

Daily Bulletin: Monday March 4, 2024

1 message







### **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: Monday, March 4, 2024

### **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

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





PVHS ASB is thrilled to be able to host SENIOR DISNEY DAY 2024 at the Happiest Place on Earth! Please note that this event is subject to available space and it will sell out due to limited space at Disneyland.



### Senior Disney Day 2024

March 1 : Order Forms DUE May 21: Event DATE

Order Form Details: Please check your email for the permission slip that was sent out on Friday! You must sign in to your Aeries account to access the permission slip.

to guarantee your spot. This includes the cost of the bus to and from Disneyland. Annual passes are not allowed at this time with group trips, if you haven't already reserved a spot.

Please fill out the permission slip and bring a check for \$225 to the student store

The deadline for turning in field trip slips and full payment is March 4, 2024. SPACE IS LIMITED and BUSSES are limited!

### Event Details: May 21, 9:15 a.m. to approximately 11:00 p.m.

Seniors will line up at the LIBRARY at 9:15 a.m. for check in and to load the bus. You will ride the same bus with the same people TO and FROM Disneyland/California Adventure. There is no driving separately and no staying later. No food or drink will be allowed onto the bus. Please plan accordingly and eat breakfast before you arrive and bring money for lunch, dinner, and any additional needs. Additionally,

NO large backpacks or large purses will be allowed. You will have to pass through security in order to load the buses.

Please understand that seniors must attend either Senior Day at Disneyland or attend school. For students not attending Senior Day, absences will be handled in the regular manner. Because of complicated insurance and liability regulations, seniors may not join the class at Disneyland unless they have purchased a ticket and have arrived at Disneyland with the group. Use of private transportation is not permitted to or from Disneyland.

Questions, please contact Mrs. Maxfield at maxfieldj@pvpusd.net

### Parent Square Link

Only use the Permission Slip PDF If you cannot access Parent Square, it is preferred that everything be done online. Please create an account and submit the appropriate documents and signatures requested.

Thank you.

**Permission SLIP PDF** 

# 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!

<u>Tuesday:</u> 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.

<u>Wednesday:</u> 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.

<u>Thursday:</u> 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.

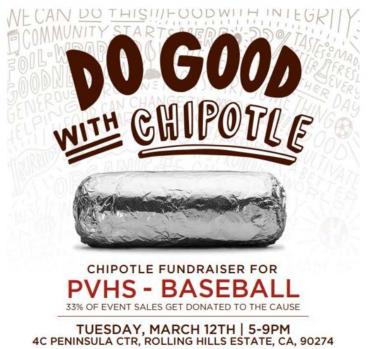
<u>Friday:</u> Breakfast eaters have better test scores, improved memory, and focus, and are less likely to be absent or tardy. Schools with breakfast programs report fewer behavioral problems and visits to the school nurse.

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



ORDER ONLINE FOR PICKUP USING CODE **QE98GAE** OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards 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.



**Scheduling for the 2024-2025 School Year** 

- Please identify the letter emailed by our Associate
   Principal, Mr. Ito with the information you need to 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.



SENIOR CLASS OF 2024 ORDER YOUR MID-YEAR TRANSCRIPT!

### **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: <a href="https://pvpusdca.scriborder.com/applicationCurrent">https://pvpusdca.scriborder.com/applicationCurrent</a>.

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.



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



### **COLLEGE CAREER CENTER UPDATES & EVENTS:**

### **PVHS COLLEGE NIGHT 2024**

CLASSES OF 2025, 2026 & 2027

**FEBRUARY 29TH** 

6:00 PM - 8:30 PM

MPR & CLASSROOMS TBA

JUNIORS - SOPHOMORES - FRESHMEN - STUDENTS/FAMILIES ENCOURAGED TO ATTEND!

KEYNOTE SPEAKER: Ffiona Rees, Interim Executive Director of Undergraduate

Admission, University of California, Los Angeles and recent Chair of National

Association for College Admission Counseling

### BREAKOUT WORKSHOPS REPEATED TWICE- 7:00-7:40 PM & 7:45-8:30 PM

**<u>Understanding Your Best Fit</u>**: How to Begin Researching Colleges

<u>College Connections</u>: Making the Most of College Visits, College Fairs & Rep Visits to PVHS!

Health Sciences Pathways: Nursing, Pre-Med, PT, OT & everything in-between!

**Overview of the UC System & Application Insights** 

**Business Programs: Preparing to be a Competitive Applicant** 

**Community College: Opportunities & Resources for High School Students** 

## PVHS College Kickstart for the Class of 2025 !!! SAVE THE DATES!!!

**Class of 2025**, you are invited to participate in **PVHS College Kickstart** and get a head start on your college applications!

During the **PVHS College Kickstart** series of presentations and workshops, the **PVHSCCC**, college admission reps and college counselors will assist students in the **Class** of 2025 through the college search and application experience, from building their college list to filling out applications, writing college essays, and more! **The PVHS College Kickstart** is targeted for students who do not have private assistance and would appreciate this opportunity... however, ALL in the **PVHS Class of 2025** are welcome!

Our new **PVHS College Kickstart** series of three sessions includes a spring session during an English class in April (dates TBA) focused on launching the college search, building the college list, and preparing for applications. All students in the **Class of 2025** will benefit as the Spring Kickstart will be jam-packed with important information that will help students build a strong foundation for the college application process.

### **College Kickstart Series for the Class of 2025**

#1 - Spring College Kickstart: Getting Started | various dates in April TBA/ depending on English Class

In Person during a Junior English Class

**#2 - Summer College Kickstart: Essays & Applications | June 11, 12, 13** 10:00 AM - 2:00 PM - In Person in the PVHSCCC

**#3 - Fall College Kickstart: Supplemental Essays and UC Application | August 13, 14, 15** 10:00 AM - 2:00 PM - In Person in the PVHSCCC

\*

### **CLASS OF 2024: THIS IS SCHOLARSHIP SEASON!**

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

<u>APPLY NOW</u> 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.

### Strive Scholarship

Peninsula Chapter of NCL

We are now accepting applications for the Strive Scholarship through the Peninsula Chapter of NCL for the 2024 -2025 academic year!

### Criteria

- Financial need
- Academic performance and potential (minimum GPA 3.0)
   Extra-curricular activities
   Service activities

- \* Work experience

Scholarship Awards typically range from 1,000 - 3,000 per year for four years if students maintain eligibility.

\*See your counselor for an application and details.

### Applications due Friday, March 8, 2024.

### Applications can be emailed or mailed to:

Strive Scholarship Chair, Peninsula Chapter P.O. Box 3342 Rolling Hills Estates, CA 90274

scholarship.ncl.peninsula@gmail.com



Strive NCL Scholarship is not affiliated with PVPUSD





Join us on Friday, March 15<sup>th</sup> for Catch the Wave 2024, our biggest fundraiser to support PVHS Booster Club! Your help is crucial in funding our school's needs and enhancements. We look forward to welcoming you to an exciting evening of fun, celebration, and community spirit.

### Please consider:

- Becoming a Catch the Wave Sponsor Click <u>HERE</u>
- Attending Catch the Wave at Early Bird rates until February 15th - Click <u>HERE</u>
- Donating items for our Online & Live Auctions
- Click HERE





# Congressional Art Competition

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

### **Entry Criteria**

- $\bullet\,$  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 <u>Student Release Form</u> 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 **emall** a high-quality photo of your art in JPG format to **cac.lleu@mall.house.gov.** We will use your digital submission for a slideshow.

Please put the <u>2024 Student Release Form</u> 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, erc.)

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 aurelia.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:		GRAD	E:		
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:					
Please include a detailed description of the artwork, clearly identifying the major elements of the piece.  For office use only:					
FRAMED DIMENSIONS: Height: inches W	idth: inche	es Depth: inch	es		
See official guidelines for framed size and artwork weight restrictions.					
			PAGE 1 OF 2		

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

(CONTINUED FROM PAGE 1)				
STUDENT NAME:	STATE & DISTRICT:			
TITLE OF ENTRY:	I			
ORIGINALITY CERTIFICATION				
I hereby certify that, to the best of my knowledge, the art entry described above is an original work of authorship by the undersigned student and that it is not copied from, nor does it include, any other person's copyrighted work. I further certify that the art entry was not created using any generative artificial intelligence (AI).				
STUDENT SIGNATURE	ART TEACHER SIGNATURE			
ADTWODE DELEACE				

#### ARTWORK RELEASE

We, the undersigned, represent that the art entry described above is an original work of authorship personally created by the undersigned student to which the student is entitled copyright protection. In consideration for the acceptance of the art entry by the Member of Congress designated above in An Artistic Discovery (the Congressional Art Competition sponsored by the U.S. House of Representatives) and intending to be legally bound hereby, the undersigned grant the Member and the House the right to reproduce, distribute and publicly display the art entry, if it is selected for display, in accordance with the rules of the Art Competition. The undersigned grant the Member, the House, their employees and agents, the United States, and the Congressional Institute, Inc., and its employees, the right to reproduce, distribute and publicly display the art entry for any non-commercial purpose. This release allows the undersigned and their families, as well as the office of a Member of Congress, to purchase additional copies of the Exhibition Categor similar product, without it being a non-commercial purpose. The undersigned further release the Member, the House, their employees and agents, the United States, and the Congressional Institute, Inc., and its employees, from any and all liability for damage, loss, or misappropriation of the art entry during and subsequent to the Art Competition. The undersigned further agrees to indemnify, hold harmless and defend the Member, the House, their employees and agents, the United States, and the Congressional Institute, Inc., and its employees, against any and all claims of any nature whatsoever, including, but not limited to, claims of copyright infringement, by any party whatsoever, arising out of or in any way related to the submission of the art entry in the Art Competition.

STUDENT SIGNATURE PARENT/GUARDIAN SIGNATURE (IF UNDER 18)

### 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:**

Are you going to be a dentist, dental hygienist, or oral surgeon one day? Jumpstart your career in the dental industry by becoming a Dental Assistant at SoCal ROC! Do you want to learn welding skills to eventually become a certified welder in construction, automotive, aerospace, and a vast variety of other industries? Learn the necessary skills at SoCal ROC! There is still time to enroll in 2 more courses this Spring semester:

### Dental Assisting

- Monday through Thursday, 4:15pm-7:00pm. Starts February 20th
- Prerequisite for 2nd course Dental Career Prep, which leads to certification

### Welding I

- Monday through Thursday, 1:15pm-4:15pm ONLY. 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 <a href="mailto:rpcontreras@scroc.k12.ca.us">rpcontreras@scroc.k12.ca.us</a> or 310-224-4240 for more information ASAP!



### **School of Health Sciences**



### **ACCELERATE YOUR FUTURE**

### Dental Assisting for HS Students

INTRODUCTION + CAREER PREP

### **Enroll Now**

To access our course schedules call (310)-224-4200 or visit www.socalroc.com

### Students will learn:

- Entry-level skills in chair-side assisting, laboratory techniques, front office procedures, dental radiology, and duties that support a dentist in a dental office
- · Specialties including orthodontics and oral surgery

#### **Who Should Take the Course**



Students looking to explore the possibility of pursuing a career in the dental field

### Certification



- Dental Radiology Safety Compliance, Dental Practice Act, and Infection Control Certificates
   The ability to apply for Dental Assisting positions and get paid while they earn their work hours
- HS students: 10 total elective credits (UC/CSU "G" elective)

### **Potential Careers**



- Dental Assistant
   Oral Surgery Assistant
   Pediatric Dental Assistant
   Dental Hygienist
   Dental Assistant
   Orthodontic Assistant
   Dentist

### **Prerequisites**



- Module 1: None
   Module 2: Must be 18 by the end of module and graduate HS to complete an externship
- Please review course prerequisites letter

#### For More Information







Adult

Stay Updated SoCalROC 0 f





### REGIONAL OCCUPATIONAL CENTER School of Engineering and Design



### **ACCELERATE YOUR FUTURE**

### **Welding Program**

MODULES I-IV

### **ENROLL NOW**

To access our course schedules and fees call (310)-224-4200 or visit www.socalroc.com

### 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: UC/CSU "G" elective

### **Potential Careers**



- Iron Worker
   Sheet Metal Welder
   Construction Welder
   Metal Artist

https://weldingdigest.aws.org

### **Prerequisites**



### For More Information







**HS Student** 

Adult



Stay Updated
SoCalROC

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### **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,
- o 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 <u>here</u> 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  $\underline{\text{here}}$ .





## 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 pypef.org under "What We Do – Senior Scholarships" or at <a href="https://district.org/bit/bit/19/34F1wa">bit.ly/3YaF1wa</a>.

**APPLICATION DEADLINE IS MARCH 24, 2024** 



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 wacaccollegefairs@wacac.org





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.

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.





### 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

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