

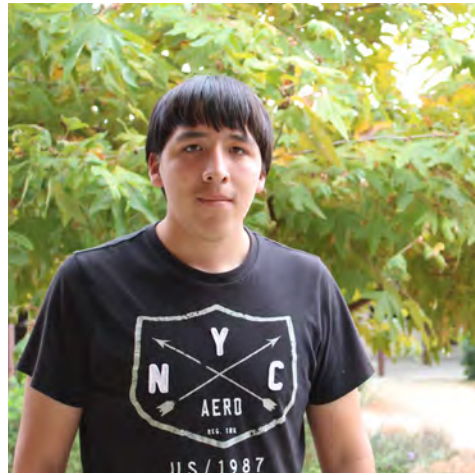


*Palos Verdes
High School*

Can't Stop the Tide
Class of 2021

Becoming a Sea King

Freshmen Sea Kings share what it is like joining the PVHS family and how the journey has begun for them.



Daniel Arriola

Activities: PVIT ROV Team

"My experience in high school so far has been a great one. I have met new friends and I have learned many new things. The thing I like most about being a Sea King is the block schedule. The block schedule makes it so I am not overloaded with homework and gives us plenty of time to ask questions during class or talk to the teacher."



Jack Stoler

Activities: Drama and Musical Theater

"Being a Sea King is an amazing experience because as Sea Kings you join a big family that you won't find at any other high school. You're always welcome in places and the upperclassmen are all very supportive"



Dylan Russell

Activities: Frosh soccer captain, Thespian Club, Fellowship of Christian Athletes, Drama, Jazz

"When I came I already knew the upperclassmen because my brother is a junior, and I knew if something happened I could go to one of them. But, I quickly learned I could go to everyone and get help. This whole school makes you feel at home."



Bella Cittadino

Activities: Friendship Club, Pawz & Palz Club

"The transition from middle school to high school was a little scary. However, becoming a part of the Sea King family and the amazing staff have made it so much easier. Being a Sea King means you become a leader and this has helped me to grow out of my shell and become more involved, not only in school, but in extracurriculars."



Skyler Agar

Activities: AVID, PVIT

"To be in high school is a new and important chapter in my life. So far my experiences have been incredible. I came from a small school and did not know many people, but it has not been hard fitting in and meeting new people."



Ally Austin

Activities: Korean

"I like the atmosphere of the school. The teachers are very friendly and you get new friends in every single class, so you never feel alone. This has made the transition much easier."



Spencer Stacy

Activities: Cross Country, Track and Field, Jazz

"High school is much better than middle school, there is a lot more to do. You are more free to make the choices you want to make and high school allows you to become more independent."

Welcome to Palos Verdes High School, the home of the Sea Kings! I am excited to share this special edition of *The Point*, which was designed and published by our outstanding student journalism staff. This publication is intended to give you a glimpse into what makes PVHS extraordinary: our stellar academics, exciting signature programs, winning athletic teams, and various extracurricular offerings. With over 1700 students, Palos Verdes High School maintains a small school family feel with all of the same opportunities as a larger public high school. We encourage our students to seek every opportunity to find their passions, both in and out of the classroom, and to discover who they are as individuals. Our goal is to customize our students' high school journey so that they have access to the postsecondary options of their choice.



The academic program at PVHS emphasizes rigor and innovation in the classroom, and is supported by a dedicated faculty who strive to inspire and challenge their students. Our Advanced Placement program at PVHS continues to grow and succeed, with a consistent pass rate by our students on their AP exams. Over the years, our students' academic excellence has continually been recognized through numerous awards and accolades. Our school was ranked 12th best high school in the southwest by Newsweek. With school-wide support of our college going culture, our students experience tremendous success in the college process with over 70% of our seniors matriculating to a four-year university each year.

At PVHS, we also emphasize the importance of our students finding a passion and becoming involved on our campus. We take pride in having a variety of opportunities for all of our students, allowing them to strengthen and enrich their current interests while exploring and investigating new ones. Our school is home to PVIT, Palos Verdes Institute of Technology, a nationally recognized STEM program with 14 competition teams. Live from 205 is our student-run news broadcast, which is an award-winning program at a national level. Triton Yearbook has garnered many awards for design and journalism. Our Academic Decathlon, Model United Nations, and Mock Trial teams are all highly competitive, award winning teams. From Ceramics to Drama, Choir to Marching Band, Dance to Photography, PVHS has outstanding programs for both the budding and the accomplished student artists. With over 70 student clubs, there is something for everyone. All of these signature programs are just a few of our many extracurricular offerings that allow our students to find their passions.

When you become a Sea King, you will always be linked to our PVHS family, a high-energy, spirited learning community. As you embark on your high school journey, our teachers and counselors will teach you the skills and give you the resources to follow your passions and achieve your goals. I look forward to embarking on this journey with each of you and welcoming you to our beautiful campus.

Go Sea Kings!
Charles Park, Ed.D.
Principal

The PVHS 2016-2017 Lookbook was created by *The Point* newspaper staff. Photos are courtesy of *Point* photographers, and Sea King students and teachers.

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SIGNATURE PROGRAMS

- Block Schedule
- AVID
- Student Research
- Student Media
- PVIT

Block Schedule

A scenic view of a rocky coastline. In the foreground, waves with white foam crash against dark, jagged rocks. The middle ground shows a pebbly beach and a steep, reddish-brown cliffside. At the top of the cliff, a lighthouse is visible, surrounded by palm trees and other vegetation. The sky is a pale, overcast blue.

What is the Block Schedule?

- Six class periods divided into two alternating days
- A Days –Periods 1, 2, 3
- B Days –Periods 4, 5, 6
- Over the course of two weeks, students attend five (5) A Days and five (5) B Days
- Zero (0) Period meets every day for 55 minutes from 7:00am –7:55am

Advantages of Block Schedule

- Classes meet about two hours every other day
- Our block gains more class time by reducing time spent getting settled in and then packing up
- More teacher-student interaction time
- Time to do real-life, meaningful activities
- More time for test taking
- Prepare students to sit for SAT test, AP test
- Develop time management skills necessary for success in college
- In-depth and comprehensive coverage of curriculum
- Time for differentiated instruction
- Time and stress management between A and B day classes

AVID

Advancement via Individual Determination

Serving roughly 15% of the PVHS student body, AVID is a 4-year program that targets and challenges the students in the academic middle. PVHS AVID recruits 8th graders who have the determination to go to college and the capacity to complete a rigorous curriculum. In middle school, however, these students were likely falling short of their potential. AVID taps into that potential by providing a challenging curriculum, teaching note-taking and study skills, as well as time management and organization.

The college readiness curriculum is driven by the WICOR method, which stands for writing, inquiry, collaboration, organization, and reading. One cornerstone of the curriculum is tutorial. Students collaborate, with the aid of a tutor facilitator, to master difficult concepts from their core classes.

College research is integral to the curriculum. Students have the opportunity to take two college trips per year. Each trip catalogs 2-5 colleges. AVID helps each student identify a dream college and work toward attaining admission. College test preparation is emphasized in the sophomore and junior curriculum as students prepare for the SAT and ACT in AVID class.

In junior and senior year, students complete college applications and essays.

AVID students enroll in the AVID elective course for 4 years. Students have the same AVID teacher

“AVID is the reason I’m not nervous for college next year. Not only has it helped me get through my high school classes, but it has prepared me for what’s to come these next four years. I am confident I can succeed on my own because of the tools AVID has provided me.”

~ Paige Lindren



and classmates for the duration of high school. Because of this, AVID feels like a family. These dedicated AVID teachers and tutors build unique and enduring relationships with their students. AVID students always know that they have a support system in each other as well as in the teachers and tutors that are committed to the program.

SUMMER SCIENCE RESEARCH IN GALAPAGOS ISLANDS

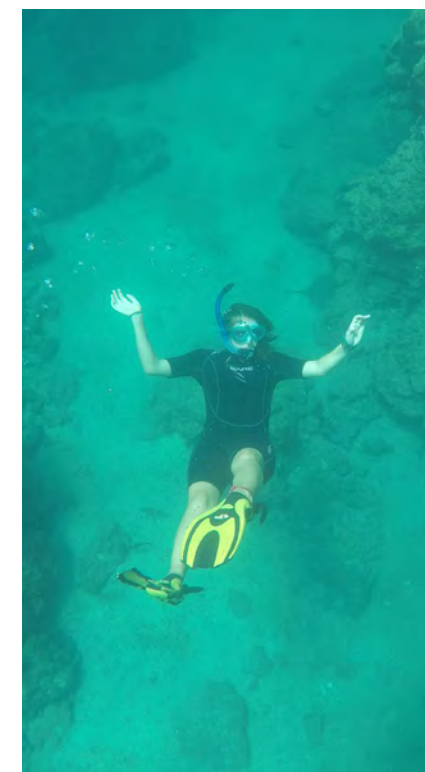


Have you ever dreamed of observing the Galapagos Giant Tortoise in its natural habitat? Did you know that there are Marine Iguanas found in Galapagos that are found nowhere else in the world?

The Galapagos Research Expedition is a summer program that includes a ten day research excursion to Ecuador and the Galapagos Islands that focuses on the ecological niche of organisms through observational studies. This is an intensive course in the use of field-based and general research methods related to Galapagos wildlife. The aim of this course is to help participants acquire skill

and gain experience in using research techniques and give an in-depth study into the history and biodiversity of the Galapagos Islands. The emphasis of this course is on the collection, management, analysis and interpretation of data and information about the Galapagos Islands with relevance to evolution, natural selection, and adaptation.

The format of the class will include a range of activities: class discussions of course readings, collaborative analysis of data, small group exercises, lab exercises, talks by local island naturalists and Charles Darwin Research Station scientists and lectures by the instructors. Students collect data on the ecological niche of a selected organism and prepare a written research paper based on their data



and observations. Students earn an entire year (10 credits) of high school Science Research credits and can earn an optional 3 units of college credits from Lees McRae College in North Carolina.

AP Capstone

PVHS has been approved to begin planning next year for a new program - Advanced Placement Capstone. This program will begin in the 2018-2019 school year.

AP Capstone is an innovative diploma program offered through College Board that allows students to engage in independent research, collaborative teamwork and communication skills – all of which as increasingly valued by colleges.

AP Capstone has two foundational courses, AP Seminar and AP Research, which are designed to complement the students’ experiences with other AP

courses.

The AP Seminar program gives students the opportunity to investigate real-world issues from multiple perspectives, gather and analyze information from various resources, and develop credible and valid evidence-based arguments.

In AP Research, students cultivate the skills necessary to conduct independent research and inquiry to produce and defend their scholarly research.

AP Seminar will be open to all students, grades 9-12, with no prerequisite course work. The prerequisite for AP Research is completion of the AP Seminar class

and will only be open to students in grades 10-12. Students have two options through College Board to earn additional certifications and recognition with the AP Capstone Diploma and the AP Seminar and Research Certificate.

Students who earn a 3 or higher in AP Seminar and AP Research and on four additional AP exams of their choosing will receive the AP Capstone Diploma from College Board.

Students who earn scores of 3 or higher in AP Seminar and AP Research but not on four additional AP Exams will receive the AP Seminar and Research Certificate.

SCIENCE RESEARCH

Science Research is an elective Science course for school credits. Science Research is offered as a period 7 course where students meet monthly and by individual conferences with the teacher.

Science Research is a one-to-four year sequential course designed for highly motivated students to advance an understanding of research. Emphasis is on both laboratory and bibliographic research and will cover the Next Generation Science Standards for experimental design.

This course engages students to work in conjunction with research scientists and professionals within their field of work. Students create their own unique investigative question, create a research

plan, conduct their own experimentation, write a research paper, analyze past and present scientific research for scientific methods, and discuss solutions to current dynamic issues.

Students can undertake their independent research in mathematics, life sciences, physical sciences, mathematics, computers, or social science. Students are taught the process of online bibliographic researching. Student commitment to long-term focused research, demonstrating initiative, perseverance, and creativity is fostered.

All Science Research students compete at the local PVPUSD Regional Science and Engineering Fair. The top 13 projects advance to the LA County Science Fair to compete for awards with the opportunity



to advance to the California State and Intel International Science Fairs. PVHS sent two students to the INTEL ISEF International Science and Engineering Fair in 2016.

STUDENT MEDIA AND PUBLICATIONS



Open Orchard Productions

Students at Palos Verdes High School have employed their creative, writing, technological, and journalistic skills to develop their own radio production organization. Students working with Open Orchard Productions have created radio segments that have received eight licenses by nationwide radio stations. Segments are also broadcast through PRX, iTunes, SoundCloud, FeedBurner, and their self-created website.

Atlantic Public Media's group, Transom, awarded Open Orchard

“What I love about Open Orchard Productions is that it emphasizes how everyone has a voice and a story. It gave me confidence as a writer and a speaker and I think anyone is the perfect fit for Open Orchard.”

~ Olivia Polisheck ('17)

Productions with a grant and professional advice. Students have also had the privilege to tour and talk with experts at KPCC and KCRW.

Live From 205

Live From 205 is an award-winning broadcast journalism program at Palos Verdes High school. At the Student Television Network National Convention, 205 has won over 70 individual Student Awards, three Team Awards and five Excellence Awards – making 205 the number one high school weekly news show in the country five times.

Students cover school news, the community, the city, and world events. 205 stories take Sea Kings to the scene – whether it's on campus, at the cliff, in town or around. There are no boundaries for 205. Reporters, photographers, writers, editors and producers work together to produce a newscast twice a week. With original reporting and up-to-date information, 205 is not only committed to getting the story, but getting it right.

“You bond with people so much more than you would in a classroom.”

~ Nikki Walker ('17)

Live From 205 requires commitment from students, parents, teachers and administrators – each contribute to the strength of Live From 205.

On any given day at school, you may see a 205 Reporter and Photographer in action – interviewing, shooting, editing. Getting Sea Kings the news can be fun and exciting, yet challenging and difficult. Live From 205's mission is to provide the school with quality journalism, report with integrity and independence, never give up and stand accountable for all actions.

The Point

Palos Verdes High School's journalism class produces six issues of a 12-page newspaper, *The Point*.

The journalism program consists of editors, writers, photographers, illustrators, and a web editor. All content is determined and created by students. The student-run publication has strong community support, with approximately 300 families subscribing each year and support from local businesses that purchase ads.

In the 2016-17 school year, *The Point* returned to its roots, going from a magazine to a newspaper. This return to a more journalistic format has challenged students to write more timely articles and cover more current events on campus.

The Point also publishes additional articles on pvhspoint.org, giving

“There is always something to do and it really allows us to express ourselves through writing, photography, and design. There is something for everyone. We play an important role in making sure our students are up to date on current issues and events.”

~ Rachael Ku ('17)

students the chance to write more often.

Triton Yearbook

The Triton Yearbook is a nationally-recognized award-winning student-run publication dedicated to creating lasting memories for the student body, staff, faculty, and parents of PVHS. Students capture pictures and edit images; copy editors write and edit text; section editors design various areas of the book; ad editors gather and work on layouts for senior dedication and business ads; and staff members seek interviews and format page spreads. The entire staff collaborates with adviser, Ms. Susan Pavelka in Room 415. All of the artwork is original student work and no pre-made templates are used in the process of publication. The yearbook recently won the Crown Award from Columbia University Scholastic Press Association, the All-American

“I am really happy that I joined the program and it's been a formative part of my high school experience.”

~ Mira Chatterjee ('17)

Award with Five Marks of Distinction from the National Scholastic Press Association and Most Outstanding High School Yearbook from the American Scholastic Press Association as well as a Benny Award from the Printing Industries of America.

PVIT

The Palos Verdes Institute of Technology (PVIT) is the award-winning engineering program of Palos Verdes High School.

It is composed of two parts: a program of academic study and Engineering Advanced Projects, a distinguished program of project-based activities and engineering competition teams.

The PVIT academic program, based on the nationally recognized Project Lead the Way (PLTW) curriculum, is open to all students at PVHS, and Engineering Advanced Projects.

The PVIT "club," is open to any PVHS student or 8th grader in the PVPUSD district.

A little background -- after PVHS reopened in 2001, PVIT became the only high school program in the United States to field a DARPA "Grand Challenge" autonomous vehicle. Competing with entries from top universities, such as Cal Tech, MIT, Virginia Tech, and the winning vehicle from Stanford, the PVIT vehicle advanced to the second round of competition.

With this established record of success, the PVIT program evolved further to

offer pre-college engineering courses while continuing opportunities for engineering competitions, internships, mentoring and research.

Currently, PVIT offers a four-year engineering curriculum starting with Introduction to Engineering and culminating with Engineering Design and Development, the PLTW capstone course.

The Engr. Advanced Projects program has grown to over 150 students meeting every Sunday to learn and experience hands-on engineering. Students obtain invaluable skills and knowledge while solving real-world problems, often posed through engineering competitions, while being mentored by award-winning teachers and some of the top engineers in our community who have hundreds of years of engineering experience combined.

Where else can a high school student build an electric vehicle, fabricate an underwater robot for marine exploration, program an autonomous ground vehicle guided only by sensors and GPS, launch, track, and recover a high altitude balloon to 100,000 feet above the earth's surface, optimize a solar-powered boat for racing, or design autonomous quadcopters for

search and rescue missions?

First-year PVIT students will experience exceptional hands-on training through PVIT 101, a PVHS-designed curriculum of electronics, robotics, fabrication, and programming.

This highly successful course is taught by three engineering mentors with over 100 years of engineering experience combined. PVIT is technically extensive.

Unlike many other high school programs nationally, we have over 15 small to medium-sized teams to excite each students' technical interest and to give all students as much hands-on engineering exposure as possible.

PVIT projects have continued the legacy of excellence by placing in international and national competitions, often against universities or private robotics corporations.

Come join the fun where you can truly experience real-world engineering in a unique environment that is entirely student-centered.

We invite you to stop by any Sunday, 2:00 – 4:30pm, to see the new ideas and projects we have going on. See PVIT.ORG for our schedule.



Competition Teams

BattleBots	Solar Canoe
Cyberpatriot	Space Team
Electric Vehicle	Unmanned Aerial Vehicle
FPV Drone Racing	VEX Robotics
First Robotics	Video Game Programming
RC Car	Underwater Remotely Operated Vehicle
Robomagellan	
Rocketry	

"I LIKE PVIT BECAUSE WE HAVE SO MANY OPPORTUNITIES TO LEARN FROM OUR MISTAKES THROUGH PROJECTS."

ROSEMARY LACH

"I LIKE PVIT BECAUSE ALL THE OLDER KIDS ON MY TEAM ARE SUPPORTIVE AND REALLY TEACHING ME A LOT. THE MENTORS ARE VERY KNOWLEDGEABLE AND THEY VOLUNTEER TO COME OUT. IT'S A RARE OPPORTUNITY."

ANTON LOK

E DUPLICATION

English
Social Science
Math
Science
Visual Arts
Performing Arts
World Language
AP Programs & Pass Rates
Academic Programs



ENGLISH

The English Department at PVHS is a proud team of thirteen teachers who lead over twenty-five core and elective classes. English classes range from regular English courses to vigorous college-level courses.

We are committed to preparing students for the diverse literary demands of the 21st century. We support the district BYOD (Bring Your Own Device) policy. Many students can utilize their own laptops in class to complete online research, collaborate on crafting Prezis, and type their notes. Technology in our English classrooms also includes the use of progressive study tools like Turnitin.com, Learnerator, and the vocabulary support website Membean.com.

Our English teachers,

however, haven't forgotten the importance of good old pencil and paper.

"For annotation, a hard copy is really important," explained junior year teacher Angie Mogilefsky.

Writing, speaking, and thinking skills need hands on guidance in an equally non-tech classroom environment.

Mogilefsky added, "It's good for students to learn both ways. They don't know the situation they'll be in after high school."

The PVHS block schedule is especially useful to the English department.

"With the two-hour block schedule, I can teach the students new concepts and then have them work together in groups with their devices to share information and build

something they can present in the later half of the class. They not only get to learn in the class, but also process and demonstrate in class," said AP Language and Composition teacher Cindy Damon.

All English courses stress careful reading, responsible thinking, and clear, precise expression of ideas. Students study literature representing a broad range of historical and cultural perspectives.

"It's important to intertwine history and culture into literature, because it gives students a perspective of the environment that bore those literary works. As readers and learners, we have to know what was on the minds and what was the authors' priorities during their time," said Damon.

Class List

AP Language
 AP Literature
 English 1 Honors
 English 2 Honors
 English 3 Honors
 English 1
 English 2
 English 3
 English 4
 Reading & Writing Skills
 English Language Development (ELD)
 Journalism
 Yearbook



SOCIAL SCIENCE

The History and Social Science Department at Palos Verdes High School is one of the best in Los Angeles County. Every teacher in this department is an experienced teacher with a true love and passion for teaching.

The history teachers hold several advanced degrees and two of the teachers even have Juris Doctorate degrees.

The History and Social Science Department is a highlight of the school. PVHS is the only public high school in Los Angeles County that offers all nine AP History and Social Science classes, including AP Human Geography and AP Comparative Government.

Social Science Department

Lead Louis Harley said, "AP Comparative Government is a rare AP course only offered at a few high schools around the world. This international relations course offers students the opportunity to learn about the governments of the United Kingdom, the Russian Federation, the People's Republic of China, Iran, Mexico and Nigeria."

Additionally, the Palos Verdes International Diploma Program (PVID) is a unique, cross-curricular program that is only offered at PVHS. Here, students are encouraged to take a series of AP and Honors courses, get involved with internationally-themed school clubs, and prepare for

international careers.

"PVHS is the only high school in the South Bay area that puts an emphasis on and additional graduation certification for Global Studies, (PVID). In the 21st century, students will need to understand international geography, economics, politics and cultures in order to be prepared for their future in a globalized world. At PVHS, students have the unique opportunity to gain this essential learning that will be necessary for their futures," said Harley.

Class List

AP World History
 AP European History
 AP US History
 AP Microeconomics
 AP Macroeconomics
 AP US Government
 AP Comparative Government
 AP Human Geography
 AP Psychology
 Comparative Religion
 World History Honors
 World History
 US History
 Economics/Government
 Women's Studies
 Advanced Religion/
 Philosophy
 Psychology
 Sociology



MATHEMATICS

The mission of the PVHS Mathematics Department is to provide a world-class learning experience for all students and to provide those students with the mathematical knowledge necessary for success in college and in all aspects of their lives.

Part of the success of our students is due to PVHS's block period schedule. It allows for more instruction time, more teacher-student interaction time, and more time for test preparation.

"Block scheduling allows teachers to use a variety of activities that encourage conceptual understanding, such as explorations, chapter openers, real-life applications, and of course direct instruction. Students have time to work in class while their teachers are walking around to monitor their progress and to insure that students are attending to precision," said Department

Lead Cynthia Mitchell.

The PVHS Mathematics Department has created a fully comprehensive math program that addresses the needs of every individual student. From Algebra to Advanced Calculus, the PVHS math curriculum covers every area of high school mathematics, and also includes non-traditional courses in Statistical Analysis and Engineering.

Our outstanding mathematics faculty, which includes one PhD and several Masters Degrees, provide a rigorous set of Advanced Placement and honors courses.

The department also boasts an award-winning Math Club that participates in competitions at Pepperdine University, Caltech, and Cal State University, Long Beach.

Students also benefit from a number of extra-curricular math programs, including

Math Competition, The Bay Math League, the California Math League, the Mandelbrot Contest, and the American Mathematics Competitions. We also have an active membership in the national mathematics honor society, Mu-Alpha-Theta, where students can join and receive national recognition.

The PVHS Math Department has always benefited from the generous support of PVHS Academic Boosters in providing professional development through attending various math conferences throughout the year.

As we proceed further with the implementation of the CASSP training on instructional strategies and testing strategies, this will become an integral part of maintaining the success we have already experienced.

Class List

AP Calculus AB
AP Calculus BC
AP Computer Science
AP Computer Science Principles
Advanced Calculus
AP Statistics
Algebra II Honors
Geometry Honors
Pre-Calculus Honors
Essentials of Algebra
Algebra I
Algebra II
Algebra II MCR
Geometry
Geometry MCR
Statistics
Pre-Calculus
Pre-Calculus with Limits
Calculus
FTS

SCIENCE

Along with the usual core science classes, chemistry, biology, and physics, the Science Department also offers interesting and relevant elective courses such as Marine Biology, Anatomy and Physiology, and Science Research.

The block schedule allows students to efficiently and effectively conduct numerous laboratory investigations.

"We are able to finish experiments in one class period that would take four to five days to finish with one hour class periods. Because our students are in the lab doing experiments and writing lab reports, our students are well prepared for science lab courses in college," said Chemistry teacher Eva Stamper.

Biology students learn the latest in DNA technology and mapping. Anatomy and

Physiology students dissect a variety of organisms. Marine Biology goes whale watching and tide pooling every year.

"Whale watching and tidepooling are ways to apply information learned in the classroom to the real world. It is important for students to actually 'see' what they are learning. They also gain additional valuable information from being in the environment of the ocean. It is a different world, and the only way to understand it is to go there," said Marine Biology teacher Marta Wood.

Science students at PV are also given opportunities to help their community. Students from AP Environmental Science, Marine Biology Honors, and Science National Honor Society participate in the Surfrider's Foundation's Teach and Test

Program, which provides students the opportunity to conduct valuable fieldwork that also provides a great service to the community.

After the AP test, the Chemistry 2AP class puts on a chemistry show for the fourth graders of Lunada Bay Elementary School. Science National Honors students go to local elementary schools and present demos and hands-on activities for Science Field Days.

With advanced technology and amazing teachers, PVHS creates the perfect environment for all students. There is something for everyone here in the Science Department at PVHS; whatever your passion, we have a pathway for it.

Class List

AP Biology
AP Chemistry
AP Physics I
AP Physics II
AP Physics C
AP Environmental Science
Biology Honors
Chemistry Honors
Marine Biology Honors
Anatomy & Physiology
Anatomy Honors
Life Science
Biology
Biology II
Earth Science
Chemistry
Marine Biology
Physics
Scientific Research



THE VISUAL ARTS AND THE PERFORMING ARTS

Class List

AP Studio Art 2-D
AP Studio Art Drawing
Glass Blowing
AP Studio Art 3-D Design
Ceramics
Digital Animation
Drawing and Painting
Sculpture
AP Art History
Digital Photography
Video Production
Visual Design in Print
Publications
Literary Publications

The Visual and Performing Arts Department is among the most comprehensive and diverse to be found in most any high school, public or private. All courses are UC/CSU approved.

At the introductory level, course offerings include: Ceramics, Drawing & Painting, Animation, Photography, Sculpture, Video Production, Drama, Jazz Orchestra, PE Band/Marching Band, Choreo and Dance.

At more advanced levels, the department offers more specialized curriculum in AP Art History, as well as AP Studio Art 2-D and 3-D, including Surfboard Shaping and Glass

Blowing; the National Award winning Live from 205; AP Music Theory; Concert Band; Musical Theater; and Choreo.

Students are able to advance to second and third year courses in Animation, Photography, Video, Ceramics, Sculpture, Dance, Orchestra, Jazz, and Drama.

Our faculty is committed to the belief that an education in the Visual and Performing Arts can be grounded in tradition while geared toward innovation, can foster both discipline-centered and interdisciplinary activity, and can achieve a fusion of informed dialogue, practice, and production.



Sea King dance is comprised of P.E. dance, Intermediate dance, and Choreo.

Students have the opportunity to study and perform many genres of dance including, hip hop, lyrical, contemporary, jazz, tap, ballet, modern, and world dance. Choreo and Intermediate dancers work with professional choreographers and master teachers.

Auditions are held in the Spring for the following school year.

You can also step into the spotlight with our award winning Drama Department.

Offering courses in both

Drama and Musical Theater, our Theater Arts classes help to build confidence, creativity, and communication skills.

Beyond the classroom, our Drama Department offers a wide range of performance opportunities, including the Fall Play, Spring Musical, Musical Theater Showcases, Theater Festivals, Thespian Club, ComedySportz, and more!

More interested in working backstage? Join stage crew and work with professional mentors in scenic design, lighting, sound, and costumes. For more information, please visit www.pvhsdrama.com.

Class List

Choreo Dance
Intermediate Dance
Drama
Musical Theater
Advanced Orchestra
Orchestra
Concert Band/
Marching Band
Drum Line
Color Guard
Jazz Band
AP Music Theory



WORLD LANGUAGES

The World Language Department has a dynamic, creative and experienced faculty of 13, who all hold CA teaching credentials- most having also earned master's degrees.

Our Chinese program offers a five-year track, which includes an accelerated third year pace. Honors classes, and a fourth year AP Chinese Language with college credit. Chinese V differentiates itself from other school by giving students the opportunity to continue learning Chinese after passing the AP Chinese test. In Chinese V, students work on their resumes and college applications in Chinese, and also translate, edit and publish the only bilingual Chinese-English newspaper on the hill.

Our Chinese Program has the National Chinese Honor Society and provides students with opportunities to broaden

understanding of the culture by inviting community members to teach Chinese arts and crafts, field trips, and a summer trip to China.

Our French program is four years long. The third year is an accelerated pace honors class, and the fourth is AP French Language with college credit.

There is also a French Club and French Honors Society. Students will be able to host a French exchange student through the U.S.M.D.

The Spanish department is a five-year program. The third year offers an accelerated paced Honors class, while the fourth year is an AP Spanish Language with college credit. There is also a college credit-granting fifth year of AP Spanish Literature.

To cater to different levels of Spanish, there are remedial MCR programs for the second and third years.

The Palos Verdes High School Latin program is growing. This year we offer Latin I, Latin II, Latin III, Latin III Honors, as well as AP Latin IV.

PV High School is currently offering Korean I and II. Based on continued student interest and enrollment, PVHS will add Korean III and Honors for the 2017-2018 school year. The course here at PV High is student-centered and driven by art and culture based projects. Students work toward the ability to pursue qualification for an official English/Korean Bilingual Certificate.

The Korean Culture Club and the Koran Honor Society will work independently as well as collaboratively on the flagship events of the program such as Korean Game Day, Korean Culture Night, and

Korean Movie Night and etc.

Palos Verdes offers French, Chinese, Spanish, and Latin to eighth grade students during zero period. These programs enable students to be one step ahead in fulfilling the foreign language requirements.

Class List

- Spanish I
- Spanish II
- Spanish II MCR
- Spanish III MCR
- Spanish III Honors
- Spanish III
- Spanish IV
- AP Spanish Language
- Spanish V
- AP Spanish Literature
- Chinese I
- Chinese II
- Chinese III Honors
- Chinese III
- Chinese V
- AP Chinese Language & Culture
- French I
- French II
- French III Honors
- French III
- French IV
- AP French Language
- Latin I
- Latin II
- Latin III
- Latin III Honors
- AP Latin IV
- Korean I
- Korean II
- Korean III
- Korean III Honors



PVHS AT A GLANCE

Advanced Placement (AP) Programs

29	640
AP courses offered	AP test takers in 2016
1,283	79
AP tests taken in 2016	AP Scholars
70%	41
AP pass Rate	AP Scholars with Honor
175	84
5's recieved on AP tests in 2016	AP Scholars with Distinction
13 National AP Scholars	



Academic Programs



English Language Development

The Palos Verdes High School English Language program is individualized and has evolved based on the needs of the PVHS student population.

We offer ELD 1, 2 and 3 with a low (5:1) teacher-student ratio. Both levels are two hour blocks that focus on reading and writing strategies using Longman's Keystone series and Focus on Grammar texts.

In addition, listening and speaking skills will be developed throughout the courses. ELD 3 would also include literature selections from the English 1 curriculum.

Fluent-English Proficient students are fully included in a grade level, college preparation program, based upon the belief that English learning students at this level are best served by a pull-out/push-in supplemental support program in general education classes.

English Language Learners (ELL) are supported in general education classes by

qualified teachers, using proven instructional strategies with the support of the ELD coordinator.

The ELD coordinator is a credentialed English/CTEL teacher that serves as a liaison, communicating with the teachers, students and parents in order to provide additional support in academic classes.

ELL students are monitored for grades on a quarterly basis to provide support as needed in a timely manner.

PVHS provides ELL's a school environment which fosters physical and emotional security, encourages community involvement, and focuses the school climate on creating opportunities for student engagement.

In addition, this program prides itself on being a community within the high school, sharing holidays, dining experiences or social field trips on a monthly basis.

Academic Decathlon

Academic Decathlon is the premier academic competition in the USA. It is an honor for students to represent their high school at the Academic Decathlon events. California high school teams have dominated the national competition for more than 30 years and the Los Angeles County competition is the most challenging in the country.

Decathletes participate in ten categories including speech, mathematics, history, economics, and art which are based on an overall theme. This year's theme is India. Recently, PVHS Academic Decathlon Teams have won many gold medals for excellence, won first place in the 2015 "Super Quiz," won "Best New Team," and "Most Improved Team" twice at the Los Angeles County competitions.

NHS and CSF

NHS, or National Honor Society, is a nationally recognized organization highlighting our most stellar Sea Kings.

The group recognizes junior and senior students who show achievement in scholarship, leadership, service, and character.

All NHS students must participate in community service throughout the year as well as assist in supporting The Painted Turtle, a camp based in the Los Angeles area which provides a fun camp experience to children with serious illnesses.

The California Scholarship Federation, or CSF, is a state-wide organization that honors outstanding high school students for their academic achievement. Eligibility for semester membership is based on the previous semester's report card. A total of ten (10) points are required, with points assigned for "A" and "B" letter grades, and the applicability of coursework determined by the state CSF organization.

Library

The Palos Verdes High School Library Media Center is an essential resource for PVHS students, particularly as we focus on standards-based research across the curriculum and teach and support digital and trans-literacy. The library is a place on campus where all students can benefit from personalized one-on-one support in research, book selection, technology, writing, and more. The PVHS Library Media Center focuses on supporting student resilience, responsiveness, and responsibility in regards to research and digital citizenship. More than a textbook warehouse or a sterile repository of print materials, our Sea King library is vibrant and dynamic, striving to connect students to current, varied, and reliable sources of information on our ever-changing world. 24/7 student access to eBooks and scholarly databases expands the library beyond the physical, reaching our 21st century learners when and where they need them. Through modeling and

conferencing, we push through moments of difficulty and failure, working with students towards earned successes and growing college readiness skills. We know not every book is right for every reader, but that there are books for every reader! The library is a communal place in which students study, learn, collaborate, relax, and create.

Open every day from 7:00 am to 3:30 pm, the PVHS library offers: a full-time credentialed teacher librarian, full-time library clerk, 30 student computers, 10 Chromebooks, printing, new nonfiction & fiction titles monthly, device agnostic eBooks, academic database subscriptions, magazines, research support, individualized reader advisory, and activities to both stimulate and relax the mind (book clubs, chess, brain games, puzzles, coloring, crafting, and more)!

Come check us out, we can't wait to see you! seakinglibrary.com @PVHS_Library

A THLETICS

Sports List
Scholar Athletes
Coaches





ATHLETICS ABOUND

Since 2004, the first year of varsity competition, the athletic program at Palos Verdes High School has developed into one of the strongest in the South Bay. The keys have been great coaching, excellent facilities, and strong school spirit. Private fundraising has enabled PVHS to install a new pool, as well as a synthetic stadium field, a new all-weather track, and a beach volleyball facility. The crowning jewel of the athletic facility, the stadium field, was completed in the fall of 2011 and includes new seating accommodations for both home and visitor spectators, as well as a new press box and filming deck. There have also been significant facility improvements with the gym, tennis courts, baseball field, and softball field. The weight room is one of the finest high school strength facilities in the South Bay, and there is also an outstanding training room manned by two highly qualified trainers. At Palos Verdes High School, athletics are a very important part of the high school experience.



SINCE 2004, PVHS ATHLETIC TEAMS HAVE WON ...

At least one league championship in 22 of its 24 sports offerings

102 League Championships

19 CIF Championships

5 State Championships

Fall Sports

- Cheer
- Choreo & Dance
- Color Guard
- Cross Country

- Equestrian
- Football
- Girls Golf

- Marching Band
- Song

- Girls Tennis
- Girls Volleyball
- Boys Water Polo

Winter Sports

- Boys Basketball
- Girls Basketball
- Boys Soccer

Spring Sports

- Girls Soccer
- Boys Surf
- Girls Surf
- Girls Water Polo

- Baseball
- Boys Golf
- Boys Lacrosse

- Girls Lacrosse
- Softball
- Swimming

- Boys Tennis
- Track
- Boys Volleyball

Riley O'Donnell

VARSITY TENNIS | CLASS OF 2017

Getting ready for a big game, she starts off with a few jogs around the court and takes part in essential dynamic stretches. Riley O'Donnell, PVHS's well known tennis player prepares herself for what is to come. She goes back and forth across the alley, she sweats as she does lunges, and stretches her arms and back.

"At around eight or nine [years old] is when I first started playing [tennis], and by the time I was ten I started playing competitively and just stuck to tennis only," O'Donnell said.

O'Donnell mentioned she was influenced by her best friend at a young age where they played a variety of sports together.

"She was most serious about tennis, it was a sport I hadn't played very seriously, but once I started playing with her I got really into it," she said. "She's my biggest influence."

O'Donnell does not get her skills from anywhere. She said she "[practices tennis] around 6 times a week, usually for around 2-3 hours a day."

While she spends most of her time practicing, many things cross her mind. O'Donnell mentioned she feels the hardest thing when playing tennis is when she does not know what strategies to use, or when she is feeling under the weather.

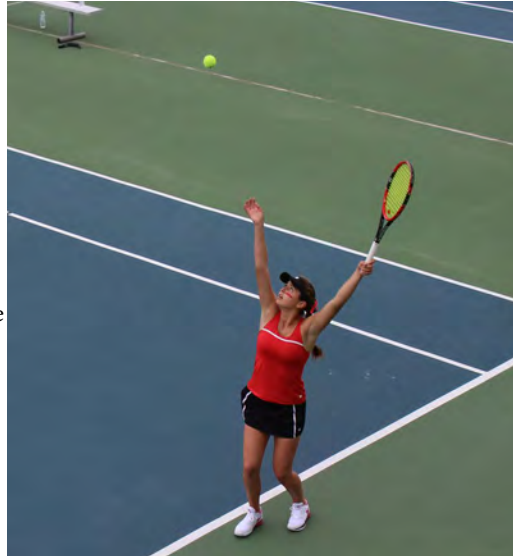
Nevertheless, because the sport is, according to O'Donnell, "individual," there is no one there to help her and she is on her own.

Although she may often feel that way, she also said she feels amazing afterwards as well.

She said, "one of the best things [about playing tennis] is the feeling of accomplishment afterwards, it was something you had to work so hard for, especially for a tournament, just the outcome of all your hard work once you see it pays off is great."

And because she feels this way, she works extra hard and is also the reason why PVHS was able to beat PVPHS in 7 years. When this finally happened, the emotions on the tennis team were probably all over the place.

O'Donnell stated, "For me, because I'm a senior, it was a perfect way to end the Bay League season. My freshmen year was the closest score we got against Pen, and just to finally beat them for my last match in Bay League."



David Feingold

VARSITY WATER POLO | CLASS OF 2017

David Feingold is a senior on Varsity Water Polo. He has been playing for seven years and has been on a variety of teams, from school to club. He is committed to play at the University of California, Berkeley, the number three school for water polo in the country.

"I started playing because I felt more comfortable in the water and swim team was too boring," Feingold said.

He also, however, started due to a certain inspiration that has turned out to greatly affect the course of his life.

"I was inspired by the men's Olympic team captain when I went to a weekend camp that he coached," Feingold said.

Feingold's experience and skill has helped him throughout his career in athletics. He has been successful as a team member, an individual player, and finally a team leader. His teammates and leaders have high respect for him and his accomplishments.

"David is a fantastic player," Quinn Stoneman, Feingold's five-year teammate, stated. "He is a big strong kid with a smart water polo brain."

PVHS principal Charles Park agreed.

"I saw the opposing team give him a full on punch, and he took that punch and did not throw a punch back," Park said. "All Feingold did was turn around and smile at the guy, knowing that he would turn around and dominate that guy when he was on offense."

Feingold has always been a very successful water polo player. He is passionate about the sport, and it shows in his actions in the water as well as with his team.

"David sometimes gets into foul trouble but is a player that you can count on to score in times that count," said Griffin Mactavish, a PVHS senior and Feingold's teammate of 5 years.

"David is a good leader and a good speaker before games and practices. He is overall a good guy to have on the team."

Feingold's abilities as a team leader have positively influenced his teammates as well as his teams as a whole. They enjoy having him as someone that can help the teams through hard times and support every member of the team.

"He is a very motivating teammate, always trying to get people to work harder," Stoneman added.



PV COACHES



Brian Shapiro - Cross Country

Cross country is a sport where there biggest competition is yourself. Behind every great runner, there is always a person motivating them to push on. For the varsity cross country teams, Coach Shapiro is the source of motivation. He has been the coach for the PVHS varsity cross country team for 11 years. Coach Shapiro's love for coaching the sport developed from a young age. He explained that when he was in highschool, "I had great coaches and teachers who nurtured my love for running. I looked up to those coaches and they inspired me to go into coaching." The passion that Coach Shapiro has for cross country has allowed him to have 17 top-3 CIF finishes, 13 top-3 state finishes, and 5 state championships. His goal is not just to win more titles, he hopes that his players will become great men and women on and off the track. He stated, "My goals for student-athletes in PVHS are that they work hard, compete with integrity, and improve their physical, mental, and interpersonal abilities."



Derek Larkins - Boys Soccer

The Palos Verdes High School boys' soccer team has many great achievements under their belt, both on and off the field. The team has earned academic championships four of the last five years. Coach Derek Larkins has been a part of the program for several years and he instills many life lessons in his team.

"One of the main lessons we teach is that life is always more important than soccer, but while you are on the field, soccer should be the most important thing. It could feel as if the rest of the world is caving in on you, so soccer can be your sanctuary, at least for a couple hours," said Larkins. "Our players do a good job of looking out for one another--an injury to one is an injury to all."

Many players play on club teams out of school in addition to the high school team, so a strong focus of the team is to stay healthy over the grind of the season. "We do yoga to combat this to boost our mental state," said Larkins. Soccer players flourish under Larkin's leadership and not only work on becoming better soccer players, but better people.



Guy Gardner - Football

Football is a crucial part of the culture and identity at PVHS. Some say that football players are the modern day gladiators. The coach for these gladiators here at PV is Coach Gardner. As head coach, he has been leading the PVHS varsity football team for eight years now. Ever since he was a young boy, football hasn't been just a game to him; it's been a lifestyle. He explained, "I always knew when I was younger that's what I wanted to do. I wanted to try to not only teach the sport, but to help teach lessons that the boys can learn from the sport and use for their lifetimes."

Some lessons that he hopes to impart on to his players are the importance of being responsible and being dependable. For him, the most important lesson is to be part of something bigger than yourself. He stated, "I think life is a team effort." His emphasis on teamwork in practice, game, and life has led to two CIF titles. The passion for football is only matched by his passion for PVHS. "I think the students here at Palos Verdes High school are very fortunate to be here. There is great school spirit, and it's a good place to be."



KINDNESS

- Wellness Program
- Counseling
- ASB
- Link Crew
- Coronation Day
- Be The Change



Wellness Program

The Palos Verdes High School counselors, faculty, and staff understand the importance of supporting our students' social, emotional needs. It is essential for students to be healthy and balanced in all aspects of their lives in order to reach their full potential.

PVHS has created schoolwide programming to educate our students on meaningful ways to implement wellness in their daily lives. We believe wellness is an active process of helping our students become aware of and making choices towards a healthy and fulfilling life.

In addition to a comprehensive wellness program, PVHS has established a Student Wellness Center which is run by the counseling office and provides students with wellness education and counseling

services.

It is our goal to educate our community on a variety of topics that impact teens, provide resources to assist them in creating a more balanced lifestyle and develop healthy coping skills.

Examples of the Wellness Center programs include free yoga classes, mindfulness workshops, aromatherapy education, nutrition awareness, stress reduction and coping skills workshops, and much more.

In addition, the center will feature expert guest speakers for parents and students on a variety of topics relevant to wellness.

As a school community, we believe this is a critical component to helping our students develop on their path through high school and beyond.



Counseling

Based on the National Standards from the American School Counseling Association, the PVHS Counseling Department utilizes a whole-child counseling approach.

We believe in supporting every student throughout high school to ensure a positive four year experience. Our goal is to advocate for students

in all areas of their life from personal/social issues, to academic support, to college and career guidance.

The counseling department staff is comprised of six full time counselors, one College and Career Center Counseling specialist, and one Coordinator of Scholarships and Financial Aid.

The student to counselor ratio at PVHS is approximately 300 to one, with caseloads divided alphabetically so that counselors can work with their same students throughout their four years of high school.

PVHS also actively promotes a college-going culture on campus, providing a unique and carefully planned college-career pathway for students beginning in their freshmen year.

The mission of the PVHS College and Career Center (CCC) is to provide the Sea King community with a wide variety of information and resources for college and career planning.

The program goal is to meet the information and planning needs for our students as they move toward graduation and beyond.

In collaboration with the counselors, the CCC works to ensure a comprehensive college program for all students, providing a full range of college admission information and activities.



Link Crew

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

The Link Crew high school transition program provides the structure for freshmen to receive support and guidance from juniors and seniors.

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

After orientation, Link Crew continues, providing a variety of both Academic and Social Follow Up Activities throughout the year.

Coronation Day

Coronation Day is a day-long freshman orientation program providing 9th graders with information and motivation to get their high school career off to a successful start.

Freshman participate in a variety of activities and workshops to assist with their adjustment to high school. Every student receives a Sea King Welcome pack on Coronation Day, containing their Freshman class T-shirt for future use on spirit days and class completions, a souvenir lanyard with their schedule for the day and materials they will need for their workshops.

The day begins with a keynote speaker, followed by breakout sessions which include Goal Setting with their counselors, learning about how to get involved from current Sea Kings, and a session on school rules and policies.

Students then enjoy a freshmen rally and BBQ lunch. At the end of the day, students come together again for final thoughts and a final motivational send off. The day is a high energy and positive experience that sets the tone for the rest of the school year.



Be The Change

The Be the Change leadership class is a branch of the Associated Student Body (ASB) at Palos Verdes High School. Student leaders focus on activities aimed at enhancing the school culture and creating a positive and welcoming environment for all Sea Kings, emphasizing the creation of an open atmosphere where diversity, acceptance, communication, collaboration, and tolerance are paramount.

The activities generated by the BTC class include Challenge Day, Red Ribbon Week, Yellow Ribbon Week, Diversity Week, student birthday acknowledgements, new student lunches, and other various community service, awareness events and educational activities.

PVHS BTC is the originator of Remember the Tritons (formerly known as Brian's Walk), an annual community fundraiser held in February to raise money to support the research of Pediatric Cancer in support of a fellow Sea King and in memory of all Sea Kings who lost their lives too soon.

ASB

ASB stands for Associated Student Body. Every student at PVHS is a member of the student body. The Associated Student Body at Palos Verdes High School is governed by the ASB Student Council. Consisting of 40 students, this class creates, implants, and oversees all student activities at Palos Verdes High School.

Student activities range from pep rallies and dances to school-wide community service events. The purpose of each activity is to engage students and create a welcoming, spirited, enriched, and involved school community at Palos Verdes High School. In addition to campus wide events, the ASB Student Council also oversees over 70 student-run organizations on our campus.



I nvolvement

MUN

Mock Trial

Project Runway

Red Tide

Speech and Debate

RED TIDE

MODEL UNITED NATIONS

Model United Nations (MUN) is an international program that allows high school and college students to debate global issues in mock United Nations committees at conferences throughout the state and country. PVHS MUN students participate in conferences at UCLA, UC Berkeley, and Georgetown University, among others. PVHS students enrolled in MUN earn social science elective credits and are also able to satisfy requirements that go toward earning the prestigious Palos Verdes International Diploma.

“It helps me talk to crowds and with public speaking,” said sophomore Wade Nygren. “It also helps me get caught up with world issues and current events.”

Senior Isabelle Spelta stated, “I like MUN because it has taught me to be an experienced public speaker and has helped me grow as a person and a student over the past four years.”



MOCK TRIAL

Mock Trial, now in its twelfth year at PV, is a challenging and competitive program in which students meet biweekly and prepare both sides of a criminal case for the purpose of interscholastic competition.

One of 150 schools in Los Angeles County that participates yearly in the National Constitutional Rights Foundation Mock Trial program, PVHS has reached the elite group (top 8) and top (16) multiple times and the quarterfinals one time.

Individual accolades have been constant as well. Each year PVHS takes home individual awards, including Defense Attorney of the Year, Bailiff of the Year and top expert. Such awards are awarded only to one student out of close to a thousand participants, who exemplify the skills, demeanor, and disposition of a court room participant, be it a criminal defense attorney, prosecutor or adverse witness.

SPEECH AND DEBATE

Speech and Debate is in the third year of its making. Consisting of approximately 30 students, the club meets twice a week to prepare for competitions. Students in Speech and Debate focus on current events for debates, practice rounds, and rehearse their scripts. Students in speech focus more on learning to present themselves and perform pieces, while students in debate focus on researching current events and practicing debate rounds.

The president of the program, Angela Yang, said, “Speech and debate is a part of who I am. It has changed me from an argumentative person who loves to make comebacks to a structured, knowledgeable debater. It has not only made me a better public speaker, but it’s also changed my stance on many issues by giving me perspective of both sides of a topic. I love being able to debate my case and use my words to convince the judge that I am right.”



The Red Tide is the largest student organization on our campus and is led by six captains that help promote school spirit, pride, and school wide philanthropy. Red Tide gear is designed and sold annually, and is a staple in most Sea Kings’ attire. Red Tide utilizes the money raised from these sales to support the spirit items for our athletic events such as confetti cannons and rally towels. The Red Tide organization also provides support to a variety of activities on campus including promotion for the Skechers’ Walk, financially backing the annual Scholar Quiz competition, and organizing a school wide community service event in the spring semester. Red Tide is an integral part of the Sea King Community and adds an exciting atmosphere to the events at PVHS.

PROJECT RUNWAY

Since its creation several years ago, Project Runway has been the second largest club on PV’s campus. Each year, this club organizes an annual fashion show featuring PV High students in order to raise money for various charitable organizations. In this show, students model clothing from local shops and boutiques. In previous years, the club has raised funds to support the Make a Wish Foundation and the Panama Service Project.



NEXT LEVEL

26

Million dollars of merit
and athletic
scholarships

2

National
Hispanic
Scholars

7

National Merit
Semifinalists

19

National Merit
Commended Scholars

98%

Of the AVID class were
accepted by 4 year
universities

18

Students earned the
distinction of
“valedictorian” at
graduation

335

Colleges offering
admission to PV
students

97%

Matriculated to 2-
and 4-year colleges



Leaving as a Sea King

Senior Sea Kings share their favorite PVHS experiences and how PV's culture, teachers, and opportunities have shaped their lives going forward.



Elizabeth Feldman

Activities: President of WISE club, President of French Honors Society, Volleyball, NHS, CSF

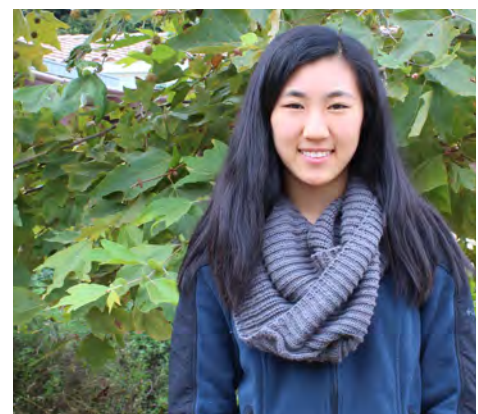
"Graduating high school from PVHS means that I will always have a close community of fellow Sea Kings and teachers that I will carry with me wherever I go. Being a Sea King has prepared me for my future because at PV I discovered my interests, made life-long friendships, and learned so many lessons from my teachers that I will take with me to college."



Tre Gonzalez

Activities: Football captain, Red Tide leader, Live from 205 sports anchor, ASB VP, Boy State Delegate, Fifa Club president

"Leaving high school as a Sea King lets me know that no matter where I go, I can always come back here and be welcomed with open arms. Being a Sea King has taught me how to balance out everything in my life. PV has so much to offer, and everyone should take advantage of that, and I'm happy to say that I did."



Miranda Kim

Activities: CSF president, NHS vice president, Choreo, Link Crew, NHS Dance Arts, National English Honors Society

"I'm grateful for the sense of community and the support of PVHS educators and counselors. Being a Sea King has supplied me with the inspiration for my creative endeavors. I can thank my fellow Sea Kings for encouraging me to try new activities and pursue my interests."



Molly Leimbach

Activities: Varsity Water polo, Varsity Swim Team, Surf Team, ASB, CSF, Adore the Shore, Project Runway, NHS

"Leaving high school as a Sea King means that I will graduate with the tightest community and friendships that will last a lifetime. I will move onto college with a hunger to explore what the world has to offer for me and make a difference wherever I end up."



Dilan Mistry

Activities: Live from 205 News Director, Founder of Humans of PVHS, NHS Board member, ASB Historian

"Throughout my journey at PVHS, I adopted a motto for myself: the more you put in, the more you get out, and I'll continue to use this motto the rest of my life. I started getting involved in school, and consequently met so many new people who helped me along the way. My great experience I've had here at PVHS truly made me the person I am today."



Josh Paik

Activities: PVPUSD student board member, Principal's Advisory Council, Founder/president of Economics Club, CSF board member

"Our school is an environment where we are encouraged to actively pursue our interests. The passion with which our educators teach is unique to PVHS and has helped me further my knowledge and ambitions. To leave PVHS means to leave a place that has been integral to the shaping of my future and who I am."



Nikki Walker

Activities: Live from 205 anchor, ASB Special Events coordinator, Varsity cheer captain, Project Runway club president, NHS VP, Link Crew

"When you are a Sea King you're part of something bigger than yourself. Now, preparing for college I know I will continue to make close working relationships with professors and find the pride in my school that I know is so important."

IMPORTANT DATES

OPEN HOUSE 2017

Wednesday, February 1st

6:00 pm - 7:15 pm

Held in Sea King Park, MPR & Various Classrooms

7:15 pm - 8:00 pm

Held in PVHS Gym

PRINCIPAL'S FORUM

Q&A Session with Principal Dr. Park

January 11th @ 8:30 am

February 8th @ 6:30 pm

Held in College & Career Center (Room 318)

SPECIAL EDUCATION FORUM

Q&A Session with Special Education Department Lead

February 8 @ 5:30

Held in College & Career Center (Room 318)

For further information go to pvhigh.com and futureseekings.com

Photos: *THE POINT*, Carly Feller ('19), Dilan Mistry ('17), PVHS Staff

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