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**Daily Bulletin: Wednesday, May 3, 2023**

1 message

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

Tue, May 2, 2023 at 3:30 PM

Reply-To: ramirez@pvpusd.net

To: patriciagill8@gmail.com



Daily Bulletin: Wednesday, May 3, 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

@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.

**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!

### **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.**

**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.

**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.

**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.





# 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





**TACOS • BURRITOS • NACHOS • YUM!**

Fundraiser to support PVHS Baseball  
at  
**Salsa Verdes Mexican Restaurant**

Wednesday, May 3<sup>rd</sup>  
4 – 9 PM



Located upstairs in the Patio Building at Lunada Bay Plaza:  
2325 Palos Verdes Dr. West  
Palos Verdes Estates, CA 90274  
(424) 206-9456

**Palos Verdes High School Baseball**

will receive **25%** of all dine-in and takeout orders  
that mention PVHS Baseball or show this flyer



**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



## Calling all PVPUSD families!

*Join us for an AAYF reception and family art project*

Come celebrate another great year of Art At Your Fingertips  
at Palos Verdes Art Center's Annual Student Art Show  
Presenting artwork from district students TK-5

**Friday, May 5, 2023, 4-6 pm**

**Palos Verdes Art Center  
5504 Crestridge Road  
Rancho Palos Verdes, CA 90275**

*Refreshments will be served  
PVAC Annual Student Art Exhibition on view through May 27, 2023*

Palos Verdes Art Center's Art At Your Fingertips outreach program provides the training and resources for parent volunteers to bring five high quality art projects into the classrooms of all PVPUSD elementary students annually.



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



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?



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

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