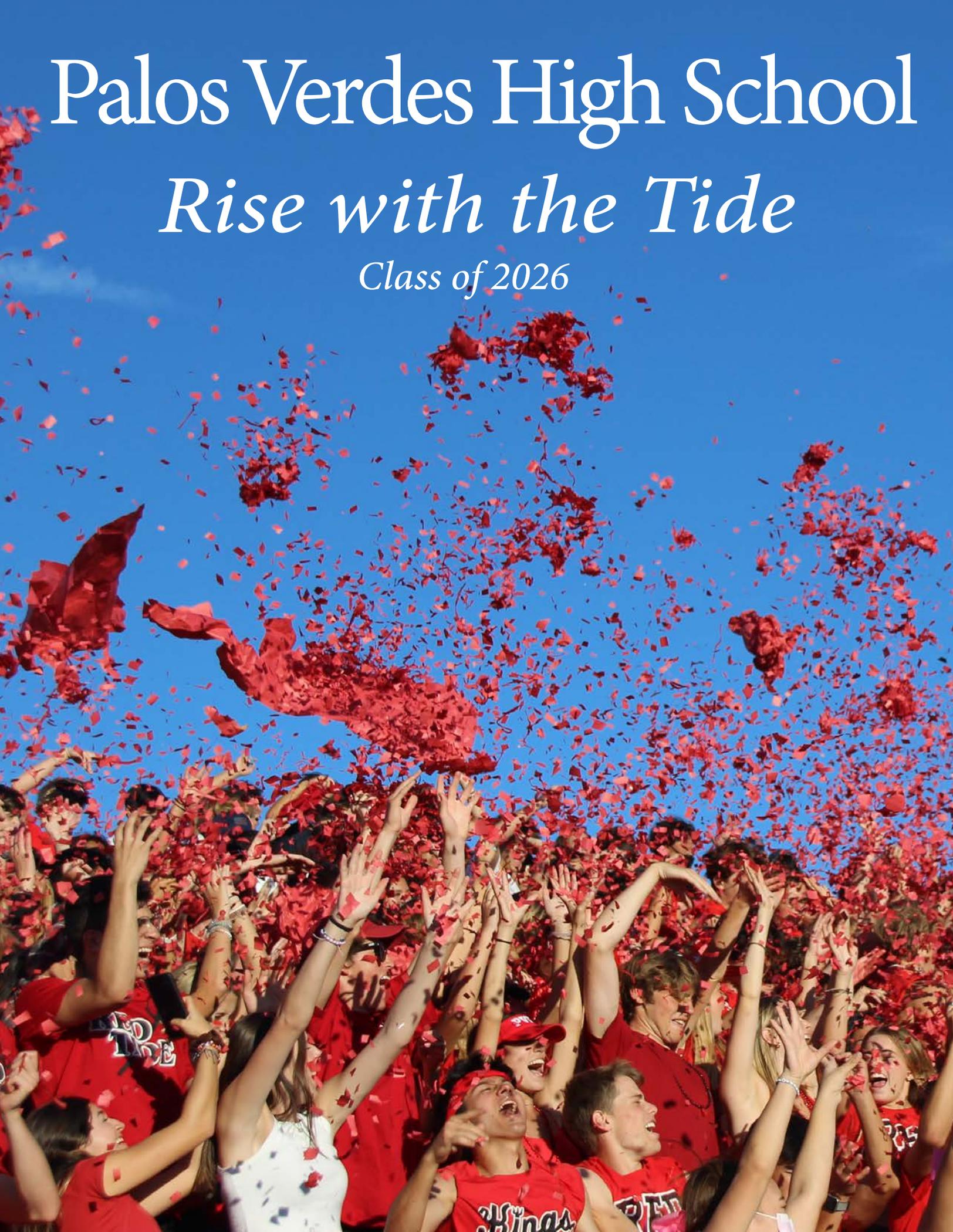


Palos Verdes High School

Rise with the Tide

Class of 2026



Becoming a Sea King

Freshmen Sea Kings share why they came to PVHS and how they know they belong.



Charlie Werts

Activities: BTC, Football, Baseball, FCA

"PV High has helped me face challenges and try new things. There are so many opportunities and things for people to thrive in. It has been really great so far and I have had a lot of fun seeing friends from other schools. We are one big Sea King family."



Hailey Kim

Activities: ASB, JV Cheer, Speech and Debate, Project Runway

"Our student body has SO much pride for PVHS. From Red Tide to Live from 205 to rallies at lunch, everything we do really brings all the students together. As a member of ASB who helps plan these events, I get to witness it all firsthand."



Aaron Propst

Activities: Basketball

"All of my teachers are very nice and understanding. I can ask them questions and they are all very approachable and happy to help. Block schedule has helped me as a student by focusing on three classes a day instead of six. It is a lot easier to focus on my work and manage my assignments."



Azalea Lurie

Activities: Human Rights Coalition, GSA, PVIT, Choreo, Library Club

"This school has helped me grow as a person through its engineering programs, which helped me realize my dream job, and its English programs, through which I have grown immensely as a student and as a reader."



Mattias Eberhardt

Activities: Orchestra, PVIT, Drama Club, Financing and Investments Club

"People should come to PVHS not only for the classes, but also for what the school offers outside of direct education. There are countless clubs and programs. The nature of the block schedule allows students to stress less about school work, and it has made me a more responsible student and person."



Leah Sachs

Activities: BTC, MUN, Treasurer of Goldens of PVHS, JV Song, Friendship Club, PVOW

"PVHS feels like one big family and everyone is willing to help out. The teachers and staff are incredible and make the transition to high school super easy and non-stressful. There are so many different and unique clubs and programs to try whether you're into sports, drama, leadership, history, art, anything you can imagine!"



Mason Condello

Activities: AVID, skateboarding club co-president, Chinese Culture Club, chess club, surf

"This school has taught me many things, not only about science and math, but also more about how to be a better person and how to be independent and stronger. With the help of friendly counselors, teachers, and staff, the time it took me to get comfortable was quicker than I thought it would be."

Welcome to Palos Verdes High School, Home of the Sea Kings!
 We are excited and proud 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 Palos Verdes High School (PVHS) extraordinary: our stellar academics, exciting signature programs, award-winning athletic teams, and a vast array of extracurricular offerings. As a comprehensive high school with over 1400 students, PVHS still maintains a small school feel with all the opportunities offered at a larger public high school.



In choosing the campus you'll call home for the next four years, know that here at PVHS we are family. Our campus is strengthened by our tight-knit community and unrivaled school spirit. We encourage our students to seek every opportunity to find their path and discover who they are as individuals. Our goal is to customize our students' high school journey, so they have access to the postsecondary options that best fit their future aspirations.

Our academic program emphasizes rigor and innovation in the classroom and is supported by a dedicated faculty who strive to inspire and challenge their students. The PVHS block schedule allows for in-depth, comprehensive coverage of the curriculum, closely mirrors a college schedule, and enhances teacher-student relationships which are very important to student well-being and success. Our Advanced Placement (AP) program continues to provide our students with a wide range of academic opportunities with over 30 different AP course offerings including the prestigious AP Capstone Diploma. Over the years, our students' academic excellence has continued to be recognized with numerous awards and accolades including 188 AP Scholars in 2021.

Our continued emphasis on a college-going culture is evident in our students' college acceptances each and every year. With well over 90% of the Class of 2021 matriculating to higher education, Sea Kings were admitted to over 300 colleges and universities across the United States and beyond, including all University of California and California State University campuses. Our graduates were exceptionally successful candidates at the most highly selective colleges including Stanford, Vanderbilt, Duke, MIT, Caltech, USC, University of Michigan, Georgetown, NYU, Johns Hopkins and 8 Ivy League institutions among others. Their academic achievements and extracurricular successes were rewarded with offers of over 20 million dollars in scholarships last year.

At PVHS, we emphasize the importance of our students finding a passion and building connections both in and out of the classroom with opportunities and interests for all students. We take pride in the variety of programs and extra curriculars available to our Sea Kings, allowing them to strengthen and enrich their current interests while exploring and investigating new ones.

Our school is home to the Palos Verdes Institute of Technology (PVIT), a nationally recognized and celebrated STEM program with 13 highly successful competition teams. Live from 205 is our student-run broadcast journalism program, continually ranked in the top programs nationwide. Our Triton Yearbook continues to garner top awards for design and journalism excellence. Our Model United Nations, Speech and Debate, Academic Decathlon, and Mock Trial teams are all highly competitive academic programs that allow students to develop communication skills, collaborate with peers, and demonstrate their depth of knowledge. From Ceramics to Drama, Jazz Band to Marching Band, Dance to Photography, PVHS has amazing programs for both the budding and accomplished student artists. On the field, on the track, or in the pool, our student-athletes continue to dominate the sports scene across the South Bay. With over 70 student clubs, 27 varsity sports, and numerous signature programs, PVHS has something for every Sea King.

When you choose Palos Verdes High School, you become a Sea King for life. You are forever connected to our family of dedicated faculty, our high energy student community and our engaged alumni network. As you embark on your high school journey, our teachers, counselors, coaches and staff will support you in meeting academic challenges, provide you with the resources to follow your passions and assist you in achieving your goals. Thank you for your consideration of PVHS. Please do not hesitate to reach out if we can assist you in making your high school decision.

We look forward to welcoming you to our Sea King family. GO SEA KINGS!

Sincerely,
 Trista Ramirez Ed.D.
 Interim Principal

The PVHS 2022 Lookbook was created by *The Point* student newspaper staff. Photos are courtesy of *Point* photographers and Sea King students, teachers, and parents.

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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



ADVANTAGES OF BLOCK SCHEDULE

- In-depth and comprehensive coverage of the curriculum
- Time for differentiated instruction
- Closely mirrors a college schedule to allow for the development of time management skills
- Opportunities for meaningful, comprehensive, real-life activities
- More time focused on instruction due to a reduction in time spent on opening and closing class activities
- Enhanced teacher-student relationships due to extended class interaction time
- Structure of classes prepares students for the extended focus required for SAT, ACT, and AP tests
- Skill-building with time management and organization
- Supports student social-emotional health, creates opportunities for balance, and reduces academic stress

ADVANCED PLACEMENT (AP) PROGRAMS

32
AP courses offered

1150
AP tests taken

188
total AP Scholars

66%
AP pass rate

37
AP Scholars with Honor

581
AP test takers

90
AP Scholars with Distinction

2
AP International Diploma

3
AP Capstone Diplomas





SIGNATURE PROGRAMS

AVID

AP Capstone

Student Research

Student Media

PVIT

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 that were in the academic-middle in middle school, but have the potential to be strong academic students. 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 focusing on 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. Junior and senior curriculum focuses on college admissions requirements: resume, personal statements, financial aid, and applications.

**"AVID is a really helpful class and I love how Mr. Morales makes it fun."
Gracie Gulcher, Class of 2023**



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

AP CAPSTONE

The AP Capstone program equips students with the independent research, collaborative teamwork, and communication skills that are increasingly valued by colleges.

It cultivates curious, independent, and collaborative scholars and prepares them to make logical, evidence-based decisions guided by the QUEST (Question and Explore; Understand and Analyze; Evaluate Multiple Perspectives; Synthesize Ideas; Team, Transform and Transmit). The AP Capstone program consists of two courses that are designed to complement the students' experiences with other AP courses.

The AP Seminar class, open to grades

10-12, gives students the opportunity to investigate real-world issues from multiple perspectives, gather and analyze information from credible resources, and develop valid evidence-based arguments.

The AP Research class, open to students who have completed AP Seminar, cultivates the skills necessary to conduct independent research and inquiry to produce and defend scholarly research. Currently Palos Verdes High School combines Sea Kings and Panthers into one student cohort taught by a PVHS teacher.

Students have two options through College Board to earn additional recognition: the AP Capstone Diploma and the AP Seminar and Research

**"The Capstone program really teaches students how to be self-sufficient learners. The classroom teaches you a curriculum based off of a certain subject which you've agreed to want to learn, but the Capstone program teaches you more of how to learn."
Jake Danon, Class of 2022**

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 1-4 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.

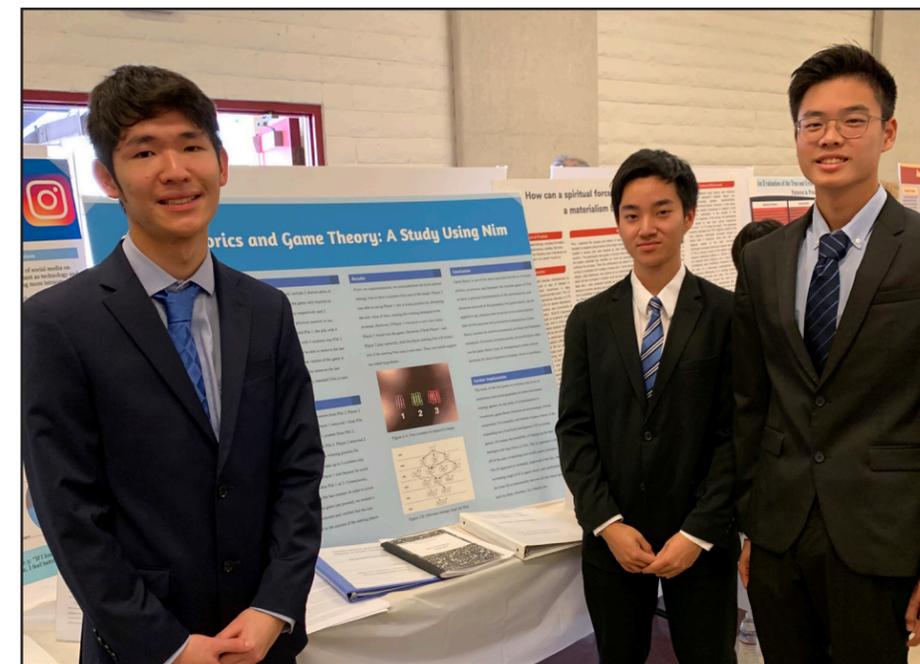
This course engages students to work in conjunction with research scientists and professionals within their field of work.

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, computers, or social science.

Students are taught the process of online bibliographic researching.

Students commit to long-term focused research, and initiative, perseverance,



and creativity are fostered through the experience.

All Science Research students compete at the local PVPUSD Regional Science and Engineering Fair each Spring.

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.

Last year, over 85 PVHS students competed in the Virtual PVPUSD fair.

In 2021, the 13 students that competed at LA County's Virtual Science Fair placed honorable mention or higher and of those young scientists, six students advanced to the CA State Science Fair.

(Photo above is from the 2020 Science Fair.)

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 not found anywhere 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 for their field experience.

Last year, COVID prevented students from this opportunity, but we look forward to providing this opportunity for students as soon as it is safe in the future.

STUDENT MEDIA AND PUBLICATIONS



Open Orchard Productions

Students at Palos Verdes High School employed their creative, technological, journalistic, and writing skills to develop their own radio production organization.

Students create podcasts, ranging from personal stories to informational reports. Through the podcasts, students gain skills in communication, creativity, interviewing, and multi-media editing skills. Students working with Open Orchard Productions have created radio segments that received eight licenses from nationwide radio stations. Segments are broadcast through their self-created website: openorchardproductions.com.

Atlantic Public Media's

“Open Orchard Productions gives students a creative and entertaining way to share their experiences, stories, and passions through podcasting. This program is an exceptional way for students of all levels to share their voices on any topics that fascinate them.”

Audrey Munro ('24)

group, Transom, awarded Open Orchard Productions with a grant and professional advice. Students also have had the privilege to tour and talk with experts at KPCC and KCRW.

Live From 205

Live From 205 is an award-winning scholastic broadcast journalism program at Palos Verdes High School that has won over a 100 STN Student Awards, three Team Awards and five Excellence Awards – making *Live From 205* the number one high school weekly news show in the country five times. *Live From 205* has also won the Best of Show Broadcast Program at the JEA convention.

Student journalists cover school news, the community, the city, and world events. Reporters, photographers, writers, editors, and producers work together to produce a newscast. With original reporting and relevant stories, *Live From 205* takes pride in being a PVHS signature program. The commitment from

“I love being able to shine a light on topics that are important to me and give a voice to those that may go unheard. I'm truly honored to have this opportunity and can't wait to see where it takes me in the future.”

Daisy Warner ('24)

students, parents, teachers, and administrators keeps the program healthy and progressive. There are two classes for *Live From 205*: Advanced and New Crew.

On any given day at school, one will see a 205 Reporter and Photographer in action: interviewing, shooting, editing, rushing to meet a deadline.

Please visit www.livefrom205.com to view previous shows.

The Point newspaper

PVHS's journalism class produces seven issues of a 12-page newspaper, *The Point*. The journalism program consists of editors, writers, photographers, illustrators, and a social media team.

The student-run publication has strong community support, with approximately 200 families subscribing each year and local businesses purchasing ads.

Students hone their reporting skills by conducting interviews and photographing events. They also collaborate with one another to provide feedback on stories.

The journalism staff attends national journalism conventions to meet other student journalists and learn more ways to strengthen the publication. Past conventions have been in Washington DC, Seattle, and Dallas. Students not only gain more

“This class gives everyone a great opportunity to expand out of their comfort zone, as you learn how to interview different people, and increase your communication skills along with your writing.”

Jonathan Liu ('24)

journalistic experience, but they also get a chance to explore new cities and strengthen their staff camaraderie.

You can read past articles on pvhspoint.org and see our issues at issuu.com/pvhspoint.

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.

The student-run publication features photographers, copy editors, section editors, ad editors, and staff members. All of the artwork and templates are original student work.

The yearbook won the Crown Award and the Gold Medalist Award with All-Columbian Honors from Columbia University Scholastic Press Association, the All-American Award with Five Marks of Distinction from the National Scholastic Press Association, the Most Outstanding High School

Yearbook from the American Scholastic Press Association and the Benny Award from the Printing Industries of America.

Every year the Triton travels to student journalism conventions to learn about new techniques, meet professional journalists and compete for individual awards in media contests.

The Triton staff have brought home over 250 awards in the last 13 years of publication. Triton graduates have become editors of literary magazines at Stanford, Harvard and Duke universities and have used their expertise and skills to land internships. The Triton Yearbook is proud to continue in a tradition of excellence.

PVIT

The Palos Verdes Institute of Technology (PVIT) is the award-winning engineering program of Palos Verdes High School. PVIT has continued for almost two decades as a premier high school engineering program, with rare opportunities to experience real engineering challenges.

Going back to 2001 when PVHS reopened, PVIT was 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 Caltech, MIT, Virginia Tech, and the winning vehicle from Stanford, the PVIT vehicle was enthusiastically received and advanced to the second round of competition.

Continuing on with that success, PVIT now offers the two complimentary programs -- academic engineering classes and Engineering Advanced Projects class, a nationally and internationally-awarded program of hands-on engineering competition teams and activities.

The academic program, offered during the traditional school day, is based on the nationally recognized Project Lead the Way (PLTW) curriculum. Students have options to take a four-year curriculum of Introduction to Engineering Design, Digital Electronics, Aerospace Engineering, Civil Engineering and Architecture, AP Computer Science, and Engineering Design and Development (Capstone course) to learn engineering

skills and methodologies.

The project-based courses give students an excellent introduction to engineering disciplines (mechanical, electrical, civil, aerospace, systems, computer, etc.) and exposure to the many facets of engineering.

Engineering Advanced Projects, composed of engineering competitions teams and hands-on projects, has grown to over 150 students meeting every Sunday to learn and experience hands-on engineering.

Students obtain invaluable problem-solving skills and knowledge while tackling real-world problems, often posed through engineering competitions.

The teams are taught by award-winning teachers and mentored some of the most technical and knowledgeable engineers in our community who have hundreds of years of combined engineering experience.

Students learn to use Makerspace equipment such as 3D printers, laser cutters, CNC machines, drills presses, and lathes. They practice solid engineering fundamentals as they design, build, prototype, and test their projects.

Where else can a high school student build a CubeSat satellite, fabricate an underwater robot for marine exploration, design/build/test robots for national competitions, build autonomous quadcopters for search and rescue missions program, program an autonomous ground vehicle guided only by sensors and GPS, build a personal underwater robot or BattleBot, or launch/track/recover a high

altitude balloon to 100,000 feet above the earth's surface?

PVIT is technically extensive. Unlike many other high school programs nationally who field one giant robotics team, we have 10-12 small to medium-sized teams to excite each student's individual interests.

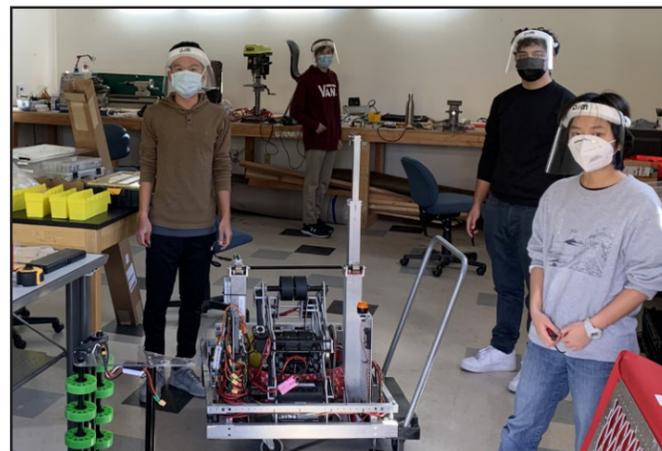
Small teams create better experiences with more hands-on exposure so that students can maximize their learning.

Doing real engineering prepares our students for highly technical programs when they move on to college. PVIT alumni, who attend some of the most prestigious universities in the country, often comment that they already covered a lot of their college curriculum and projects while in PVIT, and are much more experienced in real engineering than their classmates from other high schools.

Our legacy of excellence has gone beyond classic high school competitions to win podium spots at national and international competitions, university competitions, and events against professional engineers and private robotics corporations.

Other college students and professional engineers often comment, "I never had any opportunities like this when I was in high school," when they see what our students do at PVIT.

Come join the excitement where you can be challenged in an entirely unique, student-centered environment with authentic engineering experiences.



Competition Teams

BattleBots	Robomagellan Autonomous Vehicle
Cyberpatriot Cybersecurity	Rocketry
Electric Vehicle	CubeSat Space Team
Unmanned Aerial Vehicle	VEX Robotics
First Robotics Competition	Underwater Remotely Operated Vehicle

"PVIT is an interesting program in that it is specific to Palos Verdes High School; each year, students continue their passion for engineering in college and become well prepared with hands-on experience. PVIT is a vital avenue to enhance a student's creative thinking and problem solving ability."

Izzy Farrow, Class of 2022

"I enjoy the program as it allows me to partake in something no other program offers."

Zach Dawson, Class of 2022

E DUPLICATION

English
Social Science
Math
Science
Visual & Performing Arts
World Languages
Special Education
College and Career Center
Counseling



SOCIAL SCIENCE

The History and Social Science Department at Palos Verdes High School is one of the best in Los Angeles County.

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

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.

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 an 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,” said teacher Louis Harley.

At PVHS, students have the unique opportunity to gain this essential learning that will be necessary for their futures.

The Social Science department also oversees the Mock Trial and Model United Nations programs.

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
- Ethnic Studies

SCIENCE

Along with the usual core science classes - Chemistry, Biology, and Physics - the Science Department also offers engaging and relevant elective courses such as Marine Biology, Anatomy and Physiology, and Science Research.

The block schedule allows students to efficiently conduct numerous in-depth inquiry laboratory investigations.

“We are able to conduct experiments in one class period that would take four to five days to complete with one hour class periods,” Anatomy teacher Julie Munoz said.

“Because our students are in the lab designing and conducting experiments and writing full lab reports, our students are well prepared for science lab courses in college.”

Biology students are introduced to DNA technology and explore the methods



scientists use to create biotechnology medicines.

Anatomy and Physiology prepares students for careers in the health sciences and allows them to discover the 3D relationships of structures through dissection.

Marine Biology goes whale

watching and tide pooling every year, and focuses on how we affect the oceans and how they affect us.

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
- Science Research

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.

English teachers are committed to preparing students for the diverse literary demands of the 21st century.

Therefore, teachers and students utilize a variety of technology tools such as: Google Classroom, Prezi, Kahoot, Flipgrid, Nearpod, and Pear Deck.

English teachers, however, have not 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.

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 latter half of the class,” said AP Language and Composition teacher Cindy Damon.

“They not only get to learn in the class, but also process and demonstrate in class.”

The block period also allows for in-depth class discussions and Socratic Seminars.

All English courses emphasize careful reading, responsible thinking, and clear, precise expression of ideas.

Students study literature representing a broad range of historical and cultural perspectives, as well as a range of diverse voices and authors.

“It’s important to intertwine history and culture into literature, because it gives students a perspective of the environment that bore those literary works,” said Damon.

“As readers and learners, we have to know what was on the minds and what was the authors’ priorities during their time.”

Class List

- AP Language and Composition
- AP Literature and Composition
- 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

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 instructional 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,” said teacher Cyndi 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 several Masters Degrees, provides 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.

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

VISUAL AND PERFORMING ARTS

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, Video Production, Drama, Jazz Orchestra, PE Band/Marching Band, Choreo, and Dance.

At more advanced levels, the department offers specialized curriculum in AP Art History, as well as AP Studio Art 2-D and 3-D, and Glass Blowing; Live from 205; AP Music Theory; Concert Band; Musical Theater; and Choreo.

Students can advance to second, third, and fourth-year courses in Animation, Photography, Drawing &

Painting, Video, Ceramics, 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 includes P.E. Dance, Intermediate Dance, and Choreo. Students 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 expert teachers. Auditions are held in the spring for the following school year. Choreo and

Intermediate dance students perform in the Spring dance concert, school, and community performances.

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 such as the Fall Play, Spring Musical, Musical Theater Showcases, Theater Festivals, Thespian Club, ComedySportz, and more!

Students can also 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

AP Studio Art 2-D
 AP Studio Art Drawing
 Glass Blowing
 AP Studio Art 3-D
 Ceramics
 Surf Shaping
 Digital Animation
 Drawing and Painting
 AP Art History
 Digital Photography
 Video Production
 Broadcast Journalism
 Choreo Dance
 Intermediate Dance
 Drama
 Musical Theater
 Advanced Orchestra
 Orchestra
 Concert Band/
 Marching Band
 Drum Line
 Color Guard
 Jazz Band
 AP Music Theory
 Literary Publications

WORLD LANGUAGES

The World Language Department offers students the opportunity to learn Chinese, French, Korean, and Spanish languages.

Students also have the opportunity to earn the State Seal of Bilingual/Biliterate (SSB), which is a recognition conferred by the State Superintendent of Public Instruction for graduating high school students who have attained a high level of proficiency in speaking, reading, and writing in one or more languages in addition to English.

The gold, embossed seal was specially designed for the SSB designation and is placed on the graduate's high school diploma or transcript.

The SSB shows that graduates have accomplished measurable skills that demonstrate high levels of proficiency in English and another language (bilingual/biliterate).

Additionally, the Spanish MCR (meets college requirements) program also offers two years of classes for students who wish to fulfill the language requirement in a slower paced environment.

The department has a dynamic, creative and experienced faculty of 10, including native speakers of



Chinese, Korean, and Spanish, and most having also earned master's degrees.

Students have a wide variety of choices when it comes to learning a new language at Palos Verdes High School.

Chinese

The PVHS Chinese program teaches students simplified Mandarin, and traditional Mandarin is accommodated.

Student-centered performance tasks are constantly used to make students' learning more effective and interesting. Students have ample interactive activities in class. Group projects make learning interesting and fun.

Authentic classroom celebrations for Chinese traditional holidays and field trips to Chinese communities provide life experiences to all Chinese language students.

National Chinese Honor Society creates opportunities for members to practice leadership and help all PVHS students to learn about Chinese culture by hosting various activities such as Chinese Culture Day.

Besides offering free tutoring to lower-level students, NCHS also offer free conversational sessions with AP students.

French

The French program is a complete four-year program: French 1-4, including a more advanced track (French 3 Honors, and French 4 AP).

Students will develop their understanding of spoken French, in addition to writing and reading in the target language. Students practice conversation in the target language with partners, perform and present, and participate in games.

Students will also become culturally aware of France and the vast number of French-speaking countries throughout the world.

In French 3 Honors, students become eligible to join the French Honor Society.

All students are encouraged to participate in French Club.

The French program is planning to take a summer trip to France so that students can put their language into practice and experience the French culture firsthand.

Korean

Palos Verdes High School offers a full Korean program from Korean I to Korean 4 Honors.

The Korean courses are student-centered and driven by multiple projects.

Students learn linguistic and cultural components which include, but are not limited to, K pop videos, dramas, food, fashion, visual art, and performances.

We invite professional instructors to share such activities and cultural fundamentals as traditional Korean drum, folk art, and more to cultivate their multicultural background.

Students can join the Korean Honor Society and Korean Culture Club.

PVHS is one of the top high schools with these opportunities for students of the Korean language.

Class List

Chinese I-V
 Chinese III Honors
 AP Chinese Language & Culture

French I-IV
 French III Honors
 AP French Language & Culture

Korean I-III
 Korean III Honors

Spanish I-V
 Spanish II-III MCR
 Spanish III Honors
 AP Spanish Language & Culture
 AP Spanish Literature & Culture

Spanish

The Spanish program is a five-year program.

The AP Language program boasts a 100% passing rate from last year.

There is also a college credit-granting fifth year of AP Spanish Literature.

During the fourth and fifth years, students can also opt to take regular level Spanish classes.

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

The Spanish program prides itself in incorporating multiple aspects of the Spanish-speaking culture, including food, music, art, celebrations, and traditions.



SPECIAL EDUCATION

PVHS is an all-inclusive high school that supports the needs of each individual student.

Students with special needs are supported through the special education program which includes eight special education teachers, two school psychologists, speech and language pathologist and teachers, behavioral (BASIS) program lead, and support staff.

The team also includes several special education assistants that serve in a variety of capacities.

The school team works in conjunction with county and non-public agencies that provide additional supports to special education students.

PVHS supports the inclusion of special education students into general education classes.

Special education teachers teach collaborative English, Math and Science classes on campus, as well as direct instruction through Reading Writing Skills (RWS) 1, 2, 3, 4; Essentials of Algebra A and B; Consumer Math; Communication Skills; Social Sciences; and Guided Study.

All students in special education are able to enroll in the Guided Study course to build study skills and work on assignments for core courses.

Options are available for students working toward a diploma or a Certificate of

Completion.

As part of students' IEP Transition Plans, college and career awareness goals and/or job coaching are included to help students prepare for post-secondary opportunities.

The PVPUSD Life Skills Center is designed to serve students with special needs ages 18-22. The Life Skills Center strives to provide a high-quality service to our non-diploma track, post-secondary students.

The goal of the program is to facilitate the individual student's successful transition from high school into adult life within the community.

The PVPUSD Life Skills Center focuses on the five

essential areas derived from the Education Code, which are key to a successful transition to adult life.

These areas are addressed within the curriculum: Functional Academics, Vocational Skills and Employment, Community Based Instruction, Independent Living Skills, and Recreation and Leisure.

Additionally, our special education department works closely with the student-run clubs on campus. Friendship Club provides fun lunchtime and after-school activities that engage and promote inclusion of the special education students in school activities.

COLLEGE & CAREER CENTER



COUNSELING

The Palos Verdes High School Counseling Department takes pride in utilizing a whole-child approach to working with students.

Based on the National Standards of the American School Counseling Association, the Counseling Department supports students throughout high school ensuring a positive experience with concern for their academic, college and career, and social/emotional well-being.

Through counseling, we advocate for students in assisting them to reach their individual goals.

Students receive academic, college preparation, and mental health counseling.

In addition to five full-time counselors, two Student Support Specialists (also known as licensed SAGE therapists), a College and Career Center Director and Scholarships and Financial Aid Coordinator all contribute to the opportunities



students receive at PVHS.

Students are split alphabetically by last name and are kept with the same counselor throughout all four years of high school.

Counselors place an emphasis on students maintaining a healthy balance during their

time in school.

We hope for students to graduate as meaningful lifelong learners and with skills they will carry into their post-secondary opportunities.

Palos Verdes High School actively promotes a college-going culture on campus,

providing a unique and carefully planned post-secondary pathway for students beginning in their freshmen year.

This includes community college, four-year colleges and universities, military opportunities, and other plans students may desire.

It is a privilege to welcome and work with freshmen and parents at PVHS as they transition and embark on their journey through high school and beyond.

Our College and Career Director, Mrs. Lewis, and our Scholarship and Financial Aid Coordinator, Mrs. Hoffman, look forward to sharing their extensive experience, insight and expertise in the world of college admissions with the Sea King community.

College advising here at Palos Verdes High School begins in the 9th grade with our Freshmen Parent Seminars: Building Foundations for the Future.

The PVHSCCC provides our families with the most current and significant programming for college research and admissions.

Our mission is to increase student awareness of all the college and alternate options available after high school.

Student workshops and presentations, college admission representative visits, case studies and special events throughout the year meet information and planning needs for Sea King families.

The PVHSCCC assists students in their search for, and identification of, great college "matches" that complement individual student needs.

Every Fall the PVHSCCC hosts the Essential College Knowledge series of presentations followed in Winter/Spring with the College Essentials Toolkit.

In collaboration with the academic counselors, the PVHSCCC works to ensure a comprehensive college going culture for all PVHS students!

There are wonderful opportunities that await you in high school and we are looking forward to sharing this journey with you.





A THLETICS

Sports List
Scholar Athletes
Coaches

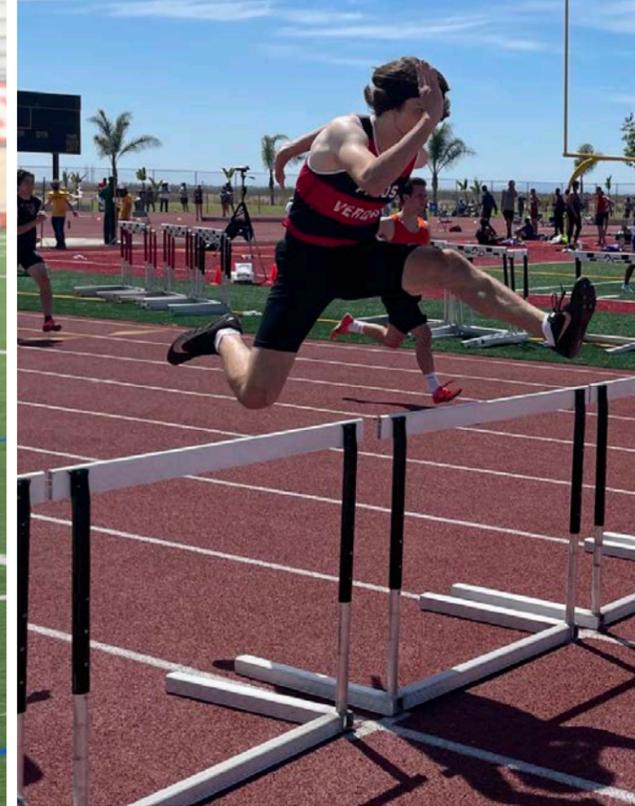
ATHLETICS AROUND

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, 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.

The turf was replaced in 2017 and is the finest playing surface in the South Bay. 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

132 League Championships

24 CIF Championships

5 State Championships

34 CIF Academic Championships

Fall Sports

Cheer
Choreo & Dance
Color Guard

Cross Country
Football
Girls' Golf

Girls' Tennis
Girls' Volleyball
Boys' Water Polo

Marching Band
Song

Winter Sports

Boys' Basketball
Girls' Basketball
Boys' Soccer

Spring Sports

Baseball
Boys' Golf
Boys' Lacrosse
Girls' Lacrosse

Girls' Beach Volleyball
Softball
Swimming

Boys' Tennis
Track & Field
Boys' Volleyball

TURNER HELTON

VARSITY FOOTBALL
CLASS OF 2022

For PVHS senior, Turner Helton, the football field is no unfamiliar place. He first began playing football when he was only four years old, and he grew up with all of his family either playing, coaching or cheering on from the sidelines.

“Basically my whole family has been involved in football,” Helton said. “My dad, uncles, and grandparents all coach, so it’s almost like a family tradition.”

Helton is a current captain and the quarterback for the PVHS Varsity football team and adds a lot to the environment on the field. Sky Shaw, a fellow Varsity captain alongside Helton, is a good friend of his and says they have been playing together for three years now. As his teammate, Shaw recognizes all of the contributions Helton adds to make the team what it is today.

“Turner does a great job of getting the younger kids in line,” Shaw said. “He always sets the team up for great games each Friday.”

Coach Guy Gardner also adds to Helton’s attributes to the team. “He brings leadership, competitiveness, and work ethic that is contagious,” Gardner said, “[and] he is very knowledgeable and intelligent in the game.”

Recently, Helton committed to playing Division One football at Western Kentucky University in Bowling Green, Kentucky. Though not formally announced until recently, this was a decision Helton had been working toward for a while.

“[The recruitment team] contacted me during my junior year after I went down to a camp at the school,” Helton said. He returned this September as a senior and made his final commitment after receiving an official offer.

Aside from the opportunity to continue playing the sport he loves, Helton also acknowledges the other aspects of Western Kentucky University that made him confident in what his next four years will bring him.

For both the coaches and teammates who have seen Helton grow in his football career, this commitment comes with a lot of pride and excitement for his future.

“He’s so determined and focused,” Gardner said. “For me, it wasn’t if he was going to play at [the collegiate level], but it was where.”
(By Isabella Firmani, Class of 2022)



ANNA TERRELL

VARSITY CROSS COUNTRY/TRACK & FIELD
CLASS OF 2022

Senior Anna Terrell announced the exciting news that she had committed to the University of Washington for track and field this past October. This amazing accomplishment was the result of Terrell’s dedication and her aspiration to run at the next level. Terrell had her sights set on running in college shortly after she began running. “I knew that I wanted to run in college in 7th grade after running for a year,” Terrell said.

Achieving her current level of success has been no easy feat. A lot of work has gone into Terrell’s success.

“I practice every day for about 1-2 hours depending on how long the run is and I also go to the gym and lift about 3-4 times a week,” Terrell said.

One of Terrell’s favorite memories of running happened during her freshman year. “We went to the Stanford Invitational and competed in the Distance Medley Relay in the high school section of the meet. It was amazing to see college athletes doing what I wanted to do, and it was a great bonding experience with my teammates.”

Terrell’s teammate, senior Greta Norris, has loved being on the same team as Terrell.

“It’s been amazing running with her. She’s a key part of our team because she’s super fast and because she’s always super supportive. Anna shows that she cares a lot about the sport and the individuals on our team. She’s a great teammate and friend. During practice, you can always have a good laugh with her or have a serious conversation,” Norris said.

Terrell’s coach, Brian Shapiro, who has been coaching her since her freshman year and has gotten to know her as both an athlete and a person. Shapiro has also enjoyed watching Terrell’s progress throughout her high school career.

“It’s always a lot of fun when you have an athlete that grows and develops and ultimately achieves at a high level. It’s also great to see somebody who has persevered through a really challenging 2 years [with the pandemic] and still navigated the athletic journey.”

Terrell is excited about what’s to come in the future and is looking forward to running at the University of Washington.

(By Kelly Donahue, Class of 2023)



PV COACHES



Guy Gardner - Football

Coach Gardner has been coaching football for over 30 years, and just finished his 13th season as a Sea King. In addition to being the head football coach, Gardner is also a beloved history coach.

“I’ve always loved sports and how it mirrors life - all the lessons learned from it - and in particular football,” said Gardner. “So, I just wanted to help kids find those same lessons that have helped me.”

Besides using his platform as a coach to help players learn life lessons, he also loves watching his players improve on and off the field.

“I think the greatest accomplishments are just watching how each season/team gets to come together and write their own story. Each team has a unique story, yet it is their story that will influence the next season’s team,” he said.

“I am blessed to have a great staff that shares the same goals and works so hard to give these kids the best chance to succeed on and off the field.”



Jama Maxfield - Varsity Cheer

Ms. Maxfield has been a strong leader for our Varsity cheer team. She was a cheerleader in high school and swam in college at Kansas University. Rock Chalk! When she graduated college and got into teaching, Ms. Maxfield wanted to coach swim, but lucky for Sea Kings, she became a cheer coach.

“It quickly won over my heart, though, and I’ve loved it ever since,” she said.

Her favorite part of coaching cheer is building relationships with her girls. “Seeing them take pride in themselves and watching them have fun while cheering on their classmates is just awesome and I love playing a small role in their success,” she said.

The cheer team loves Ms. Maxfield and all she does for them.

“She has given us support during really hard times. She listens and gives us advice that actually helps us,” said Kate Dean, Class of 2022.



Brian Shapiro - Cross Country

Coach Shapiro has been the Varsity Cross Country coach for the past 16 years, in addition to his duties as PVHS Athletic Director.

“I ran cross country and track & field when I was in high school and I loved my coaches. They were very influential figures in my life. I could think of nothing cooler than to get to teach and coach like they were doing when I grew up. Combine that with a life-long love of running and it was an easy choice,” he said on his decision to become a coach.

Shapiro has been integral in creating a successful cross country program. In the last 12 years, the teams have won 12 CIF championships and 5 state championships. However, his favorite part of being a coach is the personal interaction with student-athletes.

“My favorite memories are the time spent out running on the roads and trails each day. The conversations we have while running and the bond created while out there logging the many miles brings me the most joy,” he said.



KINDNESS

Library
Wellness
Mindfulness
ASB
Link Crew
Be The Change

Library

The PVHS Library supports standards-based research across the curriculum with a focus on information and digital literacy.

The library is a place where all students can benefit from personalized one-on-one support in research, book selection, technology, writing, and more.

We focus on supporting student resilience, responsiveness, and responsibility.

Vibrant and dynamic, our library strives to connect students to current, varied, and reliable sources.

24/7 student access to eBooks and scholarly databases expand the library beyond the physical, reaching our learners when and where they need them.

Through modeling and conferencing, we push through moments of difficulty, working with students toward earned successes and growing future-readiness skills.

Our library is a communal place in which students study, learn, collaborate, relax, and create.

Open every day, 7:00-3:30, we offer both a full-time credentialed teacher librarian and clerk, new titles monthly, eBooks, databases, research support, reader advisory, and activities to both stimulate and relax the mind (book clubs, chess, puzzles, making, and more)!

Visit us at seakinglibrary.com!



Wellness Program

The Palos Verdes High School counselors, faculty, and staff understand the importance of supporting our students' social and 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 school-wide 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 make choices towards a healthy and fulfilling life.

In addition to a comprehensive wellness program, PVHS has Student Support Specialists at school to meet with students individually and in small groups as well as provide classroom presentations focusing on wellness and mental health.

PVHS also has a Student Wellness Center available for students to recharge. We are continually working to expand the programs based on student needs.



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

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

Mindfulness

Palos Verdes High School is one of the few public high schools in the State of California to offer a year-long, for-credit, UC-approved Mindfulness course, "Introduction to Mindfulness."

Mindfulness is deliberately paying attention to what is happening around you and within you - in your body, heart and mind. It is awareness without criticism or judgment.

PVHS is at the forefront of an important movement focused on emotional resilience, stress management, and well-being. This experiential course introduces mindfulness, the science surrounding it, and careers associated with it.

Students will develop a personal mindfulness practice for stress resilience and learn to improve self and social awareness, relationships, and decision making.

Well-being is a skill that can be learned. Students will engage in evidence-based practices that are selected to cultivate well-being.





Be The Change

The Be the Change (BTC) 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 Red Ribbon Week, Yellow Ribbon Week, Diversity Week, Packages for Patriots, Wellness Week, student birthday acknowledgements, new student lunches, and other various community service, awareness events and educational activities.

PVHS BTC is the originator of the Remember the Tritons Walk, an annual community fundraiser held

"I love being a part of BTC because it really feels like a second family at school and I love knowing that I and the rest of the class have made a positive impact on our community. We celebrate the different heritage months, spread awareness about Yellow and Red Ribbon Weeks, and have our biggest event, the Remember the Tritons Walk, that raises over \$20,000 for cancer research annually."

Maggie Puhl ('22)

in February to raise money in support of various cancer research organizations in honor of current Sea Kings battling this disease, in memory of past Sea Kings, and all Sea Kings who lost their lives too soon.



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 the week before school begins that makes freshmen excited and allows them to begin developing relationships and strategies that will contribute to their high school success. Leaders connect with their freshman groups throughout their first year of high school.

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, implements, and oversees all student activities at PVHS.

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. Some of the traditional events that ASB creates and students look forward to every year are Homecoming, Winter Formal, Class Competitions, the Annual Lip Dub, Prom, and Graduation.

"I was inspired to do ASB because I wanted to be a role model to my peers, I wanted to show my class the ideas I wanted to bring to the school, and I wanted to practice leadership skills. Being in ASB is so worth it because I've met so many great people."

**Julia Conkling,
Class of 2025**

"It's a great opportunity to get involved in the school and we have so many amazing moments together."

**Marielle Sandler,
Class of 2023**



I nvolvement

- MUN
- Mock Trial
- Speech and Debate
- Teachers
- National Honors
- Societies
- PVHS Clubs
- Red Tide

MOCK TRIAL

Since 2004, Mock Trial has been a staple academic extracurricular program at PVHS.

Mock Trial 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. Mock Trial provides an incredible hands-on class transforming the classroom into the courtroom for the student who is interested in careers in law, administration of justice and psychology. The program is led by parent-attorneys that are experienced litigators and are experts in their legal fields.

As 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 courtroom participant, be it a criminal defense attorney, prosecutor, or adverse witness. (Photos for Mock Trial and MUN from 2019-2020 school year)



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. MUN helps make students aware of global issues and teaches students how to come up with solutions for any number of issues in the world today.

PVHS MUN students participate in conferences at UCLA and UC Berkeley, 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.

“Model United Nations is a club that aims to foster constructive debate on worldwide topics through role play of countries on current issues. By participating in Model United Nations, students are able to learn about diplomacy, debate, and decision making,” Mark Lin, class of 2024, said.

SPEECH & DEBATE

The speech and debate program is unique because it creates a team atmosphere that must operate in a classroom setting and in a tournament setting.

This UC-approved course helps prepare students for engaging in both speech and debate.

Specifically, speech is an individual event that allows the students to dig deep into a topic of their interest and share their passion.

Students prepare their speeches and practice in preparation for participating in multiple tournaments.

Debate forces the students to look at and

argue for both sides of a current issue, and therefore they must research and propose means of improvement.

The Forensics Team as a whole provides a platform for the students to speak their mind, advocate for social improvement, and persuade others.

Through this program, the students expand their research abilities, develop deeper analysis for topics, learn how to express their ideas in an organized manner, understand the necessity to adapt their message to their audience, establish a delivery style that conveys their personality while growing their professionalism,

strengthen their listening skills and evolve their aptitude to immediately respond in a debate, gain confidence to speak in front of others, and apply critical life skills that go beyond the classroom.

This program prevents individuals from surrounding themselves with only like-minded people and allows for them to have tough conversation about the hard hitting questions.

Through the Forensics Team, we can truly come to agree on a resolution to these concerns and ultimately change our worldview and the world itself.

PV TEACHERS



Shellie Parkinson
Music, AVID

Ms. Parkinson has been the head of the music program since PV High reopened twenty years ago. She teaches Orchestra, Marching Band, Drumline, Colorguard, Jazz Band, Music Theory AP, and AVID.

One of her favorite parts of PV High is how the school offers a very personal atmosphere to students.

“It feels more comfortable, like a family, and I love that with our smaller campus I can give my kids more unique experiences,” she said.

In her music program, students have the opportunity to conduct their own pieces, which is something that most orchestra directors wouldn’t be able to do with students.

Ms. Parkinson also enjoys how the block schedule helps her students grow creatively and gives them time to work on things.

“If you are in an artsy or creative class, or if you have students working in *Line from 205* or the newspaper, they actually make progress in two days. They have time to make changes or edits, and I hear drastic improvements between classes,” she said.



DJ Hill, Class of 2007
US History, AVID, Soccer

Mr. Hill has been a part of the Sea King family since he was in high school. As a member of the PVHS Class of 2007, he knew he had to come back to teach and coach at his alma mater to give back to the community that helped him grow as a person.

“I love the energy on campus. There’s a lot of school pride. I came back to this high school because I loved the teachers that I had and I knew that they had our best interests in mind. They wanted this school to be great, and I still feel that as a teacher as well,” he said.

In addition to teaching US History and coaching the boys’ soccer team, Mr. Hill advises multiple clubs and coordinates the AVID program.

“Our school has a perfect combination of kindness from teachers and students, rigorous classes, and a safe place where students are accepted no matter who they are,” Mr. Hill said.



Lorraine Loh-Norris - Math, PVIT

Ms. Norris has taught Math at PVHS for the past ten years. She is also the co-director of the award-winning engineering program, PVIT, and advises the math honor society.

“We really allow students to find what their passionate about and let them dive deeply into and embrace it. We as faculty and staff support them on whatever those passions are,” she said.

She loves the PVIT program because it offers something for students of varying levels of expertise and knowledge.

“It’s a chance for them, on all levels, to get some experience. Whether they’re awesome at math or not, it doesn’t matter what level they’re coming in at in terms of experience or capability. We try to develop them and give them more experience when they come to PVIT.”

With three children who have gone through PVHS, Ms. Norris has seen firsthand how students are supported and can succeed at this school.

NATIONAL HONOR SOCIETIES



Palos Verdes High School offers several honor societies focusing in different disciplines and areas of academics and extracurriculars.

The honor societies require varying levels of community service and provide community engagement opportunities for student members.

- California Scholarship Federation
- National Honor Society
- Spanish Honor Society
- French Honor Society
- Korean Honor Society
- Chinese Honor Society
- Mu Alpha Theta (Math)
- Science National Honor Society
- Dance Honor Society
- National English Honor Society
- Tri-M Honor Society (Music)
- International Thespian Honor Society

RED TIDE



The Red Tide is the largest student organization on our campus and is led by several captains that help promote school spirit, pride, and schoolwide 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 shaker poms, spirit beads, 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 schoolwide 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.

SEA KING CLUBS

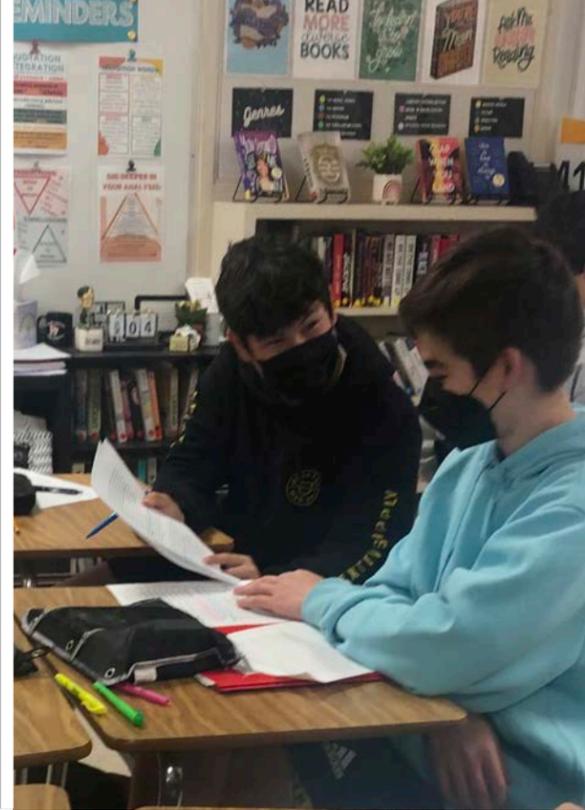
Palos Verdes High School students have created over 80 different clubs on campus! There is a place for everyone to explore their passions, discover new interests, and build great relationships. From social clubs, political clubs, community service clubs, and special interest clubs, the possibilities are seemingly endless.

Whether you want to further human rights with the Coalition for Advancement of Rights and Equality, GSA or BSU, partner with special needs students in the Friendship Club, raise money for the Make-A-Wish Foundation with Project Runway, or eat sweet treats with the Chocolate Chip Cookie Club, there is a club for you at Palos Verdes High School.



NEXT LEVEL

Palos Verdes High School prides itself on the achievements of each graduating class. With a dedicated teaching staff, counselors who go above and beyond, a College and Career Center that provides valuable resources, a strong PTSA and Booster Club, and more, students have everything they need to be successful as they move forward after high school.



THE GRADUATING CLASS OF 2021

93%
Matriculated to 2- and 4-
year colleges

20 million dollars
awarded in merit and
athletic scholarships

100%
of the AVID class accepted
to a 4-year university

28
National Merit Commended
Scholars

Over 300
Colleges offered admission
to PVHS students, including
every CSU, UC, and eight
Ivy colleges

47
Students earned distinction
of Valedictorian

4
National Merit Semifinalists

10
National Recognition
Program Invitees

Graduating 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.



Marinna Pisano

Activities: ASB President, Varsity Cheer, Project Runway President

"I cannot say enough good things about my time at PVHS. PV has presented me with unparalleled leadership experience and opportunities over the last four years. Going to Palos Verdes taught me how to juggle my extracurriculars while balancing my courses and getting to participate in strong school spirit. I feel that PV has all the aspects one could look for in a high school experience. It has provided an academically challenging environment, and I have also had so much fun over the past four years participating in sports events/teams, clubs, and so much more."



Calvin Barnum

Activities: Marching Band (Drum Major), Tradewinds (Editor-in-Chief), MUN (Upper Historian), C.A.R.E. (Board Member), Tri-M Honor Society (Co President), NHS, SNHS, SHS, NEHS, CSF, Swim Team (Varsity), Orchestra

"PVHS has helped me grow as a person and student through the example set by the staff and upperclassmen. The culture they create inspired me to be more compassionate and hard working, and I've been able to use what I've learned to help my community and the school's underclassmen. Students should come to PVHS because of the student size and block schedule. PV is a smaller school with two-hour classes, so the students get a lot of time to build strong relationships with teachers."



Asha Timm

Activities: PVPUSD Student School Board Representative, Varsity Tennis Captain, MUN Secretary General, Science Research, Link Crew, Science NHS (VP of Speakers), NHS, CSF

"Coming into PVHS, I never could have imagined that I would become the person that I am today. There are countless opportunities to join new clubs and programs, and earn leadership positions in the activities you are passionate about. I have learned the responsibilities of being a leader, which I believe is an important trait that I will carry with me for the rest of my life."



Sasha Chehrzadeh

Activities: Boeing Internship, Science Research, National Merit Commended Scholar, Cross Country, CSF, Key Club, Link Crew, PVIT, Mu Alpha Theta, National English Honor Society, NHS (VP of Induction), Red Cross Club (VP), Science NHS (Co-President), Spanish NHS (Co-President), Track and Field, Tri-M

"It was really easy to find people with similar interests as me, thanks to our clubs and programs. I met some of my closest friends through PVIT and cross country that I kept through all of high school. We have such a welcoming environment here, it gave me a lot of confidence to try new things and get involved."



Will Sasaki

Activities: CARE (Co-president), PVOW (board), GSA (board), BSU, SNHS (VP of Membership), SHS, NEHS, Tri-M (concert chair), Tradewinds (senior editor), MUN (Upper board treasurer), Science Olympiad, Orchestra, Hope for Patients, Drama Club, Appreciation of Art and Beauty Club, Brass Quintet, CSF

"PVHS has really helped me come out of my shell and discover who I was as a person. I discovered my passions and identity here. From the teachers on campus to trying out new activities like MUN or literary publications I was able to learn more about myself and my interests."



Charlotte Cicero

Activities: NHS (VP of Induction), ComedySportz Captain, National English Honor Society (Co-President), Drama Club (VP), Live from 205 Anchor/Reporter, Spanish Honor Society Secretary

"PV High allows you to pursue anything you can imagine, and gives you the tools to excel in however many programs or classes you choose to take. You'll be completely immersed in school spirit and school involvement here at PV. Everywhere you look, there are new opportunities to succeed. Every program at this school makes up PV High in itself and is successful on regional and national levels."



Vikesh Dheeriya

Activities: The Point newspaper News Editor, Vice President of Environmental Outreach for Science NHS, Varsity Water Polo, Science Research, Co-President of Spikeball Club, Spanish NHS, Stock Investment Club

"Although the athletics at this school are top-tier, this school really offers so much more. From PVIT to The Point to Live From 205, the sheer opportunities that this school offered really helped me develop confidence in myself from freshmen to senior year. I genuinely believe PV High gave me the most opportunity to stand out."



Rise with the Tide

Class of 2026

UPCOMING EVENTS

OPEN HOUSE

PRINCIPAL'S FORUM

Q&A Session with interim Principal Dr. Trista Ramirez

SPECIAL EDUCATION FORUM

PRIVATE SCHOOL SHADOW DAY & FORUM

For further information and updates, go to futureseekings.com
and pvhs.pvpusd.net

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