**Daily Bulletin: Monday, April 20, 2026**

## 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: Monday, April 20, 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

Any student interested in applying for the student member seat to represent PVHS on the Palos Verdes Peninsula Unified School District Board of Education may pick up an application form in the Main Office. The term of office is for a period of one year, beginning July 1, 2026, and running through June 30, 2027.

The application deadline is **Friday, April 24, 2026 at**

**1 pm**. Interested applicants will be invited to appear before a school selection committee on April 27th or 28th.
A schoolwide election will then be held for the top three candidates on May 1st.

Copies of Board Policy 9150 and other materials concerning the position are also available for review in the Main Office.

Please see Dr. Ramirez regarding any questions about this position.

Attention Kings! Anyone interested in serving as a Red Tide president next year will need to attend a meeting in the ASB room (302) at lunch on April 20th, 2026.

## 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

HERFF JONES.

# 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 @ gradseatsvipparking@gmail.com

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

**CONGRATULATIONS to your 2026 Senior!!!**

**GO SEA KINGS!!!!**

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**

PALOS VERDES HIGH SCHOOL

# STUDENT ART EXHIBITION

APRIL 16 - MAY 10, 2026

**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

shutterstock.com • 680304622

**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**

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

**The Whale of a Day event was postponed due to a forecast of bad weather. It has been rescheduled to 4/25/2026.**

## NEW LINK FOR WHALE OF A DAY

# CLASS Comp SCORES

| 9TH | 10TH | 11TH | 12TH |
|---|---|---|---|
| 45 | 60 | 40 | 64 |

Beginners welcome!

# knitting & crochet

supplies provided!

**In the library** **THURSDAYS @ lunch**

# SUMMER VOLUNTEER PROGRAM

PENINSULA EDUCATION FOUNDATION

**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.**

APPLY NOW AT PVPEF.ORG

## 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 opportunitites

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.

# ROC Your Future

## CTE SHOWCASE

### Explore

Take a guided tour of SoCal ROC's campus and classrooms!

### Discover

Discover the 30+ courses and programs offered in the School of Art & Design, School of Engineering & Design, School of Health Sciences, and School of Public & Consumer Services!

### Connect

Connect with SoCal ROC faculty, staff, and Student Ambassadors!

**APRIL 23 | 5:00 PM – 7:00 PM**

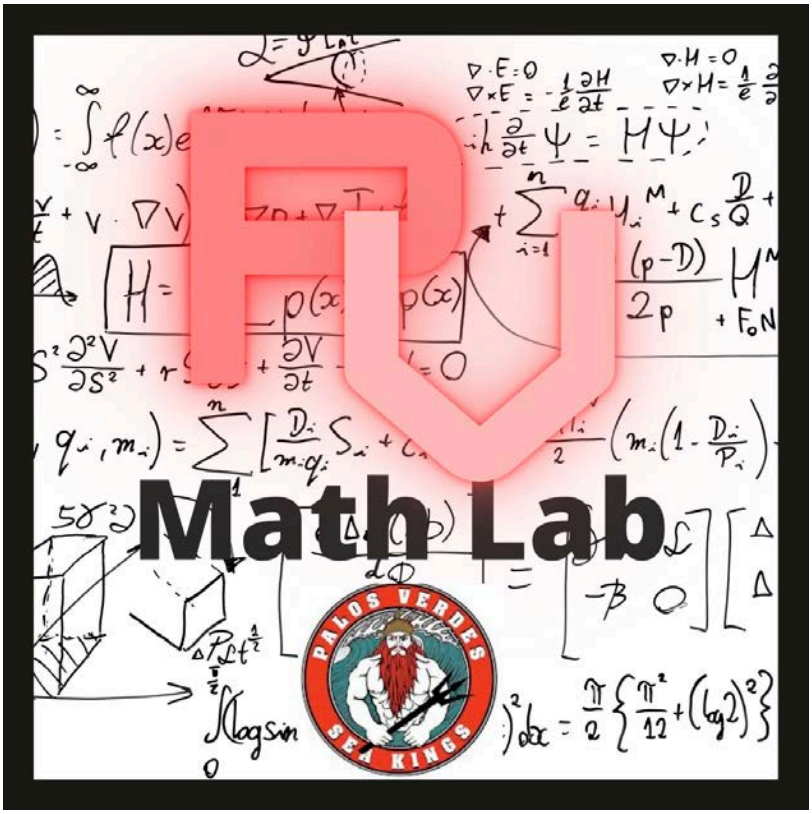
SOCAL ROC
SOUTHERN CALIFORNIA REGIONAL OCCUPATIONAL CENTER

**Your Future. Reimagined.**

2300 CRENSHAW BLVD. TORRANCE, CA 90501 | 310.224.4200 | INFO@SCROC.K12.CA.US

RSVP:

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




**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.**

California Assessment of Student Performance and Progress

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

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!**

## 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!**

# COLLEGE ESSAYS: HOW TO STAND OUT!

## APRIL 29TH, 6:00PM - 7PM

## (Virtual) - Register for Zoom Link HERE

***Learn about the three major essay types, tips on how to approach them, and easy ways to ignite your own essay writing process.***

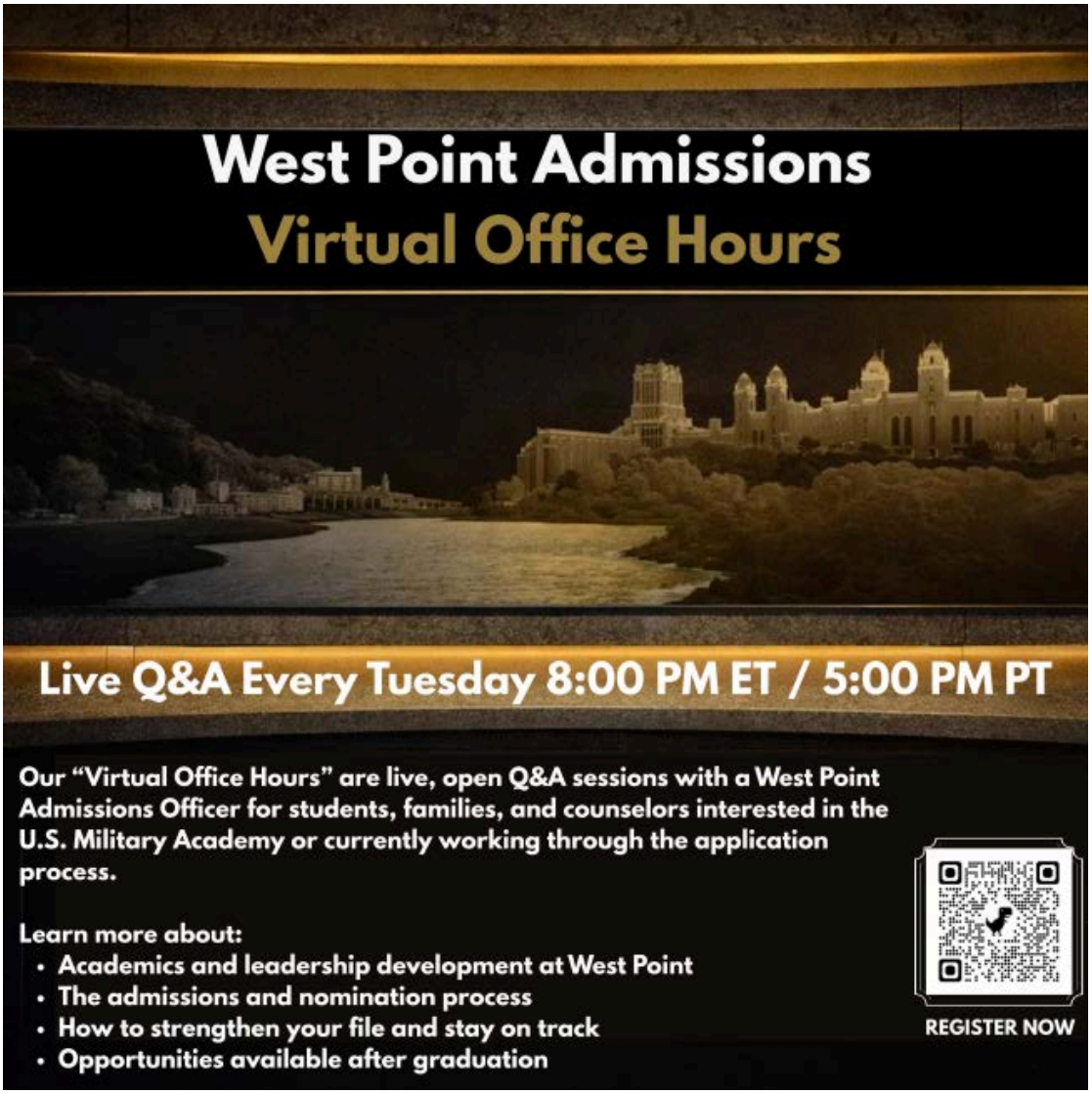
- ***The Personal Statement***
- ***UC Personal Insight Questions***

## . *Supplemental Essays*

**The PVHSCCC is proud to host this presentation by SCOTT SIMONSEN, award winning writer and Founder of BLUE TRAIN COLLEGE PREP, with over 25 years of experience helping students craft authentic, amazing and impactful essays!**

**This presentation is especially important for the Class of 2027 students and families, however Sea King families grades 9 & 10 are also welcome to join. It's not too early to learn about this part of the process!**

***Everyone attending this webinar will be eligible to win a college prep prize.***




## CLASS OF 2026:

## YOU ARE NEARING THE VERY END OF SCHOLARSHIP SEASON!

**APRIL 15 – <u>PVP ROTARY SCHOLARSHIP</u>** – 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** – **<u>PALOS VERDES PENINSULA ASSOCIATION of REALTORS SCHOLARSHIP (PVPAR)</u>** - 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**

Gravely 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

MARATHON

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

# HIGH SCHOOL SUMMER SCHOOL

PEF PVP Summer School

REGISTRATION IS NOW OPEN

**Session 1: June 15-July 2**
**Sesson 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

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.

PALOS VERDES HIGH SCHOOL- PTSA

# Amazon link
# Sign Up Genius

**PVHS Spirit Wear Purchase Link: [www.memberplanet.com/s/pvhigh/25-26spirit_wear](www.memberplanet.com/s/pvhigh/25-26spirit_wear)**

GOT SPIRIT?
WE WANT TO SEE IT!
KNIT V-NECK:
Front
Back
NEW: ¼ ZIP LIGHTWEIGHT KNIT
Front
Back
Purchase Here
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
2025-2026
1
2
3
4
5
6
7
8
9
10
11
PURCHASE HERE
PVHS

# 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**

GRAD NITE
Celebrating PVHS 2026 Seniors
Seated Dinner • DJ • Dancing • Deck Lounge
Casino • Photo Booth • Activities • Dessert Bar
JUNE 4
A Private Yacht Experience
Tickets available online
www.pv2026gradnite.org
Grad Nite is not run, by, sponsored, or endorsed by the Palos Verdes Peninsula Unified School District.

BOOSTER

Take the stress out of your day ...

... 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.**

# SUMMER @ PVLD

## JUNE 6TH - AUGUST 8TH

FREE PROGRAM FOR ALL AGES!

Join us all summer long for events, raffles, and more! For Adults, Teens, and Kids. Visit Peninsula Center, Miraleste, or Malaga Cove Libraries to participate!

Earn raffle tickets for end of the summer prizes!

Learn, laugh, create, and just have fun at over 40 different programs!

Join us for our Summer @ PVLD Kick-off event!

PVLD-CON
INTO THE LIBRARY-VERSE

**SATURDAY, JUNE 6TH, 2026**
**3PM - 7PM**

THROUGHOUT THE PENINSULA CENTER LIBRARY

- Live performance of movie themes/music
- Anime Your Way
- Cosplay contest
- A Masquerave
- Crafts
- Snacks

Malaga Cove Library
2400 Via Campesina, PVE

Miraleste Library
29089 PV Drive East, RPV

Peninsula Center Library
701 Silver Spur Road, RHE

For more information, call 310.377.9584 x 600 or 601 or visit www.pvld.org

FOLLOW US

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

# NATIONAL LEAGUE OF YOUNG MEN

**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.**

# ACEING AUTISM PALOS VERDES

# VOLUNTEERS NEEDED

## How You Make A Difference

- Provide one on one support to athletes
- Encourage & engage athletes' social skills
- Build a safe, reliable environment for athletes
- Teach tennis skills
- **Training is provided! No tennis experience required.**

**We offer weekly tennis clinics for children & teens with autism.** Volunteers are paired up with a participant, hopefully for the duration of the session and beyond!

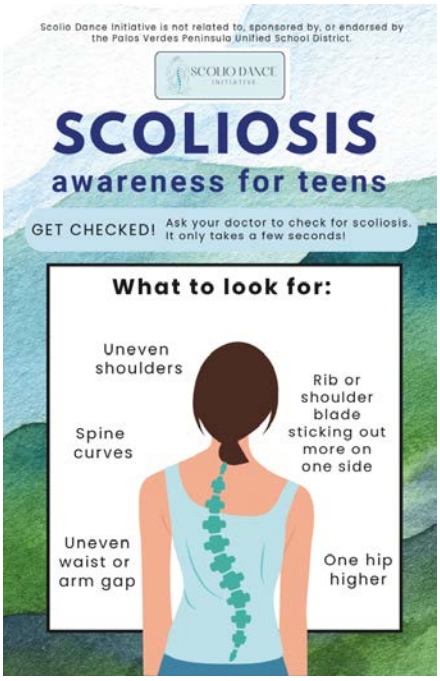
**Step 1: Click or scan to register and join our Palos Verdes, CA User Group**

**Step 2: Click or scan to sign up & share the dates you will attend as a volunteer**

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

**Location: Palos Verdes Tennis Club**
**Spring Session 2: Sundays 3:00-5:00 pm**
**April 26, May 3, 17, 24, 31, June 7**
**Contact: palosverdes@aceingautism.org**

ACEing Autism



## *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
- **Growth-Friendly Treatments** — Designed for developing young patients
- **Continuous Monitoring** — Track mildcurves and catch progression early
- **Custom Bracing** — Comfortable,effectivesupport for moderate curves
- **Expert Surgery** — Skilled interventions for severe cases
- **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:

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

# 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 pant 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: **213-741-8378** | General: **213-742-1000**
Address: **403 West Adams Boulevard, Los Angeles, CA 90007**
Hours: **Monday–Friday, 8:00 AM – 4:00 PM**
Website: **luskinoic.org/specialties/scoliosis**

# PVP EQUINE READY

## FREE COMMUNITY EVENT

**SATURDAY, MAY 2, 2026**
**9:30 A.M. - 12:30 P.M.**

- Emergency preparedness guidance presented by the Equine Response Team (ERT)
- Equine health presentations by local veterinarians
- Trailer loading demonstration with Los Angeles County Animal Care & Control
- Equine resource and vendor booths

**LEARN**
**PREPARE**
**PROTECT**

HOSTED BY THE PENINSULA CITIES

**Ernie Howlett Park**
**25851 Hawthorne Blvd,**
**Rolling Hills Estates**

The PVP Equine Ready Event is not related to, sponsored by, or endorsed by the Palos Verdes Peninsula Unified School District

Palos Verdes High School | Website

Palos Verdes High School | 600 Cloyden Road | Palos Verdes Estates, CA 90274 US

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