

# Palos Verdes High School



## The Wave



PTSA Newsletter

October 2009

Volume 8, Issue

### A Letter from the Principal

The school year is off to a smooth start. The atmosphere on campus is excellent and students seem excited to be back in school. The new freshman class seems very enthusiastic and we are hearing very positive comments from teachers about our freshmen. I hope that every day is a fantastic day for your kids. The reality is that there will "be bumps along the road." This is called life and I like to give parents some tips on this topic every couple years.

If you have a concern about a class, please start with the teacher. The same is true with an athletic team or any other extra curricular group. Our teachers, coaches and advisors can be reached by email or phone. If you contact a counselor or administrator, they would have to talk to the teacher or advisor anyway. These are the people who know exactly what the issue is so please start with them. If phone calls or emails are not returned, then contact a counselor or administrator. If you don't like what you see on Edline, or if you have a feeling deep down inside that your child is not spending enough time on homework, feel free to shoot a teacher an email. Students often will tell you what you want to hear. It is better to be proactive and check it out early. Ultimately parents will receive progress reports if students are not doing satisfactorily in class.

The Counseling Office is a resource. Students may see their counselor anytime by going into the office and filling out a slip. The counselor will call them in. This includes times when students are having some personal problems and just need someone to talk to. It is good for students to get to know their counselor. These are the people who will be writing their college letter of recommendation. Students must learn to take the initiative in developing a relationship with their counselor.

The College and Career Center is also a resource. You are welcome to just drop in and check out the facility. Teri Kuwahara, Crissy Cheney and Teresa Hoffman are all fantastic. They can be very helpful. It is important to register for Naviance as they send out information every Friday. There will be monthly sessions in the early evening on important topics such as writing the college essay, financial hardship and what to know about testing. Parents can also sit in when college admissions officers visit our school. We do ask that you listen and let the kids ask the questions. It is also very wise to let students make the college contacts when they have questions. If your son or daughter is not familiar with the College and Career Center, tell them to just go in, say hi and check it out. This is very important later in high school.

We expect this to be another great year. We are here to help so feel free to contact the appropriate office. When in doubt shoot me a call at extension 200.

Go Sea Kings!



~Chris Bowles, Principal



The Wave is a publication of the Palos Verdes High School Parent-Teacher-Student Association.

Member of the PVP Council of PTA's / Thirty-Third District

**PTSA**

**everychild.onevoice**

California State PTA.

**2009-2010 PTSA**

*"Calm Seas Ahead"*

President: Kristin Curren  
currens@cox.net

**Palos Verdes High School**

Chris Bowles, Principal

600 Cloyden Road

Palos Verdes Estates, CA 90274

(310) 378-8471

www.pvhigh.com

2009-2010 Co-Editors:

Helle Catallo & Liz Duvall

TheWaveNews@yahoo.com

The deadline to submit articles for this newsletter is the 15th of the month prior to publication.

Email articles to

**TheWaveNews@yahoo.com**

The Wave is published monthly except January, June, July and August.

**Approved:**

Principal:     *C.B.*    

PTSA President:     *K.C.*    

**From the PTSA President:**

*"Calm Seas Ahead"*

**No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit. -Helen Keller**

Being optimistic can cause people to want to slap your perky face or call you Pollyanna. But we're hoping that optimism is contagious, and that a perennial sunny outlook on the future will create an environment of discovery and new ways to solve the problems of the state budget crisis.

Thankfully, this forward thinking mentality is what led the voters to pass the Measure V parcel tax this summer, and the Peninsula Education Foundation to increase their pledge to the district to \$2MM, \$1MM going to teacher salaries. If those plans had not been put in place by very optimistic people, we would be looking at a much greater budget deficit. Currently, the state has reduced the PVPUSD budget by \$1,100 per student, or about \$13-\$14MM. Almost assuredly, more cuts will be imposed in the January revisions, due to continued lost revenue to the state.

What can we do? As a PTSA, we can continue to look for ways to cut costs and assist the school with basic needs that have been cut from the district. As parents, we can send copy paper, toner cartridges and other school supplies to your student's classroom. We can consider upping our donation to PEF to help achieve the increased pledge, or perhaps donate for the first time ever. Remember, PEF can pay for salaries, PTSA cannot. As volunteers, we can continue to find an hour here or there to help the school.

As announced last month, one of the biggest areas for cost savings was in discontinuing the printing and mailing of this newsletter, THE WAVE. Please let us know if you would like a copy printed and mailed to you by one of us on the board or you may pick up a copy in the front office. We are happy to do so, because staying connected to the school is one of the best ways you can help your child succeed and the best way to help the school. At the same time, by emailing it to you, we save \$18-\$20,000 that can be used to help the school and thus our students in other vital areas.

It is the perfect time for us all to hear the uplifting and motivational speech of **Scott Greenberg**, who is speaking to our students all throughout the day in assemblies on **Tuesday, October 27<sup>th</sup>**, and again at **night** to us parents at the **night PTSA Meeting, 7pm, in the MPR.**

**Please join us!**

Kristin Curren

currens@cox.net

# THANK YOU Parent & Staff Volunteers!

PVHS Principal Chris Bowles addresses parents at the first PTSA meeting of the new school year ~ 9/22/2009



Acting Activities Director, Tammi Dutko, detailed a spirited list of upcoming activities ...



Tom O'Hern, President of PVHS Booster Club, spoke about the importance of joining the booster club ...



Teresa Hoffman, from the PVHS College & Career Center, presented a multitude of valuable information ...

# THANK YOU Parent & Staff Volunteers!

THANK YOU TO JUDY MATSUDA FOR ORGANIZING A LOVELY "WELCOME BACK LUNCHEON" FOR OUR TEACHERS & STAFF. EVERYONE ENJOYED IT. AND THANK YOU AS ALWAYS TO OUR GOOD FRIEND, BUTCH IHDE, WHO MAKES ANY FUNCTION THAT THE PTSA SPONSORS AT PVHS RUN SMOOTHLY AND EFFICIENTLY. WE ARE GRATEFUL TO BOTH OF YOU FOR YOUR SUPPORT AND GENEROUS KINDNESS.

VALERIE ADLAM & MARY INGRAM  
PVHS PTSA 2 VP CO-CHAIRS



Helpful PVHS dads,  
Mike Brady & Brian Johnson,  
heading up the October 15th  
Disaster Drill

**Palos Verdes High School  
PTSA ELECTED OFFICERS  
2009-2010 EXECUTIVE BOARD**

*"Calm Seas Ahead"*

<b>President:</b>	Kristin Curren
<b>Executive V.P.:</b>	Julie Robinson
<b>1<sup>st</sup> VP: (Organization):</b>	Sue St. Denis
<b>2<sup>nd</sup> VP: (Hospitality):</b>	Valerie Adlam & Mary Ingram
<b>3<sup>rd</sup> VP: (Education):</b>	Sue Hargrave & Sue Wilkinson
<b>4<sup>th</sup> VP : (Community Services)</b>	Kim Brothers & Cindy Percz
<b>5<sup>th</sup> VP: (Communications):</b>	Helle Catallo & Liz Duvall (Newsletter)  Helaine Lopes (School Directory)
<b>6<sup>th</sup> VP: (Ways &amp; Means)</b>	Sheila Kafta & Mary O'Brien-Canon
<b>Treasurer:</b>	Julianne Sasso
<b>Financial Secretary:</b>	Vicky Mar
<b>Auditor:</b>	Lauren Phan
<b>Recording Secretary:</b>	Kathy Hopkins
<b>Legislation:</b>	Sherry Cicchetti
<b>Historian:</b>	Liz Brown-Swanson & Kathleen Hughes

**APPOINTED BY PRESIDENT:**

<b>Parliamentarian:</b>	Julie Virjee
<b>Corresponding Secretary:</b>	Eunjoo Pacifici

**MEMBER AT LARGE:**

<b>PEF Rep:</b>	Emiley Daly
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# NEXT PTSA MEETING

TUESDAY

NIGHT!!!!

OCTOBER 27<sup>TH</sup>,  
7PM, MPR

FEATURING:

SCOTT GREENBERG,  
MOTIVATIONAL SPEAKER

SPEAKING TO YOUR KIDS DURING  
DAY, PARENTS AT NIGHT!



# PVHS PTSA General Meeting Agenda

Tuesday, October 27th, 2009  
7.00pm, Night Meeting, MPR



## Welcome, Call to Order & Inspiration -

Kristin Curren, President

*"Calm Seas Ahead"*

## Pledge of Allegiance -

Julie Robinson, Executive Vice President

## Guest Speakers

\*Principal Chris Bowles

\*Teri Kuwahara, College & Career Center

\*Tammy Dutko, Acting-Activities Director

\*Emiley Daly – Peninsula Education  
Foundation Representative

\***SCOTT GREENBERG SPEAKS**-Professional  
Motivational speaker will give a  
presentation to the parents (he will also  
speak to all the students during the day)

\*Treasurer: Julianne Sasso

- Present Treasurer's Report for  
September 2009
- MOTION: Checks to be ratified
- MOTION: To approve Treasurer's  
Reports as posted
- Funds to be Released as posted

\*Recording Secretary: Kathy Hopkins

- Approval of Minutes of September  
2009 General Mtg. as posted

\*President's Report

- Thanks to Helaine Lopes, Directory  
Chair; Disaster Dads, Mike Brady &  
Brian Johnson

\*Parliamentarian: Julie Virjee

- ByLaws update
- MOTION: To approve 2009 changes

\* 1st VP: Sue St. Denis

- Gifting Committee meeting  
announcements
- Council Gifting guidelines report
- Membership update—eligible awards,  
2048 members

\*3rd VPs: Sue Hargrave & Sue Wilkinson

- SAT Prep workshops update
- Reflections report
- English Department's Writing  
Workshop report

\*4th VPs: Kim Brothers & Cindy Percz

- Disaster Drill Report from 10/15
- Red Ribbon Week date Oct. 26-30
- Volunteer Fair, Oct. 29

\*5th VPs: Helle Catallo, Liz Duvall &  
Helaine Lopes

- 'Wave' articles deadline
- Directory/PTSA membership  
distribution report

\*6th VPs: Sheila Kafka & Mary O'Brien-  
Cannon

- PVHS Merchandise update: BTS night  
Results
- Order form on pvhigh.com website
- Costume Closet needs help  
Halloween season

\*Legislation Rep: Sherry Cicchetti

- School Board election Nov. 03

\*Adjournment

**PVHS PTSA GENERAL MEETING MINUTES  
TUESDAY, SEPTEMBER 22, 2009, 9:15 a.m.  
MEETING LOCATION - PVHS MPR**

*"Calm Seas Ahead"*

(Approximately 75 people were in attendance)

Welcome, call to order, and inspiration

Kristin Curren, President

**Guest Speakers:**

Tom O'Hern – Booster Club President – Mission Statement is to improve the quality of Arts, Athletics and Academics. Typically raise \$400,000 to \$450,000 per year. Kick-off party is Sept. 25.

Chris Bowles – Principal – Starting the year with 1844 students ('medium-sized' population for what is comfortable at PVHS). API scores rose from 854 to 865. Staff changes have been implemented in conformity with new budget. Bleachers anticipated replacement is February.

Teresa Hoffman – College Career Center – Open M-F 9am-1pm. 2010 college guidebooks purchased by PTSA have arrived. 2009 guides are available from the Library. Register for Naviance to receive weekly bulletins of CCC events and college visits.

Tammi Dutko – Acting Activities Director – Oct. 1 – Back to School night; Oct. 16 – Homecoming; Oct. 26-30 – Red Ribbon Week with Scott Greenberg Assembly on 10/27.

Andrea Sala – Peninsula Education Foundation - \$2 million pledge made this year. \$1 million pledged to teacher salaries. At the high school level, PEF pays three salaries in the CCC and two counselor salaries. Main Event is Saturday, May 8, 2010 at Terenea.

**Treasurer** – Julianne Sasso

Treasurer Reports thru August 31 were presented and filed for audit.

**MOTION made by Julianne Sasso that we approve the 2009/2010 Budget as posted. Seconded and carried.**

**MOTION made by Julianne Sasso to ratify checks numbered 1003, 1010 through 1020 in the amount of \$17,789.52. Seconded and carried.**

**MOTION made by Julianne Sasso to ratify checks numbered 1029-1043 in the amount of \$5,308.33. Seconded and carried.**

**MOTION made by Julianne Sasso to release funds as posted in the amount of \$110,750.00. Seconded and carried.**

**President's Report** – Kristin Curren

**MOTION made by Julie Virjee that we approve the PVHS 2009/2010 PTSA Calendar as posted. Seconded and carried.**

Kristin called attention to the calendar and the board voting no meetings in November due to them falling before Veteran's Day and Thanksgiving Day holidays.

Upcoming Speaker – Scott Greenberg, Motivation, Oct. 27 for students, night meeting for parents, 7pm, MPR.

Future Speakers -

Is it Attitude or Depression, how to help your child

Teen Driver Safety

Sex, Drugs and Rap

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**Recording Secretary – Kathy Hopkins**

**MOTION made by Kathy Hopkins to approve the minutes from the June 4, 2009 In/Out General Meeting as posted. Seconded and carried.**

**Auditor**

**MOTION made by Julie Virjee to approve PVHS 2009 Spring Audit. Seconded and carried.**

**Parliamentarian – Julie Virjee**

**MOTION made by Julie Virjee to ratify the 2009/2010 PVP Council Representatives from PVHS. These members to include: President, EVP, Principal (Kristin Curren, Julie Robinson, Chris Bowles). Seconded and carried.**

**MOTION made by Julie Virjee to ratify the 2009/2010 PVHS appointed PTSA Board positions and all of the chair people under the Board VPs. Seconded and carried.**

**MOTION made by Julie Virjee to accept the following members to serve on the PVHS 2009/2010 By-Laws Committee: Kristin Curren, Julie Virjee, Karen Bird, Cindy Percz and Jeanette VanAmburg. Seconded and carried.**

By-Laws updates were read and will be voted on at October 27<sup>th</sup> General Meeting.

**1<sup>st</sup> VPs – Sue St. Denis**

Registration Highlights – Very well organized with deposits made on same day.

Membership – eligible for awards, 2021 members

HSA – alternate dates need to be considered as original date is Sr. Project Day

Gifts – Teachers have already received \$100 per classroom for start-up. Gifting requests are due by Oct. 30,

2009

**MOTION made by Julie Virjee that the 2009/2010 Gifting Committee be comprised of the President, EVP, Treasurer, Gifting Chair, 1<sup>st</sup> VPs, 6<sup>th</sup> VPs, Principal, Tina Quinn, Sue Wilkinson, with Karen Bird as alternate. Seconded and carried.**

**2<sup>nd</sup> VPs – Valerie Adlam and Mary Ingram**

Welcome Back Luncheon was held Sept. 18

Oct. 1 – Back to School Night

**3<sup>rd</sup> VPs – Sue Hargrave and Sue Wilkinson**

Study Skills Workshop – 60 students enrolled

SAT Prep Workshops – 27 students enrolled - \$1600

Reflections – Theme, ‘Beauty is...’, deadline for submissions October 9

English Department’s Writing Workshop – October 20, 6:30 p.m., MPR

**4<sup>th</sup> VPs – Kim Brothers and Cindy Percz**

Parents on Campus – October 7 Kick-off

Disaster Drill (District-Wide Mandatory) – Thursday, October, 15 (Mike Brady/Brian Johnson chairing)

Red Ribbon Week – October 26-30 to coincide with a volunteer fair

**5<sup>th</sup> VPs – Helle Catallo, Liz Duvall, Helaine Lopes**

WAVE – now distributed electronically. Seeking feedback as to whether people are reading it and finding access easy. Deadline is the 15<sup>th</sup> of every month.

Directory currently being compiled.

**6<sup>th</sup> VPs – Sheila Kafka and Mary O’Brien Cannon**

PVHS Merchandise – trying to sell current inventory before new styles go on sale. Planning a table at Back to School Night.

Costume Closet – Help needed during period prior to and following Halloween.

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**Continued from page 9**

**Historian** – Kathleen Hughes and Liz Brown Swanson

Please record your hours with the historian

Request that photos taken at PVHS events be shared with the Historian via Shutterfly.

**Legislation Representative** – Sherry Cicchetti

School Board Candidate Forum – Sept. 30, 7pm – 9pm at Peninsula Center Library

Adjourned at 10:55 a.m.

Material Distributed/Posted:

PVHS PTSA Annual 2009/2010 Calendar

Important Dates Sept. 22-Jan. 26

PVHS PTSA Proposed Budget 2009/2010

Treasurer's Reports Dated: April 30 – May 31, 2009; May 31 – June 30, 2009; June 30 – July 31, 2009;

July 31 – August 31, 2009; Budget with Releases Month End Sept. 2009

College and Career Center - Summary of Current Events

Freedom4U Announcement re Parent Life Skills Group starting Oct. 7, 2009

Respectfully Submitted,

Kathy Hopkins

Recording Secretary

Welcome back to another great year at **Palos Verdes High School!**

As Parliamentarian, I just wanted to welcome you and tell you all that at the September meeting we reviewed the new by-laws that were sent away for approval to California State PTA last year. Once complete we will vote on them in October at the General meeting. If anyone has questions about these ahead of time, please feel free to contact me.

Julie Virjee  
Parliamentarian  
julesvirje@aol.com



**See you at the PTSA meetings!**

*"Calm Seas Ahead"*

## **Gifting Report**

**Happy Harvest everyone!**

**The teachers and staff have been asked to submit requests for items needed in the classroom. Deadline for those requests was September 30<sup>th</sup>. The Gifting Committee will meet shortly and review all of the requests and do our best to fill those requests with the funds that we have.**

**We are so thankful to those families who provided support at the beginning of the school year and we plan on getting these funds distributed to the teachers and staff as soon as possible!**

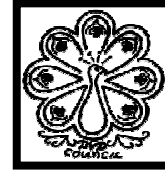
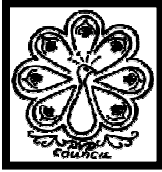
**Please stay tuned for a report of "gifted" items!**

**You are such a valuable part of our incredible school and we thank you for your generosity.**

**The mention of any business or service in this publication does not imply an endorsement by PVIS PTSA.**

*Education is not preparation for life;  
education is life itself.*

*By John Dewey*



**Palos Verdes Peninsula Council of PTAs**  
**STRAW BALLOT for 2010-2011 COUNCIL OFFICERS**

The PTA **Council** Nominating committee needs/wants your suggestions for next year's officers.  
**Please** return by mail or e-mail by **1/4/10** to the Council Parliamentarian Julie Robinson (phone) 310-541-3441, (email) robsons1@cox.net, (mail) 55 Empty Saddle Lane, Rolling Hills Estates, CA 90274.

PLEASE LIST ONE OR MORE NAMES ON EACH LINE. If possible, include the nominees' school. If the individual(s) you nominate have expressed an interest in the position, it would be very helpful if you would so indicate that. **THANK YOU!**

PRESIDENT\* \_\_\_\_\_

EXECUTIVE V.P. \_\_\_\_\_

1<sup>st</sup> VP (Organization) \_\_\_\_\_

2<sup>nd</sup> VP (Hospitality) \_\_\_\_\_

3<sup>rd</sup> VP (Education) \_\_\_\_\_

4<sup>th</sup> VP (Community Service) \_\_\_\_\_

5<sup>th</sup> VP (Communications) \_\_\_\_\_

6<sup>th</sup> VP (Ways & Means) \_\_\_\_\_

TREASURER \_\_\_\_\_

FINANCIAL SECRETARY \_\_\_\_\_

AUDITOR \_\_\_\_\_

RECORDING SECRETARY \_\_\_\_\_

CORRESPONDING SECRETARY \_\_\_\_\_

LEGISLATION \_\_\_\_\_

HISTORIAN \_\_\_\_\_

Your name (optional) \_\_\_\_\_ I am interested in serving in the following position(s): \_\_\_\_\_

GENERAL SUGGESTIONS FOR OFFICERS OR CHAIRMEN: Please list area(s) of interest and school, if known. \_\_\_\_\_

**Standing Rule #13-Qualifications for Council President: Must have served two years on the PVP Council Executive Board, one of which must have been as a Unit President, or Executive Vice President and one of which must have been as an elected officer of PVP Council.**

# Saving our Earth



## Think Green



### International Walk to School Day on October 7, 2009

Join kids and families around the globe ~ walk or bicycle to school

In the USA, celebrate Walk to School Day , and promote safe walking and bicycling throughout the year. Help encourage healthy physical activity and reduce traffic congestion near schools during “Walk to School Day on October 7th, 2009”.

Schools can register their Walk to School Day events and learn about ways to promote safe walking and bicycling throughout the year from the National Center for Safe Routes to School. Registered users can download templates for printing stickers, certificates, a frequent walker punch card and puzzles. Registrants also receive a weekly e-newsletter for six weeks in September and October with tips and resources on holding a Walk to School event

<http://www.walktoschool.org/>



**Palos Verdes High School PTSA**  
**Supports Red Ribbon Week**  
**October 2009**

With the ever increasing concern about drug use and availability to our high school students, the PVHS PTSA is going to go full force on supporting **Red Ribbon Week**

which this year is celebrated from **October 26-30, 2009**.

Working with the school activities director and ASB the PTSA has two great events planned so far.

**Scott Greenberg** will address the students on **Tuesday, October 27<sup>th</sup>**. Scott is a high energy, motivational speaker who encourages young adults to put away their fears and to reach their top potential. Like to see what your kids are seeing? You are invited to see Scott's presentation **Tuesday night, October 27<sup>th</sup>, 7:00pm in the MPR**. Please join us to hear Scott's outstanding presentation! See the attachment in this newsletter.

Then on **Thursday, October 29<sup>th</sup>**, the PTSA will host the **7<sup>th</sup> annual Volunteer Fair** bringing in charitable organizations from our community to encourage student participation. This goes along with the premise that kids who are involved in service activities are less likely to take drugs or alcohol.

Look for more activities to be announced via the Principal's Weekly Update or [www.pvhigh.com](http://www.pvhigh.com) as Red Ribbon Week approaches.





**Bringing Out Your Best.** Motivational speaker Scott Greenberg is a nationally renowned expert on resilience and peak performance. His live presentations and workshops have helped hundreds of thousands of people overcome their mental barriers to success. Scott's programs combine rich content with humor, stories and interaction, ensuring your group will have a great time while also acquiring tools they need to live and work at their best.

*Scott is hilariously funny and easygoing, making him a dream to work with. Our kids LOVED him... He handled a large rowdy crowd with the finesse of a true professional. Scott connects with kids on their level in a way few motivational speakers can.*

*—Sandy Ginger, Executive Director,  
Nevada Association of Student Councils*

- Leadership Training
- Motivational Keynotes
- Workshops

*I wanted to let you know I think you are by far the best motivational speaker I have seen in my four years at Ocean Lakes... Thank you for showing me and everyone else that we all have the power to get through life's turbulent times.*  
*— Heather, Student, Ocean Lakes High School*

#### Clients Include...

- National Assoc. of Student Councils
- National FFA Association
- Key Club International
- Skills USA/VICA
- DECA
- FBLA
- FCCLA
- Utah Highway Safety Office
- National Honor Society
- Rotary Teen Leadership Program
- National Teen Leadership Program
- B'nai B'rith Youth Organization
- Junior Optimists
- Schools Across America

Jump Start Performance Programs  
PO Box 3448  
Van Nuys, CA 91401  
(800) 450-0432  
(818) 785-5202  
Fax: (818) 785-7610  
scott@scottgreenberg.com  
www.scottgreenberg.com



PTA's National 2009-2010

# *Reflections Program*

*This year's theme is*

# *“Beauty is...!”*

**The Six categories are:**

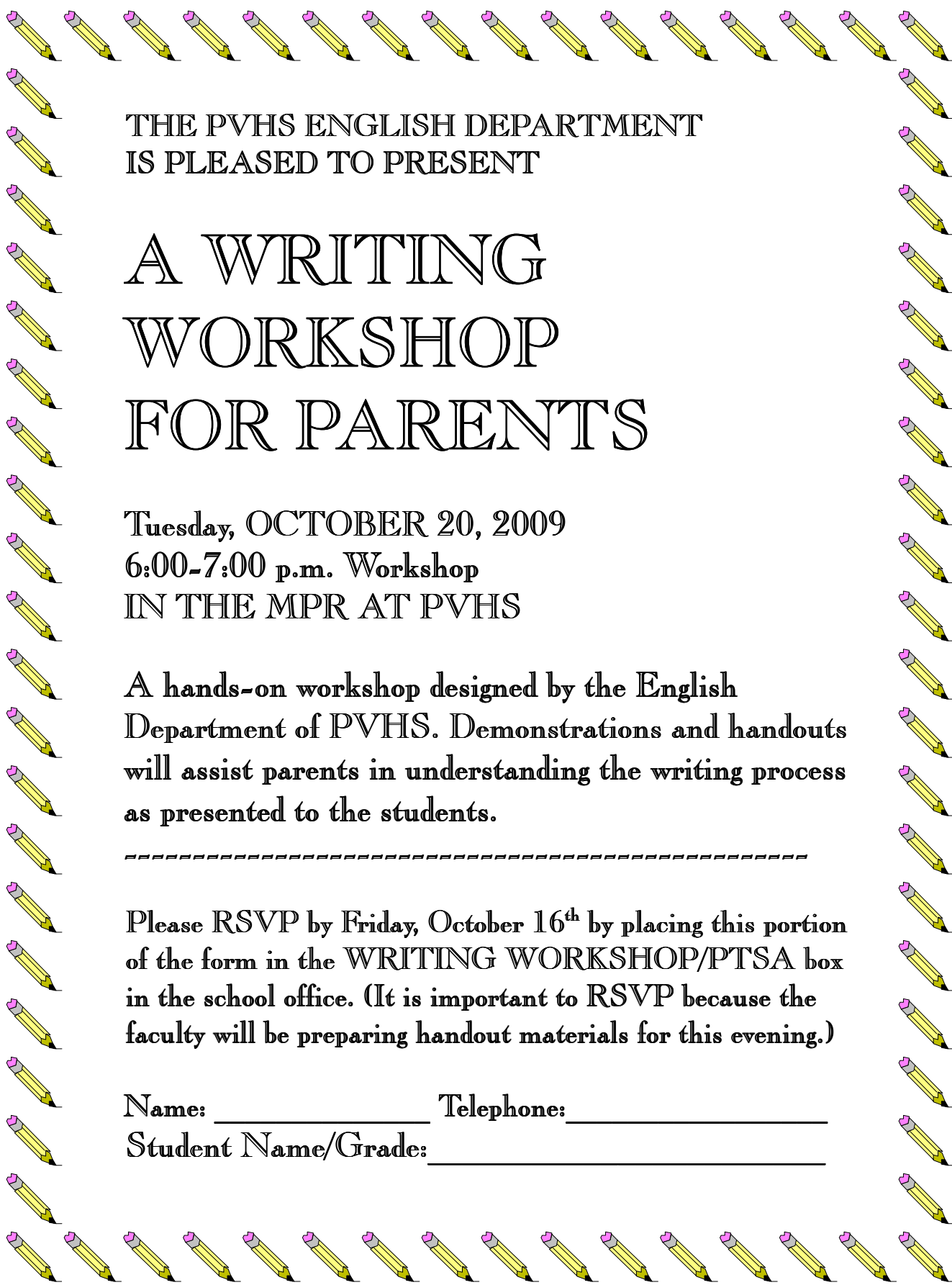
- ▶ Literature
- ▶ Photography
- ▶ Visual Arts
- ▶ Music
- ▶ Dance/Choreography
- ▶ Film/Video

Students can win cash prizes, trophies, medals,  
and a chance for State and National recognition.  
*(remember to put this on your college apps!)*

Official rules available at: [www.capta.org](http://www.capta.org)  
Entry forms now available in the PVHS library  
***Deadline for entries is October 9, 2009***

Questions? Email Megan Moore @ [1MooreMom@cox.net](mailto:1MooreMom@cox.net)





THE PVHS ENGLISH DEPARTMENT  
IS PLEASED TO PRESENT

# A WRITING WORKSHOP FOR PARENTS

Tuesday, OCTOBER 20, 2009  
6:00-7:00 p.m. Workshop  
IN THE MPR AT PVHS

A hands-on workshop designed by the English Department of PVHS. Demonstrations and handouts will assist parents in understanding the writing process as presented to the students.



Please RSVP by Friday, October 16<sup>th</sup> by placing this portion of the form in the WRITING WORKSHOP/PTSA box in the school office. (It is important to RSVP because the faculty will be preparing handout materials for this evening.)

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Student Name/Grade: \_\_\_\_\_

## California Scholarship Federation (CSF)

**Fall 2009 Membership Drive:** Enrollment for Fall 2009 membership in the California Scholarship Federation (CSF) began in mid-September and was Based on the June 2009 report card. Names of Fall 2009 members will be published in the next issue of *The Wave*. Eligible sophomores, juniors and seniors had to turn in applications and semester dues by the September 30<sup>th</sup> deadline. Freshmen will be eligible to become CSF members using their first high school report card that comes out in January.

**PVHS CSF Executive Board:** Congratulations to the following students Elected in May to serve on the PVHS CSF Executive Board for the 2009-2010 school year: President – Mary Tumanyan; Vice-President – Amanda Mueller; Secretary – Julia Center; 11<sup>th</sup> Grade Members-at-Large: Christina Gunzenhauser, Alexandra Lewis, Dillon Rice, and Christina Schoellkopf.

**Community Service:** All Fall 2009 semester CSF members must participate in at least one CSF-designated community service project. The CSF-designated projects will be announced in early October through: (1) noon meeting; (2) Edline posting; (3) flyers in library; (4) CSF webpage; and (5) Daily Bulletin announcements. Service must be completed by the end of the first semester (January). Although our students are active in many organizations and perform community service elsewhere, we ask that our CSF members participate in our CSF-designated projects, from which students can select either a donation or service.

**Information about CSF:** What is CSF? What is a Sealbearer? What are the benefits? Answers to questions like these can be found on the school website, [www.pvhigh.com](http://www.pvhigh.com), click on "Academics" and drop-down to "CSF." Posted are an application form, Frequently Asked Questions, Community Service information, etc.

**CSF June 2009 Gold Sealbearers:** In addition to the 177 Senior Gold Sealbearers identified in February 2009 based on their January 2009 Report cards (see *The Wave*, May/June 2009 issue), another 19 graduating seniors became eligible with the June 2009 report card. Congratulations to the following Class of 2009 seniors who were awarded their gold cords And membership pins for their June commencement ceremony: Kurt Ahrens, Stephanie Aristei, Dana Boyd, Sunjay Dhama, Lindsey Dukesherer, Max Glickman, Elizabeth Goo, Anthony Hellow, Aubrey Hertzmann, Amanda Hooper, Kara Irons, Michael Laity, Rebecca Luce, Alana Noland, Nicole Payne, Joshua Robinett, Francesca Simeral, Jael Weinberg, and Antonios Zikos. At a total of 196, this is the largest group of CSF Gold Sealbearers in the history of Palos Verdes High School!

Aileen Willoughby  
PVHS CSF Adviser, x234  
[willoughby@pvpusd.k12.ca.us](mailto:willoughby@pvpusd.k12.ca.us)

## *Update from PVHS College and Career Center*

### **College Visit Sign Ups Now Available on Naviance**

The 2009-2010 School Year is off to a great start and already 50 colleges and universities have signed up to visit the PVHS campus and talk to students in the College and Career Center. The first scheduled visit will be at 10 am, Friday, September 18th when University of Colorado Boulder's admission representative will be on campus. Interested Seniors and Juniors must sign up on Naviance and have teacher permission in order to attend info sessions during class time. Parents are welcome to attend, though we ask them to hold their questions or comments until after the admissions officer has the chance to address all student questions. Check the College Visit schedule on Naviance regularly as new visits are added throughout the week.

### **PSAT(Juniors): The Official PSAT Test is Saturday, October 17th**

Juniors may Register through Student Store October 5-12 between 9 am and 1 pm. ( registration for interested sophomores opens October 8). The registration fee is \$20 and checks should be payable to PVHS. DO NOT BRING CHECKS PRIOR TO OCTOBER 5th. We will not have materials or test tickets until that date. The October 17th test date is a nationwide test date for the official PSAT. We hope this clarifies any confusion for parents and students who are receiving marketing materials for "practice" PSAT's and fee-based test prep services.

### **SAT and ACT Test Information:**

All registration for SAT and ACT testing is done directly through the official testing organizations. Registration is currently underway for the October 10 SAT at [www.collegeboard.com](http://www.collegeboard.com). Registration for the October 24 ACT is available at [www.actstudent.org](http://www.actstudent.org). Both sites have complete details about upcoming test dates, locations, deadlines and fees. Full length practice SAT and ACT tests, along with lessons, are available free to all PVHS students on Naviance through the Method Test Prep program, underwritten by the PVHS Booster Club.

### **College and Career Center Hours and Location**

The College and Career Center is located in Room 318 and open for students and parents daily from 9 am – 1 pm. and by appointment. In addition, evening and weekend programs are scheduled throughout the school year and announced on the website, the bulletin and through Naviance. The resources of the PVHS College and Career Center are supported through the generosity of the Peninsula Education Foundation and the PVHS Booster Club. For questions or more information, stop by during our office hours, or e-mail us at [pvhsccl@pvpusd.k12.ca.us](mailto:pvhsccl@pvpusd.k12.ca.us).



## This is when our job is done, and not one moment before.

A diploma from a Palos Verdes school means something.

It tells colleges, universities and the world that the person who holds it has one of the best high school educations there is to be had.

A Palos Verdes diploma speaks volumes. Or so we hope.

The truth is, we can no longer take it for granted. Massive cuts by Sacramento have already threatened our teachers. Nothing can be taken for granted.

That's why there's PEF.

Our job is to make sure our schools have the funding they need so your child can get the education she deserves.

Your donations help pay for the College and

Career Center. Academic Counselors. More teachers and smaller classroom sizes. Not to mention award-winning programs like PVIT and SMERT.

So that when your child takes the next step, it's towards the brightest future possible.

Please. Give to PEF. To learn more, and to donate online, visit [www.pvpef.org](http://www.pvpef.org).

Thank you.



You are warmly invited to attend a free public seminar and panel entitled  
**"How to Get your Kid into College".**

This unique presentation will include an all star list  
of university deans and admissions officers. They will be  
addressing the questions hundreds of parents are asking,

*"What really counts in preparing my students for college  
admissions?"*

**Friday October 9th at 7:00 PM.**

**Community Center  
735 Silver Spur Road, Rolling Hills Estates, CA.  
Refreshments will be served**

**Speakers include:**

**Dr. David Pyke**

Formerly Dean of the Graduate School of Business Dartmouth College  
Current Dean University of San Diego.

**Mr. Hunter Stanfield**

Assistant Director of  
Admissions at Pepperdine University

**Ms. Katy Lander**

Formerly admissions officer of Azusa Pacific University  
Currently officer of 'All in Education' ~ a private preparation service.

Recent graduates will also speak of their experiences following college,  
and their early career experiences.

Please mark your calendars right now and save the date

Sponsored by The Rolling Hills Covenant Church



## Library Article

*"The book to read is not the one which thinks for you, but the one which makes you think."*

*-James McCosh*

**Warm Welcome:** Please join me in welcoming Mrs. Diane Astiazaran who will be assisting me in the library this year. She is a valued and long-time PVHS employee who knows many of our Sea King students from her previous positions in the Counseling office and Special Education program. She has already been instrumental in our hectic but successful textbook distribution and early start-up of the library. Welcome and Thank You, Mrs. A!

**Thank You, PTSA, for Gifting:** For those of you that donated directly to the school library through the PTSA Donation Summary Form, thank you so much! If you didn't have a chance to do so, it's not too late. You may still send a check payable to "PVHS Library" directly to the library, and I will ensure that it is deposited into our library account. Please keep in mind that our library supports the Curricular needs of all our students and teachers. Funding is provided only through the generous support of PTSA and Booster Club members, and there are no funds that come to our school from the state. In the past, the PTSA and Booster Club have provided funds that enabled PVHS to have one of the best electronic database collections in the state among all high schools, supporting the needs of our students whose research requirements are an important part of the curriculum. The funds have also enabled us to continue building our collection of print and media resources, which I acquire based upon factors such as teacher assignments/requests/recommendation, the state standards, and student requests. Thank you for your support!

**Textbook Distribution Volunteers:** There are a number of parent and student volunteers who contributed in making our textbook pickup days, particularly on Registration Day, one of our most successful. Thank you to PARENTS: Jessica Feldman, Sue Hargrave, Julie Harrington, Kathy Imai-Davis, Anne Milliken, Priscilla Novum, Donna Paulson, Anne Robinson, Cathy Salerno, Fran Sinow, and Sue Wilkinson; FRIENDS: Kathy and Jim Burnett, Eileen Ekinaka, and Werner Willoughby; ALUMNI: Jennifer Dose, Kaori Funahashi, Sydney Kim, Jocelyn Shimizu; and STUDENTS: Julia Center, Chris Dose, Daniel Feldman, Frank Marshall, Michelle Mitchell, Amanda Mueller, Katelyn Nelson, Christina Schoellkopf, Blake Taricco, and Denise Torres.

**September Activity in the Library:** Within days of the start of school, we began transitioning from a textbook facility housing over 10,000 books to a busy library. There is never a dull moment as Mrs. A. checks in and out library books to accommodate outside reading assignments as well as pleasure reading, and takes care of textbook exchanges for those who are adding and dropping classes. During the latter half of September, I presented library orientations to all freshmen English classes, and on other days, a number of teachers brought their classes in to begin their research assignments.

**Library Hours:** We are open all day from 7 a.m. to 3:30 daily. Students who have free periods are welcome to study and work in our library.

Sincerely yours, Aileen Willoughby-PVHS Teacher-Librarian– email : [willoughby@pvpusd.k12.ca.us](mailto:willoughby@pvpusd.k12.ca.us)

## Parents on Campus

Take a walk around the PVHS campus and help make it even safer. Volunteers are still needed to sign up to walk the campus at lunch (12:19-12:50pm daily). We provide an extra set of eyes for the administration on our large campus and help promote a friendly and peaceful atmosphere. The sign-up binder, including guidelines, is located in the Main Office. A tuberculosis skin test or clear chest x-ray needs to be on file with the school nurse to participate.

Please contact "Parents On Campus" coordinator Amy Ehrenkranz 310 265 1965/ amy@weemployyou.net for details or to answer questions.

Sign up once or as frequently as your schedule allows. And you can walk with a friend!

## THE COSTUME CLOSET IS NOW OPEN

300 "D" Paseo Del Mar, Palos Verdes Estates, CA 90274

Come and see our new costumes while we still have a  Reserve your Halloween costumes great selection available ...

**Cash and checks only; no credit cards**

**Hours:** Monday, Thursday and Friday 1 - 5 p.m.

Wednesday 10 a.m.- 5 p.m.

Saturday 10 a.m. - 5 p.m.

Closed Tuesday and Sunday



**PHONE FOR SPECIAL HALLOWEEN HOURS**

**Our profits benefit all the PVPUSD schools**

The Costume Closet is solely parent volunteer run  
Please call Judy or Peggy @ 310-378-5005 to schedule a shift or two...

## ASB Update

After the recent chaos of school starting, PV's ASB has been working hard to bring spirit and pride to PV. From planning lunch time rallies to the 2009 homecoming, this Zero period class has not skipped a beat. Recently most of their time has been consumed on planning their year kickoff lunch time rally, which was a huge success because of our leaders in spirit, Soni Lazor and Sean Heitzler. Also, our commissioners of internal public relations, Julia Bahl and Courtney Trevett, just had the second annual "New Student Coffee," which was a hit. You can also look forward to our surprise themed homecoming dance on October 16<sup>th</sup> following the varsity game against Leuzinger. Come support our team, see you then!

**GO SEAKINGS!**

**-ASB**





## **Girls "Frosh/Soph" Volleyball**

**The girls' Frosh-Soph Volleyball Team had a great pre-season practicing at Miraleste Intermediate School, while the PVHS gym was under construction. Jessie Sullivan, a former PVHS volleyball player (Class of 2007), has returned to her alma mater to coach the team.**

**The Frosh-Soph team members include, Juliette Barnum, Kendra Delgado, Lizzie Hermosillo, Taylor Kaether, Taylor Munsell, Nika Pakravan, Sarah Pakravan, Sophia Rendon, Jenny Rheingold, Megan Southgate, Romey Weller, Kylie Williams and Savanna Zar.**

**The Frosh-Soph team's first league match is October 8<sup>th</sup> at Mira Costa High School. Frosh-Soph Coach Jessie Sullivan said, "I am looking forward to seeing the girls progress as individual players as well as a team throughout the season, as well as throughout the rest of their careers at PV High."**

## Girls Junior Varsity Volleyball

The JV girls volleyball team is looking great for the 2009 season! We are very fortunate to have *Coach Patrick Lynch* coaching the girls again.

The Junior members of the team are: *Kelly Govenar (Setter), Chloe Grabb (Middle Blocker), and Tessa Weller (Outside Hitter)*. The Sophomores this year are: *Julia Bahl (Defensive Specialist), Delaney Brown (OH/Opposite), Madison Cicchetti (OH/DS), Courtney Daly (OH/DS), Paige Keating (MB), Hannah Rau (MB), Hannah VanAmburgh (Setter/OPP), and Maggie Vlaco (OH/OPP)*. And this year we welcome Freshman *Julia Milliken (OH)* to the team.

The JV team started off the season with a win against El Segundo, which the girls won in two games, 25:21 and 25:23. The girls have continued to play well, beating Torrance in two games, 25:9 and 25:20, and also beating San Pedro in two games, 25:17 and 25:18.

In tournament play, the JV girls came in second in their pool at the Redondo tournament, going on to the playoffs, where they lost in a very close game the first round. At the Gahr tournament, they had four matches, with one win (Santa Fe), two ties (Notre Dame and Lakewood) and one loss (Long Beach Wilson).

We look forward to the rest of the season and hope you can come watch some of the games!

## Girls Varsity Volleyball

The Girls' Varsity Volleyball Team is off to a strong start with several key wins and a Gold Division finish at a highly competitive tournament. The team consists of 15 excellent players, including seven returning to varsity, six moved up from JV, and two new to the program. Pinter Aguirre returns for his fourth year as head coach, assisted by Patrick Lynch, boys' volleyball head coach.

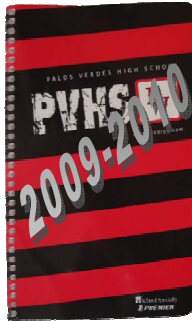
Middle blockers Caroline Daly (Sr.), Nicole Percz (Sr.), and Kate Giddens (So.) put up a solid wall at the net and score points with their quick attacks. Kristi Burrill (Jr.) and Kelly Johnson (So.), who is recovering from a shoulder injury, direct the team with their smart and accurate setting. Outside hitters Madi Ortega (Jr.), Dana Connors (So.), and Danyelle Simpkins (Fr.) are strong go-to players when the ball needs to be put away. Opposite hitters Chloe Jillings (Sr.) and Maddie Smith (Jr.) put up a huge block and score points with precise hitting. Turner Park (Sr.), Lizzie Mu (Jr.), Ariel Hawley (Jr.), Hayley Leonard (Jr.), and Kenedy McGrath (So.) are fearless in the back row and continuously supply the setters with great passes.

Coach Pinter, Coach Lynch and 10 players traveled to Hawaii in August to play in the Kauai Challenge Invitational Tournament. Competing against 31 top varsity teams from Hawaii, California and Texas, PV finished in the "Olinolino – Bright and Brilliant" Division 2 with a 5-4 overall record. Along with lots of volleyball, the girls made sure to have some fun including a wild Zodiac raft ride along the Na Pali cliffs and jumping from the top of a beautiful waterfall into the pond below. Since returning from Kauai, the team has been practicing hard to prepare for a winning season. After an unexpected loss to El Segundo, PV rebounded with a strong showing in the Dave Mohs Tournament, which featured 32 of the best teams in LA and Orange County. Seeded 29<sup>th</sup> going into the tournament, the Lady Sea Kings were first pitted against a strong pool of Newport Harbor, Vista Murrieta and Tesoro. Handily defeating VM and Tesoro, PV advanced to the elite Championship Gold Division and confronted highly-regarded Corona del Mar. After a spirited victory in the opening game, the Sea Kings fell to the eventual 2<sup>nd</sup> place finisher two games to one and celebrated their 9<sup>th</sup> place finish.

Continuing the momentum from the tournament, the team went on to defeat Torrance three games to one and San Pedro three games to none in non-league matches. They play in the North High tournament on September 26<sup>th</sup>. The first home league game is against powerhouse Redondo on October 15<sup>th</sup> in the newly-refurbished gym. Check out the schedule, photos and results on the wonderful Girls' Volleyball pages of the PV High website. Come watch the exciting games and cheer for the girls. They've shown that although new as a group, they will be a team to be respected as the season progresses.

Congratulations, Sea King Volleyball!

**PVHS MERCHANDISE  
AVAILABLE IN THE STUDENT STORE!**



**A. 2009-2010  
School Planner \$10.00**



**B. Book Cover  
Red or Black \$4.00**



**C. White Zipper Hooded Sweatshirt  
S, M, Lg, XL, 2XL  
\$45.00**



**D. Black Zipper Hooded Sweatshirt  
S, M, Lg, XL, 2XL \$45.00**



**E. Grey Pullover Hooded Sweatshirt  
S, M, Lg, XL, 2XL \$40.00**



**F. Ladies Microfleece Jacket  
Full-Zip, Seaking Embroidery  
S, M, Lg, XL, 2XL \$60**



**G. Woven Afghan  
50" x 60" \$55.00**



**H. Microfleece Stadium Blanket  
\$40.00**



**I. Home/Garden Flag  
\$35.00**



**J. Carabiner Keychain  
\$2.00**

**\*Please make checks payable to PVHS PTSA.**

The Student Store is open during regular school hours and is located next to the cafeteria.

# Parent Life Skills Group

## Awareness Information Support

*Are you concerned for your child in any of the following areas?*

Communication Decision making skills Stress Related Issues  
**Self Esteem/Self Image** Family guidelines **Cyber bullying / Cell phone use**  
Internet Safety **Healthy Relationships/Boundaries** At Risk youth and  
teens **Alcohol/Drug use or experimentation**

**Groups are led by: Dr. Greg Allen, Ph.D., M.F.T**

For over twenty five years, Greg has been a Licensed Therapist, specializing in teens, parents, adults, relationships, addictions and sports psychology. As the founder and Director of Freedom4U, a nonprofit youth organization ([www.freedomcommunity.com](http://www.freedomcommunity.com)), Greg helps local teens find creative safe ways to express themselves. Greg is also the Program Director of Thelma McMillen Center at TMMC, specializing in alcohol & drug problems. He frequently speaks to parents, educators and professionals in the South Bay. A Palos Verdes native, Greg has maintained a private practice on the peninsula for several years.

**When:** Wednesday's: 7:15 pm – 8:45 pm

**Cost:** \$40 per group; \$150 if pay for month

**Location:** Ridgecrest Intermediate School Library,  
28915 Northbay Road,  
Rancho Palos Verdes, CA. 90275

**Group Starts:** Oct. 7, '09

These confidential groups are ongoing; you can enter at any time.

Space is Limited

Pre-Consultation Required

For questions or to register call: Dr. Greg Allen: 310-378-9005 or email:  
[gallen1@cox.net](mailto:gallen1@cox.net)/ To learn more about Greg, ([www.DrGregAllen.com](http://www.DrGregAllen.com)).

Youth & Teen Groups are also available

Sponsored by Freedom4U, [www.freedomcommunity.com](http://www.freedomcommunity.com)



## Youth & Teen Life Skills Group

A group for teens who are dealing with issues of: self esteem, decision making, communication, self respect, risky behavior, stress & time management.

Life skills to get the most out of the teen years

- \*Developing the relationships you want to have with: peers, parents & siblings
- \*Setting and achieving your goals
- \*How to succeed in school & still have fun
- \*How do use your wisdom to avoid the most common mistakes teenagers make
- \*Physical & emotional health, communication, improving personal & family relationships

Groups are led by: Dr. Greg Allen, Ph.D., M.F.T & Erin Foster, M.A., IMFT

When: Wednesdays:      Youth (Intermediate) Group    3:30 - 4:45pm  
   Teen (High School) Group    5:15 - 6:45pm

Cost:                        \$40 per group or \$150 for the month

Groups Starts:        October 7, 2009

Location:                Ridgcrest Intermediate School Library  
   28915 Northbay Road, RPV. 90275

\*These confidential groups are ongoing; you can enter at any time.

Space is Limited

Pre-Consultation Required

For questions or to register call: Dr. Greg Allen: 310-378-9005 or  
email: geallen1@cox.net

To learn more: go to [www.DrGregAllen.com](http://www.DrGregAllen.com) or [www.freedomcommunity.com](http://www.freedomcommunity.com)

Sponsored by Freedom4U

Parent Life Skills Groups is also available, led by Greg Allen, Ph.D.

# October 2009 Calendar



**Thursday, October 1, 2009**

**Back to School**

**Friday, October 2, 2009**

**Minimum Day**

**Friday, October 9, 2009**

**PTA Reflections  
Contest Submission Deadline**

**Friday, October 9, 2009**

**How to get your child into  
College ~Public Seminar**

**Thursday, October 15, 2009**

**District-wide Disaster Drill  
@ 10.30am**

**Thursday, October 15, 2009**

**Wave Newsletter Articles Due**

**Thursday, October 15, 2009**

**PTSA Executive Board Meeting  
@ 8.30am, FDR**

**Friday, October 16, 2009**

**HOMECOMING**

**Tuesday, October 20, 2009**

**Writing workshop for parents**

**Monday, October 26, 2009-  
Friday, October 30, 2009**

**Red Ribbon Week**

**Thursday, October 27, 2009**

**PTSA General Meeting 7.00PM**

**\*Special Guest Speaker  
Scott Greenberg\***

