



Patricia Gill <patricia@saidthespider.net>

Daily Bulletin: Tuesday May 30, 2023

1 message

Palos Verdes High School <pvhs@pvpusd.net>

Fri, May 26, 2023 at 3:30 PM

Reply-To: ramirez@pvpusd.net

To: patriciagill8@gmail.com



Daily Bulletin: Tuesday May 30, 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

@ PVHS

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



Lockers



All Students **MUST** clean out their personal and P.E lockers by **Friday JUNE 2nd**, failure to do so will result in custodial cleaning out the lockers themselves after this date.

Library Updates

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.](#)

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

Any questions or concerns, please contact Mrs. Robles at (310) 378-8471 ext 43376 or roblesm@pvpusd.net.

Band & Orchestra Concert



Library's Edible Literature Festival!

The **PVHS 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!

ENTRIES DUE TO THE LIBRARY THIS TUESDAY, MAY 30

Categories:

Children's 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)

COME TO THE LIBRARY AT LUNCH TO VIEW THE ENTRIES!

[Edible Literature Festival - PVHS LIBRARY MEDIA CENTER](https://seakinglibrary.com)
(seakinglibrary.com)



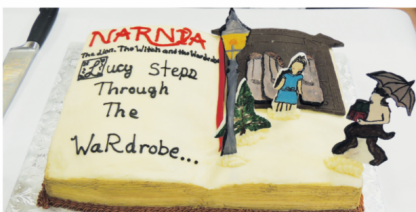
Reading is a treat!
PVHS LIBRARY
EDIBLE
LITERATURE

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!



GO! gameplay in the Library!

This past Monday and Thursday, the **PVHS Library** hosted over 40 students each day to learn and play the global classic strategy game of **GO!** Juniors David and Derek Su designed instructional playbooks and created visual aids to walk new players through the game. Day one, each student received instruction and a playbook and players returned Thursday for refreshments and gameplay. Well over 80 rounds of **GO!** were played. Special thanks to Ms. Wei for co-organizing and promoting and for generously providing boards, snacks, and the beautiful playbooks! We look forward to doing this again next year! Can't wait till then? The library has 3 **GO!** boards always available to students as well as donated copies of the playbook.

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.



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!

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.

The flyer is for High School Summer School 2023. It features a light beige background with decorative orange and blue triangular shapes in the corners. At the top right is the PVP Summer School logo, which includes a blue shield with 'PEF' and 'PVP' in large letters, and 'Summer School' in orange below it. The main title 'High School Summer School 2023' is in bold black text. Below it, the semesters are listed: 'Semester 1: June 20-July 7' and 'Semester 2: July 10-July 27'. The locations are 'Onsite Courses - Palos Verdes High School' and 'Online Courses - Asynchronous (optional virtual support)'. The schedule is 'Onsite courses: 8 am - 1:30 pm', 'College Application Prep: 9:30 - 11:30 am', and 'Online courses: optional virtual support'. A teal box on the left states 'Registration closes June 2' and includes a disclaimer. On the right, a call to action says '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.

What is the Wellness Center?

A PLACE TO RESET

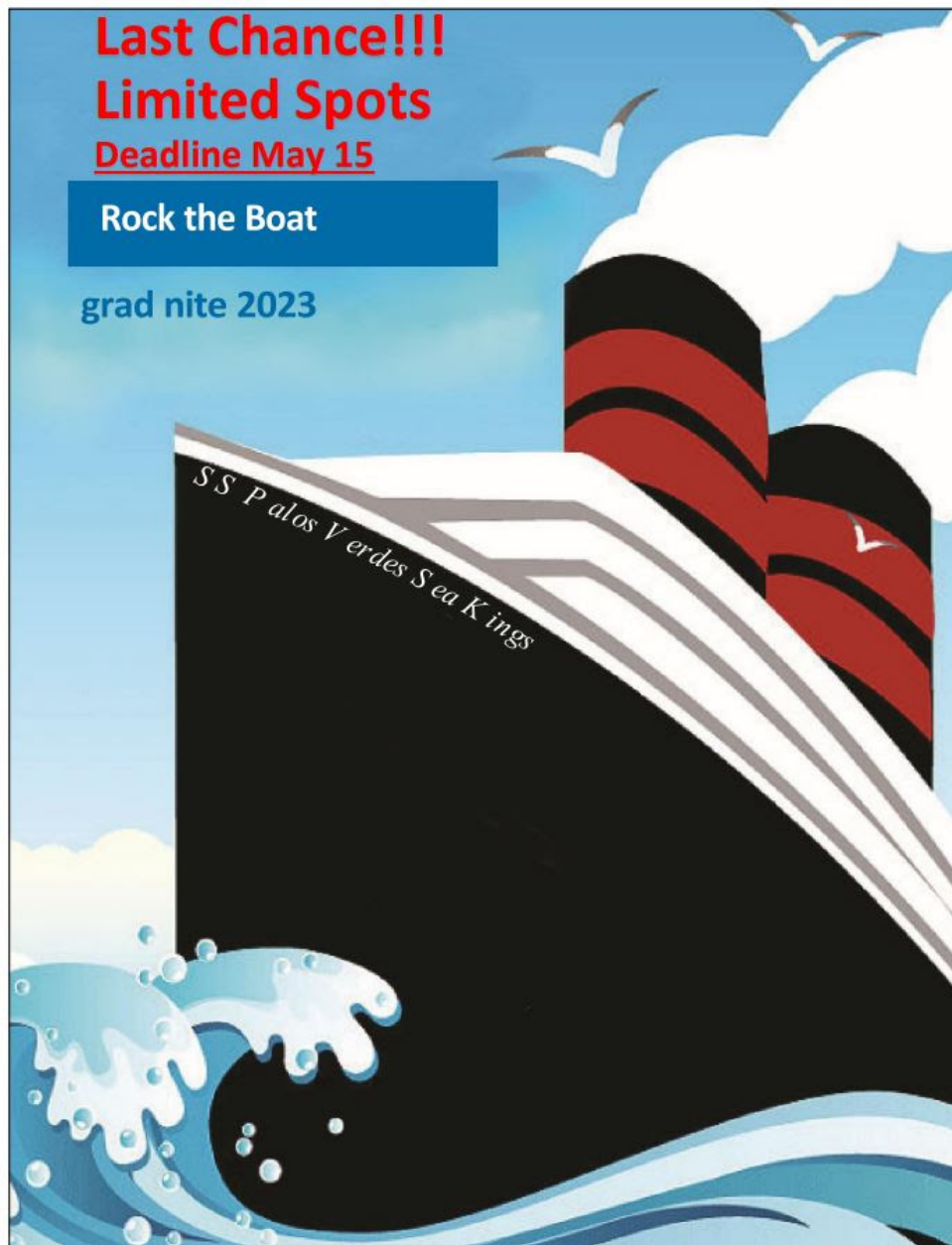
The Wellness Center is a safe space on campus to check in with a Counselor or SAGE Therapist during drop-in hours or to take a mental health break if you are feeling overwhelmed at school. Students can listen to music, practicing mindful breathing, or participate in short activities to help regulate 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!

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





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!

DEADLINE EXTENDED! Pre order on/before THURSDAY JUNE 1ST

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 June 1st.





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.

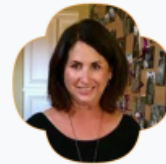
Please contact one of our therapists below:



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](#)



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

Palos Verdes High School | [Website](#)



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

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