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**Daily Bulletin: Tuesday, May 23, 2023**

1 message

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

Mon, May 22, 2023 at 3:30 PM

Reply-To: ramirez@pvpusd.net

To: patriciagill8@gmail.com



Daily Bulletin: Tuesday, May 23, 2023  
A-Day

7:30 - 8:25 Zero Period

8:30 - 10:25 Period 1

10:25 - 10:35 Nutrition

10:40 - 12:45 Period 2

12:45 - 1:15 Lunch

1:20 - 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



## 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](mailto:annaliahenderson3@gmail.com)



## 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.

## Edible Literature Festival

The library is hosting an [Edible Literature Festival!](#) To participate, construct an edible representation of some aspect of a text you have read (even better if read this year!). It *may* recreate the cover, but even better if it depicts or interprets: an event, a symbol or theme, a character, or something *besides* the cover. Please type a brief but thoughtful explanation of your entry (including the author, title, & category) to help the judges interpret it. You may bake from scratch or start store-bought and decorate. Please be sure your entry is both edible and appetizing!

- Categories: Children's Literature
- PVHS Core Literature
- YA literature

Considered criteria:

Creative \* Delicious \* Thoughtful

Cakes, Cupcake(s), and Cookie(s) will be accepted.  
(Please nothing that needs to be heated or that must be refrigerated)

If you won't have time over Memorial Day weekend to do this but want to participate ahead of time, you can create your entry early and submit photos from multiple angles and your written blurb. (Make sure YOU are in at least one of the photos with your creation!)



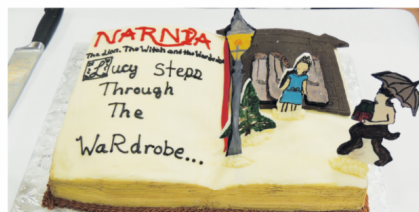
*Reading is a treat!*  
**PVHS LIBRARY  
EDIBLE  
LITERATURE**

To participate, construct an edible representation of some aspect of a text you have read (even better if read this year!). It *may* recreate the cover, but even better if it depicts: an event, a symbol or theme, a character, or something *besides* the cover. Please type a brief but thoughtful explanation of your entry (including the author, title, & category) to help the judges interpret it. You may bake from scratch or start store-bought and decorate. Please be sure your entry is both edible and appetizing!

**CATEGORIES:**

- Children's literature
- PVHS Core Lit.
- YA literature
- Edible Literary Puns

**CREATIVE \* DELICIOUS \* THOUGHTFUL**



**BRING TO THE LIBRARY TUE, 5/30**



Cookies, Cakes,  
or Cupcakes  
accepted!

**Learn more in the Library!**



## 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](mailto:pvseadvocacy@gmail.com). You can check out our past events at [@pvseadvocacy](https://www.instagram.com/pvseadvocacy) on Instagram! Please email [586881@pvpusd.net](mailto:586881@pvpusd.net) if you have any questions.

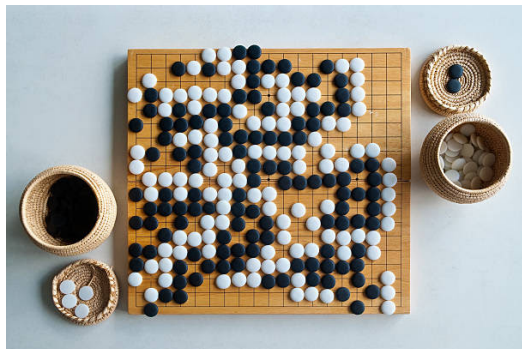




## Learn to play GO!

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!



## 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>

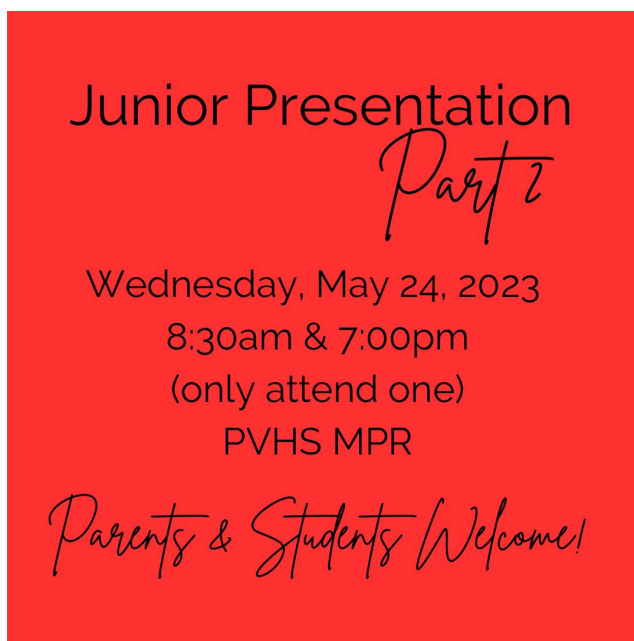
If you are a student athlete and need your transcript sent to NCAA, please indicate so in the Comments section. There is no fee for this.

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).



### **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](mailto: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](http://pvpss.com) for details. Also, feel free to contact [help@pvpss.com](mailto: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](http://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.



**PALOS VERDES HIGH SCHOOL PTSA  
SPIRIT DAY**

**REDONDO BEACH**

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

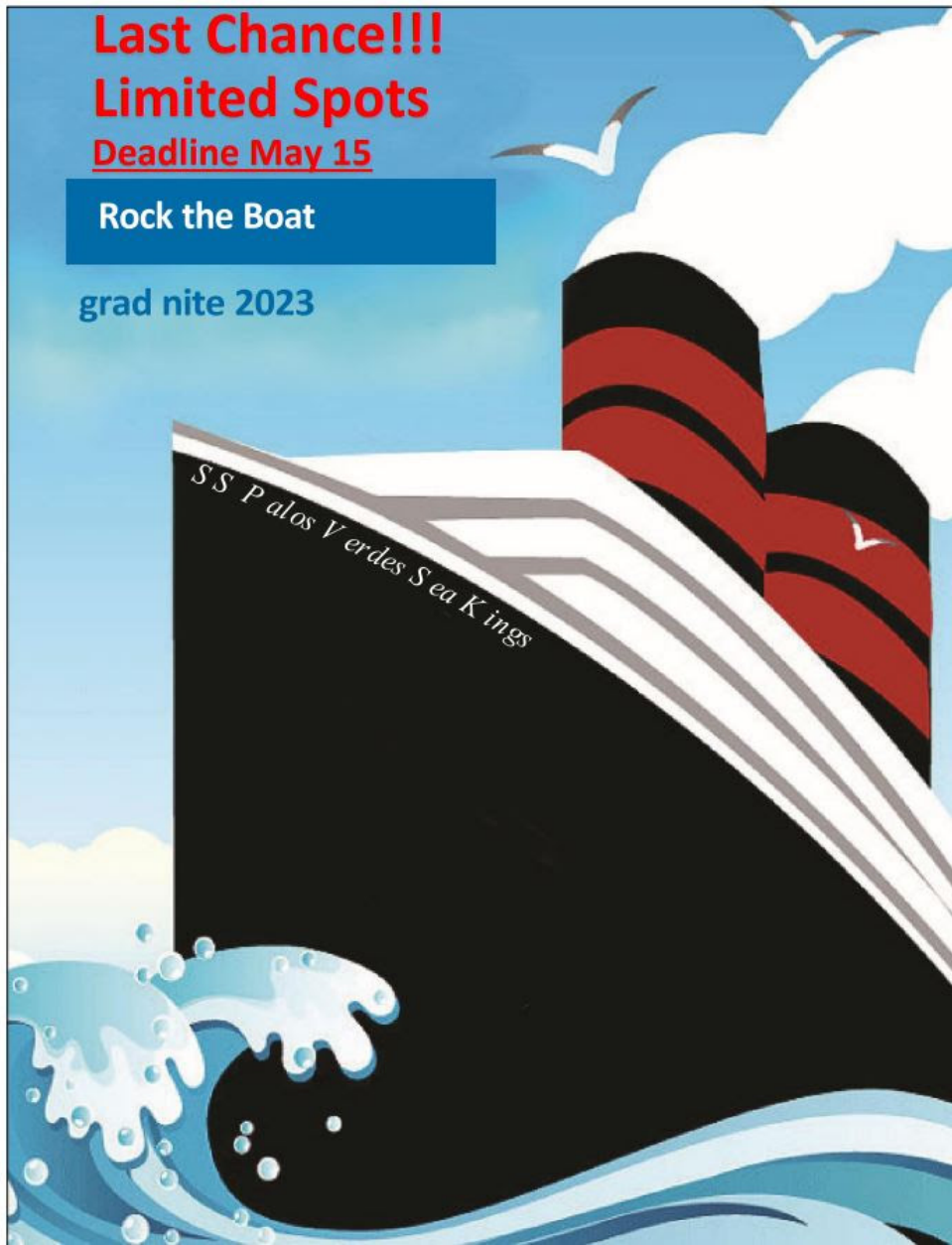
Students can access the Wellness Center during designated Drop-In Hours in increments of 10 minutes. If you feel like you need a longer break to regulate yourself a Counselor will be there to support and follow up with you.



**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!

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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







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](mailto: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.

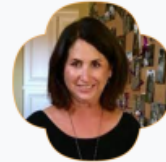
Please contact one of our therapists below:



**LIZ SCHOEBEN, MFT**

Executive Director  
650-799-5266

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



**KATHI COLLI, MFT**

Clinical Director  
424-262-0896

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

 [PVPUSD Social Emotional Supports](#)



**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

Unsubscribe [patriciagill8@gmail.com](mailto:patriciagill8@gmail.com)

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