

Palos Verdes High School

Find your fit

Class of 2025



Becoming a Sea King

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



Kylie Mone

Activities: Be The Change

"My experience at PVHS this year has been wonderful. Everyone I have met has been so kind and inclusive, and the teachers are amazing as well. The block schedule really helps relieve some of the daily stress we get from school, but it also helps the students learn how to manage their time wisely. This school has such a fun and spirited community and I can't wait to get back to campus!"



Tate Rioux

Activities: Soccer, ASB

"I decided to attend PVHS because I've seen what it is like to be a part of the school. I went to a few football games and I knew that I wanted to go to PVHS. Also, the block schedule helps me manage my time better. PVHS has been great and I can't wait to join clubs and be in class competitions. The teachers have made me feel that I can go to them for extra help even though we are online."



Gabby DiCamillo

Activities: Soccer, Be The Change

"From classes to clubs to sports, there truly are activities for everyone, and I look forward to getting more involved in these activities once we return to school in person. The incredibly supportive teachers, staff and other students have definitely made my transition to high school easier. Online school can be difficult, but PVHS has made my classes fun, engaging, and interactive. Go Sea Kings!"



Mia Colaruotolo

Activities: JV Song, Be The Change

"Since both my brother and sister attended PVHS I always pictured myself coming here too. I watched them be a part of teams, clubs, and make great friends, and I couldn't wait to do the same. So far I love the block schedule and getting to know my teachers and classmates through Breakout Rooms, but I know in person it will be so much better."



Michael Decker

Activities: Football, ASB

"The block schedule is one of my favorite parts about PVHS. It gives me more time to learn the material in class while also helping me learn how to manage my time outside of class. My teachers have been great, too. I am looking forward to when we can all be together on campus."



Kaitlin Cobb

Activities: Tennis

"My experience at PV High has been great so far! I came from a small private school, so it has been nice that everyone here is so welcoming. The school brings a lot of fun energy even with everything still online. I look forward to going back to school in person and getting to see friends and be on the tennis team. My teachers are fantastic, and they make learning interesting and enjoyable."



Sean Halligan

PVHS was my first choice because I think the block schedule allows students to really focus on their classes by having longer periods with only three subjects a day. Another reason I chose PVHS was because of its teachers. This year, despite all the challenges of being online, my teachers have been incredibly supportive and kind."

Welcome to Palos Verdes High School, 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. Our theme this year is “Find your Fit” and this edition provides a glimpse into what makes PVHS extraordinary: our stellar academics, exciting signature programs, winning athletic teams, and various extracurricular offerings.

With over 1,540 students, Palos Verdes High School maintains a small-school, family feel with a strong emphasis on student wellness. We encourage our students to find their fit and get involved. Their connection to our school is what makes it a place you want to be! While this is a school year like no other, it is important to note that our school vision remains the same and encompasses our expectations for all students:

PVHS strives to be a community of
positive affiliation and engagement that embraces
individuality and promotes
self-growth.

We have something for every child. Our Advanced Placement program offers 32 AP courses which includes the prestigious Capstone Diploma program. The Capstone Diploma is offered exclusively at PVHS in the Palos Verdes Peninsula Unified School District. Our AVID program supports students by developing academic skills in preparation for the rigor of college. Last year, 100% of our AVID students were accepted to a four-year university. We are also very proud of our comprehensive special education programs including our Life Skills Center. Our school is home to PVIT, Palos Verdes Institute of Technology, a nationally recognized STEM program with 13 competition teams. *Live from 205* is our student-run news broadcast which was recognized as the nation’s best student-run program. *Triton* Yearbook earned all Columbia Honors - the highest national recognition. Our Academic Decathlon, Model United Nations, Speech & Debate, and Mock Trial teams are all highly competitive and build necessary collaborative skills for our students.

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 80 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 join our PVHS family, a high-energy, spirited learning community. As you embark on your high school journey, our teachers, coaches, and counselors will teach you the skills and give you the resources to follow your passions and achieve your goals.

While COVID has currently changed how schools are operating, I am proud of the flexibility and dedication our staff continues to have with our students. I look forward to you “finding your fit” and being a part of the Sea King family!

Go Sea Kings!

Sincerely,
Allan Tyner, Ed.D.
Principal



The PVHS 2021 Lookbook was created by *The Point* student newspaper staff. Photos are courtesy of *Point* photographers and Sea King students, teachers, and parents.

Signature Programs

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Education

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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 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/ACT tests and AP tests
- 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



ADVANCED PLACEMENT (AP) PROGRAMS

32
AP courses offered

106
AP Scholars

1,229
AP tests taken

39
AP Scholars with Honor

82%
AP pass rate

89
AP Scholars with Distinction

167
5's received on AP tests

2
AP Capstone Diplomas

585
AP test takers

15
National AP Scholars

5
AP Seminar & Research Certificates



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

"AVID has really helped me understand the college process and what to look for in a college I want. In preparation for college, the structure AVID gives me has also helped to improve the notes I take which have directly translated into a better understanding of the material as well as better test scores."

Elizabeth Manth, Class of 2022



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.

Students have two options through College Board to earn additional recognition: the AP Capstone Diploma and the AP Seminar and Research Certificate. Students who earn a 3 or

"The AP Capstone program focuses on the importance of working independently and managing time. I joined to become a better researcher as well as to become a better public speaker and presenter. It also helps me become more comfortable with leading a group of people and speaking publicly."

Mia McCauley, Class of 2022

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.

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.

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.

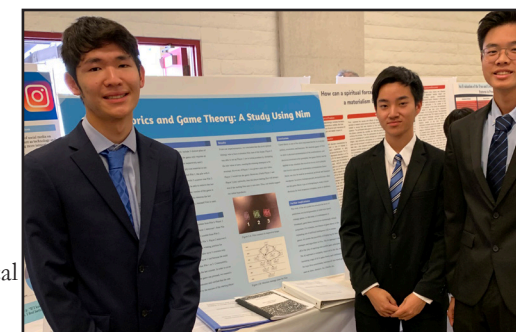
Science Research is a 1-4 year sequential course designed for highly motivated students to advance an understanding of research. Emphasis is on both laboratory and bibliographic research and will cover the Next Generation Science Standards for experimental design.

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 PVPUSD fair. In 2020, 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. Two students were selected to compete at the Regeneron ISEF Virtual International Science and Engineering Fair in May.

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

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"Through this program, I have gained a new worldview, increasing my understanding of others. I recommend joining the program, even if you aren't interested in a career in journalism, as it has allowed me to explore my interests in a different and unique way."

Anika Hauser ('21)

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 Journalism Education Association convention. Scholastic 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

"Live From 205 is an excellent program to learn about the world of broadcast journalism. The program has taught me important lessons and skills and has helped me get the most out of high school."
Jamie Robertson ('22)

program. The commitment from 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.

All content is determined and created by students. 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 edit and provide feedback on stories. Students practice ethical journalism, with many even updating their articles up until the final deadline.

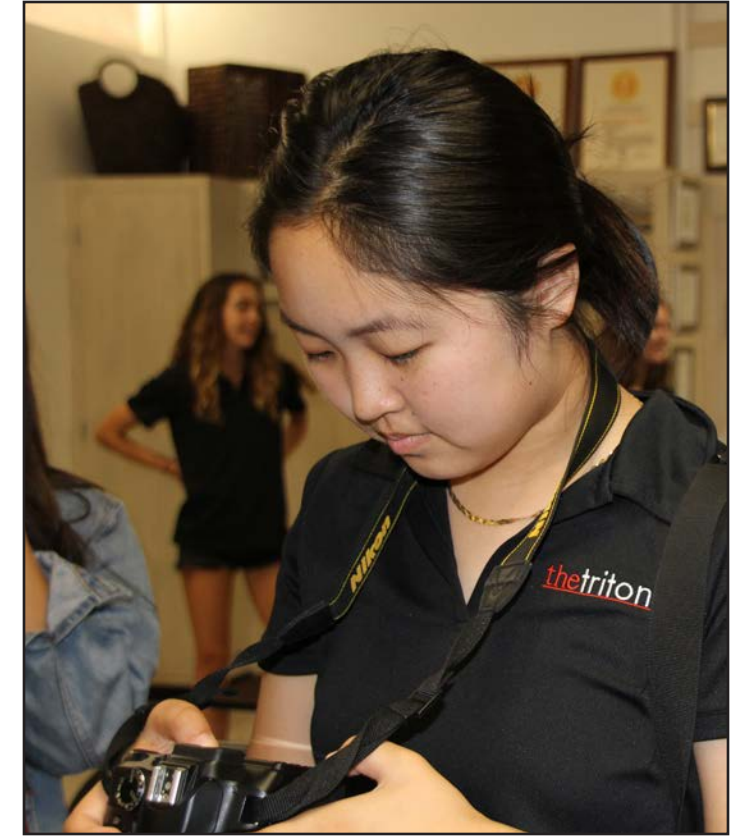
The journalism staff attends national journalism conventions to meet other student journalists

"I immediately felt at home right after joining the class and found a passion for journalism that has become a big part of my life and hopefully will be in my future too."

Claire Hardesty ('21)

and learn more ways to strengthen the publication. Past conventions have been in Washington DC, Seattle, and Dallas. Students not only gain more 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.



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.

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PVIT

The Palos Verdes Institute of Technology (PVIT) is the award-winning engineering program of Palos Verdes High School. Starting 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 Cal Tech, MIT, Virginia Tech, and the winning vehicle from Stanford, the PVIT vehicle was enthusiastically received and advanced to the second round of competition.

PVIT has continued for almost two decades as a premier high school engineering department, offering two complimentary programs: a program of academic study and Engineering Advanced Projects, a distinguished program of project-based activities and engineering competition teams.

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 and exposure to the many facets of engineering.

Engineering Advanced Projects, made up 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, while being taught by award-winning teachers and mentored some of the most technical and knowledgeable engineers in our community with hundreds of years of combined engineering experience.

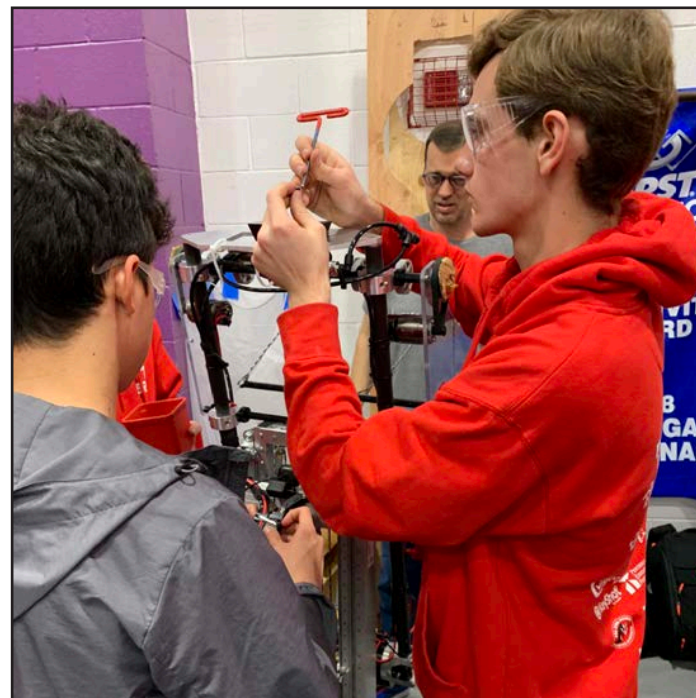
Where else can a high school student build a CubeSat satellite, an electric vehicle, fabricate an underwater robot for marine exploration, program an autonomous ground vehicle guided only by sensors and GPS, launch, track, and recover a high

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?

PVIT is technically extensive. Unlike many other high school programs nationally, we have over 15 small to medium-sized teams to excite each student’s technical interest and to give all students hands-on engineering exposure. Students are doing real engineering, preparing them for highly technical courses when they move on to college.

Our legacy of excellence has continued, going 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.

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



Competition Teams

BattleBots	Rocketry
Cyberpatriot	Solar Canoe
Electric Vehicle	CubeSat Space Team
Fixed-Wing Unmanned Aerial Vehicle	Unmanned Aerial Vehicle
First Robotics	VEX Robotics
Robomagellan	Video Game Programming
	Underwater Remotely Operated Vehicle

“I love it because no matter your experience level, as long as you’re trying to figure things out on your own, the mentors are really excited to help you succeed. Depending on the team you choose it can be a very low commitment or larger commitment; it really depends on what you choose to do and what team your on.”

Cassandra Pheiffer, Class of 2021

“I’ve made a lot of amazing friends and learned vital skills and qualities that will help me in my future career endeavors.”

Dara Chidi, Class of 2021

E DUICATION

English
Social Science
Math
Science
Visual & Performing Arts
World Language
Special Education
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.

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.

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 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

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.

“AP Comparative Government is a rare AP course only offered at a few public high schools in California,” said AP European and AP World History teacher Louis Harley.

“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,” he continued.

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,” said Harley.

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

Class List

- AP World History
- AP European History
- AP US History
- AP Micoeconomics
- 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," said teacher Cyndi Mitchell.

"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."

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, 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 CAASPP 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 engaging 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 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.

"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," said Marine Biology teacher Marta Wood.

"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," she continued.

Science students at PV are

also given opportunities to help their community.

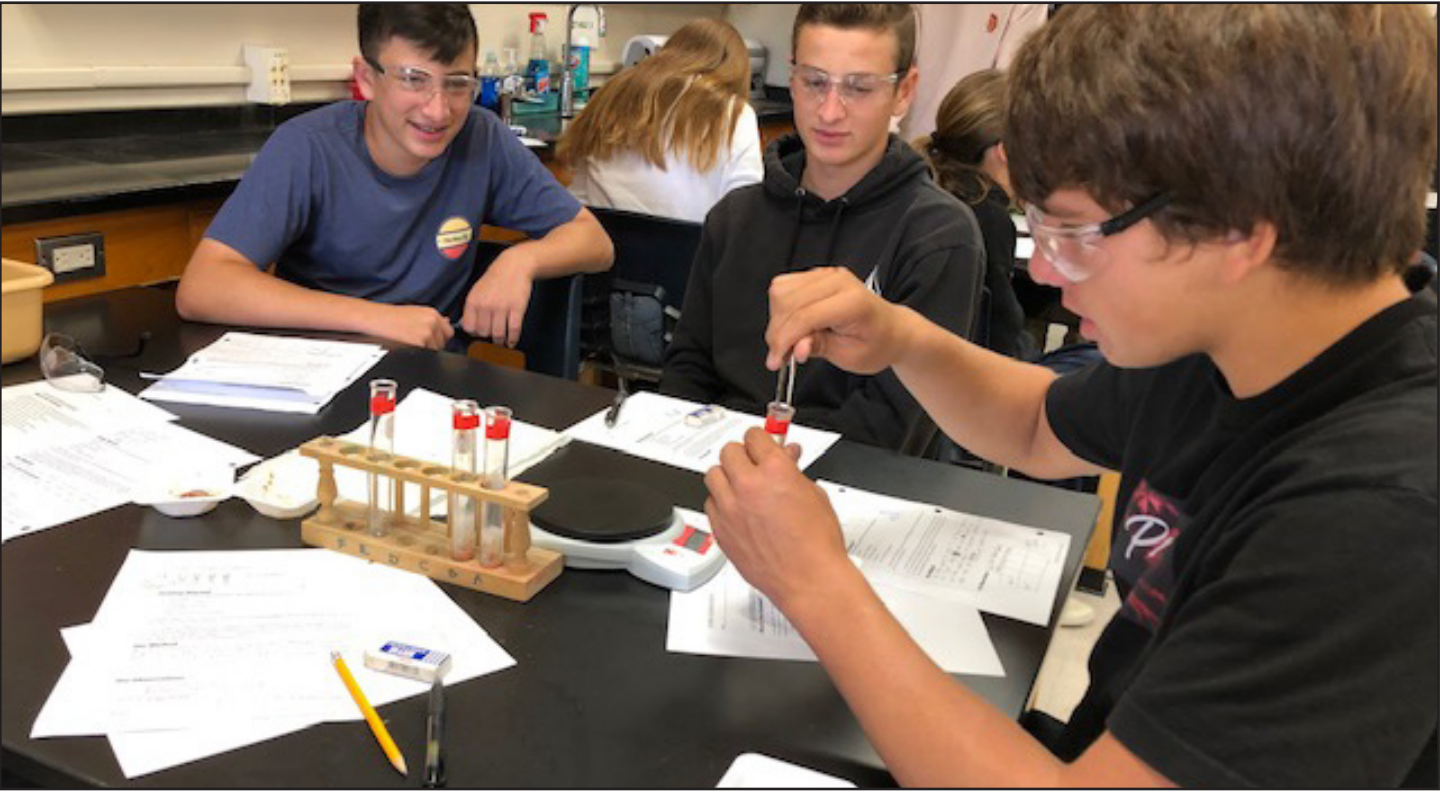
Science National Honors Society students go to local elementary schools and present demos and hands-on activities for Science Field Days.

With advanced technology and amazing teachers, the Science Department at PVHS provides an academically stimulating and challenging environment for learning and doing science.

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



THE VISUAL AND 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
AP Art History
Digital Photography
Video Production
Broadcast Journalism
Visual Design in Print
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, 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 are able to 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 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 such as 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
Literary Publications



WORLD LANGUAGES

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

Our Chinese, French, and Spanish programs have classes ranging from beginner to advanced, including Honors and AP levels.

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.

We also give 8th grade students the chance to accelerate their language skills by taking zero period classes in either French, Chinese, and Korean.

These students are welcome to join a regular high school class and get on track for the five-year programs.

The block schedule also allows for a more immersive learning environment.

The longer class periods give students time for more oral and written practice, listening activities, group projects, and presentations.

It is ideal for using a variety of activities to differentiate learning.

Having students in class for a longer period of time also prepares them for longer classes at the university level.

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



French

The French program is a complete four-year program: French 1-4, 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 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.

All students have the opportunity to host a French exchange student for three weeks in the summer.

The French program also looks to offer students the opportunity to take a summer trip to France and Spain with Spanish language students so they can experience the French culture firsthand.

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 also offers students the opportunity to participate in a two-week immersion program in the northern part of Spain. This is available based on student interest each year.

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

Chinese

The PVHS Chinese program is a five-year program.

Students learn simplified Mandarin, and traditional Mandarin is accommodated.

Students learn to demonstrate their level of language proficiency through three communicative modes (Interpersonal, Interpretive, and Presentational).

Student-centered performance tasks are also used to make students' learning more effective and more interesting.

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 to all PVHS students to learn about Chinese culture by hosting Chinese Movie Day and Chinese Culture Day.

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



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 to 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 have the opportunity to organize activities such as K-food day, to share the Korean culture with the entire school. Students can also 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

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

Korean I
Korean II
Korean III
Korean III Honors

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 & Culture

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 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; World History, US History, Government and Economics; 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 and PV Social Scene provide fun lunchtime and after-school activities that engage and promote inclusion of the special education students in school activities.

Academic Programs



College and Career Center

The PVHSCCC provides a welcoming environment where students have access to information to learn about two & four-year colleges and universities, college entrance exams, application procedures and so much more!

Every year the CCC welcomes over 175 college representatives to our campus to visit with our Sea Kings.

The CCC has material on community based and national scholarships, financial aid information, as well as tools for investigating careers and/or college major planning.

The PVHSCCC hosts a series of free events for students/parents throughout the year; the

most popular events being the College Knowledge Series every fall & the College Essentials Toolkit in spring, along with case studies and workshops.

Our students are welcome to stop by the CCC during lunch or after school to utilize the resources and may also schedule an appointment to speak with staff.

The goal of the PVHSCCC is to meet the information and planning needs for our students as they move toward high school graduation and beyond. In collaboration with the academic counselors, the PVHSCCC works to ensure a comprehensive college going culture for all PVHS students!



NHS and CSF

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 for 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 high school report card beginning second semester of freshman year.

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.

Active membership requires service and donations to identified CSF supported organizations. Students that continue active membership through their senior year are eligible for Sealbearer status and scholarship opportunities.



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!

English Language Development

The PVHS English Language Development program is individualized and has evolved based on the needs of the PVHS student population.

We offer ELD levels 1, 2 and 3 within a single two hour block class period at a low (5:1) student-teacher ratio, that focus on reading and writing strategies using Longman's Keystone series and Focus on Grammar texts.

In addition, students develop listening, speaking, and writing skills.

English Language Learners (ELL) are fully included in a grade level, college preparation program, based upon the belief that English learning students are best served while supported

in general education courses.

Students work with qualified CLAD teachers using supplemental language support and proven instructional strategies with the assistance of the credentialed English/CTEL ELD teacher.

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



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, 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

23 CIF Championships

5 State Championships

31 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

Girls' Soccer
Boys' Surf
Girls' Surf
Girls' Water Polo

Spring Sports

Baseball
Boys' Golf
Boys' Lacrosse

Girls' Lacrosse
Softball
Swimming

Boys' Tennis
Track
Boys' Volleyball

Aidan Wattson

VARSITY WATER POLO
CLASS OF 2021

Senior Aidan Wattson committed to the University of Southern California to play water polo for the No. 2 ranked team in NCAA. Wattson's water polo career started when he was ten practicing with Palos Verdes Water Polo Club.

At 13, Wattson made the Olympic Development Program team and the following year he was named captain of the USA Cadet National team, where he traveled to Montenegro and Serbia to compete in tournaments, placing 3rd in the Darko Cukic Cup in Belgrade.

Wattson spent the next three years of high school competing on the PVHS Varsity water polo team.

Whether it is in the classroom or in the pool, "If he decides to do something, he is going to put his all into it," PV High Varsity water polo head coach Patrick O'Brien said.

O'Brien has known Wattson since he first started playing, and coached him all the way through high school.

Wattson's dedicated work ethic in and out of the pool has propelled himself to the point where "there is basically nothing in the pool we can't ask him to do," O'Brien said.

"Going into my last high school season, we are hoping to win D1 CIF," Wattson said.

Even from a young age, Wattson always knew he wanted to play a sport in college. At 12 years old, "[Water polo] was a real possibility, and something I knew I'd want to do."

Eventually Wattson chose USC as his future college.

Being able to persevere through obstacles like the closing of pools and consistently work on improving himself and the team "is one of his best traits," O'Brien said.

"Whether it is a big game or a morning practice, I know he is going to be there everyday and he is going to be giving his maximum effort, and that is all you can ask for as a coach."

By Vikesh Dheeriy



McKenzie Olsen

VARSITY LACROSSE
CLASS OF 2021

Palos Verdes High School lacrosse player McKenzie Olsen has been on Varsity Lacrosse since freshman year. Initially, Olsen was focused on basketball when she was a freshman, but she quickly grew to love lacrosse even more.

"I still remember trying out freshman year and having no clue what I was doing nor the rules of the game. However the coaches, Alyssa Leonard and Marrison Hewitt, saw something in me and gave me a shot on varsity," she said.

"During preseason one of our coaches, Alyssa Leonard (former Northwestern women's lacrosse player, NCAA Champion, and lacrosse legend) took me under her wing and taught me so much about this amazing sport."

Olsen loves the pace and creativity the sport allows.

"The possibilities are endless when you play lacrosse; there's so much you can do with a stick and a ball. It is truly mind blowing. Each day I try to learn new things and continue adding to my craft," she said.

Olsen plans to continue her athletic career next year at Syracuse University, which has one of the top lacrosse programs in the nation. She hopes to win a national championship and break some records at the school. Ultimately, Olsen aims to play for the USA women's lacrosse team and to compete on the U.S. Olympic team for the first time that lacrosse is included in the 2028 Olympics.

Olsen gives a lot of credit to her coaches and PVHS athletics for inspiring a love for the game and helping her improve as an athlete. "I can go on and on about how much PVHS athletics helped me grow and for that I am forever grateful. It has helped me the most in learning to work with my teammates and others along with being a leader on and off the field. The focus and dedication to giving my best on the field also helped me in the classroom as well."

While she is excited to make new memories with her team at Syracuse, Olsen will not forget the times she has shared with her Sea King team.

"Without a doubt my favorite memory with my PVHS team was winning the LA Championship. My sophomore year our team had a phenomenal season and we won Bay League, the Rose Bowl Championship and defeated our cross-town rival, Redondo Union in the Championship. I remember how hard our team worked and pushed one another to reach that goal and the excitement we all felt after. It was an unforgettable experience," she said.



PV COACHES



Alex Morales - Baseball

Coach Morales is not only well-known around campus as a Spanish and AVID teacher, but he is also the coach of the boys varsity baseball team.

"I love everything about it. I love the camaraderie with the coaching staff and the players. I love the challenge of the competitions. I love trying find ways to make each player the best player they can possibly become," he said.

The PV team plays in a tough league, but never gives up even against powerhouses. Morales admires their determination and perseverance.

"I enjoy watching the players develop into young adults... being a part of that by providing a fun, enjoyable, and worthwhile experience. I love that coaching, when done right, is completely selfless and that's an important quality to model," Morales said.

"I think we try to emphasize that all things that we do are intertwined with everyday life and the game of baseball – even when it doesn't seem that way."



Tecia Barton - Football & Girls' Golf

Coach Barton has been the Get-Back Coach for the Varsity Football team since 2005 and has been the Girls' JV Golf coach since Fall 2019.

When she was first hired in 2002, when PVHS reopened, she took on many responsibilities, including coaching-related ones in football.

"As I became ingrained into the sport, I became further invested into my students," she said. "By seeing and interacting with my students outside the classroom in a different forum, I am fortunate to really get to know the student or the athlete as an unique individual."

Barton truly looks to get to everyone not only as a student, but also as an athlete and person. She strives to help all students become the best version of themselves in all aspects of their lives.

"My favorite thing about coaching is inspiring student athletes, whether the lady golfers or the varsity male football players, to push themselves to the next level of excellence, which includes not just skill and ability, but industry, integrity, and resilience," she said.



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. Coach 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 Larkins' leadership and not only work on becoming better soccer players, but better people.



KINDNESS

Wellness Program
Mindfulness
Counseling
ASB
Link Crew
Be The Change



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 established a Student Wellness Center which is run by the student

support specialists and provides students with wellness education.

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.

Examples of the Wellness Center programs include mindfulness workshops, peer mentor training, aromatherapy, healthy snacks, and substance abuse counseling through the Thelma McMillan Center.

We are continually working to expand the programs based on student needs.

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 Palos Verdes High School Counseling Department utilizes a whole-child counseling approach.

We believe in supporting every student throughout high school to ensure a positive four-year experience.

We 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 made up of five full-time counselors and two student support specialists (SAGE Licensed Therapists), one College and Career Center Counseling specialist, and one Coordinator of Scholarships and Financial Aid.

The student-to-counselor ratio at PVHS

is approximately 320 to one, with caseloads divided alphabetically so that counselors can work with their same students throughout their four years of high school.

The counselors place an emphasis on students maintaining a healthy balance throughout their time in high school.

Our goal is to assist students in becoming healthy, happy and balanced individuals who are able to advocate for themselves as they become successful citizens of the world.

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.



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.

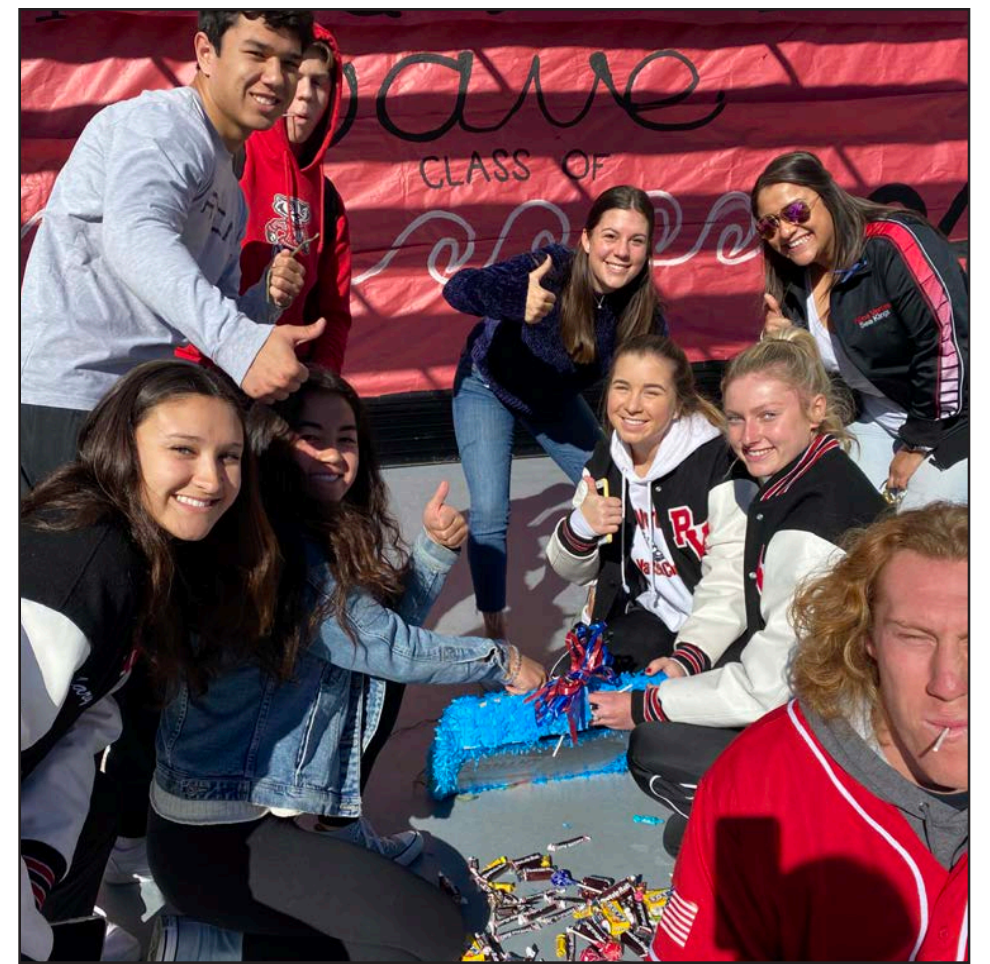
Students will develop a personal mindfulness practice for stress resilience and learn to improve self and social

"Learning how to practice mindfulness has taught me how to control and manage my anxiety and stress and it's really fun to learn different breathing techniques and meditation styles because it has given me a wide variety of practices to use in many scenarios."

Sydney Baker ('22)

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

“Be the Change has truly transformed my high school experience at PVHS. Since I came to PVHS with no friends, getting involved with BTC has not only helped me make new friends, but has also allowed me to share my creative ideas for spirit weeks, help new students get involved within the different programs at PVHS, and become involved with amazing weeks and events like the Remember the Tritons Walk.”
David Maemoto ('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 really like how everyone in ASB works as a team and gets along, the communication is really good. It has definitely helped me both find friends and become familiarized with the campus and school itself.”
Sharlize Moayed (‘23)

“I enjoy being in ASB because I get to be a part of planning school activities and special events. I also get the opportunity to work with Mrs. Maxfield who is the best ASB director!”
Madison Delana (‘23)



I

nvolvement

MUN

Mock Trial

Red Tide

PVHS Clubs

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.

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.



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.

“MUN provided me with the ability to discuss a range of topics and not only grow my knowledge of world events but learn how to public speak. I have learned how to present my ideas concisely and engage the audience fully, which has helped me within the classroom at school too!” Izzy Farrow, class of 2022, said.

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.



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.



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 2020

98%
Matriculated to 2- and 4-
year colleges

Millions of dollars
awarded in merit and
athletic scholarships

100%
of the AVID class attending
a 4-year university

28
National Merit Commended
Scholars

335
Colleges offered admission
to PVHS students, including
every CSU, UC, and six Ivy
colleges

21
Students earned distinction
of Valedictorian

4
National Merit Semifinalists

10
National Recognition
Program Invitees

Graduating a Sea King

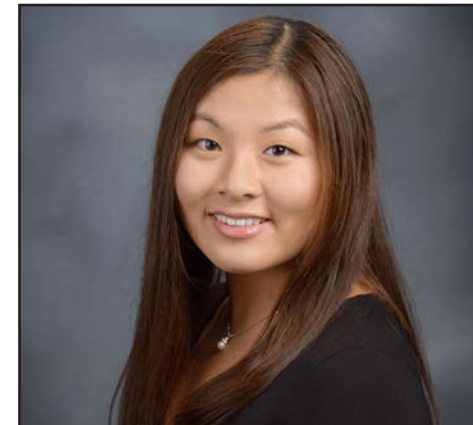
Senior Sea Kings share their favorite PVHS experiences and how PV's culture, teachers, and opportunities have shaped their lives going forward.



Daisy Robertson

Activities: ASB President, Mock Trial, Varsity Cheer, Beach Volleyball, Tradewinds Senior Editor, Project Runway Board, NHS, NEHS, SNHS, and CSF

"When you enroll at PV, you are not only signing up for a remarkable education with world-class teachers, but you are joining a community of leaders, athletes, scholars, and so many other distinctive thinkers. High school is at the peak of a formative period in life, and at PV, you are truly given a space to cultivate who you are and set the tone for a positive future. I strongly believe students should come to PV to experience and contribute to this unique and inclusive community. PVHS has given me the opportunity to push myself beyond what I could've ever imagined."



Abbie Maemoto

Activities: Varsity Swim Captain, Science Research, Tradewinds Literary Magazine Editor-in-Chief, PVIT, Technology Student Association, Principal's Advisory Council, NHS, Co-President Science NHS, Co-President Math NHS, English NHS, Spanish NHS, CSF, School Site Council Grade Rep

"PVHS is not only a place where you can take advantage of various experiences, but it is also a welcoming environment where students can create their own opportunities. The school offers a wide variety of activities that allow students to further their own passions as well as identify new areas of interest."



Kapil Dheeriya

Activities: Water Polo, Varsity Swim, PVIT, Spanish National Honor Society President, Stock Investment Club President, Science Research, Science Olympiad, Link Crew, NHS

"As a freshman, I didn't know what I wanted out of school, but the breadth of classes and extracurriculars at PVHS has allowed me to find my passion for certain subjects. What makes PVHS so special to me is that it has all the resources and opportunities of a large school, but the close-knit community of a smaller school. I can play two sports, take advanced classes, and learn college-level engineering at PVIT, but I also get to know my teachers personally and I never feel lost. Every student matters here."



Spencer Levin

Activities: Be the Change President, Boy's Soccer, NHS Officer of Induction, PVIT, Link Crew, CSF

"Any student looking for the perfect trifecta of a welcoming campus, high school spirit, and strong academics should come to PVHS. Not only does this perfect trifecta lead to a great high school experience, with our school size every teacher will know your name and support you through everything you try. Through my four years not only has PV helped me grow academically, my confidence, identity, and leadership have all grown as well. PVHS allowed me to pursue my academic interests through PVIT, MUN, or one of our countless clubs. Anything that interested me I could find on campus."



Sarah Liu

Activities: The Point editor-in-chief, Open Orchard Productions, MUN (Secretary-General), NEHS (1st VP of Service), Humans of PVHS (EIC), PVPUSD Student Board Member, CSF, NHS

"PVHS has helped me become a person that's bolder and less afraid than the girl that walked in on the first day. I've never felt like I've had to put myself in a box or sacrifice any of my passions, whether they be creative or academic. This school has given me the opportunity to learn practical skills, truly mess up sometimes, and then grow and improve in a supportive and collaborative environment. It's impossible to feel like you don't have a team that's there for you through your ups and downs."



Hallie Umrarong

Activities: Cheer, Black Student Union, Be The Change, CSF, FCA, SNHS, Project Runway, Open Orchard Productions, ASB

"I have definitely learned a lot during my time as a student at PVHS, not just inside the classroom, but outside as well. Doing activities that I loved has helped me gain perspective on what I want to continue doing after high school. I think people should come to PVHS because it truly is a fun high school experience. With block schedule, late starts, rallies, and more, going to school is something to look forward to. PVHS has helped me grow as a person because it has introduced me to people and interests that I love."

IMPORTANT DATES

PRIVATE SCHOOL PRINCIPAL FORUM

January 12 @ 2:00 pm

PRINCIPAL'S FORUM (OPEN TO ALL)

Q&A Session with Principal Dr. Tyner

January 19 @ 5:00 Pm

January 26 @ 9:00 am

February 2 @ 3:00 pm

SPECIAL EDUCATION PRINCIPAL FORUM

February 2 @ 2:00 pm

For further information go to pvhs.pvpusd.net

Photos: *The Point*, PVHS Staff and Community
Designed by *The Point* newspaper staff
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