
Daily Bulletin: Friday March 15, 2024

1 message



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

**Daily Bulletin:
Friday, March 15, 2024**

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

The A/B Calendar can be found on the PVHS website in case of any discrepancies.
Please click on the link here: [A/B Cal & Bells](#)



THE POINT

APPLY NOW!



**WRITING
LEADERSHIP**

**PHOTOGRAPHY
ART**



Applications available in room 414

DUE DATE CHANGE: THURSDAY 3/14!

[Application Link](#)

WE CAN DO THIS!!! FOOD WITH INTEGRITY
COMMUNITY STARTS HERE
FOIL-WRAP
GOOD NEWS
GENEROUS
HELPING
BURRITOS
WISER
EFFECTIVE
TASTE
MAD
FRESH
EVERY
HER DAY
THING
FOOD
ULTIMATE
BETTER
WORKED
VOLUNTEER

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
PVHS POINT NEWSPAPER

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, MARCH 20TH | 4-8PM
4C PENINSULA CTR, ROLLING HILLS ESTATES, CA,
90274

ORDER ONLINE FOR PICKUP USING CODE **2AYFEY9**
OR SHOW THIS FLYER IN RESTAURANT





For online orders to count toward the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

**National English Honor Society Book Drive
for Donation Credit**

DONATION CREDIT REQUIREMENT!


NEWS & BOOK DRIVE

BOOKS WILL BE DONATED TO THE CHILDREN'S CLINIC IN LONG BEACH

BOOK REQUIREMENTS:

- 1-2 donations recommended
- New or gently used
- Appropriate for grades K-12
- Dropped off to rm. 323 at LUNCH ONLY



RUNS FROM:
MARCH 18TH - 21ST



Anyone interested in trying out for ASB for next year, there will be a mandatory meeting at lunch in Room 302 on **MONDAY, March 18!**

Please Contact Mrs. Maxfield for more information.



**WHO WANTS
TO BUY A
YEARBOOK?**

**Don't miss out
on the moments of 2023-24!
Purchase your yearbook
online for \$175 by April 1st
to assure yourself a book.
Jostens [Link](#) for Purchase**

**The Social Science Honor Society is taking
sign-ups for the remainder of this year.**

**If you are interested in joining,
see Mrs Driver in 324 for information!**

Important Facts
Why Breakfast is Important
March 4-8, 2024

Monday: Are you feeling tired? Maybe that's because you aren't eating breakfast! Come to the cafeteria every morning to get your breakfast and start your day off right!

Tuesday: Eating breakfast improves concentration and focus. When you're hungry, it's harder to concentrate. Your body and brain are craving nutrients, so it's important to start the day by refueling with nutritious foods like milk, fruits, and whole grains.

Wednesday: Start your day off with breakfast. Eating a nutritionally balanced breakfast can support brain activity that helps control emotions, moods, expectations, behaviors, decision making skills, and cognition.

Thursday: People who don't eat a healthy breakfast are more prone to unhealthy snacking choices. After a long night's sleep our body craves food. Common breakfast foods like yogurt, oats, fruit, and eggs are high in protein and/or fiber, which helps you feel full and leads to less unhealthy snacking.

Friday: Breakfast eaters have better test scores, improved memory, and focus, and are less likely to be absent or tardy. Schools with breakfast programs report fewer behavioral problems and visits to the school nurse.

90's THERAPY THROWBACK FT. "BOY MEETS WORLD"
Wednesdays @ Lunch in the Wellness Center
Sign Up in the Counseling Office by 2/7/2024
February 14- March 27, 2024
Join Your PVHS SAGE Therapists for Weekly Episodes,
Discussions, and Popcorn

90's Therapy Throwback with PVHS Sage Therapists



Wednesdays at Lunch in the Wellness Center
February 14th-March 27th

Sign Up in the Counseling Office



COUNSELING

Junior family presentation

Wednesday, 4/10
8:30 am Gym
5:30 pm Webinar

with
PVHS Counselors

Hey Juniors and Parents/Guardians:

Save the date for the Junior Family Presentation on April 10 at 8:30am in the Gym or 5:30pm via Webinar. This is an important one you don't want to miss! Counselors will review all that you need to know for the summer before your senior year related to college applications, essays, resumes, letters of recommendation prep, and more! See you there!

8:30am Gym event information link is available [Here](#)

5:30pm Webinar registration link is available [Here](#)

JUNIOR

Jumpstart

FREE

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 SECOND EVENT.**

[https://calendly.com/pvhscounseling/
junior-jumpstart-digital-fluency-via-
web](https://calendly.com/pvhscounseling/junior-jumpstart-digital-fluency-via-web)



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

The second workshop will take place on Tuesday, March 19, Digital Fluency: Achieve an understanding how to effectively use social media and technology tools. Please register for the 5:30 pm webinar here: [LINK](#)



THE ONLINE AUCTION IS OPEN!

Make a difference and bid today!

All proceeds benefit PVHS Booster Club and the 3 A's:
Academics • Arts • Athletics

**Thanks to our generous donors, this year's auction
has some amazing items, including . . .**

Weekend Escape to the Westin Desert Willow Villas
4 Dodger Dugout Club Tickets + Parking
Tickets to Beach Life Festival
Exclusive Front Row Seats to Class of 2024 Graduation
10 Person Private Wine Dinner at HT Grill
Angel FC Premium Experience
Full Set of Braces
And MUCH, MUCH MORE!

THE AUCTION IS READY FOR YOUR BIDS!

Share the link with friends and family members outside of our Sea King community...there is something for everyone! Start your bidding by clicking the link below.

CTW ONLINE AUCTION

Tickets to Catch the Wave on March 15th have **sold out** but please consider supporting the event by becoming a Sponsor, at the link below:

CTW WEBSITE

Catch the Wave with us!

Thank you for your continued support and GO SEA KINGS!

**Trista Ramirez, Ed.D., Principal
Palos Verdes High School**

PV Booster Club President:

Dean Decker - djdecker28@gmail.com

Catch the Wave Co-Chairs:

Amy Friedman - amymfriedman@aol.com

Kristen Kouzmanoff - superkouz@hotmail.com

Wendy Moulton - wmcheatham@hotmail.com

A promotional graphic for the Honorary Service Award (HSA). It features a dark background with red and white geometric shapes. The text is centered and reads: "HSA", "Do you know someone who has gone above and beyond to help the well-being of students and families at PVHS?", "Do you know a teacher, administrator or community member who makes your day a little brighter?", "Now is the time to thank them! Nominations are due by Friday, March 29th! Please see the link below", and a call to action "GO SEA KINGS!". The graphic is decorated with white arrows and circles.

HSA

Do you know someone who has gone above and beyond to help the well-being of students and families at PVHS?

Do you know a teacher, administrator or community member who makes your day a little brighter?

Now is the time to thank them!
Nominations are due by
Friday, March 29th!
Please see the link below

GO SEA KINGS!

The **Honorary Service Award** Selection Committee requests that members of the Palos Verdes High School community assist in the selection of deserving recipients for recognition at the HSA Celebration on Wednesday, May 29th, 2024. Any individual or organization that has made significant contributions to the well-being of children, youth or families at PVHS and/or in our community may be considered for this award.

The Honorary Service Award Program includes the Honorary Service Award (HSA), Continuing Service Award (CSA), Golden Oak Service Award (California's highest honor), Very Special Person Award (VSP), Outstanding Teacher Award (OTA), and Outstanding Administrator Award (OAA). The program also honors those who go above and beyond for PVHS specifically, with the Sea

King Award. Nominations are due by **Friday, March 29th!** Please nominate a deserving person today! [CLICK HERE](#)



COLLEGE CAREER CENTER UPDATES & EVENTS:

THURSDAY, March 14 @ 12:45 in the CCC:

Study in Europe: Options & Opportunities!

The **PVHSCC** will host admission reps from several top **European Universities** during a **Lunchtime mini college fair & Info session in the CCC/Room 318**. This is a great opportunity for sophomores/juniors to begin investigating a different, shorter, less expensive and exciting path to higher education. **NO REGISTRATION NECESSARY, JUST DROP IN TO THE CCC AT LUNCHTIME ON Thursday, March 14!**

THIS IS SCHOLARSHIP SEASON!

CLICK THIS LINK FOR: **SCHOLARSHIP OPPORTUNITIES & DEADLINES**

APPLY NOW as these local scholarship opportunities for **SENIORS** will be gone by mid-April!

Click on the name of the scholarship in order to access the application and further information. Questions? Please contact Teresa Hoffman at hoffmant@pvpusd.net in the College and Career Center.

The Lundquist Institute
**High School
 Summer Fellows
 Program**

Application Period Begins: March 1, 2024
 Application Deadline: March 31, 2024
 Program Dates: June 10 – August 2, 2024
www.lundquist.org/hssfp

**SOUTH BAY
 PROMISE
 NIGHT**

WEDNESDAY, MARCH 13 | 5:45-7:30 P.M. | MARSEE AUDITORIUM | PARKING IN LOTS L & H

Attend this in-person information night and learn about the South Bay Promise (SBP) at El Camino College! Hear firsthand about the benefits, requirements, and eligibility for SBP.

You'll have the opportunity to speak one-on-one with our support programs at a resource fair!

Light refreshments will be provided.

 **Reserve Your Spot**
www.elcamino.edu/southbaypromise

Questions? Contact outreach@elcamino.edu

ACCOMMODATIONS: If you anticipate needing any type of accommodation, or have questions about the physical access provided, email outreach@elcamino.edu as soon as possible, but no later than seven days prior to the event.

FREE Enrollment for 2 Years!
 FOR FIRST-TIME COLLEGE STUDENTS



Experience **Las Niñas & Las Madrecitas**

A unique Mother-Daughter experience that develops meaningful connections.



SERVE | CONNECT | LEAD | GROW



Serving the community since 1957

Unique in our mission and connections, we have served the South Bay community and Downtown L.A.'s Lusk Orthopaedic Institute for Children (LOIC) for over 60 years. We volunteer at children's camps, schools, LOIC, its clinic in Calexico and much more. We produce the Evergreen Ball and Spring Event to celebrate our Senior families and fundraise for LOIC.

Now Recruiting for 6th-10th Grade Classes for Las Niñas & Las Madrecitas

lasmadrecitas-lasniñas.com

*Las Madrecitas and Las Niñas de Las Madrecitas is not related to, sponsored by or endorsed by the Palos Verdes Peninsula Unified School District.



PENINSULA
EDUCATION
FOUNDATION

2024 SENIOR SCHOLARSHIP

Peninsula Education Foundation will award two \$1,500 scholarships to students in the graduation class of 2024 who are continuing their education at the post-secondary level. Applicants must be currently enrolled in the Palos Verdes Peninsula Unified School District and maintained enrollment for two years prior to graduation. Only online applications will be accepted. The application and more detailed information can be found at pvpef.org under "What We Do - Senior Scholarships" or at bit.ly/3YaF1wa.

APPLICATION DEADLINE IS MARCH 24, 2024

TED LIEU

CONGRESSMAN *for* CALIFORNIA'S 36TH DISTRICT



A chance for students in the 36th district to showcase their artistic talent!

Entry Criteria

- Must be two-dimensional and no larger than 26 inches by 26 inches by 4 inches
- Must not weigh more than 15 pounds, including frame
- Must have the 2024 Student Release Form secured with painters tape to the back of your piece
- Must be original in concept, design, and execution, and may not violate U.S. copyright laws
- Art pieces are NOT required to be framed for judging

Submission Deadline

Friday, March 1st at 5:00 PM at 1645 Corinth Avenue, Suite 101, Los Angeles, CA 90025

Please submit your art to our district office **In-person** and **email** a high-quality photo of your art in JPG format to cac.lieu@mail.house.gov. We will use your digital submission for a slideshow.

Please put the [2024 Student Release Form](#) on the back of each art piece submitted in-person and, for the digital submission, make sure to include the 2024 Student Release Form in PDF format. Include in the subject line of the email the following information:

- "Your name - Name of the piece - Medium"
- Medium Types: Painting, Photography, Drawing, Mixed Media, Other (ie. Computer generated art, collages, etc.)

We thank the Wallis Annenberg Center for Performing Arts for being our fiscal agent.

Reception

Saturday, March 23rd from 1:00-3:00 PM
The location will be sent out after the submission deadline.

Winners will be announced at this event and contacted afterwards with further details.

Additional Inquiries

Contact Aurella Friedman at
(323) 651-1040 or
aurella.friedman@mail.house.gov or
visit

lieu.house.gov/services/art-competition

Printed In-House

**2024 Congressional Art Competition
Student Information & Release Form**

PLEASE TYPE. THIS INFORMATION IS USED FOR CERTIFICATES.
INCOMPLETE FORMS WILL NOT BE ACCEPTED.

MEMBER/DISTRICT INFORMATION		
MEMBER OF CONGRESS NAME:		STATE & DISTRICT:
STUDENT INFORMATION		
NAME:		GRADE:
STREET ADDRESS:		
CITY:	STATE:	ZIP:
MAILING ADDRESS (IF DIFFERENT):		
STUDENT EMAIL (PERSONAL):	STUDENT PHONE (CELL):	
PARENT OR GUARDIAN NAME(S):		
PARENT PHONE:	PARENT EMAIL:	
SCHOOL		
SCHOOL NAME:		
STREET ADDRESS:		
CITY:	STATE:	ZIP:
STUDENT EMAIL (SCHOOL):	ART TEACHER NAME:	
ART TEACHER PHONE:	ART TEACHER EMAIL:	
ART COMPETITION ENTRY		
TITLE OF ENTRY:		
MEDIUM:		
DESCRIPTION:		
<p>Please include a detailed description of the artwork, clearly identifying the major elements of the piece.</p> <p>For office use only:</p> <p>FRAMED DIMENSIONS: Height: _____ inches Width: _____ inches Depth: _____ inches</p> <p>See official guidelines for framed size and artwork weight restrictions.</p>		

PLEASE COMPLETE THE RELEASE FORM ON PAGE 2.

PAGE 1 OF 2

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, ajlewis7@gmail.com



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



Attention Students:

Jumpstart your career in the welding industry at SoCal ROC! Learn the necessary skills to become a certified welder in construction, automotive, aerospace, and a wide variety of other industries!

Welding I – Monday through Thursday, **1:15pm-4:15pm**.

Starts April 15th

First of 4 total Welding modules

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 the 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!



School of Engineering and Design



**ACCELERATE YOUR FUTURE
Welding Program**

MODULES I-IV

ENROLL NOW

Monday - Thursday 1:15pm - 4:15pm
START DATE: 4/15/24
END DATE: 6/13/24
EARN 5 HS CREDITS

Students will learn:

- Project based experiences in welding
- OXY-Acetylene cutting and Arc Welding 6010, 7018, ARC Welding-Aluminum, MIG Welding-Steel, TIG-Welding Steel, TIG Welding Aluminum, TIG Welding-Stainless Steel

Who Should Take the Course



- Career Changers and/or HS students looking to gain the necessary certifications and skills to enter the welding field
- Artist who want to learn how to weld sculptures

Certification



- The opportunity to take the AWS 3G and 4G Plates Examination
- The experience needed for entry-level welding positions
- HS students: Up to 20 elective credits (UC/CSU "C" elective)

Potential Careers



- Iron Worker
- Sheet Metal Welder
- Construction Welder
- Underwater Welding
- Robotic Welding
- Metal Artist

<https://weldingdigest.aws.org>

Prerequisites



None

For More Information

 (310) 224-4200  www.socalroc.com
 info@scroc.k12.ca.us

HS Student



Adult



Stay Updated

SoCalROC
 

AP US History

Please include the message below in your principal's message. (K-12)

In October 2023, the PVPUSD school board took a substantial step towards updating the 2006 Advanced Placement U.S. History curriculum by approving two textbooks for a pilot that were aligned with the updated 2015 College Board requirements. Subsequently, in January 2024, the board extended this effort by approving a third textbook for inclusion in the ongoing pilot. The ultimate goal is to select one of these textbooks for an official adoption at an upcoming Spring board meeting.

The three textbooks currently undergoing rigorous review are:

- Fraser, James. *By the People: A History of the United States*, 3rd Edition, Pearson, 2024.
- Davidson, James West, et al. *Experience History: Interpreting America's Past*, 9th Edition, McGraw-Hill Education, 2019.
- **Newly Board Approved 3rd Pilot:** Cohen, Lizabeth and Kennedy, David M. *The American Pageant, AP® Edition*, 17th Edition, Cengage 2020.

These textbooks are open for public preview and comments. Input from the community is not only welcomed but encouraged. Interested individuals can access these materials at the following locations:

- PVPUSD District Office (outside of the board room)
- Palos Verdes High School (main office)
- Palos Verdes Peninsula High School (school library)

To provide feedback on any of the books under review, please click the link [here](#) or scan the QR code provided. Note that feedback submissions must be received by April 12, 2024, to be considered.



For additional information about the PVPUSD Curriculum adoption process and currently adopted textbooks, please visit the PVPUSD website [here](#).



You're invited to a free
COLLEGE FAIR!



Speak with representatives from colleges around the world!

**INLAND EMPIRE
(UC RIVERSIDE):**
Saturday, March 16,
11:00 a.m. – 1:00 p.m.

**SAN DIEGO
(SCRIPPS HS):**
Saturday, March 23
1:00 p.m. – 3:00 p.m.

**LOS ANGELES
(GRANADA HILLS
CHARTER):**
Saturday, April 6
11:00 a.m. – 1:00 p.m.

**CENTRAL COAST
(TEMPLETON HS):**
Wednesday, April 10
6:00 p.m. – 8:00 p.m.

**SOUTH BAY AREA
(WEST VALLEY
COLLEGE):**
Thursday, May 2
6:00 p.m. – 8:00 p.m.

**EAST BAY AREA
(ST. MARY'S
COLLEGE OF
CALIFORNIA):**
Saturday, May 4,
1:00 p.m. – 3:00 p.m.

**SACRAMENTO
(SAFE CREDIT
UNION):**
Tuesday, May 28
5:30 p.m. – 7:30 p.m.

Register & learn more
StriveFair.com

For questions email wacacollegefairs@wacac.org



VENICE ARTS PRESENTS:
CREATIVE CONVERSATIONS
A VIRTUAL SPEAKER SERIES WITH CREATIVE PROFESSIONALS

FREE + OPEN TO YOUNG PEOPLE AGES 16-24
MONDAYS AT 4PM VIA ZOOM

2024 SPRING SCHEDULE

SCAN THE QR CODE TO REGISTER FOR THE ENTIRE SERIES

March 11
The Art of Visual Storytelling
A discussion with seasoned cinematographers and directors about the fundamentals of visual storytelling.

March 18
Crafting a Narrative Short
Conversation with screenwriters and editors focusing on the importance of executing a narrative short from pre-prod to post.

March 25
A Deep Dive into Unscripted
A session with executives and producers discussing techniques for enhancing unscripted storytelling.

April 1
Documentary Film and Journalism
Talk with executives and creators about the similarities and differences between journalism and documentary filmmaking.

April 8
Commercial and Branded Content
A panel with directors and producers covering the process of making commercials and branded content.

April 15
The Power of Sound Design
A deep dive with sound designers and editors on the role of sound in centralizing the narrative flow of live-action and animated films.



← **SCAN TO REGISTER!**

PARTICIPATION GIVES YOU PRIORITY FOR PAID OPPORTUNITIES

MORE INFO AT WWW.VENICEARTS.ORG/CCWE



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 trista@palosverdeshighschool.ccsend.com powered by



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