

# Palos Verdes High School



## *The Wave*



PTSA Newsletter

March 2010

Volume 8, Issue VI

### **A Letter from the Principal**

We had another fantastic “Catch The Wave” event at PVGC on February 27. The weather could not dampen the enthusiasm as our Booster Club sponsored event brought together about 300 parents with over 30 PVHS faculty and staff members. We had students volunteering their time to help in a variety of ways. We made a lot of money for the Booster Club and everyone had a great time. Parent support has been one of the keys to our success over the last eight years. I would like to highlight these contributions.

Our PTSA has 24 Executive Board members under the leadership of President Kristin Curren. They meet once monthly and then there is a general meeting which is usually on the last Tuesday of each month at 9:15 in the MPR. Parents also take on major projects such as the reflections program, disaster drills, registration and hospitality for numerous events each year. Every year we get new members and the quality of support never changes – it is outstanding!

The Booster Club is led by Tom O’Hern and there are 30 members of the Executive Board. The Executive Board hosts a general meeting which is usually on the 2<sup>nd</sup> Tuesday of each month at 7:00 in the library. This meeting is preceded by a meeting of the Athletic Committee and every level of every sport has a parent who serves as a “team representative. The Academic and Arts Committees meet at different times before the general meeting and parents join staff members to discuss important issues. The Booster Club consistently raises over \$400,000 annually to supplement district funding. Our Booster Club is outstanding.

Along the way parents help in other ways throughout the year. In athletics parents help the coaches with programs, team dinners and banquets. We have PV dads doing the chains on the sidelines at football games and dads regularly help as announcers at various sporting events. Parents help in a number of ways at track and cross country competitions. If you check out a drama, music, choreo or competition dance program you will find parents helping in every way imaginable. PVIT was preceded by DARPA and both of these “techy groups” have regularly met on Sunday afternoons. Parents for 7 years have lent their technical expertise and have even come in to be guest lecturers. Mock Trial and every other extra curricular group have tremendous parent support.

The end result is that we have a good thing going at PVHS. Our teachers, coaches and staff appreciate the help and our students are the beneficiaries. The only bad news is that when seniors graduate, we also lose great parents. There are exceptions to this rule and Ann Zimmerman stands out. Ann, you are the best! We can always use “new blood.” If you want more information on how to get involved, check out the school website at [pvhigh.com](http://pvhigh.com) and look for contact information. Thanks parents. We are having another great year and once again you are a major factor in making this happen.

***GO SEA KINGS!***

**~Chris Bowles**



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

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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:

What lies behind us and what lies before us are tiny matters compared to what lies within us. ~Ralph Waldo Emerson

Thanks to all parents who attended the February Town Hall meeting at Peninsula High School on the school budget crisis. If you weren't able to attend, please note **Thursday, March 18<sup>th</sup>, 7pm, Ridgecrest Intermediate School's MPR** is the second opportunity to hear directly from all the representatives in the district working to solve the budget shortfall: the superintendent, district human resources, principals from each school level, teacher's rep., PTA, and the education foundation. Hear the various options on the table to solve the \$3.5MM in necessary cuts.

Many kind thanks to PVHS parent, Janine Davis, for bringing policy director of child safety at Yahoo, Inc. to our February PTSA meeting. The speaker was phenomenal reminding us to help guide our middle and high schoolers as they manage their digital footprint. The handouts Ms. Teitelbaum provided are included in these pages as well as on [www.pvhigh.com](http://www.pvhigh.com).

The **March 23<sup>rd</sup> PTSA meeting (9:15am, MPR)** features a presentation on 'The Smart Classroom' from district technology director, Trent Bahadarsingh. All students will soon be using paperless classrooms, which not only helps cut costs of supplies, helps the environment, and provides improved feedback between teacher and student, but allows them to stay on the cutting edge of this moment by moment evolution in technology and education.

PLEASE visit [www.pvhigh.com](http://www.pvhigh.com) and click on the top right hand button Parents, PTSA to browse the website, read the past issues of The WAVE, and stay up to date.

Happy St. Patty's Day to all!



**Kristin Curren**  
[currens@cox.net](mailto:currens@cox.net)

**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
<b><u>APPOINTED BY PRESIDENT:</u></b>	
<b>Parliamentarian:</b>	Julie Virjee
<b>Corresponding Secretary:</b>	Eunjoo Pacifici
<b><u>MEMBER AT LARGE:</u></b>	
<b>PEF Rep:</b>	Emiley Daly

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# NEXT PTSA MEETING

TUESDAY

MARCH 23<sup>TH</sup>,  
9.00AM, MPR  
SPECIAL GUEST SPEAKER

**Trent Bahadarsingh**

\*\*\*talk on the smart classroom\*\*\*



JOIN US FOR  
COFFEE !!!

PVHS PTSA BOARD

PVHS PTSA General Meeting Agenda  
Tuesday, March 23, 2010, **9:15am, FDR**

*'Calm Seas Ahead'*

**Welcome, Call to Order, Pledge** – Julie Robinson, executive vice president

**Announcements**

**Guest Speakers**

\*Principal Chris Bowles

\*Teri Kuwahara, College & Career Center

\*Kristen Huber, Activities Director

\*Trista Ramirez, Adam Genovese – Counseling Dept.

\*PEF Rep – Emiley Daly

PEF weeks at schools – ideas for PVHS; amend line item

\*Trent Bahadarsingh – The Smart Classroom

\*Treasurer: Julianne Sasso

Present Treasurer's Report for February, 2010

\*Recording Secretary: Kathy Hopkins

Approval of Minutes of February 2010 mtg.

\*Parliamentarian: Julie Virjee

Election of the 2010-2011 Executive Board

\*1<sup>st</sup> VP: Sue St. Denis

H.S.A. nominations; ceremony & installation Tuesday, May 25<sup>th</sup>, 11:00am MPR

2<sup>nd</sup> Gifting cycle

\*3<sup>rd</sup> VPs: Sue Hargrave & Sue Wilkinson

Spring SAT Prep workshops update

\*4<sup>th</sup> VPs: Kim Brothers & Cindy Percz

Yellow Ribbon Week

\*5<sup>th</sup> VPs: Helaine Lopes, Liz Duvall & Helle Catallo

Directory changes for next year

Wave deadlines and combined issues

\*Adjournment

Parliamentary update from **Palos Verdes High School**

**PALOS VERDES HIGH SCHOOL PTSA  
PROPOSED 2010-2011 SLATE OF NOMINEES**

The PVHS PTSA Nominating committee presents the following nominees for next year's PTSA Board. We still need/want your suggestions for next year's officers. **Please** return by mail or e-mail to Julie Virjee 310-377-0709, (email) jules-[jules-virje@aol.com](mailto:jules-virje@aol.com) or (mail) 2 Cinchring Road, Rolling Hills, CA 90274.

If you would like to nominate someone OR self-nominate, please contact Julie Virjee. The election for the new board will take place at the March meeting. It's going to be a great year!

President \_\_\_\_\_ Julie Robinson \_\_\_\_\_

EXECUTIVE V.P. \_\_\_\_\_ Sue St. Denis \_\_\_\_\_

1<sup>st</sup> VP (Organization) \_\_\_\_\_ Mary Ingram & Heidi Kashyup \_\_\_\_\_

2<sup>nd</sup> VP (Hospitality) \_\_\_\_\_ Julianne Sasso & Anne Thurman \_\_\_\_\_

3<sup>rd</sup> VP (Education) \_\_\_\_\_ Sue Hargrave & Sue Wilkinson \_\_\_\_\_

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

5<sup>th</sup> VP (Communications) \_\_\_\_\_ Helle Catallo, Liz Duvall & Helaine Lopes \_\_\_\_\_

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

TREASURER \_\_\_\_\_ Sarah Stromme \_\_\_\_\_

FINANCIAL SECRETARY \_\_\_\_\_ Vicky Mar \_\_\_\_\_

AUDITOR \_\_\_\_\_ Michelle Mueller and Stephanie Galletti \_\_\_\_\_

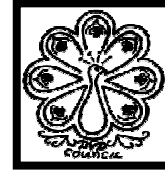
RECORDING SECRETARY \_\_\_\_\_ Kathy Hopkins \_\_\_\_\_

CORRESPONDING SECRETARY \_\_\_\_\_ Eunjoo\_Pacifici \_\_\_\_\_

LEGISLATION \_\_\_\_\_ Sherry Cicchetti & Karen Bird \_\_\_\_\_

HISTORIAN \_\_\_\_\_ Cindy Percz \_\_\_\_\_





**Palos Verdes Peninsula Council of PTAs  
2010-2011 PROPOSED SLATE OF NOMINEES**

The PVP Council of PTA's Nominating committee presents the following nominees for next year's Council of PTA Board. We still need/want your suggestions for next year's officers. Any inquiries please email Bonnie Oseas, Nominating Committee Chair (camposeas@cox.net).

The election for the new board will take place at the March meeting. It's going to be a great year!

**STRAW BALLOT for 2010-2011 COUNCIL OFFICERS**

PRESIDENT\* \_\_\_\_\_ Anna Levin \_\_\_\_\_

EXECUTIVE V.P. \_\_\_\_\_ Julie Arico \_\_\_\_\_

1<sup>st</sup> VP (Organization) \_\_\_\_\_ Kathy Hopkins & Ann Lampe \_\_\_\_\_

2<sup>nd</sup> VP (Hospitality) \_\_\_\_\_ Lynn Macnguyen, Kerry Yoshikawa, Erin Cha \_\_\_\_\_

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

4<sup>th</sup> VP (Community Service) \_\_\_\_\_ Mike Brady, Bonnie Oseas \_\_\_\_\_

5<sup>th</sup> VP (Communications) \_\_\_\_\_ Rashida Mendu, Stefanie Foresy \_\_\_\_\_

6<sup>th</sup> VP (Ways & Means) \_\_\_\_\_ Emiley Daly, Sue Shepard \_\_\_\_\_

TREASURER \_\_\_\_\_ Stephanie Gallettii \_\_\_\_\_

FINANCIAL SECRETARY \_\_\_\_\_ Michelle Mueller \_\_\_\_\_

AUDITOR \_\_\_\_\_ Dawn Fuh \_\_\_\_\_

RECORDING SECRETARY \_\_\_\_\_ Carol Quan \_\_\_\_\_

CORRESPONDING SECRETARY \_\_\_\_\_ Maryan Kang \_\_\_\_\_

LEGISLATION \_\_\_\_\_ Karen Bird, Pam Secor \_\_\_\_\_

HISTORIAN \_\_\_\_\_ Sabine Butcher, Sue Delpit \_\_\_\_\_

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. \_\_\_\_\_

\_\_\_\_\_

*"Calm Seas Ahead"*

## KNOW SOMEONE SPECIAL?

We know you do—be thinking about  
someone or some organization  
that has done “over and above” for our

**SEA KINGS**

The Honorary Service Awards.  
are given in May,

but we need your suggestions

Sooner than later...

Be thinking—

We will ask you for your input soon!

Thanks much

Sue St. Denis and Julie Virjee

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

*The mind is like a parachute. It  
doesn't work unless it's open.*

*~unknown*



# Palos Verdes High School Drama Department presents

## 80s MUSICAL 'FOOTLOOSE' WILL ROCK PV HIGH

The Palos Verdes High School Drama Department will present the stage musical phenomenon, *Footloose*, April 16-24. In 1984, the movie version of *Footloose* starring Kevin Bacon captured the heart of America and made it beat to the music of a solid-gold soundtrack with such rock classics as *Let's Hear it For the Boy*, *Holding Out for a Hero*, *Almost Paradise*, and the title song *Footloose*. The high-energy stage musical became a Broadway smash hit and had audiences on their feet with its dazzling dance scenes, electrifying music, and dramatic story of teenage rebellion.

The show begins when Ren, a big city kid, is forced to move to small town Bomont, where he discovers that dancing and rock and roll are illegal in the conservative community. It doesn't take him long to shake up the status quo, and soon the high school students are sending the town into a frenzy while trying to overturn the law against dancing.

"*Footloose* is a tremendously fun musical, full of youthful spirit, awesome choreography, and an incredible score," says drama teacher Nicole Thompson, who directs the production. "However, it is the message about the importance of building bridges between people and strengthening the bonds between parents and their kids that is truly the heart of the show."

*Footloose* plays April 16-17 and 21-24 at 7 p.m. and April 18 at 2 p.m. in the MPR. Tickets will go on sale on March 22, and can be purchased online at [www.pvhsdrama.com](http://www.pvhsdrama.com), or at the door. Prices are \$12 for students and \$15 for adults. For more information call 310-378-8471, ext. 237.

**So come on, "kick off your Sunday shoes" and cut loose with *Footloose*!**



### CAST LIST

Ariel - Samantha Murray  
Ren - Spencer Tanner  
Rev Shaw - Mark Felando  
Vi - Jamie Cowan  
Willard - Reid Wood  
Rusty - Taylor Bracken  
Urleen - Clara Cox  
Wendy Jo - Alissa Horner  
Ethel - Annie Pfohl  
Chuck - Matt Fiedler  
Aunt Lulu/BBQ Soloist - Kelsey Graf  
Uncle Wes/Cowboy Bob/Bickle - Andrew Miller  
Coach Dunbar - Mike Levan  
Travis/Garvin - Isaak Berliner  
Lyle - Michael Hsiung  
Jeter - Nick Harrington  
Principal Clark - Monica Siouty  
Eleanor Dunbar - Grace Haring  
Betty Blast/Dance Captain - Allie Reidy

Ensemble:  
Natalie Aldrete  
Shara Bialosky  
Zoe Huber Lewis  
Axie Hulse  
Allison Kane  
Tara Rao  
Amy Schmocker  
Kari Thurman  
Kristina Varvais  
Tessa Winter

# PVHS CHOREO AND DANCE TEAM PRESENTS



**Thank you Busby!**  
**A tribute to dance and music in film ...**



# **PRESS RELEASE**

**PALOS VERDES HIGH SCHOOL**  
600 Cloyd Road  
Palos Verdes Estates, CA 90274

**Contact: Kathleen Mastan**  
(310) 310-378-8471 ext. 811

**FOR IMMEDIATE RELEASE**  
February 10, 2010

**PALOS VERDES HIGH SCHOOL CHOREO AND DANCE TEAM**  
**“Thank you Busby! A Tribute to Dance and Music in Film”**

**MARCH 31 AND APRIL 1**  
**7 pm - Armstrong Theatre in Torrance**

**(Palos Verdes)**

March is often known as the month to pay tribute to top movies of our times, but this year, it is also a chance to experience the dance production “Thank you Busby! A Tribute to Dance and Music in Film”, March 31<sup>st</sup> and April 1<sup>st</sup>.

Under the direction of Kathleen Mastan, Palos Verdes High School dancers prepare for this Spring show months prior to its debut. The dancers will pay homage to Busby Berkeley (1895 – 1976), an iconic choreographer in film, with a piece choreographed by Ms. Mastan. A tribute to Michael Jackson in gratitude for his masterful and innovative choreography will be performed, as well as other pieces choreographed by professional choreographers and the talented members of the Choreo ensemble.

**TICKET INFORMATION**

Tickets: \$12 one price only (no senior or student discounts). Tickets are being sold by PVHS Choreo and Intermediate dancers beginning the first week in March. The week of March 1, tickets will be available at the PVHS Student Store, hours open: 7:30am – 3:00pm, Phone: 378-8471 x240 or x211, Email: [mastank@pvpusd.k12.ca.us](mailto:mastank@pvpusd.k12.ca.us) or can be purchased the night of the performance at the Armstrong Box Office.

*The Palos Verdes High School Dance Department represents a nonprofit organization that supports the Palos Verdes High School Dance students, and the community-at-large through performance. Funds raised will be put toward the enhancement of the school's Dance Programming.*

###

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NOW AVAILABLE  
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# COLLEGE COUNSELING GUIDEBOOK

Sophomore through Senior Year

Head Counselor Trista Ramirez and CCC Director Teri Kuwahara have compiled a guidebook for Palos Verdes High School students and parents on the college admission process. This guidebook was made possible with funding from the PVHS Academic Committee of the Booster Club.

Included in the guidebook are monthly checklists by grade level and 15 detailed sections that include Testing (PLAN, PSAT, SAT, ACT and Subject Tests), Course Selection, Searching for Colleges, Visiting Colleges, How to Apply to College, Writing Your Essay and much more.

To access the College Counseling Guidebook, go to the school website: [www.pvhigh.com](http://www.pvhigh.com)  
The guidebook is found under Counseling and CCC.

The PVHS Booster Club is looking in to printing the guidebook alleviating users the task of printing out over 100 pages. If you are interested in obtaining a copy, please email: [pvhsccc@pvpusd.k12.ca.us](mailto:pvhsccc@pvpusd.k12.ca.us) or call Robin Millar at x 239. Your name will be added to an email list and information will be sent out as soon as details are finalized.



## University of Kansas Counselor Fly-In February 18-21, 2010

Submitted by: Teri Kuwahara, Director of the College & Career Center

Why Kansas? The question on everyone's mind when I announced I had accepted an invitation to visit the University of Kansas. I was quick to add my trip was being paid by the University and a nice way to see Kansas, since it was not on any of my future itineraries. I admit it, I was wondering "why Kansas" myself and found myself completely impressed with the school environment, academic curriculum and die-hard Jayhawk spirit of the students.

The University of Kansas Admissions Office recognized the increase in applications to "KU" from PVHS. The information session in the CCC held last fall with the KU Admissions Officer in charge of southern California, Jessica Walters, was packed with students. PVHS Social Studies teacher Jama Crady-Maxfield, a KU alum, may be a source of the KU spirit on campus with her spirited KU display in her classroom and proud announcement of having seven PVHS students currently attending KU.

The secret is out. The University of Kansas is a real gem. KU is a Big 12 Conference school located in Lawrence, voted one of the best college towns in the U.S, a student-friendly village filled with stores ranging from the local barber shop owned by the Mayor to mega-chain stores Urban Outfitters and the Gap. KU is also one of the best college bargains in the U.S. Truth be told, a California student can attend the University of Kansas for about the same price as attending a UC campus, including housing and out of state tuition fees. KU also offers Scholarship Houses where all residents share the duties from cleaning to cooking in exchange for reduced housing fees.

The School of Journalism and Mass Communications is one of the top-rated programs in the U.S. Other academic units at KU include: Architecture, Design & Planning, Business, Liberal Arts & Sciences, Arts, Education, Engineering, Pharmacy and Social Welfare. Visit their website at: [www.ku.edu](http://www.ku.edu)

General admissions requirements for out of state students:

24 ACT (or SAT score of at least 1090, Verbal & Critical Reading only)

Top third of class OR 2.5 GPA (on 4.0 scale) in the Kansas Qualified Admission Curriculum (similar to our A-G requirements in California)

For more information on admissions or an application, go to: [www.admissions.ku.edu](http://www.admissions.ku.edu)

The Admission Office arranged for former PVHS student Gavin Fodemski ('08) to join us for lunch. I asked Gavin to send me a message to PVHS students why they should consider KU:

*"At first I was a little timid about going to a school out of state, then when I got to KU everyone was really nice and welcoming. It is such a great experience living here at KU because you get to meet so many different people and even though there are thousands of students, it's still such a small world. Not to mention the experience of the best basketball tradition in the nation! This is where BASKETBALL was invented! Another really great part about KU is the endless portals of lifestyles, that all intertwine in a very exciting way. This is definitely an incredible experience and if I had to do the whole process over again, I wouldn't change a thing."*

School spirit flourishes at KU. Proving their point, our group was treated to a KU Basketball game in the field house with over 16,000 KU students and fans. Having a top-rated NCAA Basketball team doesn't hurt, but the royal blue colors and "rock chalk Jayhawk...KU!" echoed a loud but haunting chant throughout the arena. (I even took the Sea King to the game!)



# Tid Bits from Collegewise

People talk a lot about how hard college admissions is on kids these days. But it's no picnic for parents, either. You want to be supportive and do whatever you can to make sure your kids are happy with their college choices. But these good intentions can sometimes lead parents to unwittingly hurt their kids' chances of admission. So this month, our Collegewise counselors are sharing five common college admissions mistakes parents must avoid.

## **1. Don't get involved with the college essays.**

When a parent helps too much with a college essay, it is almost always glaringly apparent to an admissions officer. Parents think and write differently than kids do. And colleges want to hear your kids' thoughts and perspectives, not yours. In fact, our experience has been that parental involvement in college essays almost never leads to better essays (or better family relations). So let your student take the lead and write what she wants to write. And while you stay hands-off, encourage your kids to seek feedback from an English teacher or counselor who knows them well.

## **2. Don't contact colleges on your student's behalf.**

When a parent repeatedly calls or emails an admissions office to ask questions, it's natural for admissions officers to wonder why the student isn't mature enough to call on his own. That's why we recommend that any communication with an admissions office come from the student, not the parent. This is the time for these young adults to begin developing the ability to show initiative and take care of themselves. The one exception to this rule is when it's time to discuss financial aid, as the admissions offices don't expect kids to carry on discussions about family finances.

## **3. Don't secure activities for your student.**

It's easy for colleges to spot the applicant who volunteered at the hospital after his mother made all the calls, filled out the paperwork, and physically wrestled him into the car to get him there. That mother has shown a great deal of initiative (and a surprising amount of strength). But the student hasn't really shown much of anything. It's perfectly OK to help guide your student and offer advice, but let her decide what she'd like to do and how she's going to start.

## **4. Don't always listen to what your friends say about admissions.**

We're consistently surprised by the amount of inaccurate college information that parents get from other parents at dinner parties. The truth is that while many people claim to know a lot about colleges admissions, very few actually do. So unless the person giving you advice is a counselor or an admissions officer, check with your high school counselor before following any free advice from your friends.

## **5. Don't lose perspective.**

Don't forget that your son or daughter's future success and happiness are not dependent on the admission to one particular college. We're not psychologists, but we've watched over 2500 families go through the college admissions process, and we've noticed that the parents who seem to enjoy the best relationship with their kids during this stressful time are those who make it clear they will proudly wear the sweatshirt of any college their kid chooses to attend. Kids today are feeling an enormous amount of pressure about college admissions. They need you to be the voice of reason who knows that good kids who work hard and have supportive parents will always turn out just fine.

So be a supportive partner, but let your kids take the lead. That will give you back some time to, say, plan a picnic?

Cheers,  
Collegewise

**Teen Fun on the Peninsula Center Library Rooftop**

Teens, join us for some Bollywood-style fun on Friday, April 16, 6:15 – 9:15, on the Peninsula Center Library rooftop parking deck. Try out yoga, enjoy authentic Indian snacks and drinks, get a (temporary) henna tattoo and watch a Bollywood movie under the stars, all for free! Bring your chairs and remember, it may be chilly, so bring a jacket.

At 7:30 a Bollywood movie will be shown on the library’s outdoor movie screen. The movie is based the classic Jane Austen novel, *Pride and Prejudice*, with a Bollywood twist and is rated PG-13.

For more information call 310.377.9584, ext 240 or check [www.pvld.org](http://www.pvld.org)

**Catherine Davis Teitlebaum  
Policy Director at Yahoo, Inc.  
on Internet Safety**





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**Playing it Safe**



**CAUTION  
YOUNG  
WEB SURFERS  
AHEAD**

<http://safely.yahoo.com>



## Keeping kids safer online.

Yahoo! Safely was created to answer the questions parents and teachers have about online safety, and to provide teens with a fun and compelling place where they can learn about being smart and safe online.

For parents and educators, Yahoo! Safely is full of information from internationally respected Internet Safety experts. Yahoo! Safely offers a wide range of practical resources aimed at helping adults guide children toward a safer online experience. Parents can also join a dedicated safety Yahoo! Group moderated by iKeepSafe.org.

For teens, Yahoo! Safely is a destination that loads them up with fantastic videos and articles on Internet Safety, guides to positively managing their own digital reputations and opportunities to get involved in Internet Safety by volunteering with teenangels.org.

### Look for content from:



Commonsense Media

NetSmartz

ConnectSafely

Teenangels

iKeepSafe

WiredSafety

Yahoo! is committed to helping create a safer online experience for all of our users. Visit Yahoo! Safely to get the facts about online safety.

<http://safely.yahoo.com>



## So that means our kids are leaving digital footprints

### **Footprints**

- Every child – indeed, every person who's exploring digital media – needs to understand that they're leaving digital footprints wherever they go on the Internet.
- Everything is searchable, and anonymity is a myth. If people aren't cautious, digital footprints can be damaging to their future reputations.
- While kids and adults may be equally guilty of making poor choices about how they leave a digital footprint, only kids have an excuse – the part of their brain that understands long-term consequences isn't fully formed until they're in their 20s.
- What's important for kids and parents to understand is that this really is a profoundly new playground. The kids haven't changed:
  - They're still exploring who they are
  - They're still being mean to each other
  - They're still searching for connections and validation
  - They're still experimenting with risky behavior.
- What *has* changed is the fact that there could very well be a permanent record of all of this exploration, one with implications that kids can't predict or control.
- This doesn't mean that we should be fearful of new media or limit its use entirely. There are a lot of great things to be gained from interacting with media. Let's look at some of those opportunities now.

Source: Common Sense Media: [www.commonsensemedia.org](http://www.commonsensemedia.org).

## Common Sense media agreement for parents and teens in high school

### I will protect my reputation and privacy.

- I will create privacy settings on social networking sites.
- I will keep my password private.
- I will not give out my personal information (like my address) to someone I don't know.
- I will not put myself at risk by posting or sending sexy or scandalous photos.
- I will not post anything on my profile that I wouldn't want my parents, teachers, college admissions officers, or future employers to see.

### I will demonstrate my maturity.

- I agree to only use the Internet responsibly and not be hurtful to anyone.
- I agree not to use technology to cheat in games or in school.
- I agree to flag and report content that is potentially inappropriate.
- I will be mindful of how much media I consume and will balance it with other activities in my life.
- I will confide in an adult if anything potentially dangerous happens online.

.....  
SIGNED BY ME

**commonsense**  
media

### I will think first.

- I know that not everything I read or see is true, and I will think about whether a source or person is credible.
- I agree to think about and understand anything I download or any survey I fill out.

### I will earn my independence and my parents' trust.

- I will help my parents understand why media is so important to me.
- I will show them how to use the tools that I like if they're interested in learning.
- I will recognize that my safety and well-being is more important to them than anything else.

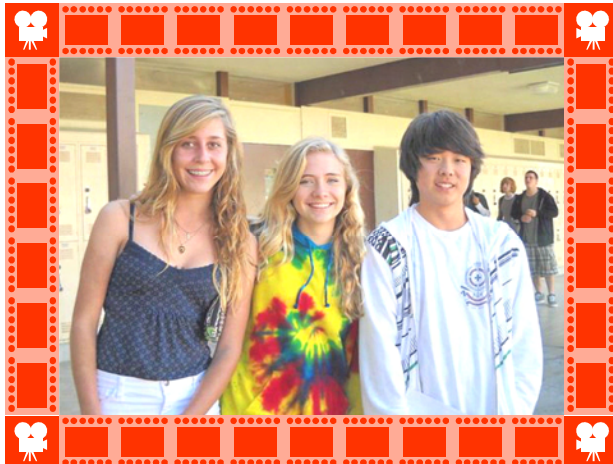
### In exchange, my parents agree to:

- Be open-minded about the media that I love and recognize that it's a big part of my life, even if they don't always understand why.
- Let me make some mistakes and help me learn from them.
- Before saying "no," talk with me about what worries them and why.
- Respect my privacy and talk to me if they have concerns.
- Embrace my world: try to understand downloads, IM, online games, and Web sites that I like.

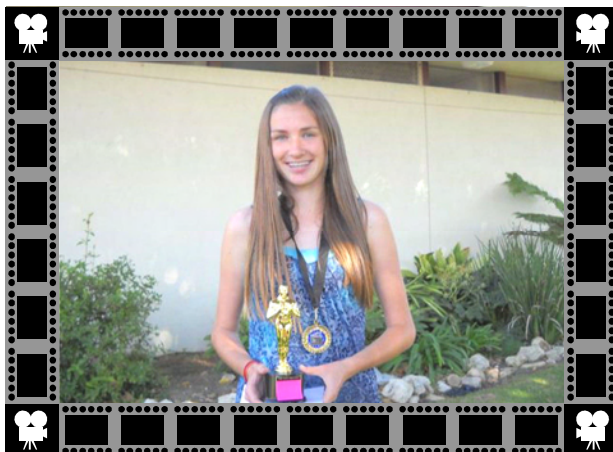
.....  
SIGNED BY MY PARENTS

Visit [commonsensemedia.org](http://commonsensemedia.org)

# Life at PVHS campus



**Reflections Winners  
Congratulations!**



**Mr. Bowles  
~ Interviewed by  
PVHS PTSA Historian Liz Brown Swanson**



# **CATCH THE WAVE 2010**

## **Wow ~ What an Event !**

**The annual Catch the Wave fundraiser was quite a success. It's amazing that in this economy, CTW 2010 not only set a record by receiving \$60,000 in sponsorships, but it also had a sell out crowd. The preliminary numbers from the event are showing profits over \$115,000 and growing! This is all due to the commitment and support of our PVHS families, teachers, the community and our CTW committee. Our PVHS Booster Club supports Academics, Athletics and Arts which means all of our students benefit from this wonderful event.**

**This year's theme was "Cabo Cabana" and it was definitely the parent party of the year. The evening started with a cocktail party/silent auction in the club's foyer. Parents were glad to see that a great number of PVHS teachers attended this portion. It was great to see their support for our school and our kids. There was a margarita luge, cigar bar, and of course mariachis were playing. Appetizers were passed around as the guests arrived. There were a lot of wonderful auction items to choose from; the 2010 graduation seats and the 2010-2011 parking spots were a favorite. The most interesting item was a square piece of wood flooring that was the original centerpiece from the gym floor that was recently replaced. Raffle tickets for this item were sold and the winner graciously donated the floor back to the school to be hung in the gym.**

**Dinner was delicious; an open seating buffet that made for a casual setting. The DJ played while guests ate, drank and danced! The Casino portion was a big hit as gambling always provides for great entertainment. Many said being able to dress comfortably in casual, resort style attire really made the night fun. Guests boogied, chatted and gambled the night away knowing our PVHS students, yet again, will be well provided for because of the generosity of parents, people in the community and our teachers.**

**The Palos Verdes High School Booster Club would like to extend warm thanks for all who sponsored the event, donated auction items, bid on and purchased auction items from either the on-line portion or silent auction, attended the event, or helped with the planning of this worthy fundraiser. It has yet again been a very successful Catch the Wave due to contributions and support of our PV High "Family"!**

**TRITONS UP!!!**

# Parents on Campus ~You're needed

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 (12:15-12:50pm 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!

Thanks!

**Kim and Cindy, 4th VP's PTSA**

## THE COSTUME CLOSET

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

Come and see our new great selection of costumes ...

**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



The Costume Closet is solely parent volunteer run

***Please call Judy or Peggy @ 310-378-5005***

***to schedule a shift or two with your friends ...***



# PLEASE SAVE THE DATE!

*The Peninsula Education Foundation presents:*



Your support of the Peninsula Education Foundation and Main Event pays for the following programs:

Elementary Choral Music  
Elementary Classroom Music  
Elementary World Language  
Elementary Library/Tech Aides  
Intermediate Safe School Counselors  
High School Academic Counselors  
College Career Centers  
PVIT & SMERT Engineering, Robotics  
TEACHERS, TEACHERS, TEACHERS

It doesn't matter how much you give.  
The important thing is to give *something*.

Your donation to PEF is your one assurance that someone (other than you, of course) is looking out for the interest of your child.

Your donations help us hire great teachers.  
Your donations help us keep great programs.  
Your donations are all that stands between great schools and mediocrity.

Only together can we get through these trying times



PENINSULA  
EDUCATION  
FOUNDATION

[www.pepf.org](http://www.pepf.org) P.O. Box 2652, Palos Verdes Peninsula, CA 90274 310.378.2278 Donations are tax deductible to the full extent of the law.  
Tax ID#95-3498211



**We're here for your child, thanks to PEF.  
Smaller class sizes. Music. Libraries. Technology. Counseling.**

And here's a complete listing of teachers and staff that PEF funds support:

Ms. Wildey  
Mr. Italiano  
Mrs. Lloyd  
Mr. King  
Ms. Stoddart  
Ms. Vestal  
Mrs. Brisikin  
Ms. Pastell  
Ms. Dino  
Ms. O'Toole  
Mrs. Alvarez  
Ms. Lehault  
Ms. Hambel  
Mr. Doctor  
Mr. Genovese  
Ms. McHugh

Ms. Nemeth  
Mr. Wolven  
Ms. Lopez  
Mrs. Larson  
Mrs. Herbst  
Mrs. Catalano  
Mrs. Lewallen  
Mrs. Kuwahara  
Mrs. Fenton  
Mrs. Richards  
Mrs. Masaki  
Mr. Boich  
Mrs. Ahlgren  
Mrs. Fields  
Mrs. Chambers  
Ms. Cifuentes

Ms. Purne  
Mrs. Pearce  
Mr. Sayula  
Ms. Aguilar  
Ms. Lee  
Ms. White  
Mrs. Perkins  
Mrs. Del Vicario  
Ms. Strickland  
Mrs. Peterson  
Ms. Gendler  
Ms. White  
Ms. Dougherty  
Ms. Truex  
Ms. Hughes

Your donation to PEF helps keep teachers in the classrooms. Your donation to PEF keeps music in our elementary schools. Your donation to PEF keeps our intermediate students confident and focused.

Your donation to PEF keeps enough academic counselors and College Career counselors available

to help our students prepare for the next chapter of their lives.

So please, donate today.  
Give what you can.  
And together we can  
keep our schools great.



[www.pepf.org](http://www.pepf.org) P.O. Box 2632, Palos Verdes Peninsula, CA 90274 310.378.2278 Donations are tax deductible to the full extent of the law. Tax ID#95-3498211

*"Calm Seas Ahead"*

**PVHS PTSA GENERAL BOARD MEETING MINUTES**  
**TUESDAY, FEBRUARY 23, 2010, 9:15 a.m.**  
**MEETING LOCATION – MPR**  
KRISTIN CURREN, PRESIDENT

Welcome and call to order – 9:20 a.m.  
Inspiration

Attendance – Approximately 100 present

**Announcements:**

Catch the Wave, Booster Fundraiser 2/27, PV Golf Course  
Blood Drive for Julia Hernandez at Pen today 2pm-5pm  
Budget Info – Town Hall Meeting – Wed., 2/24, at Pen, 7pm and Mar. 18, at Ridgecrest, 7pm  
Council Annual Meeting – Friday, March 19, Miraleste Int. School  
March Meeting - Trent Bahadursingh, PVPUSD Technical Director, to speak re: smart classrooms.  
April Meeting – Teen Driver Safety Program

**Principal's Report – Chris Bowles**

Incoming freshmen high school enrollment at this time – PVHS 246 and Pen 290 with 400 yet undecided. Predict total PVHS enrollment of about mid 1800's which is optimal number for our school  
NHS induction this week  
Summer athletic schedule on website  
Honor roll lists posted on PVHS Website  
Straight A students being offered free ice cream with lunch today

**College Career Center – Teri Kuwahara**

College Day - Wed. Oct. 13, 2010. This is traditionally when the PSAT is offered, but college day will include all PVHS students in a 'college-oriented' activity. Freshmen will take the "Explore" test, Sophomores the PLAN, Juniors the PSAT and Seniors can participate in morning workshops, a UC application session, visit counselors, etc. Benefits include that it eliminates conflict students have with weekend schedules as it affects test attendance, students may not be charged as it is on a school day and teachers can proctor the tests, and they can expect 100% participation. Funding will hopefully be shared between PTSA/Booster/PVHS.  
College Counseling Handbook – On-line at end of this week

**Counseling Office – Adam Genovese**

Focusing on freshmen at this time getting them familiar with Naviance and college prep information.  
Sophomore counseling is in process with parents and students  
Junior's parent night is March 9

Continued page 28

Continued from page 27

**PEF – Emiley Daly**

Pledge drives going on at elementary and middle schools.  
Plans are in process for a pledge drive at high schools as well.

**Treasurer – Julianne Sasso**

Treasurer's Report was presented for the period of December 31, 2009 through January 29, 2010.

**MOTION made to ratify checks numbered 1186 through 1212 in the total amount of \$99,831.89.**

**Seconded and carried Recording Secretary – Kathy Hopkins**

**MOTION made by Kathy Hopkins to approve the minutes from the January 26, 2010 General Board Meeting.  
Seconded and carried.**

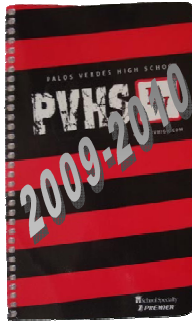
**Speaker – Catherine Davis Teitlebaum, Policy Director at Yahoo, Inc. on Internet Safety**

Adjourned at 10:50 a.m.

Respectfully Submitted,

Kathy Hopkins  
Recording Secretary

**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**



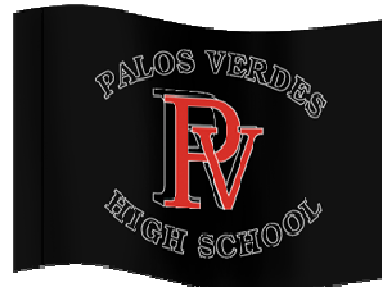
**F. Ladies Microfleece Jacket  
Full-Zip, Seaking Embroidery  
S, M, Lg, XL, 2XL \$60**



**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.