



ATTENDANCE PROCEDURES:

Parents/guardians must notify the Attendance Office within 72 hours to clear a student's absence. All absences, early releases, and appointments must be reported using the [Google Form](#).

Please note that the form must be submitted using the parent/guardian email address registered in Aeries (parents will get a confirmation email).

Students are not permitted to submit the form **UNLESS** they are 18 years old.

You may contact our attendance clerk by email for any questions:

Lisa Kastelan: kastelan@pvpusd.net

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](#)

Daily Bulletin: Tuesday, April 14, 2026

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

Seniors, Order Your Cap and Gown Now!

Hey Class of 2026! It's time to get ready for graduation by ordering your cap and gown. Order today so you're all set to celebrate this amazing milestone in style. Click [HERE](#) to order your grad essentials!



Palos VERDES HIGH SCHOOL

ORDER YOUR GRAD ESSENTIALS!



ORDER ONLINE NOW!



highschool.herffjones.com

QUESTIONS?

Contact us: Lee Tousignant, Herff Jones Representative.

Call us toll free at **866-238-5336** or by emailing highschoolcs@herffjones.com Order online 24/7 at herffjones.com





C/O 2026 Senior Packet!



VIP RESERVED GRADUATION SEATS ARE AVAILABLE

Dear Senior Sea King Families,

We are excited to announce two options for seating at graduation this year.

1. **EIGHT FREE general admission tickets per senior**

OR

2. PURCHASE VIP RESERVED SEATS

VIP Graduation Seats are a major PVHS Booster Club Fundraiser!!!! This purchase is tax-deductible.

If you choose to purchase VIP TICKETS, the number of upgraded tickets purchased will be deducted from your general admission tickets.

(For example: If you purchase 6 VIP Tickets , you will only receive 2 general admission tickets).

VIP Reserved seating perks include:

- Padded seats with your family name, in a pre-assigned row
- A minimum of four seats comes with one parking pass in the VIP parking lot
- Family members will be directed to a VIP entrance, where you can sit back and relax
- Seats are located directly behind the seated graduates

Row 1 - SOLD OUT at Catch the Wave

Row 2 - available at \$300 per seat

Row 3 - available at \$200 per seat

Row 4 - available at \$150 per seat

Row 5-8 available at \$100 per seat

REMEMBER you don't have to buy seats....graduation day is amazing either way, but for those who prefer reserved seating to relieve a little of the stress, it's a wonderful option. In addition, you'll be relaxed while donating to our incredible school.

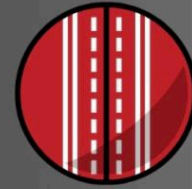
More information about the Graduation and Senior Awards Ceremony will be forthcoming in the next couple of months. This will include more details about general admission tickets and ceremony details.

For questions about purchasing VIP tickets, please contact Amy Roche
& Mindy Gormley @ gradseatsviparking@gmail.com

**For general questions, please contact our amazing ASB
Director, Jama Maxfield @ maxfieldj@pvpusd.net**

CONGRATULATIONS to your 2026 Senior!!!

GO SEA KINGS!!!!



Athletes who plan to play a sport in college and have already committed to a school can participate in a Signing Day ceremony at NUTRITION in Senior Park on 04/15 at 10:25 AM.

Students wishing to participate should email the Athletic Director, Mr. Shapiro (shapiro@pvpusd.net), with their name, sport, and the school they plan to attend.





When a die-hard theater fan plays his favorite cast album, the characters come to life in this hilarious musical farce.

Winner of five Tony Awards, including Best Book and Best Original Score, *The Drowsy Chaperone* is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another.

With the houselights down, a man in a chair appears on stage and puts on his favorite record: the cast recording of a fictitious 1928 musical. The

recording comes to life, and The Drowsy Chaperone begins as the man in the chair looks on. Mix in two lovers on the eve of their wedding, a bumbling best man, a desperate theater producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight.

Hailed by New York Magazine as “The Perfect Broadway Musical,” The Drowsy Chaperone is a masterful meta-musical, poking fun at all the tropes that characterize the musical theater genre.

Performances run April 17-19 and 23-26.

For tickets, click [HERE](#)

***recommended for ages 13 and over**

BERRY

PV ASB Fundraiser

BOWLS



Tuesday April 14th

12pm-5pm

1755 S Elena Ave, Redondo Beach

Mention PV ASB at register





PALOS VERDES HIGH SCHOOL

STUDENT ART EXHIBITION

A P R I L 1 6 - M A Y 1 0 , 2 0 2 6

PALOS VERDES PENINSULA LIBRARY LOBBY
701 SILVER SPUR ROAD, ROLLING HILLS ESTATES, CA 90274

LOBBY RECEPTION: THURS. APRIL 16, 3:45PM-5:30PM



COUNSELING

Summer School: Planning to take a course this summer? You can find the 2026 Out-of-District Course Application Form [here](#), along with important dates and deadlines, and board policy information about courses credits taken outside of PVPUSD.

Note: Only a parent/guardian may initiate and complete an online Out-of-District form. No paper copies of the forms will be accepted.

Request for Placement: Did not receive a grade in the prerequisite class and wish to request placement into a higher-level class? Locate the 2026 Request for Placement Form [here](#).

Note: Only a parent/guardian may initiate and complete an online Request for Placement form. No paper copies of the forms will be accepted.

Yet- I AM Inc.



Creative Expression

For Neuro Divergent Individuals



Join us for a day of fun & self-expression with activities that celebrate creativity for everyone.








Saturday April 18

11 AM - 1 PM

Ladera Linda Park

32201 Forrestal Dr, Rancho Palos Verdes

-  **Music by our neuro divergent individuals**
-  **Art & Painting by Tiny Art Stories**
-  **Dance Workshops by Monika Sajwan**
-  **Fun Games by Imaginable Adventures**
-  **Verbal Expressions by Letters Of Hope**

All are welcome Free entry

Yet- I AM Inc. is not related to, sponsored by, or endorsed by the Palos Verdes Peninsula Unified School District.

Also, Snack box available for purchase if pre ordered on our website



**INTRODUCING A NEW
WEEKLY ACTIVITY:**

SEA KING ARCADE

PLAY WITH US:

Rocket League
Super Smash Bros Ultimate
Mario Kart 8

**THURSDAYS
@ LUNCH
KING'S CORNER**

**PRACTICE YOUR SKILLS,
SCRIMMAGE, AND PREPARE FOR
A FUTURE SEA KING E-SPORTS
TEAM**



Make a Difference on Earth Day by Caring for Nature at White Point with PVP Land Conservancy

Saturday, April 18, 9am to noon

White Point Nature Preserve, [1600 W. Paseo Del Mar, San Pedro](#)

Celebrate Earth Day by joining us for a fun and rewarding morning of volunteering at this beautiful coastal preserve in San Pedro. Your efforts will support habitat for local wildlife and keep White Point beautiful for all to enjoy! We'll have a variety of hands-on activities including planting, weeding, watering, seed preparation, and light trail care. Enjoy coffee, snacks, and a free raffle. No experience needed. All ages welcome! ***Volunteer hour verification is available for school credit.***

Afterward, stay and enjoy a guided nature walk through the native plant garden, explore the nature center, take part in children's activities, chat with a naturalist about the natural and cultural history of White Point, and meet some of our ambassador animals. Reserve your spot today! LINK: [Learn more and register here](#)



shutterstock.com • 680304622

The LAHC Dual Enrollment Biotechnology Pathway info meeting is this **Thursday, April 16 at lunch in Mrs. Munoz's classroom.**

We are only one of a few select South Bay high schools to offer this competitive program for dual enrollment!

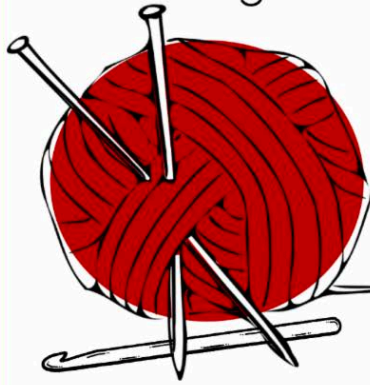
This is a great opportunity for students currently enrolled in AP Chemistry, AP Biology, or Science Research — or for students planning to take one of these courses next school year — as the pathway is especially well aligned to those interests and classes. If you are interested in learning more about the program, please plan to attend.

Email Mrs. Egan with any questions @ eganr@pvpusd.net

CLASS Comp SCORES



Beginners welcome!



knitting
&
crochet

supplies provided!

In the library THURSDAYS @ lunch

SUMMER VOLUNTEER PROGRAM



Looking to make a difference, develop leadership skills, and earn national recognition — all in one summer? PEF's Summer Volunteer Program offers high school students the opportunity to support younger students while gaining valuable experience.

What You Will Do:

Volunteers will assist in classrooms, supervise recess, and provide lunch support as part of our Elementary Summer School Program. Flexible morning and afternoon shifts are available, with a minimum one-week commitment required.

Who We Are Looking For:

We are seeking responsible, enthusiastic, and caring individuals who enjoy working with children and want to build leadership skills, expand their network, and make a lasting impact.

Commitment Requirement:

Flexible 1-4 week commitments available. Choose a morning or afternoon shift, or sign up for both during your selected week(s).

Questions? Contact volunteer@pvpef.org or visit pvpef.org.



Program Highlights

- Orientation and kick-off event
- Build connections with other student volunteers
- Volunteer recognition and service certification available
- Networking opportunities

A \$50 program fee is due at registration. Applications are reviewed on a rolling basis. New volunteers will complete a brief interview. To apply and for more info, go to pvpef.org.

Palos Verdes Peninsula Summer School Workshops

HELP IS HERE WITH PVPSS! GET PREPARED FOR...

COLLEGE APPLICATIONS SAT EXAM MATH & SPANISH CLASSES (ALL LEVELS)



»» College Prep Workshops

- College Application Prep
- College Application Prep Jr
- College Essay Prep
- SAT Prep

»» Math & Spanish Prep Workshops

- Spanish 1 & 2 Prep
- Algebra 1 & 2 Prep
- Geometry Prep
- Pre-Calculus Prep
- Calculus Prep

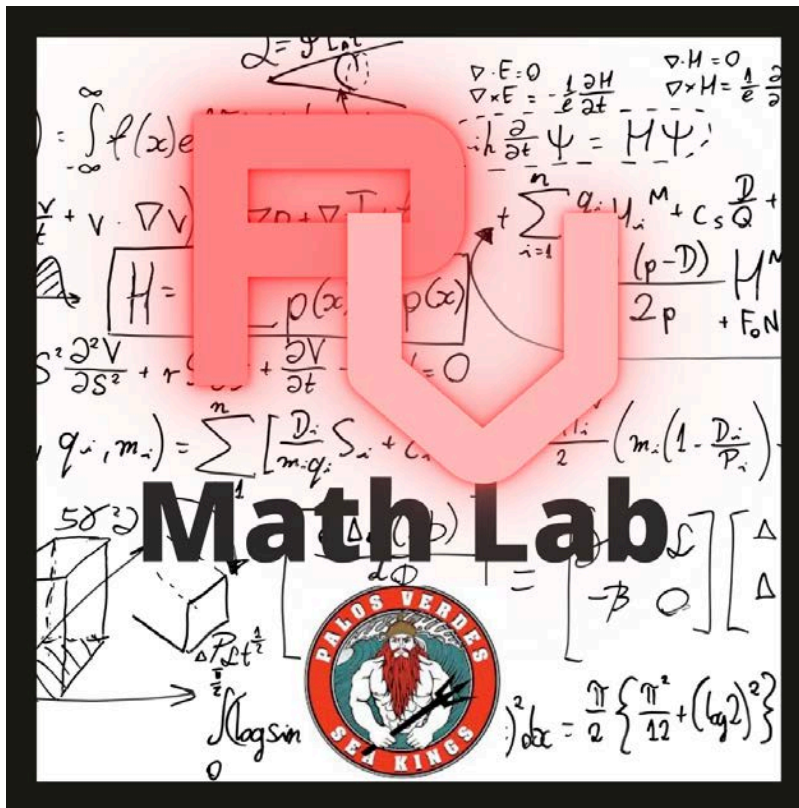
»» Workshops Information

- Prepare over summer with excellent teacher support
- More success and less stress for next year
- Only one to three weeks, two to three hours per day
- No grades or credits

CONTACT US

Adam Genovese, PVPSS High School Director
Email: genovesea@pvpss.com
Visit pvpss.com for details

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.



Math Lab:

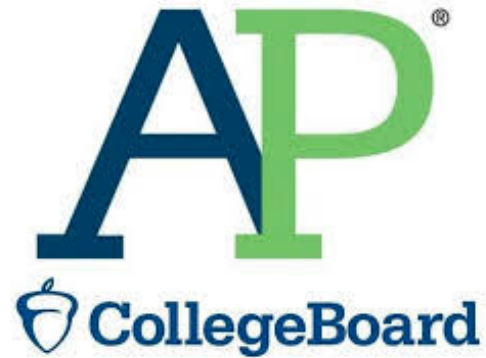
Students - Do you need extra help in Alg 1, Geom, Alg 2, or Pre Calc? Come to Math Lab on **Mondays and Tuesdays at lunch in Room 407** to get free peer tutoring in math! Students in regular math classes receive extra credit for attendance at Math Lab! Don't miss out on this great opportunity to get your questions answered and feel more confident in your math class! Math Lab runs every **Monday and Tuesday at lunch!**

If you have any questions, please see your School Counselor.

Spanish Lab:

Are you in Spanish 1 or 2 and feel like you could use some extra help? Spanish Lab is the answer! Spanish Lab meets **every Thursday at lunch in room 412**. Get peer tutor help from AP Spanish students and receive extra credit for attendance! **Spanish Lab runs weekly on Thursdays in room 412.**

If you have any questions, please contact your School Counselor.



State and AP Testing Coming up!

State and AP testing season is upon us! Our Juniors will start us off with participating in state testing for Science, English, and Math. Our AP students of all grade levels will then participate in AP tests.

Below is a schedule for the upcoming testing season.

Monday	Tuesday	Wednesday	Thursday	Friday
3/23 -	3/24 -	3/25 CAST Test	3/26 CAST Test	3/27 -
3/30 CAASPP English	3/31 CAASPP English	4/1 CAASPP English	4/2 CAASPP English	4/3 -
4/6 SPRING BREAK	4/7 SPRING BREAK	4/8 SPRING BREAK	4/9 SPRING BREAK	4/10 SPRING BREAK
4/13 -	4/14 CAASPP Math	4/15 CAASPP Math	4/16 CAASPP Math	4/17 CAASPP Math
4/20 -	4/21 -	4/22 -	4/23 -	4/24 -
4/27 -	4/28 -	4/29 -	4/30 -	5/1 -
5/4 AP Exams Start	5/5 AP Exams	5/6 AP Exams	5/7 AP Exams	5/8 AP Exams
5/11 AP Exams	5/12 AP Exams	5/13 AP Exams	5/14 AP Exams	5/15 AP Exams
5/18 AP Make Ups	5/19 AP Make Ups	5/20 AP Make Ups	5/21 AP Make Ups	5/22 AP Make Ups

The State of California assesses schools by testing 11th-grade students in Science, English, and Math. A school's scores on these tests are one of the biggest factors in determining a school's ranking, which colleges look at when they are considering students for admission. Thus, strong performance on the CAST (Science) and CAASPP ELA and Math tests is pivotal to maintaining our California school ranking and giving our students the best chance to get into top colleges and universities.

Please join PVHS Staff in encouraging our students to prepare and do their best on these upcoming tests. We encourage our Sea Kings to get a good night's sleep, eat a good breakfast, and try to be at their best for these important days. For more information about the CAST and CAASPP exams, please visit: <http://www.cde.ca.gov/ta/tg/ca>

For information on opting out of state tests, please contact Mr. Takeyama at takeyamak@pvpusd.net



HIGHLY SELECTIVE COLLEGE ADMISSIONS:

***WHAT YOU NEED TO KNOW ABOUT "FIT TO MAJOR"
and OTHER INSIGHT ABOUT APPLYING TO COLLEGE !***

APRIL 16TH @ 6PM (Virtual)

PRESENTED BY: MIKE DRISH

***EXECUTIVE DIRECTOR OF UNDERGRADUATE ADMISSIONS
VANDERBILT UNIVERSITY***

This webinar is exceptionally important for GRADES 9-11 Students & Guardians!

[REGISTER HERE TO JOIN](#)

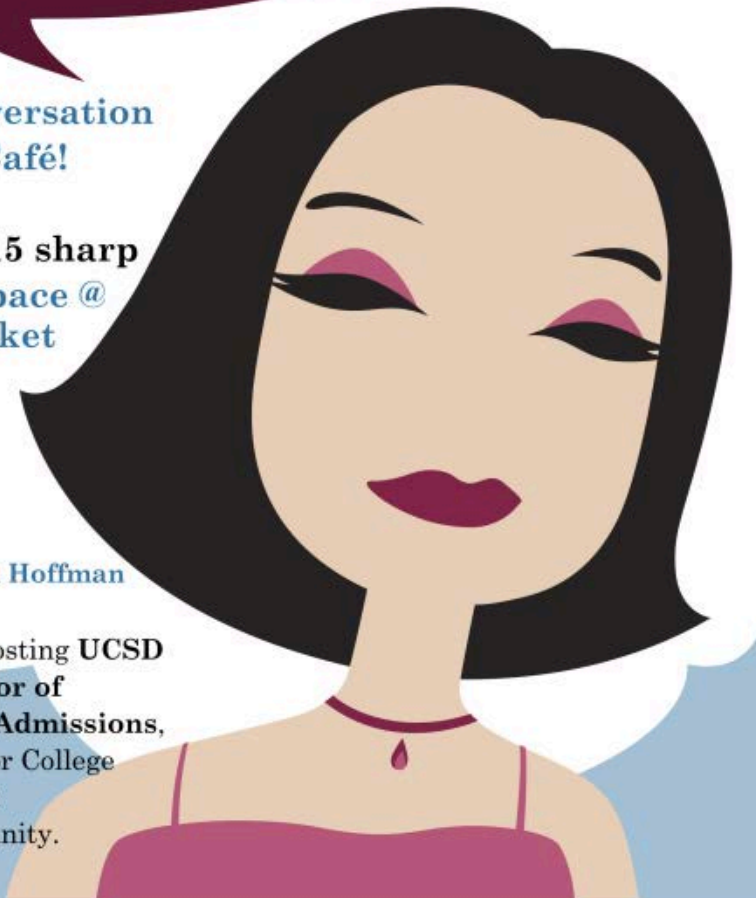
Hey Sea King Families,
Let's chat about College
with our UC San Diego
Admissions Rep!

**College Conversation
At the Café!**

April 23 @ 9:15 sharp
**Outdoor space @
Lunada Market**

PVHSCCC
Director,
Joanne Lewis
& Financial Aid
Specialist, Teresa Hoffman

Look forward to hosting **UCSD**
Assistant Director of
Undergraduate Admissions,
Joseph Fisher, for College
Conversation with
Our PVHS community.





UC San Diego

SENIORS ADMITTED OR WAITLISTED TO UCSD:

APRIL 23 @ NUTRITION (10:25- 10:40)

You are cordially invited to a MEET & GREET, Q & A WITH JOSEPH FISHER, OUR PVHS *UNIVERSITY OF CALIFORNIA, SAN DIEGO* ADMISSIONS REP! Please stop in to the CCC and say hello... this is a great time to thank him for your offer of admission or check about your status on the waitlist! Ask any questions you might have and have a sweet treat, as well!

Class of 2027 Juniors

Are you interested in learning more about UCSD?

Please stop by the CCC to show your interest and pick up useful information while our UCSD admissions rep is on campus!

**Last call for Summertime On-Campus
SAT Prep Class - 3 seats available**

With certain institutions popular with our Sea Kings returning to standardized testing preferred or required for admission consideration, the PVHSCCC has partnered with Compass Education to provide a comprehensive SAT prep class on-campus over the summer.

The summertime in-person class will feature 18 hours of small group instruction (approx. 15 students per class) and 3 full-length practice tests. The classes will be taught by some of Compass' most experienced [Math and Verbal tutors](#). Classes will be held on Saturday mornings from 9AM - 12PM at PVHS starting on June 20th. Registration is open now until these seats are taken. [CLICK HERE FOR DETAILS](#)



APRIL 29TH @ 6:00PM: SPECIAL GUEST
BLUE TRAIN COLLEGE PREP FOUNDER
SCOTT SIMONSEN

What to do about the Personal Statement?!?

Save the date... details to follow

West Point Admissions Virtual Office Hours

Live Q&A Every Tuesday 8:00 PM ET / 5:00 PM PT

Our “Virtual Office Hours” are live, open Q&A sessions with a West Point Admissions Officer for students, families, and counselors interested in the U.S. Military Academy or currently working through the application process.

Learn more about:

- Academics and leadership development at West Point
- The admissions and nomination process
- How to strengthen your file and stay on track
- Opportunities available after graduation



REGISTER NOW

CLASS OF 2026:

YOU ARE NEARING THE VERY END OF SCHOLARSHIP SEASON!

APRIL 15 – PVP ROTARY SCHOLARSHIP – scholarship deadline has been extended to April 15. For seniors only; scholarship, leadership, service, and financial aid are deciding factors. One letter of rec is required.

PVP Rotary extended their deadline to April 15 as they only received 2 initially. PVP Rotary gives multiple \$3,000 awards as well as one focused on STEM for \$5,000.

APRIL 24 – PALOS VERDES PENINSULA ASSOCIATION of REALTORS SCHOLARSHIP

(PVPAR) - for graduating seniors within PVPUSD who are planning to attend a 2-year or 4-year colleges and/or trade schools. They are seeking students who are ethical, diligent, and dependable; students who have contributed to school and community, or worked, or have special talents. Students do not have to be at the top of the class; their hard work and perseverance are important.

PVPAR just came out the Friday before break and is due April 24. One letter of rec is required. Typically, they award 8 - \$1,000 scholarships

**PLEASE TAKE ADVANTAGE OF THESE LAST 2
WONDERFUL SCHOLARSHIP OPPORTUNITIES!**

GRAVELY

Scholarship Opportunity 2026

Scholarship

Opportunity

Gravelly
EXPERIENCE
BATTLESHIP IOWA

Eligible high school students are invited to participate in A MULTIMEDIA CONTEST where winners will receive scholarships ranging from \$500 to \$2,000



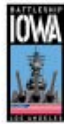
Access guidelines for applying here!



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Sponsors

**BRUCE DD MACRAE | AMB. ROBERT C. O'BRIEN | HON. ERIC GARCETTI | STEPHANIE C. HILL | ADM
MICHELLE HOWARD | TREASURER FIONA MA | ARGYROS FAMILY FOUNDATION**



COLLIER WALSH
NAKAZAWA



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

HIGH SCHOOL SUMMER SCHOOL



REGISTRATION
IS
NOW OPEN

Session 1: June 15–July 2
Session 2: July 6–July 23

**Fully accredited courses offered onsite and online, completed in six weeks—
or four weeks for onsite history courses.**

**We also offer amazing onsite workshops with no grades or credits. Each
one runs for one to three weeks, with sessions lasting two to three hours
a day. Workshops include:**

- College Application Prep
- College Application Prep Jr.
- College Essay Prep
- SAT Prep
- Spanish Prep
- Algebra Prep
- Geometry Prep
- Pre-Calculus Prep
- Calculus Prep

— **Online Courses – Asynchronous with virtual support provided**

— **Onsite Courses & Workshops – Palos Verdes High School**

**Questions? Email us at help@pvpss.com
or call 310-378-8695.**

GO TO
PVPSS.COM
FOR MORE
INFO

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PVHS PTSA MEETINGS

Meeting Topics & Activities
2025-26

All Meetings to occur at 9 am in the PVHS MPR

September 30, 2025

Celebrating our District & PVHS!

Guest Speaker:

Dr. Devin Serrano, PVPUSD Superintendent
District & PVHS Academic Highlights
Athletic Program Overview
Student Involvement on Campus
Student Clubs, MUN, Mock Trial, PVIT,
Capitol Convoy, Debate Team and more!

February 24, 2026

Leadership & Activities @ PVHS

ASB

Red Tide

Be the Change

Live from 205

PV Board Member Student Council

October 28, 2025

Academic Counseling Updates @ PVHS Student Balance & Mental Wellness

Guest Speaker:

Linda Meier Abdelsayed, LMFT
SAGE Counseling Services

March 24, 2026

College Readiness @ PVHS

PVHS Musical Drama Performance

College & Career Center Updates
Student Scholarship Information
College Readiness Next Steps

November 18, 2025

Drug Awareness & Safety @ PVHS

Guest Speakers:

Michael Keuler, Drug Enforcement Agency
PVE Police Department
PVHS Security Staff

April 28, 2026

Engineering & Research @ PVHS

PVIT & Robotics Teams
Science Pathways & Course Offerings
Science Research
AP Research & Capstone
PVHS Library Services & Research

January 27, 2026

Academic Counseling @ PVHS

Student Course Scheduling
Student Academic Pathways
AP vs. Honors vs. Dual Enrollment

Dual Enrollment Opportunities:

SCROC & Harbor Community College

Can't Make It?

Participate Virtually

[https://us02web.zoom.us/j/88620741188?
pwd=SBjnWmA6A2OdTmMpq6iFbCHNBDTmO.1](https://us02web.zoom.us/j/88620741188?pwd=SBjnWmA6A2OdTmMpq6iFbCHNBDTmO.1)

*All are Welcome to
Participate & Learn!*

ARE YOU READY FOR IT?



*We Are Sea King
Family!*
pvhs ptsa

PVHS Spirit Wear Purchase

Link: www.memberplanet.com/s/pvhigh/25-26spirit_wear

**GOT SPIRIT?
WE WANT TO SEE IT!**

KNIT V-NECK:



NEW: ¼ ZIP LIGHTWEIGHT KNIT



Get them while they're hot!

Wear your specialty, one-of-a-kind Newport Knits sweater to ALL of PVHS sporting events this year! Limited sizes and inventory available! Sweaters available in:

- Black V-Neck
- Black Crew Neck
- Black ¼ Zip Lightweight Knit
- White V-Neck

Newport Knits
EST. 2022

PVHS SPIRIT WEAR

2023-2026



**PURCHASE
HERE**



IT'S REIGNING RED!

NEW - JUST IN!



Sweater Front



Right Sleeve

Purchase Here:



Get them while they're hot!

Wear your specialty, one-of-a-kind PVHS Newport Knits sweater to ALL of PVHS sporting events this year! Limited sizes and inventory available! Sweaters available in:

- **Black V-Neck & Crew Neck**
- **White V-Neck**
- **Black ¼ Zip Lightweight Knit**
- **NEW: RED V-Neck**

Newport Knits

EST. 2022

[LINK HERE](#)



Take the stress out of your day ...



CHECKLIST

- Get to school on time
- Get to school on time
- Get to school on time
- Get to school on time
- GET PARKING SPOT!

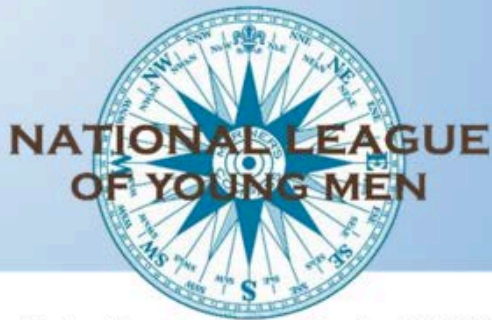
... slide into your personal parking spot
in the main lot and never be late again!

**2026-27 school year parking spots
available now!**

Reserve YOUR SPOT in the MAIN LOT
by emailing Mindy Gormley at
mgormleyhome@yahoo.com
"VIP PARKING" in subject line

Proceeds support PVHS Booster Club

Click [HERE](#) to join the Booster Club.



For more information on the new Peninsula Chapter, please email Jackie Enriquez at myenriquez5@gmail.com



National League of Young Men, Inc. (NLYM) is a mother and son organization structured around a four-year unique experience for young men in grades 9-12. Our goal is to provide young men with opportunities to contribute to their communities and to enhance the mother-son relationship.

Each year, our Young Men donate nearly 60,000 hours to over 1,000 local and national non-profit organizations across the country. They gain invaluable service experience that will carry with them as they continue to make positive impacts on their communities. NLYM is committed to being an organization that represents and cultivates compassion for all people in the communities in which we live and serve.

NLYM is a growing national organization with new chapters forming from coast to coast.

Currently a chapter is forming in the Palos Verdes Peninsula & South Torrance area and is seeking mothers with sons entering 8th, 9th and 10th Grades who reside in the Palos Verdes Peninsula and South Torrance area.

Our organization is 100% powered by volunteer mothers and young men in high school. We create valued relationships with local non-profit organizations that make life better in our communities and give our Young Men a wide variety of service experiences. We invite local leaders to share their experiences and wisdom with our Young Men. We participate in horizon-expanding cultural experiences and events. Our Young Men are introduced to the art of being a gentleman and the importance of treating others with respect.



NLYM's four-year experience focuses on different aspects of leadership, service, protocol, and culture each year. Our program is designed to help Young Men develop confidence and courage as they lead each other and learn together. We offer our Young Men relevant and profound experiences that reveal the great joy of serving others.

At the end of four years, our Young Men are well-rounded individuals who have developed compassion, important leadership skills, and polished manners.

NLYM is committed to promoting inclusivity and is a non-political, non-religious organization.

EMPOWERING YOUNG MEN
LEADERSHIP • SERVICE • CULTURE • PROTOCOL

Follow NLYM, Inc.



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

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

SCOLIO DANCE INITIATIVE

SCOLIOSIS awareness for teens

GET CHECKED! Ask your doctor to check for scoliosis. It only takes a few seconds!

What to look for:

- Uneven shoulders
- Spine curves
- Uneven waist or arm gap
- Rib or shoulder blade sticking out more on one side
- One hip higher

LuskinOIC

SCOLIOSIS IN CHILDREN & TEENS

Dr. Anthony Scaduto

Why LuskinOIC For Scoliosis?

Luskin Orthopaedic Institute for Children is not related to, sponsored by, or endorsed by the Palos Verdes Peninsula Unified School District.

The LuskinOIC Pediatric Scoliosis Center is led by one of the country's top orthopaedic surgeons, Dr. Anthony Scaduto. He has received numerous awards for his work in the field of pediatric orthopaedics and spinal deformity surgery, and both he and his expert team are renowned for their success in treating pediatric scoliosis.

Our researchers are also advancing the treatment of scoliosis. At the JVL Research Center at LuskinOIC, our biomechanical engineers and pediatric orthopaedic surgeons collaborate regularly to address clinical and surgical problems in the lab. The research projects focusing on scoliosis and related surgeries have been published in major international journals.

OUR HOLISTIC APPROACH FROM DIAGNOSIS TO TREATMENT

- Advanced 3D Imaging**
Low-radiation X-rays with precise diagnostic software
- Continuous Monitoring**
Track mild curves and watch progression early
- Expert Surgery**
Skilled interventions for severe cases
- Growth-Friendly Treatments**
Designed for developing young patients
- Custom Bracing**
Comfortable, effective support for moderate curves
- Complete Follow-Up**
Comprehensive care through recovery

Scoliosis Awareness

What is Scoliosis?

Scoliosis is a condition where the spine curves and twists to the side instead of growing in a straight line.

Why Teens Should Be Aware

- Research shows a MUCH higher percentage of dancers may have scoliosis compared to the general population
- Scoliosis is more common in girls than in boys
- Scoliosis can occur suddenly in kids ages 10-15 during a growth spurt. (sometimes younger)

Awareness helps teens stay informed.

Why Early Detection Matters

- More treatment options
- Better monitoring during growth
- Helps support injury prevention

Many athletes can continue their sport fully and safely. **Early detection often means observation and guidance, not extreme treatment.**

Important to Know

- Scoliosis is not caused by bad posture or carrying heavy backpacks
- Many cases are idiopathic (no known cause)
- Having scoliosis does not always mean that you must stop your sport

If You Notice Signs

Talk with a parent, guardian, or healthcare provider. A medical professional can decide if further evaluation is needed.

This flyer is for educational purposes only and does not provide medical advice or diagnosis. Self-checks and visual screenings cannot diagnose scoliosis. Only a qualified medical professional can diagnose or recommend treatment.

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

Scan for more info:

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SCOLIOSIS IN CHILDREN & TEENS

Nearly 3% of the U.S. population has been diagnosed with scoliosis. When treated correctly, children can lead **healthy, active, fulfilling lives.**

WHAT IS SCOLIOSIS?

Scoliosis is a medical condition defined by a sideways curve of the spine, typically forming a "C" or "S" shape. It can be hereditary and appear in infancy, or develop during puberty as growth spurts occur.

SIGNS & SYMPTOMS

Each child may have a unique combination of these symptoms. Look for:

- ✓ One shoulder blade sticks out noticeably more than the other
- ✓ Ribs protrude more prominently on one side
- ✓ Tilted or uneven shoulders — may make clothing appear crooked
- ✓ Uneven waistline or hip bone, which can make pants legs appear uneven
- ✓ Head does not appear centered with the rest of the body

QUESTIONS EVERY PARENT ASKS

- Q: Will my child need surgery?**
Most don't — over 75% never need surgery. Many cases are managed with monitoring or bracing alone.
- Q: How long do they wear a brace?**
Usually 12–24 months, and often only at night depending on severity and growth stage.
- Q: Do braces really work?**
Yes — bracing stops progression in 80%+ of kids. Our custom braces allow comfortable, flexible movement.
- Q: Will the curve get worse without treatment?**
It often does during growth—but early care like monitoring and bracing keeps most curves mild and manageable.
- Q: Can my child still play sports?**
Yes. Almost all sports are encouraged. Physical activity is healthy and generally not restricted.
- Q: What types of scoliosis do you treat?**
All types — idiopathic, congenital, and neuromuscular scoliosis. We tailor treatment to each child's specific needs.

Pediatric Scoliosis Center: 313-741-8378 | General: 313-742-1000
Address: 403 West Adams Boulevard, Los Angeles, CA 90007
Hours: Monday–Friday, 8:00 AM – 6:00 PM
Website: luskinolc.org/specialties/scoliosis

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