



**THIS IS  
PALOS VERDES  
HIGH SCHOOL**

**HOME OF THE SEA KINGS**

# This Is Where You Start

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



## Sully Resich

*Activities: Freshman class president, ASB, French Club*

"The community at PVHS is so amazing. I've met so many new friends and everyone here has been so welcoming. The teachers always encourage you to do your best, and there are so many opportunities to find your interests with clubs, sports, classes, etc..."



## Alex Naehu

*Activities: Cross Country, Track, CSF, PVIT, Mu Alpha Theta, MUN, NHS, SNHS, Physics Club*

"The last 4 years at PVHS have been life changing. I wouldn't rewrite the chapters of my high school story even if I could. The teams I've captained, the programs I've pioneered, the teachers I've adopted as mentors, the friends I've met...it all means the world to me."



## Ava Keshtkar

*Activities: Live from 205, Cheer, NHS, NEHS, CSF, Heal the Bay, Pickleballers Club, Project Runway, JV Tennis, Link Crew*

"I came to the school a completely different person, but after getting involved by joining clubs, programs, and sports, I have grown so much. I was able to feel comfortable doing things I love. I gained confidence and grew into someone that is ready for what awaits."



## Drew Moulton

*Activities: ASB, CSF, Football, Baseball*

"It has been very fun and inclusive. I really enjoy all the school events and activities. This school has helped me grow as a person through group or team activities. Whether it is playing a sport or being in the classroom, I am always working on team building and relationships."



## Anna Brogan

*Activities: AVID, Volleyball, Freshman Student Council*

"I picked PVHS instead of staying at my other school because of all the opportunities this school provides for everyone with different interests. This school has made me grow as a person when talking and being more social with different groups."



## Kyle Horner

*Activities: BTC, Lacrosse, School Site Council, Spanish NHS, NEHS, Science NHS, NHS, CSF, Link Crew, Food for Friends Club, Asian Culture Club*

"PVHS has helped me grow in so many important ways. I have been introduced to a diverse group of amazing students, teachers, and staff. Additionally, I have pushed myself academically to achieve things I could never imagine."



## Leah Sachs

*Activities: Varsity Song, BTC, Project Runway, MUN, Native American Student Association, Science Research, Sea Queens, NHS*

"Everyone is super supportive of one another. All of the teachers and staff are truly there for you and it has taught me to reach out if I ever need help. They want the best for you."

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 over 200 AP Scholars each school year. Our continued emphasis on a college-going culture is evident in our students' college acceptances each and every year. With well over 80% of our seniors matriculating to higher education each year, our Sea Kings are typically 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 are exceptionally successful candidates at the most highly selective colleges including Stanford, Duke, Brown, USC, University of Michigan, University of Pennsylvania, Georgetown, NYU, Cornell, Tufts and Vassar, among many others. Their academic achievements and extracurricular successes are rewarded with offers of over 15 million dollars in scholarships each 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, which has been consistently recognized as the number student news program in the nation. 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 80 student clubs, 28 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!

Trista Ramirez  
Proud PVHS Principal





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Sea King Testimonials

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

THIS IS  
WHERE  
YOU



*UNLEASH YOUR  
PASSION*

# Signature Programs



## Drama and Musical Theater

“The department has always been a home for me, it’s always a lot of fun. We have the passion, the drive, and great leaders, which means our productions are always top-notch. Theater really does help you with accepting different views and accepting other people’s perspectives. Seeing things from other people’s shoes, whether it be from a character part or just from the people that you’ve met and their experiences, really helps you grow as a person.” - Caiden Falstrup-Finney @pvhsdrama

## Palos Verdes Insitute of Technology

“The PVIT program is really diverse and has a lot of teams, from Game Design to Vex Robotics to Underwater ROV and more. With PVIT meeting on Sundays, it gives you enough time to learn and pursue your interests. The mentors are a big part of PVIT, and they’re all great with kids and really good teachers. It’s always fun to compete because you get to build a bond with your team and we usually do really well at competitions.” - Ben Peters



## Science Resesarch

“I think the PV Science Research program is different from others in the fact that there is so much flexibility to do what you want to do and study what you want to study. Mrs. Munoz is really nice about helping people discover what they want to research. The biggest thing that came from this program aside from general speaking skills is really problem solving. There were a lot of points throughout my experimentation process where data didn’t turn out how I wanted it, and the science research program at PV High school builds a sense of resilience.” - Mark Lin



## Open Orchards Production Podcasts

“A lot of other schools don’t have the opportunity to make podcasts, so I saw it and thought it would be interesting my freshman year. It’s a small program, so you get close to everyone who’s in it, and we always have a really fun time talking about our podcasts and making them together. I’ve learned a lot about how to figure things out and create my own podcasts.” - Sedona Ding



## Live from 205 Broadcast Journalism

“I think this program has really made me realize what I want to do in college, because going into high school I didn’t know what I wanted to do. But now, I know I want to do broadcast journalism because I have found a passion for it through this program and going to all of the conventions. Even though we’ve had our difficulties we always stick together. When we say ‘20Fam’ we actually mean it because we are all in it together and try to lift each other up to be the best we can be.” - Lucca Chrysostomou  
IG: @205news

## Triton Yearbook

“The program is memorable because we put so much time and effort into making the yearbook the best that it can be. We also get to be super creative and use our own ideas to shape the design. The yearbook encapsulates the year and student body, giving us the special job of capturing all of the most memorable moments of the year.” - Christine Xi  
IG: @pvtriton



## The Point student newspaper

“The ability to tell people’s stories, the improvement in my writing skills, and the interviewing experience all make this program memorable, but the camaraderie is what makes it my favorite program. Having so many senior role models helped me adjust to high school as a freshman and it’s nice to know that they have your back on campus. This program has given me journalism skills like writing, interviewing, and editing, but I also think that it has made me a much better communicator and leader.” - Lucia Ruiz  
IG: @pvhspoint



## AVID

“The program has helped me become more confident, I’ve been around the same group of people over the past four years. I’ve gotten closer with them and it’s helped me gain some lifelong friends and helped me out with the college process and how I want to live my life. Some of the guest speakers and their process of how they got where they are gave me an idea of which colleges I want to go to and if I should go for two or four years. I also figured out which major I wanted to go into.” - Zach Ahmadi



THIS IS  
WHERE  
YOU



*DISCOVER YOUR  
POTENTIAL*

# ACADEMICS

## English

“I learned how to find my voice and how to utilize it. The English program at PV is really good at giving you a strong foundation to take English skills wherever you’ll need them.” - **Katie Choi**



## Math

“The classes are interesting. I’m in Calc BC and that class is really hard but fun. It’s really great for students who are in higher math classes to keep going higher in math levels and reaching new limits and challenges beyond regular math classes.” - **Connie Lim**

## World Language

“You can see how much the teachers care about the language that they’re teaching and you really enjoy it more because of that. Speaking in the class really helps you learn the language and our teachers do a good job with having us do presentations and have conversations with our classmates.” - **Luka Ardón**

## AP Capstone & Research

“What I enjoyed the most is the collaborative aspect of the first year, then the independence of the second year, which allowed us to work on our own. You learn how to work on your own time and grow as an independent researcher.” - **Daniel Lowe**

## Science

“I remember doing the pig dissection in Bio Honors freshman year, it was something very new to me, something I had never done before obviously. I found it very interesting and intriguing.” - **Caeden Kim**

## Social Studies

“I have always had a deep love for history, so taking courses that challenged me mentally gave me a deeper appreciation for the subject. Learning history in a fun and competitive environment helped me excel in my AP’s.” - **Kieran Kearns**







# ACADEMICS

## Music

“I like the camaraderie between all sections of the marching band. Even though we all play different instruments we’re all connected and it’s really awesome.” - Kyle Jongewaard



## Visual Arts

“The art program helps me take a step back from all the academics. You can let your imagination flow. It’s given me a new perspective because there’s a lot of new things we try out for each project.” - Jason Lee

## Photography

“In Photography we have really good class discussions and that’s where we start planning and going to photo shows or group trips, which has always been fun. Growing and finding out what I like to do as a photographer has made this become a great hobby for me.” - Chandra Joy

## Scholar Quiz

“I don’t think at many schools you could get 64 teams of four to compete in an academic event like Scholar Quiz. Everyone showed up for the finals, the entire gym was packed and people still remember that and talk to me about it.” - Grant Walther, Scholar Quiz Champion

## Ethnic Studies

“My favorite memory from this class is the group discussions that we held. There was never any tension or arguments between everyone’s different opinions. It always felt like a safe space that was created by the class itself.” - Kayla Hirt



## Wellness

“There are a lot of guest speakers who come and visit us, and they talk about mental health and other topics we’re learning about. It is incredibly insightful. Wellness is a necessary class because it can help people learn coping techniques to deal with stresses as a high school student.” - Ryan Um



# PVHS Course Listing

## World Languages

Chinese I-V  
 Chinese III Honors  
 AP Chinese Language and Culture  
 French I-IV  
 French III Honors  
 AP French Language and Culture  
 Korean I-III  
 Korean III Honors  
 Spanish I-V  
 Spanish III Honors  
 AP Spanish Language and Culture  
 AP Spanish Literature and Culture

## Mathematics

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  
 Data Science



## Visual and Performing Arts

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



## English Language Arts

English 1	English 4
English 1 Honors	AP Literature and Composition
English 2	English Language Development (ELD)
English 2 Honors	Journalism
English 3	Yearbook
English 3 Honors	
AP Language and Composition	

## Special Education

English MGR 1-4  
 Essentials of Algebra A & B  
 Consumer Math  
 Communication Skills  
 Guided Study

## Social Studies

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

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



# AP Programs by the Numbers

32

AP courses  
offered

617

AP test takers



237

total AP  
Scholars

78%

AP pass rate

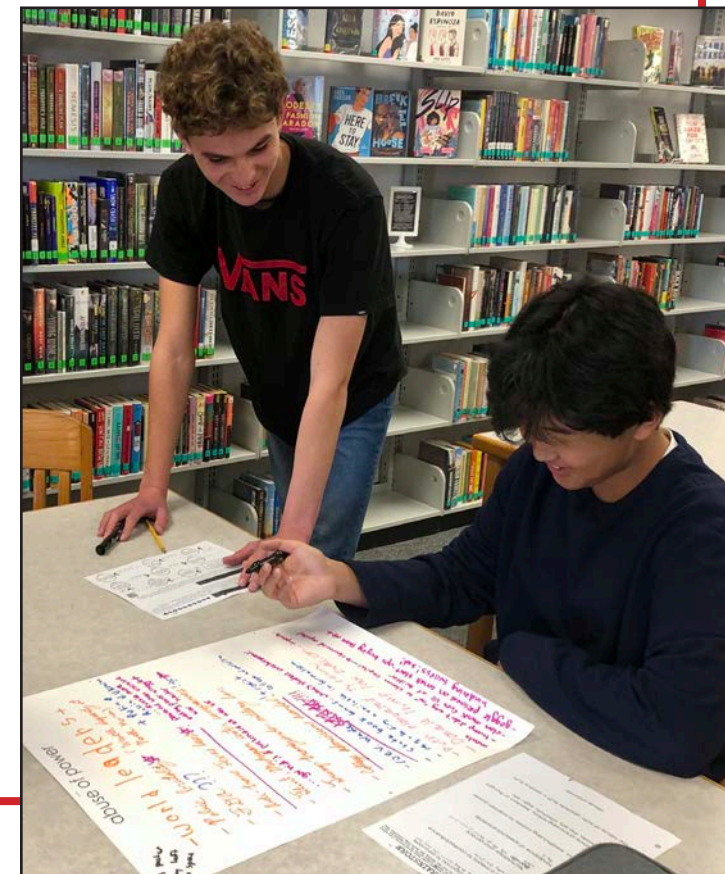


1338

AP tests taken

5

AP Capstone  
Diplomas



88

AP Scholars with  
Distinction

55

AP Scholars with  
Honor

THIS IS  
WHERE  
YOU



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*CLAIM YOUR  
CROWN*

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# SPORTS

- Baseball
- Boys Basketball
- Girls Basketball
- Cheer
- Cross Country
- Girls Flag Football
- Boys Golf
- Girls Golf
- Girls Lacrosse

“PV has a lot of success team wise and individually during track season. Our coaching staff is phenomenal, they’re really supportive and they’ve been here for a long time. We are one of the best programs in California, in order to get better at running you have to run with people that are better than you and that is always at PV.” - Alex Naehu



## Boys Lacrosse

### Football

“I have wanted to play football for as long as I can remember. Once I joined, it was like joining a family. We have to rely on each other on and off the field, which creates super strong bonds between the team. I joined lacrosse after football season was over to try it out, and I ended up finding the same strong relationships there.” - Jacob Reis,



## Boys Soccer

“Playing soccer has helped me grow and pushed me in ways I did not expect it to. It’s like a family, you can call the guys on the team your best friends and your brothers. I have always wanted that in a team.” - Jack Flanagan

## Girls Soccer

### Softball

### Song

### Swim

### Surf

## Boys Tennis

## Girls Tennis

## Track and Field

## Boys Volleyball

## Boys Water Polo

## Girls Volleyball

“Volleyball has helped me grow as a person through all the relationships I have made and the leadership roles that come from being a senior on a team with underclassmen. My favorite memory that I have with this program was our regional finals game at home. The crowd was awesome and I’ll always remember our last time playing in our gym.” - Tatum Lane

## Girls Water Polo

“The main thing that our program has that I think is better than the other schools is the people. We do care if we win or lose, but if we lose we’re all there for each other. We win as a team, we lose as a team. I’ve known these girls for years and years and I wouldn’t want anyone else by my side.” - Sophia Wattson



THIS IS

WHERE

YOU



*RALLY YOUR*

*FRIENDS*

# Student Involvement



## ASB

“Being part of the spirit committee takes up a lot of my time, as I coordinate the rallies and the class comp schedule. We all work together in ASB to create the best environment we can on campus. What makes us different is that I feel like we really include people in our activities. This program has helped me grow as a person and improve my leadership skills especially.” - Mia Colaruotolo  
IG: @pvasb

## Be The Change

“Coming in as a freshman I was pretty shy and I was kinda immature, too. When I joined BTC I was able to see an environment where all four years of students and different levels of maturity and experience come together and it really opens my eyes and gives me a broad perspective and taught me how to grow as a person.” - Steel Weiss  
IG: @pvbtc



## Model United Nations

“Through MUN, I’ve been able to grow as both a student and a person. It’s allowed me to become more comfortable when speaking in public and working well other students. Aside from that, it’s just a fun time being able to go to conferences and talk about real-world problems with other people!” - Olivia Kao



## Link Crew

“I joined Link Crew because I wanted to welcome the freshman to our school and meet new individuals. This program is memorable because the activities we do with each other and the freshman are incredibly fun. It makes PVHS a special place compared to others as the students and Ms. Klabe put a lot of time and effort into the Link crew event for the Freshman.” - Jonathan Liu



## Sea King Clubs

PVHS students have created over 70 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. “I think it’s cool to see and learn what people are passionate about, because I’m someone who doesn’t have one single passion--I like a lot of different things-- but in all the activities that I do, I get to meet people who are super dedicated in those areas. I think it’s great to see what those people do to get even more involved in the subjects that they like, so they can continue it after high school.” - Naomi Kao, LLS Club co-founder

## Mock Trial

“I joined because I wanted the experience of being in a courtroom and fighting for a case. We do scrimmages and competitions against other schools with a real judge, which is really cool. It’s helped me grow a lot with my confidence with speaking and it feels very powerful to be fighting for what you believe is right. I’ve written opening statements, I’ve done cross-examinations of witnesses, and so many other things that prepare me for being a lawyer one day.” - Elle Campbell



## National Honors Societies

Palos Verdes High School offers several honor societies focusing in different disciplines and areas of academics and extracurriculars including the following: 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. Pictured: NHS Painted Turtle Walk.



## Class Competition

“I really enjoyed Class Comp as a freshman new to high school. I think this is a great school event to meet all the kids around you and feel the school spirit. I loved just digging around in a bag full of yellow clothes and getting to play dress up with friends while getting ready to roll under a table for one of the games against the upperclassmen.” - Andrew Condello





## Wellness

The Palos Verdes High School counselors, faculty, and staff understand the importance of supporting our students' social and emotional needs.

PVHS has created school-wide programming to educate our students on meaningful ways to implement wellness in their daily lives, including a Wellness elective course that provides opportunities for students to gain the knowledge

and experiences necessary for developing attitudes and practices to make informed decisions that will help them maintain positive mental health and wellness.

The overall course purpose is to equip, empower, and educate students to succeed both personally and academically in high school and beyond.

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 and decompress. We are continually working to expand the programs based on student needs to best support them.

## Counseling



**Eva Mayrose and Counselor Kristin Nelson**

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

PV High has five full-time counselors and two Student Support Specialists (licensed SAGE therapists). Students are split alphabetically by last name and are kept with the same counselor throughout all four years of high school.

**How have our counselors helped you during your time at PVHS? What makes them special?**

My counselor Mrs. Nelson has really been a guiding influence for me during my high school career. She is always available for advice or if you need someone to talk to.

She is so sweet and caring, and it's easy to be open with her. She has always made me feel comfortable when I'm stressed about classes and was especially a calming presence during the stress of college applications.

## PVHS 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.

The library often partners with teachers to develop lessons centered around critical thinking, research, and teamwork. For example, students have opportunities to do "book tastings" to find independent reading books and breakout boxes where they work in teams to decipher clues based off of core novels and historical events.

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](http://seakinglibrary.com)!

**What do you like about the library?**

I think that the library is one of the best parts at school. It has a vast array of resources and there are so many genres to choose from. The library is also a really nice place to study when you have a free period or during lunch.

**What makes the library at PVHS special and different from other schools?**

One thing that's pretty unique about our librarians is that you can request books to go on the list – last year a bunch of people requested mangas so our librarian, Ms. Brockman, bought about three carts of mangas for students to read.

Also, our library's research database is another awesome resource if you're in Science Research or AP Capstone.



**Sophie Sun, Library Club**





# College and Career Center

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, Ms. Lewis, and our Scholarship and Financial Aid Coordinator, Ms. 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 many wonderful opportunities that await you in high school and we are looking forward to sharing this journey with you.



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 2023

**94%**  
matriculated to 2- and 4-year colleges

**5%**  
taking a gap year, attending vocational/technical school, joining the military, or entering workforce

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

**Over 250**  
colleges offered admission to PVHS students, including every CSU, UC, and seven Ivy League schools

**Over 18 million dollars**  
awarded in merit and athletic scholarships

**5**  
National Merit Semifinalists

**14**  
National Merit Commended Scholars

**38**  
students earned the distinction of Valedictorian



**Brynn Ottolia**

**How has the CCC helped you during your time at PVHS?**

Even if I have the smallest of questions or I just go in because I want to talk to someone, Ms. Lewis has always been there. If I have a question about graduation or my application or things like that Ms. Lewis is always willing to talk to me and help. She just genuinely, I can just tell, really likes her job. She's such a nice kind person and she just really dedicates her job to helping people. I told her the schools I was applying to and she was really excited for me and gave me recommendations on where to apply. Ms. Hoffman has helped me with scholarships and what I should apply to. I'm so happy that we have them here at PV High.

**What makes the CCC at PVHS special and different from other schools?**

Their dedication and how much they give to the students at PV High School. Even if you're a freshman, they're willing to talk to you about your goals and your future; they're not just restricting it to seniors. They're really giving you a community and want you to be the best person you can be. They are looking out for the best interest for everyone.

The CCC is amazing. I love the CCC! I'm never scared to go in there.

I honestly just walk in and just start talking to them sometimes randomly because they're always just so open and want to hear about how high schoolers now are doing.

# This Is Where You Get the Breakdown

## Academics

**What is the minimum number of classes I must take as a freshman?**

Freshmen are required to take a minimum of 6 classes. Students who may wish can take seven classes, but it is strongly recommended to maintain balance when starting your first year of high school.

**What is a typical freshman schedule at PVHS?**

A typical freshman schedule is English, Math, Science, World Language, PE/Sport, and Elective such as World History, Visual/Performing Arts, or another elective.

**What is a Four-Year Plan?**

Your assigned counselor will work with you to develop and monitor your Four-Year plan. A Four-Year Plan is an outline of courses that a high school student will take to complete the necessary requirements for graduation and meet their post-secondary goals. It is a working document; it can change each year! Counselors can work with you and your student to assist in developing your individual four-year plan.



**I took a World Language elective in middle school, does it count for credit in high school?**

Yes and no. Classes taken in middle school do not appear on the high school transcript. It is strongly recommended that you complete two or more years of your foreign language in high school regardless of how many years taken in middle school. UCs and CSUs will look at the level you completed as your total number of years completed.

**Can I take summer school to get ahead?**

Summer school is an option for students who wish to take certain classes to make room for other programs or classes they are involved in to make everything fit in their schedule. There are limitations to what can be taken over the summer. Counselors can work with individual students to identify appropriate summer school options.

## Extracurriculars and Student Life

**How do I get involved on campus? How do I join a club?**

There are over 70 clubs on campus in addition to many other activities and leadership organizations. Each fall, there is Club Rush which takes place in Sea King Park. Students have an opportunity to walk around and explore the different club offerings and talk with club presidents about what their club has to offer and sign up. We encourage our students to get involved and be part of the clubs that make an impact on campus and in the community.

**How important are extracurricular and volunteer activities?**

It is very important to get involved on campus and in your community. It is recommended that you pick a few clubs or organizations to expand your involvement with. Colleges will evaluate what you do outside of the classroom almost as much as how you did in the classroom. Colleges want to know what impact you've had on your community, what is important to you, and what shapes you as a person. Community service is not a graduation component.

**How do I apply for specialized programs such as ASB or BTC?**

We have two leadership programs, ASB (Associated Student Body) and BTC (Be the Change), which students apply for. Incoming Freshmen will have an opportunity to apply to be part of the BTC Leadership class with applications and interviews in the spring of eighth grade. If freshmen students are interested in an ASB Officer position, they may run when school starts next fall.



## Sports and Physical Education

**What is the PE requirement? Can my sport count as my PE? Do colleges count PE?**

The state of California requires high school students to complete two years of PE. Our students take PE in their 9th and 10th grade years. Students who play a sport and are on a team may use their sport to fulfill their PE requirement. PE/Sport is not a requirement for college applications, so they do not look at this; it is a high school graduation requirement only.

**What percentage of students are on a sports team at PVHS? Are there non-cut sports available?**

Approximately 55% of Sea Kings are involved in a sports team at PVHS. There are several non-cut sports teams available for students to join. These include football, cross country, girls basketball, girls water polo, track, boys and girls lacrosse, softball, and swim.

**Can I play on more than one sports team?**

Yes. We have many multi-sport athletes who chose to play more than one sport while in high school. Students may play more than one sports so long as the sports are in different seasons (fall, winter, spring). For example, a student may play football in the Fall and baseball in the Spring.

# This Is Where You Get the Breakdown

## What is 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
- Block periods are 115 minutes long

## What are the benefits 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 the 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

“PVHS’s alternating block schedule allows students more time in-between classes to finish homework, leaving time for students to explore extracurriculars and hobbies. Having time for oneself really benefits mental health and encourages personal growth.”

- Amber Chen

“People should come to our school because of our amazing block schedule which provides a greater advantage to student athletes and allows our students to be involved in more activities and take more classes on campus. Our school really prepares students well for college classes.”

- Bridget Gormley



## Signature Programs and Elective Classes

### What is the PVIT Pathway?

The PVIT Pathway allows students to take specific science courses and engineering courses together. Freshmen students have the option to take Introduction to Engineering Design and Development as their elective and Physics as their Science class. This is followed by Digital Electronics, then Aerospace Engineering, and finally Engineering Design and Development. The Engineering Advanced Projects program is available any academic year the student wishes to participate in the Sunday PVIT program.

### What is AVID? If my child is in AVID, how does that affect their schedule throughout high school?

AVID stands for Advancement Via Individual Determination. It is an elective program designed to support students who traditionally receive Bs and Cs and are in need of strategies and skills in the area of study skills, writing, notetaking and organization. Students who apply for and are accepted into AVID will have AVID as an elective course on their schedule all four years of high school. It is possible to take AVID each year and still meet all the other high school graduation requirements as well as college entrance requirements. Some students elect to take summer school classes to lighten their school load in some years.

### What do “Electives” mean in high school?

Electives are courses that exceed the minimum graduation requirements and typically include academic courses taken to meet college entrance requirements. For example, only two years of math is required for PVPUSD graduation, which is typically met in 9th and 10th grade. Math courses taken in 11th and 12th grades will count as high school elective classes, as well as meeting the college entrance requirements for math. 70 Elective credits are required for graduation and your counselor will work your students to ensure they are meeting the required number of credits.

## Support Services at PVHS

### How will I be assigned a school counselor? How does a school counselor work with high school students?

Students are assigned their counselor by student last name. Students are with the same counselor for all four years of high school. Counselors are available by drop in, email, request for an appointment, and they make visits to classrooms to deliver guidance lessons to all grade levels. Counselors are available to support students with academic, college and career planning, as well as social, emotional, and mental health support.

### What other mental health supports are available at PVHS?

PVHS has two Student Support Specialists provided by SAGE. They provide school-based therapy to students to identified students who are struggling with social-emotional concerns, as well as mental health services to students by offering free therapy to students during school hours. SAGE therapists meet with students individually and through group counseling.



# This Is Where You Spread Your Wings

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



## Ellie Correa

*Activities: Freshman Class VP, ASB, Flag Football, Soccer, Softball, Friendship Club*

"Everyone has been extremely welcoming and made this school feel like home. I am extremely thankful to be able to participate in multiple activities and I think this helped me get more adapted to the school, which is why I have enjoyed it so much. The school has helped me grow through the countless activities and opportunities every student at PVHS has available to them. I am thankful to all my teachers and coaches who have helped me grow and I know that whichever student chooses PVHS will feel the same way I do."



## Mark Lin

*Activities: CSF, Marching Band Drum Major, MUN, National Science Bowl, NEHS, NHS, Orchestra, Science Research Club, Tri-M, SNHS*

"PVHS has given me the freedom and resources to develop my interests in science while exploring the realms of music, debate, and service. Students don't have restrictions at PVHS, allowing them to often take classes early, pursue as many classes as they want (due to 7th periods), and create their own opportunities (clubs). Teachers are constantly fostering deeper thought through class debates, and the collection of motivated students creates a community of motivated yet thoughtful people."



## Mia Colaruotolo

*Activities: ASB President, Varsity Song Captain, Project Runway co-president, CSF, NHS, Heal the Bay, Sea Queens*

"I love the spirit at PV High! It has become a second home to me, not just a school. I have learned how to handle and manage all my responsibilities at school and still have an enjoyable social life. The block schedule and all the different activities and clubs I've been involved in these last four years have prepared me now to graduate and go to college. I have become a more confident and strong person that can juggle and handle many tasks and stay organized."



## Jacob Reis

*Activities: Football, Lacrosse, ASB, Red Tide President*

"PVHS has been the most fun four years of my entire school experience. The sports programs and my academic work have prepared me for the rest of my life. The school has changed me from being a shy person to a more outgoing guy. I started out not taking any advanced classes and finished out my time here by taking multiple honors/AP classes. People should come to PVHS because there is an activity for everyone here, whether it's a club, sport, or other program."



## Bella Sachar

*Activities: Tennis, Sophomore Class President, ASB, Protect Your Peace Club*

"Block schedule allows me to focus on other activities while still succeeding in school. I have better time management skills and I understand the curriculum more because of the review time we get. I've also grown as a person by meeting many different people with different backgrounds. I've expanded my interests and love hearing new perspectives. The teachers and staff are welcoming and kind. They help broaden my knowledge not only on education, but with important life lessons."



## Nick Kouzmanoff

*Activities: Golf, ASB, Surf, FCA*

"My experience has been very positive. I have had a great experience here at PVHS. The environment, students, and staff have allowed me to grow. PVHS has become like a second family. I enjoy seeing my friends and engaging in school activities. After going to PVIS and talking to students I found PVHS was the place for me."



## Olivia McPhee

*Activities: Cheer, ASB, Science Research, Project Runway*

"PVHS is really just one big family and support system. Our school dynamic is unlike any other. I chose to attend PVHS because of the caring teachers who are always trying to help students succeed and because of our amazing school spirit. I would have to say that PVHS has helped me grow as a student by always encouraging me to take more rigorous courses and by helping me build my confidence by trying new things."



THIS IS

RED TIDE NATION

**This is where you want to be.  
This is Palos Verdes  
High School.**



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