
Daily Bulletin: Wednesday, May 17, 2023

1 message

Palos Verdes High School <pvhs@pvpusd.net>

Tue, May 16, 2023 at 3:30 PM

Reply-To: ramirez@pvpusd.net

To: patriciagill8@gmail.com



Daily Bulletin: Wednesday, May 17, 2023
Late Start 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

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

@ PHAS



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



Get your yearbook before supplies run out.

ORDER YOUR YEARBOOK TODAY!!!

According to recent surveys of students who did not purchase their yearbook, over **40%** regret not ordering. It's the perfect way to look back on all the amazing memories you made this year. Order yours before regret starts to set in!

Online sales **close** on Friday, May 19th. We cannot guarantee books will be available after that.

Purchase a

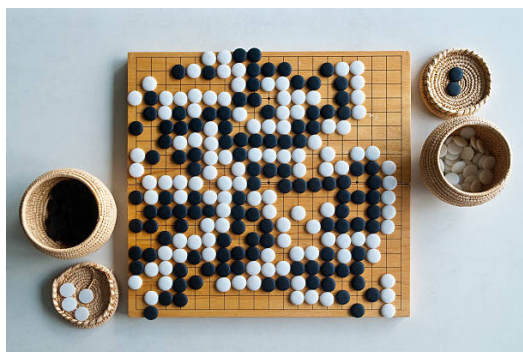
Wii Sports in the Library

Sea Kings, thank you for observing quiet hours in the library for the last two weeks during APs! To celebrate before we buckle down for finals, we'll be hosting **Wii Sports** in the library this coming week, 5/15-5/19. Come play! In addition, we always have puzzles, coloring, board games, chess, Lego, building materials, and arts and crafts! We invite you to come have some fun and destress!

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!



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 or Ms. Klabe in room 316 or
email: seakinglinkcrew@gmail.com.

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

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.

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://pvpusdca.scribborder.com/applicationCurrent>

If you are a student athlete and need your transcript sent to NCAA, please indicate so in the Comments section. There is no fee for this.

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 24th 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).



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.

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.

sage
Supporting students' social & emotional well-being

PHS
COUNSELING

F | T
FRIAR TUX

High School *Fundraiser*



SAVE
25%
ON ALL FRIAR TUX
RENTALS + PURCHASES

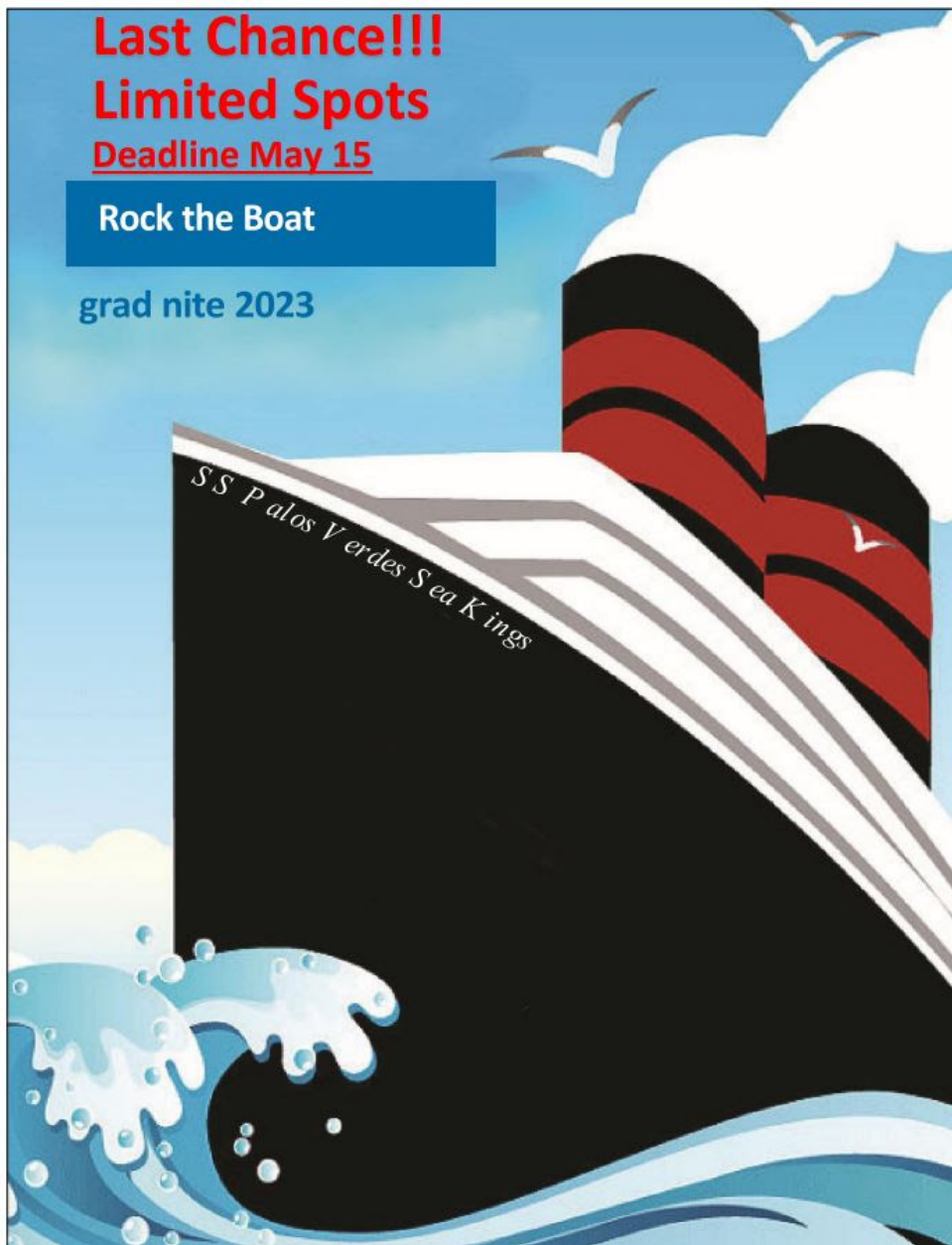
USE CODE **G9310** TO EARN FUNDS FOR
**PALOS VERDES HIGH
SCHOOL ASB**

TERMS AND CONDITIONS APPLY. SEE STORE OR
FRIARTUXDANCE.COM FOR DETAILS.

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!

Date: Thursday, June 8th

Destination: FantaSea Yachts, Marina del Rey

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

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

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 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 Walteria 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.





NATIONAL POLICE WEEK – MAY 14-20

ART PROJECT DUE FRIDAY, MAY 19

Qualities of a Police Officer are—

HUMANITY: We respect life and liberty. We are sensitive and inclusive, treating everyone with dignity and compassion.

INTEGRITY: We are guided by the principles of justice. We employ the highest ethical standard, we demand accountability, consistency, fairness and honesty in the performance of our duties.

PROFESSIONALISM: We take pride in our department. We are committed to excellence in our profession, and we maintain the highest standard of education in our field.

COURAGE: We hold a mental and moral strength to resist opposition and maintain fairness of mind. We always stand by your fellow officers in the face of danger or extreme difficulty. Our position duties are inclusive of all required tasks.

Duties of a Police Officer:

- Protects life and property through the enforcement of laws & regulations
- Proactively patrols assigned areas
- Responds to calls for police service
- Conducts preliminary and follow-up criminal and traffic investigations
- Conducts interviews
- Prepares written reports and field notes of investigations and patrol activities
- Arrests and processes criminals
- Testifies in court
- Emergency duties required during adverse weather conditions
- Ability to exercise judgment in determining when to use force and to what degree
- Operates a law enforcement vehicle under emergency conditions, day or night
- Comprehends legal documents including citations, affidavits and warrants
- Commands emergency personnel at accidents, emergencies and disasters
- Takes an active role in Community-Oriented Policing
- Continues to find new ways to keep our community and families safe

For your artwork this week (due Friday, May 17),
please create a drawing/painting that describes:

What a POLICE OFFICER means to ME.

What POLICE OFFICERS do for OUR COMMUNITY.

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



Merlin David, *PVEPD Community Relations Officer*
340 Palos Verdes Drive West, Palos Verdes Estates, CA 90274 mdavid@pvestates.org 310-750-9788

Press Release for Palos Verdes Schools

NATIONAL POLICE WEEK

Sunday (May 14) marks the beginning of National Police Week (May 14-20, 2023)

National Police Week in the United States provides a time to come together to recognize the law enforcement officers who lost their lives in the line of duty, as well as a time to honor the officers who serve and protect their communities each and every day.

On October 1, 1962, the United States Congress, in a joint resolution, established a week in May as Police Week. A proclamation signed by President John F. Kennedy officially designated May 15 as Peace Officer Memorial Day—as a way to pay tribute to all local, state and federal law enforcement officers who have been disabled or have died in the line of duty.

During National Police Week, the City of Palos Verdes Estates joins others in recognizing the brave men and women of law enforcement who risk their lives to protect our communities. And, most importantly, we remember our fallen brothers and sisters who so valiantly sacrificed their own lives to ensure the safety of others. The families, agencies and communities of those officers remain in our thoughts and prayers.

Government officials are directed to display the flag of the United States at half-staff on all government buildings on May 15. This is done in recognition of the service given by the men and women who work devotedly and selflessly on behalf of the people of this nation, regardless of the peril or hazard to themselves, and have safeguarded the lives and property of our residents. We thank all the police officers, service officers and PD personnel for their service.





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.

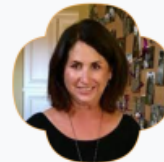
Please contact one of our therapists below:



LIZ SCHOEBEN, MFT

Executive Director
650-799-5266

lizschoeben@sagesocal.org



KATHI COLLI, MFT

Clinical Director
424-262-0896

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
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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