

PLQXWH PHHWLQJ VKRXOG \RX FKRRVH WR VLJQ X
VWXGHQW V IRXU \HDU SODQ SRVWVHFRQGDU\ R\$
DQG FDUHHU SODQQLQJ DV ZHOO DV DQVZHU DQ\
KDYH 7KH DELOLW\ WR VLJQ XS IRU DQ DSSRLQW
DIWHU WKH SP :HELQDU £

3OHDVH UHJLVWHU IRU WKH DP ,1 3(5621 SUHV
/LQN +HUH

3OHDVH UHJLVWHU IRU WKH SP :(% ,1\$5 KHUH
/LQN +HUH

\$ QHZ RSSRUWXQLW\ IRU FXUUHQW -XQLI
VWXGHQWV WR H[SORUH WKHLU IXWXUH
FROODERUDWLRQ EHWZHHQ WKH &&& DQ

&2//(*(&\$5((5 &(17(5 83'\$7(6 (9(176

WsW , D Z K& KDD Z d E EdZ WZ E hZ^ WZK'Z D

] Ç}µ u]•• šZ /E&KZD d/KE ^ ^^/KE {}œ šZ]• u ì]vP %œ}Pœ u }v : vX í
~Z}}u íîô• š} %] l µ% Ğ)Ç Xœ %Ů]v %œœ œ]v v }(: vµ œÇU îîðX

select your student's classes for the 2024-2025 school year. The window to complete course requests is between January 22-February 4.

Students will meet with their counselor one-on-one during English classes on the following dates:

Current Juniors: February 5-7

Current Sophomores: February 13-15

Current Freshmen: February 20, 21, & 23

You may find information to assist you in the scheduling process on the school website on the Counseling tab under Scheduling.

Attention Senior Class of 2024:

As you begin to hear from colleges you've applied to, they may be requesting a *Mid-Year transcript*. These are your

grades from this past fall semester. You will need to order these on Scribbles and may find the link here: <https://pvpusdca.scribborder.com/applicationCurrent>.

Your counselor will begin to send these once grades are finalized and transcripts have been reviewed.

Not sure if you need to have a mid-year transcript sent? Check your application portals and emails. Do not miss this important information. Come see your counselor with any questions you have or help you may need.

Sophomore
**Family
Presentation**

Wednesday,
2/7/2024

8:30AM PVHS MPR
5:30PM WEBINAR

Sophomore Class of 2026

The opportunity for your family to attend a presentation with the PVHS counselors is coming up on Wednesday, February 7 at 8:30am in the MPR or 5:30pm via Webinar. You only need to attend one as the same information will be covered at both.

Second semester of sophomore year is a pivotal time in high school to begin thinking about postsecondary planning and beginning the steps toward that. Together with your counselor, you will participate in a 15-

minute meeting should you choose to sign up for one to discuss your student's four-year plan, postsecondary options, introduction to college and career planning, as well as answer any questions your family may have. The ability to sign up for an appointment will be made available after the 5:30pm Webinar.

Please register for the 8:30am IN PERSON presentation here:

[Link Here](#)

Please register for the 5:30pm WEBINAR here:

[Link Here](#)



JUNIOR **FREE**
Jumpstart

A NEW OPPORTUNITY FOR PVHS SEA KINGS STARTING THIS SPRING. EXPLORE YOUR FUTURE WITH MONTHLY WORKSHOPS IN COLLABORATION BETWEEN THE COLLEGE & CAREER CENTER AND PVHS COUNSELING TEAM.

PLAN STEP BY STEP AS YOU PREPARE FOR LIFE AFTER HIGH SCHOOL - **ONCE MONTHLY SESSIONS**

February 20
Building Your Resume: Learn all the things you need to know to create a tailored resume for a job, internship, volunteer or college application.
Audience: Students only
Time: 5:30 PM | Location: Webinar

March 19
Digital Fluency: Achieve an understanding how to effectively use social media and technology tools.
Audience: Students only
Time: 5:30 PM | Location: Webinar

April 10
Summer Kickoff: Prepare for your last summer before senior year and post-secondary plans.
Audience: Students and parents
Time: 8:30 AM & 5:30 PM | Location: In-person (AM) & Webinar (PM)

**SPACE IS LIMITED.
STUDENTS WHO REGISTER SHOULD PLAN TO ATTEND ALL 3 SESSIONS.
NO MAKEUP SESSIONS WILL BE OFFERED.
REGISTER HERE FOR THE FIRST EVENT.**

<https://calendly.com/pvhscounseling/junior-jumpstart-building-your-resume-webinar>



A new opportunity for current Juniors this semester allows students to explore their future with monthly workshops in collaboration between the CCC and Counseling

Department. The first workshop will take place on Tuesday, February 20, **Building Your Resume**: Learn all the things you need to know to create a tailored resume for a job, internship, volunteer or college application. Please register for the 5:30pm webinar here: [LINK](#)

Wellness Center Activities for the month of January





M u s i c & M i n d f u l n e s s
W i t h P V H S S a g e
T h e r a p i s t s

T h u r s d a y s i n t h e W e l l n e s s
C e n t e r a t L u n c h

90'S THERAPY THROWBACK

FT. "BOYMEETS WORLD"

Join Your PVHS SAGE Therapists
for Weekly Episodes, Discussions, and
Popcorn



FEBRUARY 14- MARCH 27,
2024

Wednesdays @ Lunch in the Wellness
Center

Sign Up in the Counseling Office by
2/7/2024



COLLEGE CAREER CENTER UPDATES & EVENTS:

PVP CHAMBER OF COMMERCE TEEN ENTREPRENEURS PROGRAM

Did you miss the INFORMATION SESSION for this amazing program on Jan. 16th? If so, stop in to the CCC (Room 318) to pick up a flyer and application. **Application deadline:** End of January, 2024.

College Horizon: College Prep Seminar for Parents

Presented by: **Joanne Lewis/Director, PVHSCCC**

&

Teresa Hoffman/Specialist, Financial Aid & Scholarships

JANUARY 25TH @ 6:30PM

Webinar via Zoom / Link to register/attend TBA

This program will **orient families to upcoming programming and resources and how best to prepare for a less stressful, happier college search and application process.**

Parents/Guardians & students grades 9 - 11 encouraged to attend.

Discussion topics include:

- Resources available at PVHS and what to expect moving forward
- Standardized testing
- Timeline for junior and senior years
- Student responsibilities and expectations
- The college admission process

Sign up for a FREE practice SAT and/or ACT - FEBRUARY 2024!

The Palos Verdes High School College Career Center has partnered with Compass Education to offer at-home, computer-proctored [Digital Adaptive SAT](#) and [ACT](#) practice tests at no cost through [Compass' Online Testing Center](#). While the [Digital Adaptive SAT](#) will give students the opportunity to experience the new format of the test, the computer-proctored ACT practice test matches the current paper/pencil, linear version of the test.

These practice tests provide our students with just that... practice before taking a college entrance exam!

Many sophomores and juniors will attempt both tests in order to be thorough in their planning. We recommend prioritizing the Digital Adaptive SAT (the least familiar to students), then the linear ACT (a popular choice due to perceived stability in this transition year to a new SAT).

CLICK HERE TO REGISTER

Dates/Times:

- At-Home Online Testing Center ACT – available anytime between February 2-4 (linear, mirrors paper/pencil version) – **AVAILABLE TO ALL GRADES**
- At-Home Online Testing Center SAT – available anytime between Feb. 23-25 (linear, mirrors paper/pencil version) – **AVAILABLE TO ALL GRADES**

Deadline to REGISTER is one week before the administration!

IMPORTANT INFORMATION FOR SENIORS/PARENTS OF SENIORS

The FAFSA (Free Application for Federal Student Aid) is now available 24/7!

You can apply [HERE](#). Class of 2024 students & parents should read the following information from the U.S. Department of Education/Student Financial Aid: [6 Things Students/Parents Need Before They Fill Out the 2024–25 FAFSA® Form](#). An FSA ID must be obtained before starting the FAFSA. [Create your FSA ID now. CLICK HERE to create an FSA ID.](#) Find out [if your parent\(s\) will need to be](#)

contributors. If your parent(s) need to contribute to your form, make sure EACH contributor creates their own FSA ID.

Class of 2024: DID YOU APPLY TO UCLA? Don't miss **PROSPECTIVE SCHOLARS DAY**

JANUARY 18th, 20th & 21st 5-6pm

Official webinar registration is now open here.

On behalf of UCLA's Alumni Scholars Club (ASC) to remind you of the upcoming **Prospective Scholars Day Zoom** webinars on January 18, 20, and 21 from 5-6PM. They will present more information about **Alumni Scholarships** and have a Q&A with current Scholars. Students must register to receive the webinar link.

.....
SCHOLARSHIP OPPORTUNITIES and DEADLINES:

JANUARY 23 - EDISON SCHOLARS (\$50,000) - for seniors who want to make a difference in the world by studying science, technology, engineering or math (STEM) in college. Requirements for applying include having at least a GPA of 3.0 or higher on a 4.0 scale and show financial need.

FEBRUARY 5 - ELK'S LEGACY AWARD (\$4,000) – seniors only; any child/grandchild of a living Elk who joined the order on or before April 1, 2020, is eligible to apply. Candidates who qualify are judged on knowledge, charity, community service, and integrity.

FEBRUARY 28 – LOS ANGELES MILITARY CHARITABLE FUND SCHOLARSHIP (Varies) – seniors only; must be a child of an active, retired service member or current or retired Dept. of Defense employee; awarded on academic performance, extracurricular activities, demonstrated leadership, and applicant's character.

FEBRUARY 29 – MARY P. WYATT SCHOLARSHIP (\$865) – PVHS seniors only; min 3.0 GPA; demonstrates financial need; actively helps others.

MARCH 1 – SONS OF ITALY SCHOLARSHIP (\$500 - \$5,000) – seniors only; must be wholly or partially of Italian Descent; selection based on scholastic record, activities evidencing leadership, financial need, written personal goals statement, essay of Italian Origin, and letters of recommendation.

MARCH 7 – PERRAULT FAMILY SCHOLARSHIP (\$930) - awarded to a senior, male or female, who has been a member of the PVHS Varsity Soccer Team during their senior year. Criteria includes leadership, commitment to the sport and academic achievement. Preference given to soccer players who have played defensive positions.

MARCH 20 – PV PENINSULA LIONS CLUB (\$500 - \$1,000) - seniors only; consideration will be given to academic achievement (min. GPA of 3.0), service to others, leadership, financial need and a strong desire/plan for further education/professional focus.

MARCH 22 – SUSAN PAVELKA SCHOLARSHIP FOR JOURNALISTIC EXCELLENCE (\$500) - for a college-bound senior who has participated and excelled in PVHS journalism. Candidates are eligible to apply after fulfilling a minimum of two consecutive years as a leader/writer in one or more of these journalism programs: yearbook, literary magazine, newspaper, podcast or broadcast news.

APRIL 1 – SOUTH BAY JAPANESE AMERICAN CITIZEN LEAGUE

(Varies) – Scholarships are open to all high school seniors of Japanese American ancestry residing in the South Bay JACL Chapter area and a member of the JACL. Students are required to fill out only one application for the scholarships listed below. The committee will select the recipients for each of the scholarships based upon the requirements:

- Kiichi Egashira Memorial Scholarship - for students pursuing a bachelor's degree in physical and biological sciences, engineering/mathematics.
- Janice Kobata Zoeger Memorial Scholarship - for students in pursuit of a bachelor's in any field of study relating to biological sciences, foreign and/or ancient language or business.
- Ernest K. Tsujimoto Memorial Scholarship - for students in pursuit of an undergraduate degree majoring in the STEM fields.
- Gardena Valley Japanese American Citizens League Scholarship - for students pursuing a bachelor's degree in any field of study.
- David & Lily Nakatani Scholarships - for high school seniors planning to attend a college or university in pursuit of a bachelor's degree majoring in the STEM fields: Science, Technology, Engineering, or Math

Showcase your talent and WIN!



High-School Arts competition:

- ART** 2 or 3 dimensional
DANCE any style, single/ensemble 1-3 minutes
SPEECH "Doing Good in the World", 4-6 minutes
MUSIC (Vocal) any style, single or ensemble, 1-3 min
MUSIC (Instrumental) any style, single/ensemble 1-6 min

First Prize wins \$1,000, Second \$500, Third \$250

Two -Step competition: First at the Granada Hills Rotary Club, at Porter Valley Country Club at Tampa & Rinaldi. Winners go on to Rotary District - **Saturday April 13, 2024. Location To Be Determined.**

Applications must be submitted by February 28th

For details, contact:

PUT YOUR CLUB'S CONTACT INFO HERE, SIMILAR TO BELOW

Agnes Lewis, District Chair, Pageant of the Arts
818-804-0095, allewis7@gmail.com



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

SCHEDULE CHANGE!



CHALLENGERS BASKETBALL VOLUNTEERS

CANCEL 4 February

ADD 25 February

All sessions now 1:00 - 2:00
Peninsula High School Kelly Field House Gym

JANUARY

8 ✓

14 ✓

21

28

FEBRUARY

~~X~~ *cancel*

11

18

25 *add*

NEW VOLUNTEERS WELCOME!

Show up any Sunday 5-10 minutes before 1:00.
Just sign in and let us know if it's your first time.





Valentine's SALE

Buy Two Flannel Pajama Pants for \$50
One for You and One for Your Valentine !

On Sale 16 January thru 13 February
Order online via the live link below

And remember PVHS PTSA invests all proceeds in
your PVHS campus and classrooms !

ORDER LINK



WINTER FORMAL
An Enchanted Evening on January 27th
Corsages & Boutonnieres available at
WALTERIA FLOWERS

20% of purchase donated back to PVHS Sea Kings!

Place order in-store at 24266 Hawthorne Blvd or call 310-375-1771





TED LIEU
CONGRESSMAN *for* CALIFORNIA'S 36TH DISTRICT



Please join us for the annual bipartisan, multi-district

SERVICE ACADEMY DAY

Hosted by the Office of Congressman Ted Lieu

Saturday, February 3, 2024

1:00-4:00 PM, via Zoom

[Please register here](#)

Students, parents, and educators are welcome!

We invite you to listen to speakers from the U.S. Air Force Academy, U.S. Military Academy, U.S. Naval Academy, U.S. Coast Guard Academy, U.S. Merchant Marine Academy, parents, current attendees, and alumni from the Service Academies. In addition to a wonderful speaking program, representatives from Southern California Congressional Offices will be available to answer all of your Academy-related questions!

Questions: Aurelia Friedman and Karen Calderon
(323) 651 - 1040

ServiceAcademyNOM.Lieu@mail.house.gov

More info: <https://lieu.house.gov/services/military-academy-nominations>

Printed In-House

Zoom Link

Attention Students:

Are you interested in becoming a nurse, doctor, dentist, surgeon, paramedic, firefighter, physical therapist, veterinarian or any type of medical professional? Learn valuable skills in SoCal ROC Health Science courses that can help you jump start your career! Choose from the following courses:

- Anatomy & Medical Terminology

- **Dental Assisting** - prerequisite for Dental Career Prep, which leads to certification
- **Emergency First Responder** - prerequisite for EMT, which leads to certification
- **Intro to Alternative Medicine**
- **Health Unit Coordinator & EKG Technician** (must be 17 1/2) - leads to certification
- **Pet Health & Grooming**
- **Physical Therapy Aide**
- **Sterile Processing Distribution Technician** (must be 17 1/2) - leads to certification.
- **Veterinary Assistant**
-

Earn high school A-G approved 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! We also offer free transportation to and from SoCal ROC. Add your name to the sign-up sheet in your Counseling Office to meet with your SoCal ROC career guidance specialist or contact her at rpcontreras@scroc.k12.ca.us or 310-224-4240 for more information ASAP!

SoCAL
ROC



GET A JUMPSTART ON YOUR FUTURE *at SoCal ROC*

SCHOOL OF HEALTH SCIENCES



Patient Care Pathway

- Certified Medical Assisting (Adult)
- Medical Assisting Modules
- Certified Nursing Assistant (Adult)
- Sterile Processing Distribution Technician
- Pharmacy Technician
- Anatomy and Medical Terminology
- Intro to Alternative Medicine
- Kinesiology and Sports Medicine
- Physical Therapy Aide
- Dental Assisting for High School Students
- RDA and Dental Assisting (Adult)



Animal Science Pathway

- Pet Health and Grooming
- Advanced Pet Health and Grooming
- Veterinary Assistant
- Veterinary Science



Health Care Administrative Services Pathway

- Health Unit Coordinator
- Medical Front Office



Emergency Care Pathway

- Emergency Medical/First Responder
- Emergency Medical Technician



www.socalroc.com

2300 Crenshaw Blvd, Torrance Ca 90501



SoCalROC





WHY ENROLL?

at SoCal ROC

HIGH SCHOOL STUDENTS



Explore Career Fields & Earn Certifications

- Earn Elective Credit and many courses are UC/CSU A-G approved
- Gain hands-on experience and familiarize yourself with industry environments and equipment
- Gain a competitive advantage on college and job applications by earning industry certifications



Afterschool Classes

- Classes are designed to accommodate your schedule
- Days: (M-Th) (M/W) (T/Th)
- Time: 1:15pm, 4:15pm, and 7:00pm classes



Free Tuition, Materials, & Transportation

If your school is a part of one of the six districts listed:
IUSD, ESUD, MBUSD, PVPUSD, RBUSD, or TUSD

- Transportation available for 1:15pm and 4:15pm classes
- Students who choose to use HopSkipDrive will be picked up and dropped off at their high school
- Not a part of our JPA districts? Not a problem, you can still enroll by paying out of pocket or by contacting South Bay Workforce Investment Board (SBWIB) and/or Department of Rehabilitation (DOR) for financial support

ADULT STUDENTS



Short-Term & Flexible Industry Training

- The flexibility, affordability, and hands-on application to help you land a job and start a career
- Days: (M-Th) (M/W) (T/Th)
- Time: offer morning, afternoon, and night classes



Graduate Workforce Ready

- State or National Certifications Available
- Opportunities to gain on-the-job experience with local businesses and medical and dental offices



Potential Financial Support

- For financial support contact our partners: South Bay Workforce Investment Board or Department of Rehabilitation
- Find out more about SoCal ROC's "SoCal Workforce Reimbursement Program" (Adult Only) by visiting www.socalroc.com or calling registration

Contact Your Assigned Career Guidance Specialist



RBSUD | TUSD

Ana Briseno

P: (310)-224-4239

E: ABriseno@scroc.k12.ca.us

ESUD | MBUSD | IUSD | PVPUSD

Rocio Pineda-Contreras

P: (310) 224 4240

E: RContreras@scroc.k12.ca.us

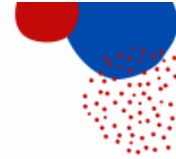
Contact Registration



Registration

P: (310)-224-4200

E: info@scroc.k12.ca.us



ASSISTEENS[®]

TRANSFORMING LIVES AND
STRENGTHENING COMMUNITIES

Invites you to our Get Acquainted Social

Saturday, January 27, 2024 11:30am - 1:30pm

**A volunteer organization for young ladies and men
who will be rising 7th-11th graders in 2024-2025**

BECOME PART OF A TRADITION

SERVING THE SOUTH BAY SINCE 1936

**ASSITEENS IS A CERTIFYING ORGANIZATION FOR THE
PRESIDENTIAL SERVICE AWARD. OUR MEMBERS WORK
TOGETHER TO FOSTER A SENSE OF PERSONAL AND
COMMUNITY RESPONSIBILITY WHILE DEVELOPING POISE,
SELF-RELIANCE, PUBLIC SPEAKING, AND LEADERSHIP
SKILLS THROUGH PHILANTHROPIC ENDEAVORS.**

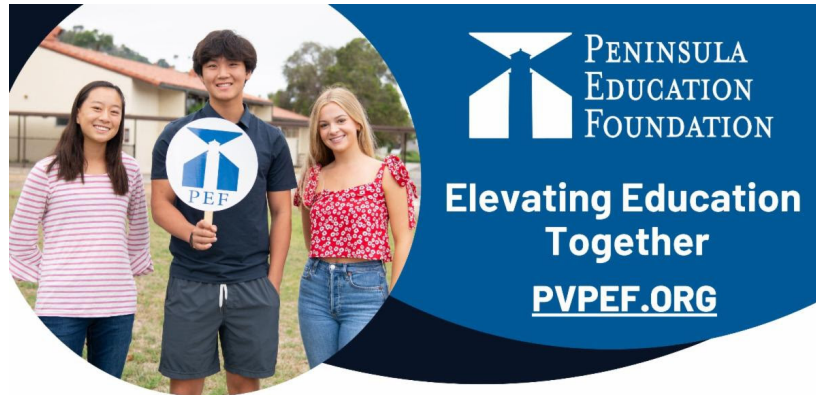
RSVP by 1/22/24 to

AssisteensMemberships@gmail.com

**Assistance League Chapter House
1441 West 8th St., San Pedro**

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





**WITH YOUR SUPPORT AND GENEROSITY,
OUR STUDENTS RECEIVE AN EXCELLENT EDUCATION!**

California ranks among the lowest in the nation in public school funding. With the passage of Prop. 13 in 1978, the funding methods for education in California were turned upside down. Now, after all this time, our public schools remain underfunded.

Your donation to PEF funds critical programs, staff and teachers that strengthen the academic journey of all PV High students:

**COUNSELORS
STEM PROGRAMS
TEACHER GRANTS
COLLEGE AND CAREER CENTER STAFF
HIGH SCHOOL SCIENCE FAIR
AND MORE!**

**Our goal is 100% family participation.
Please donate at whatever level is possible for you.
Every donation makes a difference!**



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](#)

[Unsubscribe](#) patriciagill8@gmail.com

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by pvhs@pvpusd.net powered by



Try email marketing for free today!