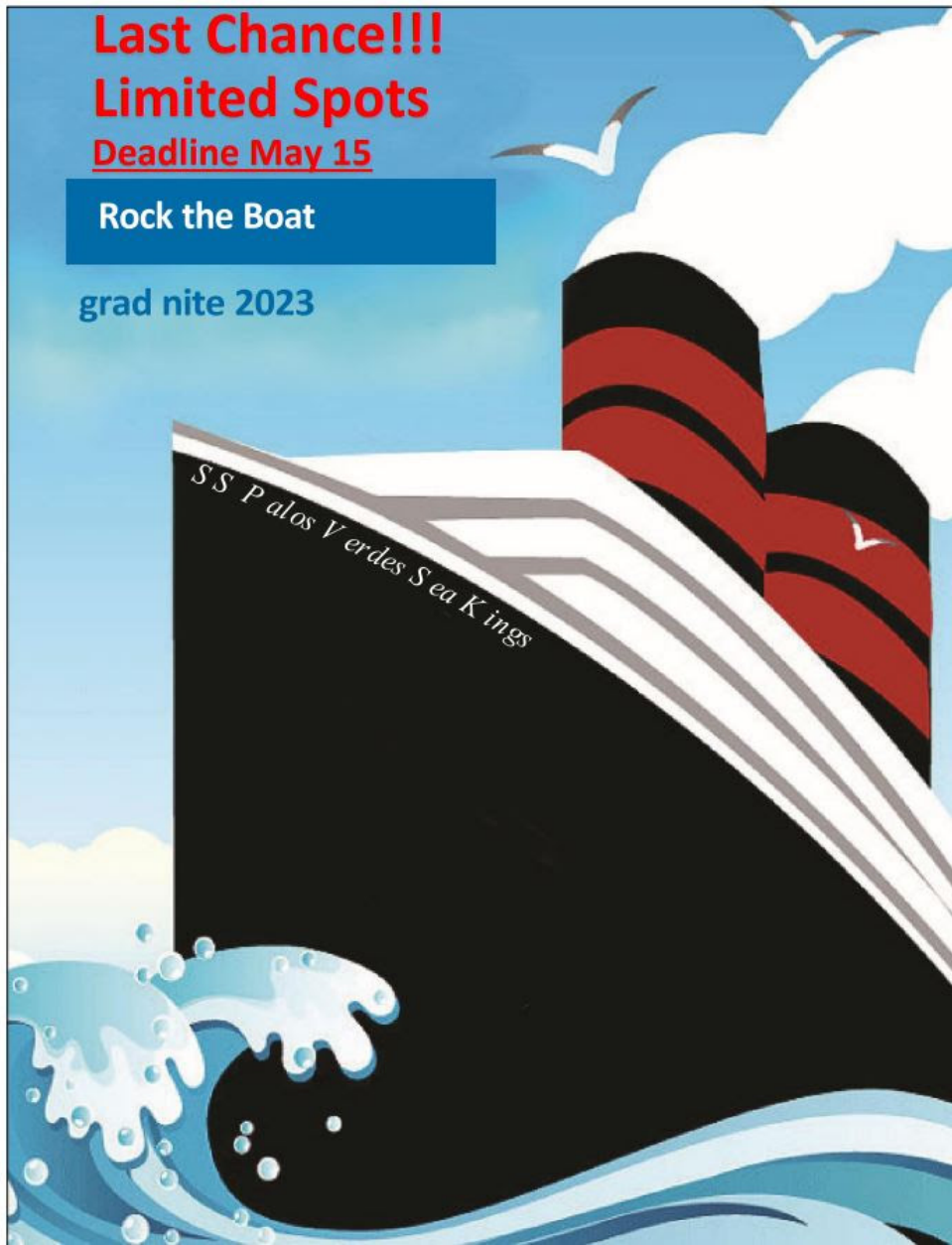
Students can access the Wellness Center during designated Drop-In Hours in increments of 10 minutes. If you feel like you need a longer break to regulate yourself a Counselor will be there to support and follow up with you.



**Last Chance!!!**  
**Limited Spots**  
**Deadline May 15**

**Rock the Boat**

**grad nite 2023**





# Rock the Boat

## grad nite 2023

Enjoy your last night together as a class, by celebrating graduation aboard a luxury yacht!  
Enjoy dinner, DJ, dancing, and much more!

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Date: Thursday, June 8<sup>th</sup>

Destination: FantaSea Yachts, Marina del Rey

Check-in: 7:00 pm (Immediately after graduation concludes)

Return: 12:30 -1:00 a.m.

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Cost: \$250 per graduate (deadline April 7,2023)


Price includes: transportation, venue, dinner, snacks, activities and entertainment.


**THIS EVENT is NOT sponsored by PVHS and money will NOT be collected by PVHS.**

Please contact Margaret Trester with questions:

[mrsyz@aol.com](mailto:mrsyz@aol.com) 310-502-8610

Venmo @ Margaret-Trester





Dancing In The Moonlight  
Palos Verdes High School Prom  
May 20th

Corsages & Boutonnieres for Prom  
available from

Walteria Flower Shop

20% of purchase donated back to PVHS Sea Kings!

To order call 310-375-1770

Or place order in store at  
Walteria Flower Shop 24266 Hawthorne Blvd.





Order your GRADUATION LEIS now from  
**WALTERIA FLOWER SHOP**

DOUBLE Orchid in White or Bombay (purple & white)  
delivered to school -or- pick up in store

**\$45 each**

20% of purchase donated to PVHS Sea Kings!

Pre order on/before FRIDAY MAY 26th

For graduation on Thursday June 8th

To order call 310-375-1770

Or place order in store at Waleria Flower Shop 24266 Hawthorne Blvd.

Remember to mention this PVHS PTSA promotion.

Leis delivered to school will be available for pick-up at PVHS prior to graduation ceremony!

Campus delivery & donation applies to orders placed today thru May 26th.







**TED LIEU**  
CONGRESSMAN *for* CALIFORNIA'S 36TH DISTRICT

# YOUTH TOWN HALL

Saturday, May 13, 2023

1:00 PM - 2:30 PM

DaVinci Schools

201 N. Douglas, El Segundo, CA 90245

Come hear from the Congressman's Youth Advisory  
Council about their work over the past year!

PLEASE RSVP AT  
[HTTPS://FORMS.GLE/LS8I9ADM6XNAK53E8](https://forms.gle/LS8I9ADM6XNAK53E8)

PARKING IS AVAILABLE IN THE LARGE PARKING LOT IN FRONT OF THE MAIN SCHOOL BUILDING. PLEASE ENTER THE PARKING LOT ON DOUGLAS STREET. FOR MORE INFORMATION, PLEASE CALL OUR OFFICE AT (323) 651-1040



PALOS VERDES PENINSULA  
UNIFIED SCHOOL DISTRICT

# SPRING 2023 PARENT EDUCATION SERIES

## Save the Dates:

Tuesdays at 6pm



April 4, 2023

*"Vaping Webinar"*

TUPE, Los Angeles  
County of Education

April 25, 2023

*"Financial Planning"*

Kinecta Federal  
Credit Union

May 2, 2023

*"4.0 Mask - Unpacking  
the Pressures of Today"*

*Daniel Patterson,  
Patterson Perspective*



**IN PERSON @ 6PM**  
**@ RIDGECREST  
INTERMEDIATE**

Click **HERE** to register  
for this webinar

Click **HERE** to register  
for this webinar

28915 Northbay Road  
Rancho Palos Verdes  
**Auditorium**



PALOS VERDES PENINSULA  
UNIFIED SCHOOL DISTRICT

## PARENT CONSULTS AND SUPPORT

Parenting can be very rewarding, but it can also be challenging at times.

Do you have parenting questions?  
Would you like a consult from one of our  
SAGE Therapists, specifically to help your student?

PVPUSD aims to support not just our students, but our families and caretakers in embodying a "whole child" approach by providing consults in order to improve the educational experience of students.

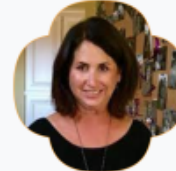
Please contact one of our therapists below:



**LIZ SCHOEBEN, MFT**

Executive Director  
650-799-5266

[lizschoeben@sagesocal.org](mailto:lizschoeben@sagesocal.org)



**KATHI COLLI, MFT**

Clinical Director  
424-262-0896

[kathicolli@sagesocal.org](mailto:kathicolli@sagesocal.org)

 [PVPUSD Social Emotional Supports](#)

WHAT WOULD YOU LIKE TO SEE IN THE  
PVHS WELLNESS CENTER?



**FIRST LUTHERAN  
8TH GRADE CLASS OF  
2019  
REUNION**

SUNDAY, JUNE 11, 5:30 PM - 6:30 PM @FLS  
BRING YOUR HIGH SCHOOL CAP AND GOWN





## 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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