



**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](mailto: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: Thursday, June 4, 2026

8:30 - 10:25	Final – Period 5	115 minutes
10:25 - 10:35	Passing	10 minutes
10:35 - 12:30	Final - Period 6	115 minutes

**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](#)

# Exer Sports & Schools

Exer Urgent Care is proud to support your school with complimentary sports screenings for student athletes!

## Book Your Complimentary Sports Screening

- 1 Scan the QR code or visit [www.solvhealth.com/book-mgroup/pkRgxQ](http://www.solvhealth.com/book-mgroup/pkRgxQ)
- 2 Select a clinic and appointment time. Appointments are first come, first served. Complimentary sports screenings must be booked from **May 1 – August 31, 2026**. If you don't see a time that works for you, select a different date or clinic to view other options.
- 3 When asked, "What's bringing you in?" click **Sports Screening**.
- 4 Fill out the remaining questions. When you're finished, click **Confirm and book now**. You will receive a text confirmation to the phone number you provided.



Scan to book now!

### Registration Tips

Once you have booked an appointment, you will receive a text confirmation with a link to complete your forms. **Please complete your forms before your appointment.**

Be prepared to upload a parent or guardian ID to complete your paperwork.

Visit [ExerUrgentCare.com/Community](http://ExerUrgentCare.com/Community) to learn more.



LET'S GET  
YOU BETTER.

\*Program dates and appointment availability are subject to change



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



PALOS VERDES  
PENINSULA  
CHAMBER OF COMMERCE  
STREET FAIR  
& MUSIC FESTIVAL

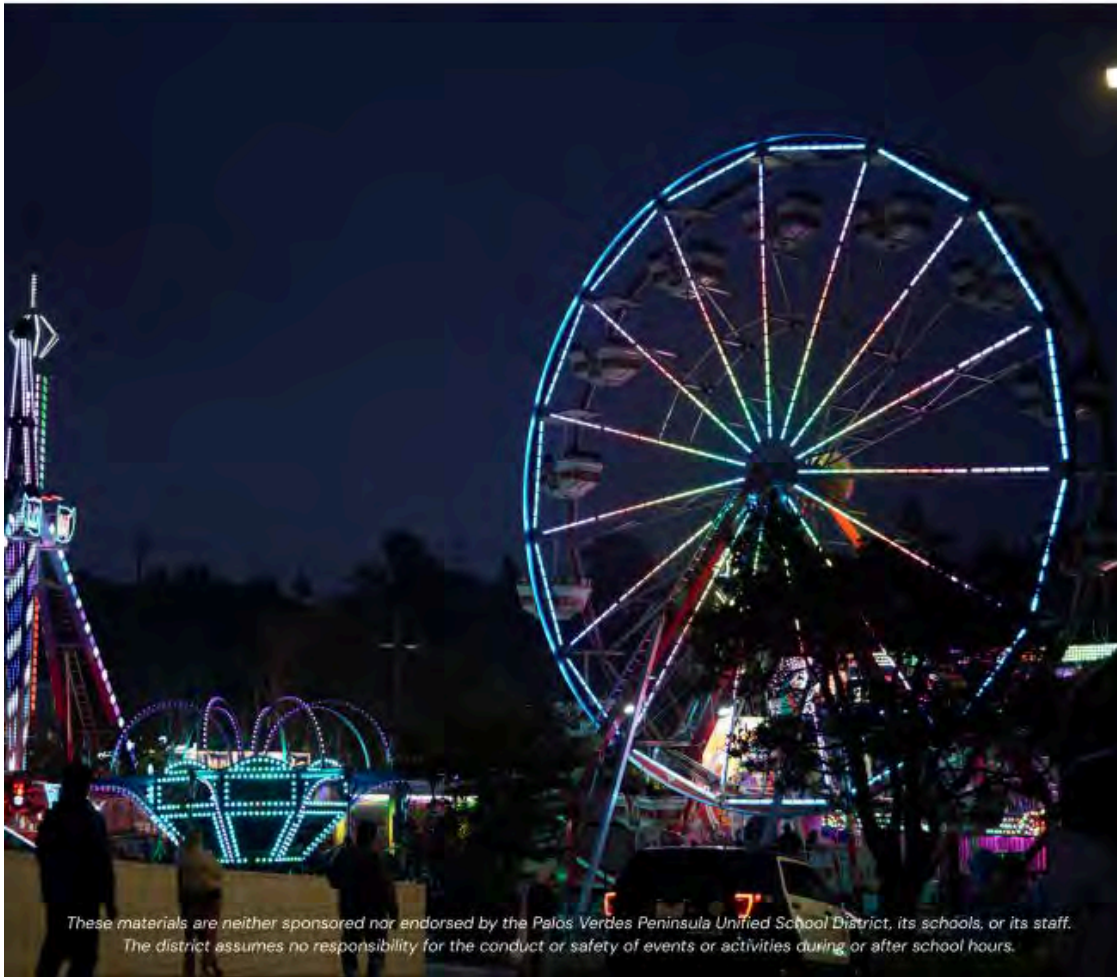
# Teen Night In PV

Carnival Rides & Summer Fun

EXPERIENCE THRILLS UNDER THE PALOS VERDES STARS!

**June 12th, 5PM – 10PM**

[PalosVerdesStreetFair.com](http://PalosVerdesStreetFair.com)



*These materials are neither sponsored nor endorsed by the Palos Verdes Peninsula Unified School District, its schools, or its staff.  
The district assumes no responsibility for the conduct or safety of events or activities during or after school hours.*

# Fun For Everyone

at the PV Street Fair & Music Festival  
**June 13th-14th**  
Details at [www.palosverdesstreetfair.com](http://www.palosverdesstreetfair.com)



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SUMMER CAMP 2026

MARINE STADIUM · LONG BEACH · LA28 OLYMPIC COURSE

# TRY ROWING THIS SUMMER ON THE LA 2028 OLYMPIC COURSE



GRADES 6-12 · BOYS/GIRLS · NO EXPERIENCE NEEDED

## Spots are limited — join us.

The program has consistently sent athletes to top universities — from Ivy League institutions to military academies and powerhouse NCAA programs, including:



Pete Archer Rowing Center · 5750 Boathouse Lane, Long Beach  
lbjc86@gmail.com · (562) 431-1644

[longbeachjuniorcrew.org](http://longbeachjuniorcrew.org)

LBJC is not related to, sponsored by, or endorsed by the PVPUSD.

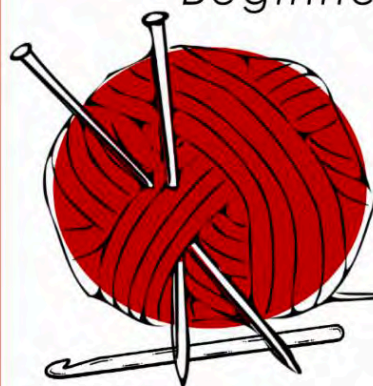
REGISTER ONLINE

# Check out the updated scores!

# CLASS Comp SCORES



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.**

## 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](mailto:volunteer@pvpef.org) or visit [pvpef.org](http://pvpef.org).**

**APPLY  
NOW AT  
[PVPEF.ORG](http://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](http://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

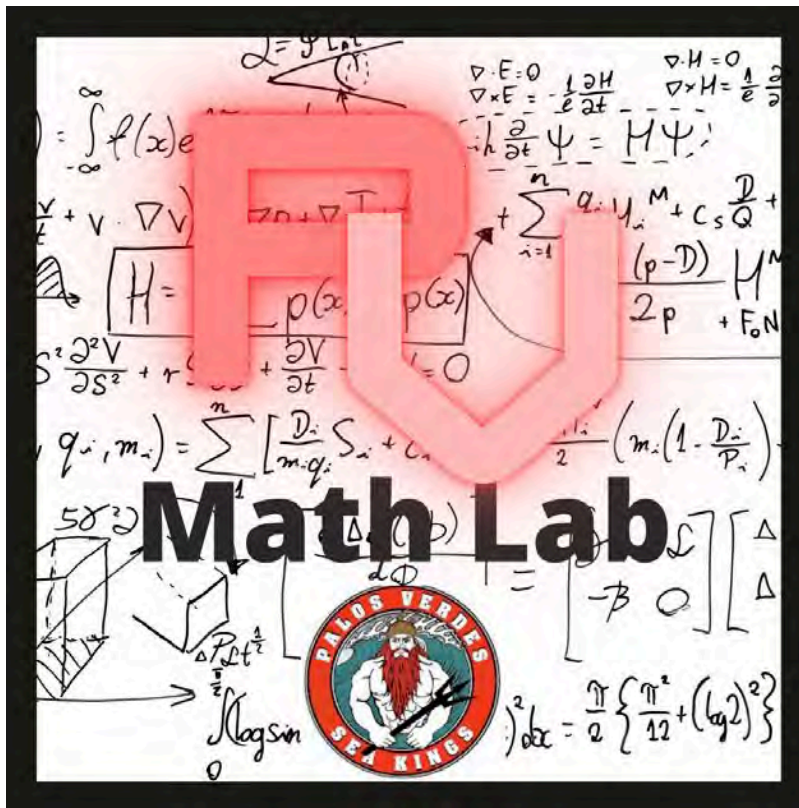
### **»» Workshops Information**

- 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](mailto:genovesea@pvpss.com)  
Visit [pvpss.com](http://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.**



## **SAT Registration for the 2026–27 School Year is Open**

Given the capacity constraints in our area, we also want to alert our Sea King community that SAT Registration **through the June 2027 test date has opened.**

There is already very limited availability in certain locations.

**REGISTER**

# **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](https://bit.ly/48bEx00)**





## **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 7<sup>th</sup> – July 30<sup>th</sup>**

Applications due before June 21<sup>st</sup>, 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](http://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](mailto:ashah@chelpline.org),

[chl@chelpline.org](mailto: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](mailto:volunteer@pvpef.org) or visit [pvpef.org](http://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](http://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/44mWG0t](https://bit.ly/44mWG0t) or [paypal.org](http://paypal.org) to apply and for more info
- Application deadline is Sunday, June 7





2026-2027  
**CALL FOR  
ENTRIES!**

*What My*  
**CULTURE**  
*Means to Me*

**Explore  
the arts  
and  
express  
yourself!**

More  
information  
coming soon!



**Learn more and get involved! [PTA.org/Reflections](https://pta.org/reflections)**

# 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!**



# 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!

## 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](http://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**

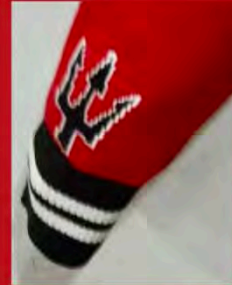


# IT'S REIGNING RED!

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](#)**



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](mailto:mgormleyhome@yahoo.com)  
**"VIP PARKING"** in subject line

Proceeds support PVHS Booster Club

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



**TED LIEU**  
CONGRESSMAN for CALIFORNIA'S 36TH DISTRICT

**YOUTH TOWN HALL**

Saturday, June 6, 2026

2:30 PM - 4:00 PM

Zoom Webinar

[Please Click Here to Register](#)

This will be a fantastic opportunity to hear from Congressman Lieu's Youth Advisory Council about their work over the past year and to hear the Congressman speak on a variety of issues!



FOR MORE INFORMATION, PLEASE CALL OUR OFFICE AT (323) 651-1040

**TED LIEU**  
CONGRESSMAN for CALIFORNIA'S 36TH DISTRICT

**YOUTH ADVISORY COUNCIL**

An opportunity for high school students in California's 36th District to meet with a diverse group of peers to discuss issues of importance and ways of getting involved locally.

**DEADLINE TO APPLY:**

FRIDAY, JUNE 26, 2026, AT 5:00 P.M.

**INFORMATION REGARDING THE COUNCIL**

- The Youth Advisory Council is student-driven.
- Members of the Council will work directly with staff in Rep. Lieu's office to collaborate on key issues including recommending bills to support and introduce.
- There are 4 scheduled meetings with staff per year and students will meet in person 3 of the 4 meetings to remain in good standing.
  - All of the following meeting dates are from 9:00-10:00 PM and are located in San Antonio:
    - August 26, 2026
    - September 23, 2026
    - October 28, 2026
    - November 18, 2026
    - January 27, 2027
    - February 26, 2027
    - March 26, 2027
    - April 26, 2027
- Students will be appointed to a one-year term
  - If eligible, students can serve on the council for a maximum of two years.
  - Note:** An application must be completed each eligible year.

**APPLICATION REQUIREMENTS**

- Applicants must be a high school student residing or attending school in CA-36.
- All application materials must be submitted together to be considered:
  - An official high school transcript (freshmen should also submit 8th grade transcripts).
  - Two letters of recommendation (one from relatives).
  - One page essay explaining why you wish to be a member of the Council.
  - Resume.
  - Spreadsheet form.

**ADDITIONAL INQUIRIES**

- Contact Adena Friedman at (323) 651-1040 or at [yac@tedlieu.house.gov](mailto:yac@tedlieu.house.gov)
- Find more information [here](#)



# 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](http://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](mailto: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.

## RADIO STATION NAMING CONTEST

The contest runs from May 25<sup>th</sup> to June 8<sup>th</sup>

The winner gets an Emergency Bag + \$50 Gift Card

The City of Rancho Palos Verdes and Palos Verdes Peninsula Unified School District have developed an emergency radio station. This radio station was developed to help get information to the public during emergencies, particularly when power and communication services are disrupted.

We need your help to decide the radio's name!



Have an idea on what we should call this new radio station?

Submit your idea for the radio station's name here:

<https://cityofranchopalosverdes.formstack.com/forms/radiocontest>



Only one entry per person

For questions, email: [Lmohammad@rpvca.gov](mailto:Lmohammad@rpvca.gov)

*This contest is brought to you by the RPV Youth Advisory Committee's Emergency Preparedness Subcommittee and Emergency Preparedness Committee*

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

## RADIO STATION NAMING CONTEST

# 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](mailto:palosverdes@aceingautism.org)**

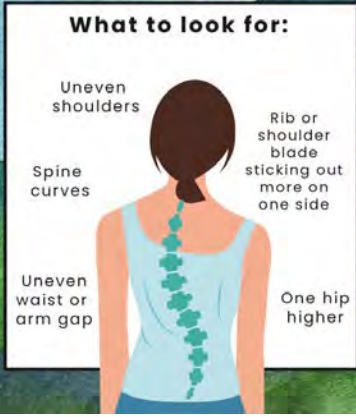


Scolio Dance Initiative is not related to, sponsored by, or endorsed by the Palos Verdes Peninsula Unified School District.



# 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 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.

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

## SCOLIOSIS IN CHILDREN & TEENS

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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.


Pediatric Scoliosis Center, 213-741-8378 | General: 213-742-7000  
Address: 403 West Adams Boulevard, Los Angeles, CA 90007  
Hours: Monday–Friday, 8:00 AM – 4:00 PM  
Website: [luskin.org/specialties/scoliosis](http://luskin.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!**

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