
Daily Bulletin: Monday, May 22, 2023

1 message

Palos Verdes High School <pvhs@pvpusd.net>

Fri, May 19, 2023 at 3:30 PM

Reply-To: ramirez@pvpusd.net

To: patriciagill8@gmail.com



Daily Bulletin: Monday, May 22, 2023
B-Day

7:30 - 8:25 Zero Period
8:30 - 10:25 Period 4
10:25 - 10:35 Nutrition
10:40 - 12:45 Period 5
12:45 - 1:15 Lunch
1:20 - 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



Phenomenal Food and Friends Club

Phenomenal Food and Friends is a phenomenal potluck club to share a variety of culture, meet new people, and enjoy delicious food. We hold themed potlucks once a month.

Our **ICE CREAM** potluck will be in Mrs. Maemoto's room (314) on **Tuesday, May 23rd** - bring your favorite ice cream and toppings! If you love food, this is the club for you!

For more information, contact Annalia at: annaliahenderson3@gmail.com



Join PVMC Today!

Palos Verdes Musical Connections, or PVMC, strives to spread our love of music with the community through volunteer service. We perform at senior homes and hospitals such as Torrance Memorial Hospital and Canterbury a few times each month in hopes of brightening up peoples' day! It is a great opportunity to receive service hours, meet new people, and have fun. Everyone is welcome to join PVMC!

Our next meeting will be in the music room (321) on **Monday, May 22nd**. Please attend if you are interested in signing up and joining our 2 upcoming performances:

1. The Canterbury Retirement Community on Saturday, 5/27 from 2:00-3:00pm
2. Torrance Memorial Medical Center on Sunday, 5/28 from 9:00-10:00am



Order Your Yearbook Today!

Get your yearbook before supplies run out.

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. [Click here](#) to purchase a yearbook today!

Library Updates

Seniors MUST CLEAR ALL Library Overdue Books / Obligations **BEFORE** Cap & Gown Distribution on **MONDAY, MAY 22nd.**

Sea Kings, clear **ALL library obligations IMMEDIATELY.**

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

Library Updates

The library will close at 3:30pm on Tuesday, May 22nd and Wednesday, May 23rd. Sorry for the inconvenience.

Student Environment Advocacy

The Student Environment Advocacy is a student-led nonprofit organization dedicated to encouraging green reform in the South Bay through presentations to city councils and grassroots events with local organizations. We have opened applications for the summer/fall session -- all you need to do is email a cover letter/resume to pvseadvocacy@gmail.com. You can check out our past events at [@pvseadvocacy](https://www.instagram.com/pvseadvocacy) on Instagram! Please email 586881@pvpusd.net if you have any questions.



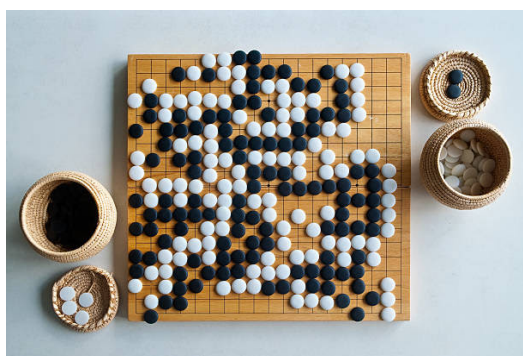
Wii Sports in the Library

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: seekinglinkcrew@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!

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 both presentations).

Junior Presentation *Part 2*

Wednesday, May 24, 2023

8:30am & 7:00pm

(only attend one)

PVHS MPR

Parents & Students Welcome!

SoCal Roc Fall Semester

The new SoCal ROC Fall 2023 semester schedule is now available in the counseling office! Earn high school elective credits while learning valuable skills that prepare you for college and/or an entry-level career! Courses are after school and FREE for high school students! Your SoCal ROC career guidance specialist is available to answer any questions in the counseling office every Tuesday during 2nd/5th period. Add your name to the signup sheet in the counseling office to meet with her ASAP!

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.

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.

Palos Verdes Peninsula Summer School Information

Palos Verdes Peninsula Summer School (PVPSS) is excited to get started in June! Our program offers both onsite and online courses for advancement, all of which are WASC/UC/CSU/NCAA approved. We also have an incredible College Application Prep (CAP) workshop for incoming seniors, which does not involve grades or credits. CAP is run by Kelly Baranick, PVPHS head counselor, as well as Tim Hall, PVPHS language arts instructor and 2023 Teacher of the Year. Under their leadership, each student creates a balanced college list and writes outstanding college essays, which makes the entire process less stressful and more successful.

Registration closes on Friday, June 2nd at 5pm.

Please view the flyer below and go to pvpss.com for details. Also, feel free to contact help@pvpss.com with any questions/concerns, as we're always glad to help.



High School Summer School 2023

Semester 1: June 20-July 7

Semester 2: July 10-July 27

Onsite Courses - Palos Verdes High School

Online Courses - Asynchronous (optional virtual support)

Onsite courses: 8 am - 1:30 pm

College Application Prep: 9:30 - 11:30 am

Online courses: optional virtual support

Registration closes June 2

PEF summer programs are not endorsed, favored, sponsored or supported by the Palos Verdes Peninsula Unified School District (PVPUSD) or any school or program thereof. Participation in PEF programs is not related to, is not a requirement of, nor is a prerequisite to participation in any PVPUSD class, sport program or team.

**TO REGISTER
AND FOR MORE DETAILS,
GO TO PVPSS.COM
(Look for Summer
High School-Registration)**

**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](#).

PALOS VERDES HIGH SCHOOL PTSA SPIRIT DAY



1882 S Pacific Coast Hwy
Redondo Beach, CA 90277

MAY 25
11AM - 10PM

 @HANDELSICECREAM
WWW.HANDELSICECREAM.COM



**20% OF THE TOTAL PURCHASE WILL BE DONATED TO
PALOS VERDES HIGH SCHOOL PTSA**

Not valid with any other offer. Good at Redondo Beach Handel's only. Good this day and time only.
Flyer distribution on Handel's property is prohibited and will result in forfeiture of your organization's entire donation.

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

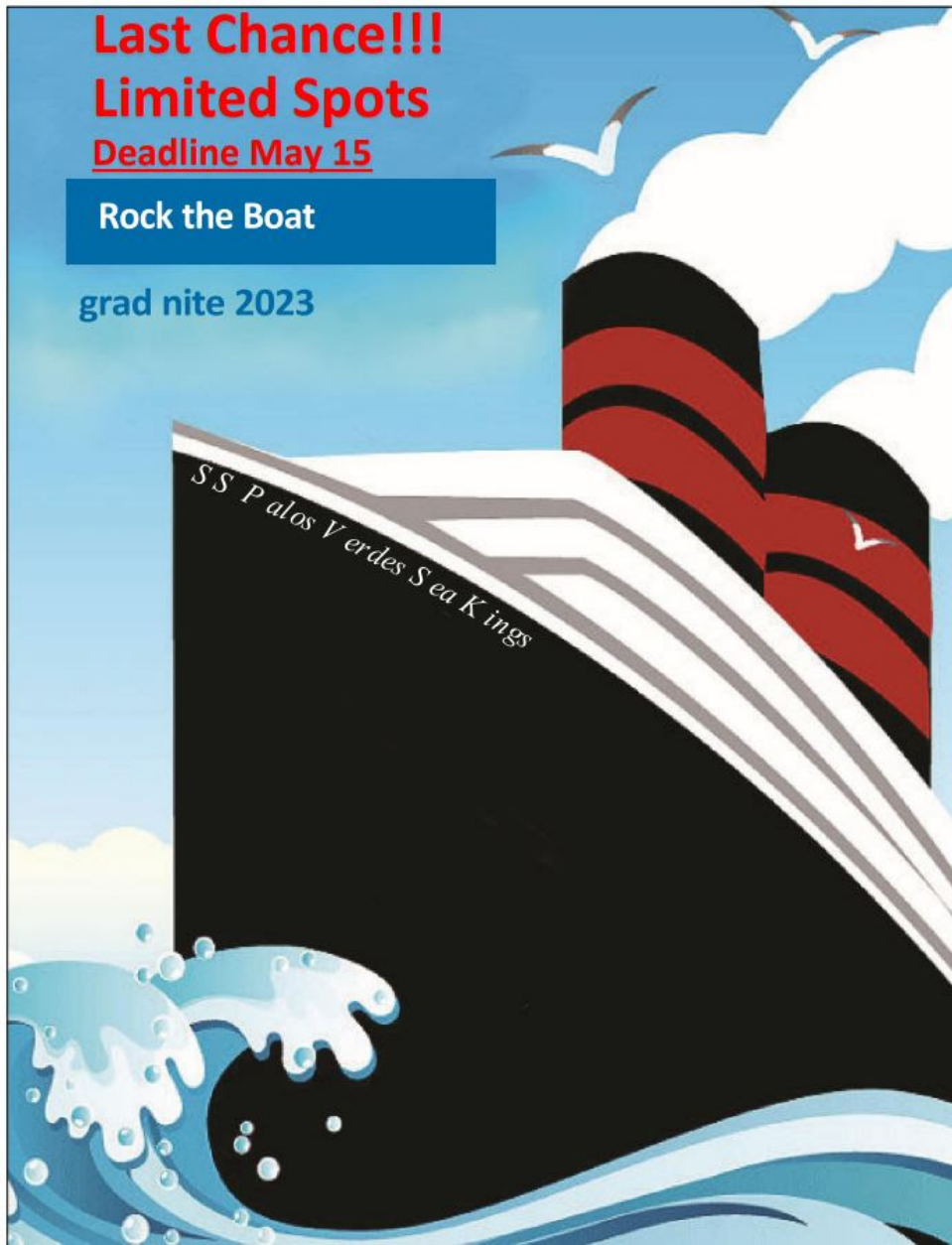
Students can access the Wellness Center during designated Drop-In Hours in increments of 10 minutes. If you feel like you need a longer break to regulate yourself a Counselor will be there to support and follow up with you.



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!

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.





SUMMER SPORTS ALLIANCE

**REGISTRATION IS OPEN
FOR HIGH SCHOOL ATHLETES**



Peninsula Education Foundation's mission is to provide opportunities for the well-being of all PVPUSD students. With this mission in mind, PEF is offering summer sports camps for high school athletes, who will be able to train and build skills this summer in anticipation of their upcoming season.

SSA camps are for incoming 9th -12th graders

STARTS JUNE 12, 2023

To register and for more info, go to [PVPEF.ORG](https://www.pvpef.org)

If you have any questions, please email sports@pvpef.org.

PEF summer programs are not endorsed, favored, sponsored or supported by the Palos Verdes Peninsula Unified School District (PVPUSD) or any school or program thereof. Participation in PEF programs is not related to, is not a requirement of, nor is a prerequisite to participation in any PVPUSD sports program, class or team.



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.

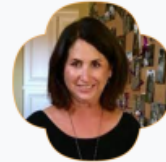
Please contact one of our therapists below:



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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