



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, May 19, 2026

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



SENIOR Week

MAY 18-22

MONDAY
MAY
18

~~SENIOR PANORAMIC PICTURE & BOAT RACES!~~
SENIOR SUNSET




TUESDAY
MAY
19

SENIOR DITCH DAY
at DISNEYLAND!



WEDNESDAY
MAY
20

- ✓ YEARBOOK DISTRIBUTION
- ✓ CAP & GOWN DISTRIBUTION
- ✓ *I Declare Day!*



THURSDAY
MAY
21

CLASS COMP



FRIDAY
MAY
22

LIPDUB!



★ ★ *Let's finish strong, Seniors!* ♥
MAKE MEMORIES. HAVE FUN. ENJOY YOUR WEEK!



C/O 2026 Senior Packet!



shutterstock.com • 850304622

LAST FEW DAYS TO PURCHASE A YEARBOOK.

LAST FEW DAYS TO PURCHASE A YEARBOOK.

Jostens yearbook sales will close on Monday, May 18th

Books will be distributed on Wednesday, May 20th.

If you have not purchased a yearbook, DO THIS NOW TO ASSURE YOU RECEIVE ONE.

THERE IS NO GUARANTEE FOR A BOOK AFTER THE 18th.

\$175 on [Jostens](#) website.



Students and Parents, I'm excited to announce that Link Crew is looking for the leaders of the future. Link Crew is a nationwide program that helps freshmen enter high school with successful advice and help.

We also provide activities to foster a positive school environment for everyone. You must be a current sophomore or junior to apply. If you think you could be a leader, [get an application](#) from [pvhigh.com](#) **Miss Klabe in room 316** or email: seakinglinkcrew@gmail.com. Applications are **due by Friday, May 15th. No exceptions.**

Need more info? Stop by Miss Klabe's class, 316, or send an email.

Some info about Link Crew:

Leader trainings and Orientation are **mandatory** and will be held on August 13th and 14th OR August 15th and 16th. Orientation is Tuesday, August 18th. More information available on the application.

Link Crew is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience. Built on the belief that students can help students succeed, Link Crew trains members of the junior and senior classes to be Link Leaders. As positive role models, Link Leaders are motivators, leaders, and teachers who guide the freshmen to discover what it takes to be successful during the transition to high school and help facilitate freshman success.

More and more studies show that if students have a positive experience their first year in high school, their chance for success increases dramatically. The Link Crew high school transition program provides the structure for freshmen to receive support and guidance from juniors and seniors who have been through the challenges that high school poses, and understand that the transition to a larger school can sometimes be overwhelming.

Link Crew begins with a powerful orientation day that makes freshmen excited and proud to be attending their new high school and allows them to begin developing relationships and strategies that will contribute to their high school success.



Attention Senior Class of 2026: It is time to order your **Final Transcript** from your counselor. Whether you will be attending a two-year or four-year program, taking a gap year, or enlisting in the military, wherever your postsecondary plans take you after you graduate from PVHS, you must order a transcript to be sent to your college (or to your home if you are not attending a school next year).

Transcripts may be ordered via 'Scribbles': <https://pvpusdca.scribborder.com/applicationCurrent>

(Select "Seniors ONLY Final Transcript")

If you are a student athlete and need your transcript sent to the NCAA, please indicate so in the Comments section. There is no fee for this.

Please order your final transcript **by Friday, May 29, 2026!** Please see your counselor if you have any questions. **Congratulations** to our almost graduates!



Will you be in 11th or 12th grade next year?

Join the PVHS Student Counseling Ambassadors!

The **Student Counseling Ambassadors** is a new counseling leadership program coming out of the Counseling office. Ambassadors will receive mental health and social-emotional training from school counselors. This counselor-trained and student-led group will be dedicated to cultivating a connected environment on the PVHS campus.

Click on the application link below to read more about this exciting new program.

As part of your application, you must also have *one* teacher recommendation. Please locate the Teacher Recommendation link below and email the link to your teacher of choice after you submit your application.

[2026-2027 Student Counseling Ambassadors Application](#)

[2026-2026 Student Counseling Ambassadors Teacher Recommendation Form](#)

Deadline: Friday, May 15, 2026. If you have any questions, please come see Ms. Shulman or Mrs. Nelson in the counseling office.



As the 2026–2027 school year approaches, if your child will not be returning to PVPUSD for fall enrollment, please review the information below.

If your student **will not** be returning for the 2026–2027 school year, please complete the Withdrawal Notification Form as soon as possible. This allows us to prepare necessary documents and support a smooth transition to your child’s new school.

If your child will continue in PVPUSD next year, no action is required.

Why It’s Important:

- Enables us to compile and transfer essential records promptly and securely
- Helps your child’s next school receive all appropriate documentation without delay
- Facilitates a seamless transition into their new educational environment

Thank you for your attention to this matter and for helping ensure a smooth transition for your student.

Withdrawal Form - Click Link Below.

Informed K12: Digital Forms Withdrawal Notification

PVHS
PALOS VERDES HIGH SCHOOL

SUMMER SPORTS CAMP

FOR QUESTIONS REGARDING SUMMER
CAMP, PLEASE EMAIL BRIAN SHAPIRO

SHAPIROB@PVPUSD.NET

**SIGN UP
NOW!**

[Sign up link](#)



PVHS ATHLETIC PHYSICALS

Wednesday, May 20th

2:30-4:00 pm

in the Trainers' Room on Campus

Beach Cities Orthopedics

Dr. Morgan

MINIMUM DONATION - \$40 per physical

Checks Payable to PVHS ASB

(Please write "Football" on memo line)

***Cash also accepted**

A great opportunity to get your physical and support the PVHS Sea King Football program at the same time! Please bring the completed Medical History Form and a blank physical form.

ALL proceeds support PVHS Sea King Football!

Any questions? Contact Julie McGovern – mcgovernfamily5@gmail.com



AMERICAN BAR ASSOCIATION

Civil Rights and Social
Justice Section

CIVIL RIGHTS FILM COMPETITION

"Lights, Camera, Justice!"



CALLING ALL YOUNG CREATORS Share Your Voice Through Film

CRSJ has launched our inaugural **High School Civil Rights Film Competition**, encouraging high school juniors and seniors to explore civil rights issues through the power of storytelling and short-form film.

Students are asked to create original short films that illuminate a contemporary civil or human rights issue. Submissions should reflect personal perspectives, lived experiences, or creative interpretations that inspire civic engagement and deepen public understanding.



COMPETITION DETAILS

SCAN ME



TIMELINE | All entries must be received by **June 1, 2026**.
Winners will be notified by **July 1, 2026**.

GENRE/FORMAT | MP4/MOV; Documentary-style, narrative, animated, experimental, fiction, or music video

PRIZES | First Place: \$5,000 cash prize; Second Place: \$3,000 cash prize; Third Place: \$2,000 cash prize

For additional information
& opportunities, visit the

High School Civil Rights Film
Competition webpage

Check out the updated scores!

CLASS Comp SCORES



Beginners welcome!



knitting
&
crochet

supplies provided!

In the library THURSDAYS @ lunch



CHECK-MATES

A multigenerational chess meet-up!



**SATURDAY,
MAY 16, 2026**

*Miraleste Library
29089 PV Drive East, RPV, 90275*

**2:00-
4:00
PM**

Calling all adult and junior players! Join us for a multi-generational chess meet-up, where players will have the opportunity to pair up and share the game of chess.

Chess players 3rd grade and up are welcome!



 310-377-9584 X452

 WWW.PVLD.ORG



THE PALOS VERDES
LIBRARY DISTRICT IS
NOT RELATED TO,
SPONSORED BY OR
ENDORSED BY THE
PALOS VERDES
PENINSULA UNIFIED
SCHOOL DISTRICT.

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

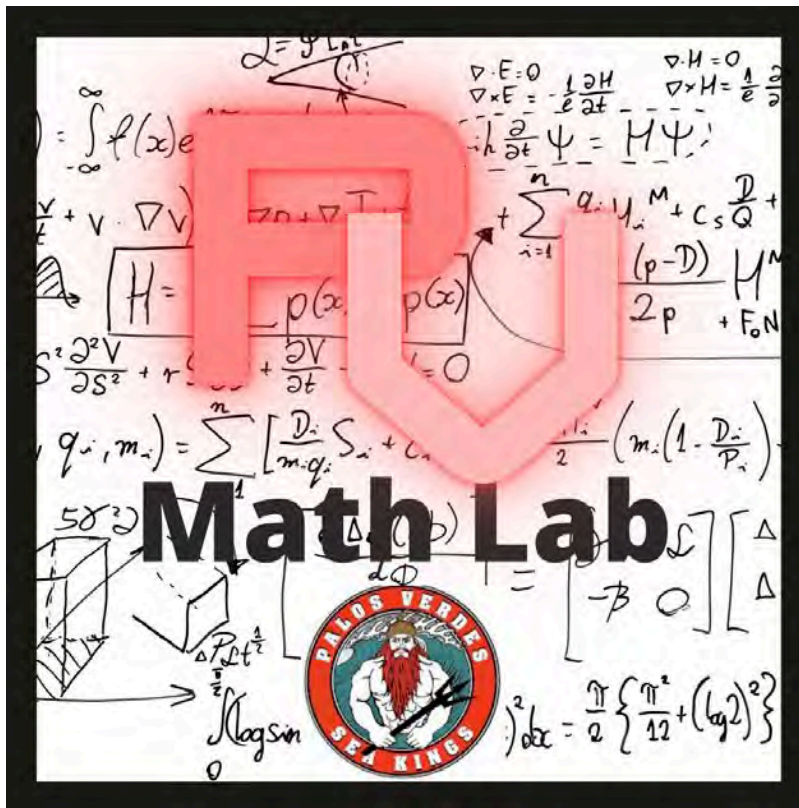
»» Workshops Information

- 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.



COLLEGE & CAREER CENTER

FREE VIRTUAL **CAMP** COLLEGE

WACAC

- 5/27 BUILDING A COLLEGE LIST**
- 6/3 HOW COLLEGE APP DECISIONS ARE MADE**
- 6/10 AVOIDING MISSED OPPORTUNITIES ON YOUR APP**
- 6/17 GETTING STARTED: ESSAYS & ACTIVITIES**
- 6/24 PERSONAL WRITING FOR COLLEGE APPS**
- 9/23 FINANCIAL AID**
- 9/30 ASK THE EXPERTS: Q & A FOR UC & COMMON APP**

Wednesdays @ 4 p.m.
bit.ly/48bEx00



CLASS OF 2026: IMPORTANT INFORMATION IF ATTENDING A UC IN THE FALL!

Next steps from admission to enrollment for FIRST YEAR students!



Volunteer and Internship Opportunity!

Answer calls on a Crisis Hotline and assist those in need!

Community Helpline operates as a toll-free, confidential crisis and Referral Hotline. Established as a lifeline of hope, our mission is to provide a safe, nonjudgmental space for callers in crisis or need of support.



Summer Training 2026

Date: July 7th – July 30th

Applications due before June 21st, 2026.

Tuesdays and Thursdays - in person 5-7.30 PM

(Mandatory 20 hours of training, in-person attendance to the training in the active listening process is required.)

(Training is offered 3 times a year)

Must be at least 16 years old to apply.

Find the application at: **www.chelpline.org**

Applications for this training are accepted
until June 21, 2026.

\$50 administrative fee for training.

Financial Assistance available



Contact Us!

Email: ashah@chelpline.org,

chl@chelpline.org

Call: 877-541-2525 ext. 2

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!



61

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.

SUMMER VOLUNTEER PROGRAM



Make a difference, build leadership skills, and earn Congressional 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:

June 15–July 10
Flexible 1–4 week commitments. Choose a morning or afternoon shift, or volunteer both shifts during your selected week(s).

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

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 it a prerequisite to participation in any PVPUSD class, sport program or team.



Program Highlights

- Earn Congressional recognition & service hours
- Build leadership & real-world experience
- Make a meaningful impact
- Connect with other student volunteers

Program Details

- \$50 program fee
- Rolling admissions
- Brief interview for new volunteers

Apply at pvpef.org "Ways to Give"

BECOME A PEF HIGH SCHOOL AMBASSADOR

2026–2027 | Open to Juniors & Seniors



What You Will Do

- Serve as a liaison between PEF and students/families
- Promote PEF and its mission
- Attend a Board of Trustees meeting
- Participate in grassroots initiatives to connect the community with PEF

Why PEF Matters

PEF raises funds for all 17 PVPUSD schools to support:

- Music & PE teachers
- Library aides & STEM programs
- Counselors/College & Career Center staff
- High School Science & Engineering Fair, scholarships, teacher grants & more

What You Will Gain

- Community service hours
- Real-world skills in fundraising & marketing
- Leadership opportunities
- Make a difference for PVPUSD students and schools

Ready to Apply?

- Term: July 2026 – June 2027
- Flexible hours that work with your schedule
- Go to bit.ly/44mWGat or paypal.org to apply and for more info
- Application deadline is Sunday, June 7



GRADUATION LEIS



Celebrate your **GRADUATE** with a **LEI** from

WALTERIA FLOWER SHOP

DOUBLE STRAND ORCHIDS

(so **TWICE** the flowers of other leis)

White or Bombay purple-&-white

\$60
for white

\$55
for Bombay

 **20%** of purchase donated to PVHS Sea Kings! 

Order now for graduation on

Thursday, June 4th

Call **310-375-1770**

PICK UP AT THE STORE

Walteria Flower Shop
24266 Hawthorne Blvd.

CONGRATULATIONS!



PALOS VERDES HIGH SCHOOL PROM 2026
SATURDAY, MAY 16

CORSAGES & BOUTONNIERES AVAILABLE FROM
WALTERIA FLOWER SHOP

20% OF PURCHASE DONATED TO PVHS SEA KINGS!

TO ORDER CALL **310-375-1770**

OR PLACE ORDER IN STORE AT
WALTERIA FLOWER SHOP 24266 HAWTHORNE BLVD.



Help Us Make Teacher Appreciation Week S'more Special !!

Use the QR code to our Amazon Wish List or use the link below for a direct donation to help us create a fun filled camping celebration and raffle our teachers will love. Every donation helps make this week s'more special and a complete success. Would you like to volunteer? Use this link or QR

Code to our Sign-Up Genius for ways lend a hand:

<https://www.signupgenius.com/go/4090E4SABA828ABFCI-63573265-teacher>

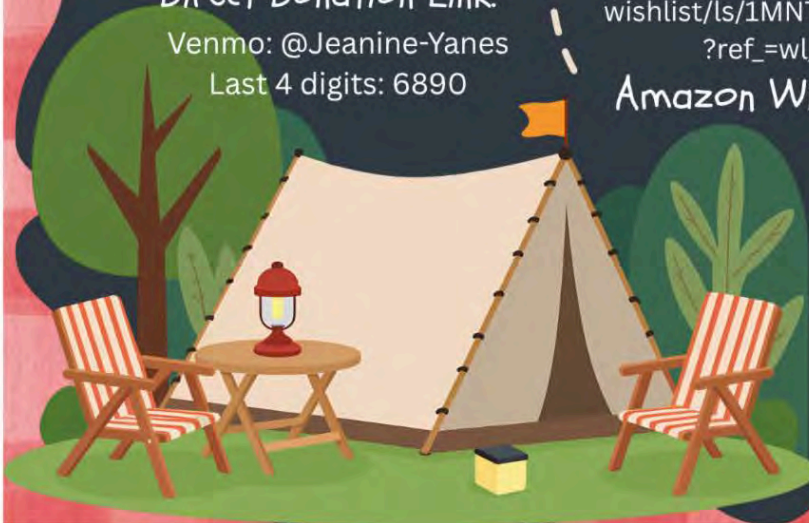


Direct Donation Link:

Venmo: @Jeanine-Yanes
Last 4 digits: 6890

https://www.amazon.com/hz/wishlist/ls/1MNT4DMJJ3MAQ?ref=wl_share

Amazon Wish List



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,
Capital Convoy, Debate Team and more!

October 28, 2025 Academic Counseling Updates @ PVHS Student Balance & Mental Wellness

Guest Speaker:

Linda Meier Abdelsayed, LMFT
SAGE Counseling Services

November 18, 2025 Drug Awareness & Safety @ PVHS

Guest Speakers:

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

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

February 24, 2026 Leadership & Activities @ PVHS

ASB
Red Tide
Be the Change
Live from 205
PV Board Member Student Council

March 24, 2026 College Readiness @ PVHS

PVHS Musical Drama Performance
College & Career Center Updates
Student Scholarship Information
College Readiness Next Steps

April 28, 2026 Engineering & Research @ PVHS

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

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



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

2023-2026



**PURCHASE
HERE**

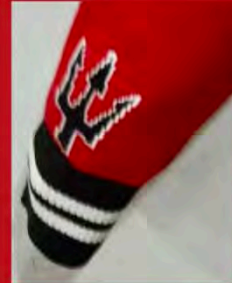


IT'S REIGNING RED!

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](#)

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.

THIS EVENT IS NOT RUN BY, SPONSORED BY, OR ENDORSED BY PALOS VERDES HIGH SCHOOL OR THE PALOS VERDES PENINSULA UNIFIED SCHOOL DISTRICT!

PLEASE DO NOT CONTACT THE SCHOOL SITE FOR QUESTIONS OR CONCERNS REGARDING THIS EVENT.



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.

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!



**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

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



FOLLOW US





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

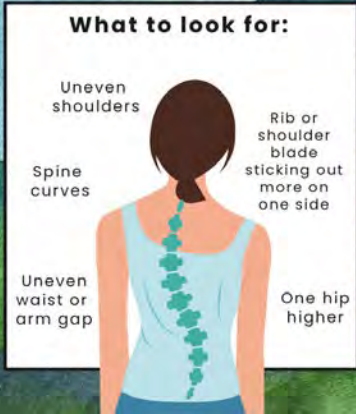


Scolio Dance Initiative is not related to, sponsored by, or endorsed by the Palos Verdes Peninsula Unified School District.



SCOLIOSIS awareness for teens

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



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 10-16 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 sports 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.

The there is for educational purposes only and does not provide medical advice or diagnosis. Self-diagnosis and home exercises 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.



LuskinOIC

SCOLIOSIS IN CHILDREN & TEENS

Dr. Anthony Scudato

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 Scudato. 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

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

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: **Do braces really work?**
Yes — bracing stops progression in 80%+ of kids. Our custom braces allow comfortable, flexible movement.
- Q: **Can my child still play sports?**
Yes. Almost all sports are encouraged. Physical activity is healthy and generally not restricted.
- Q: **How long do they wear a brace?**
Usually 12–24 months, and often only at night, depending on severity and growth stage.
- 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: **What types of scoliosis do you treat?**
All types — idiopathic, congenital, and neuromuscular scoliosis. We tailor treatment to each child's specific needs.


Palos Verdes Peninsula Unified School District
 Palos Verdes Peninsula Unified School District
 Address: 403 West Adams Boulevard, Los Angeles, CA 90007
 Hours: Monday–Friday, 8:00 AM – 4:00 PM
 Website: luskinoic.org/specialties/scoliosis





RPV WILDFIRE RESOURCE EVENT

SATURDAY, MAY 30, 2026

 **9 AM - 3 PM**



UCLA SOUTH BAY CAMPUS
30800 PALOS VERDES DR EAST

Find information and resources for preventing and reducing wildfire impacts, plus free giveaways, informative presentations and booths, fire extinguisher demonstrations, and more!

[Palos Verdes High School | Website](#)



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

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



Try email marketing for free today!