

# CVHS WEEKLY *e-BULLETIN*

For the Week of September 4-8, 2023

# Welcome

**2023-2024 School Year**

CVHS SOCIAL MEDIA AND WEBSITE INFO

*CALENDAR OF EVENTS*

## Crescenta Valley High School

### Weekly Schedule for the Week of September 4 - 8, 2023

Monday 9/4	Tuesday 9/5 Health/Wellness Assembly Special Block Schedule A Day	B Day Wednesday 9/6 MAP Assessment Special Block Schedule B Day	Class Times	A Day Thursday 9/7 Back to School Night	Friday 9/8 Minimum Block B Day Schedule	
<b>Labor Day No School</b>			8:30-10:05	Period 1		
			10:05-10:20	Homeroom		
	Period 1	8:30-9:43	Period 2	8:30-9:43	Period 2	8:30 - 9:35
	Period 3 & Assembly #1	9:50 - 11:03	Period 4 & Assembly #1	9:50 - 11:03	Period 4	9:57 - 11:02
	Snack	11:03 -11:18	Snack	11:03 -11:18	Snack	9:35 - 9:50
	Period 3 & Assembly #2	11:25 - 12:38	Period 4 & Assembly #2	11:25 - 12:38	Period 6	11:09- 12:14
	Lunch	12:38 - 1:08	Lunch	12:38 - 1:08	Period 7	12:21 - 12:57
	Period 5	1:18 - 2:31	Period 6	1:18 - 2:31		
	Period 7	2:38-3:30	Period 7	2:38-3:30		
				10:20-10:35	Snack	
			10:42-12:17	Period 3		
			12:17-12:47	Lunch		
			12:57-2:32	Period 5		
			2:39-3:30	Period 7		

**MONDAY 09/04 Labor Day Holiday – No School**

**TUESDAY, 09/05 Periods 1,3,5,7 – Health & Wellness Assembly Schedule**

**Boys Varsity Water Polo vs. San Marino HS @ San Marino 3:15 pm; JV 4:15 pm**

**Girls Varsity Tennis vs. Hoover HS @ Hoover 3:30 pm; JV 3:30 pm @ CVHS**

**Girls Varsity Volleyball vs. Burroughs HS @ Burroughs 3:30 pm; JV/Frosh 4:45 pm**

**“One Pill Can Kill” Presentation, CVHS Auditorium 7:00 pm**

**WEDNESDAY, 09/06 Periods 2,4,6,7**

**Boys Varsity Water Polo vs. St. Francis HS @ Glendale HS TBA; JV TBA**

**Boys JV Football Team Lunch**

**Girls Varsity Tennis vs. La Canada HS @ La Canada 3:30 pm; JV 3:30 pm @ CVHS**

**Boys Soph/Frosh Football vs. San Marino HS @ San Marino 4:00 pm**

**THURSDAY, 09/07 Periods 1,3,5,7 BACK-TO-SCHOOL NIGHT**

**Girls Varsity Volleyball vs. Burbank HS @ Burbank 3:30 pm; JV/Frosh 4:45 pm**

**Girls Varsity Tennis vs. Muir HS @ Muir 3:45 pm; JV 3:30 pm @ CVHS**

**2024 Yearbook Preorder Deadline**

**FRIDAY, 09/08 Periods 2,4,6,7 – MINIMUM DAY BLOCK SCHEDULE**

**Boys JV Water Polo Claremont Tourney @ Claremont Area TBA**

**Cross-Country vs. Moorpark Invite @ Moorpak HS TBA**

**AF JROTC First Friday, Cafeteria 12:15 pm**

**Boys Varsity Football vs. San Marino HS @ San Marino 7:00 pm**

**Last Day to Purchase Senior Spirit Package**

SATURDAY, 09/09

Boys JV Water Polo Claremont Tourney @ Claremont Area TBA

Girls Volleyball Tournament @ CVHS both Gyms 8:00 am

Academy of Science and Medicine Picnic @ Cafeteria & Quad 10:00 am

## GENERAL ANNOUNCEMENTS



### A Patriotic Quote

"The supreme accomplishment is to blur the lines  
between work and play."

Arnold J. Toynbee

### Word of the Month and Ethnic Trait SEPTEMBER - RESPONSIBILITY

"You cannot escape the responsibility of  
tomorrow by evading it today."

Abraham Lincoln

## REMINDERS

PLEASE DO NOT DROP OFF OR PICK UP STUDENTS FROM ANY OF THE STAFF PARKING LOTS. THIS INCLUDES THE COACHES' PARKING LOT NEAR THE FIELD. PLEASE DO NOT PARK IN THE CROSSWALKS TO PICK UP OR DROP OFF STUDENTS. THIS IS VERY DANGEROUS.

### BANKING DAYS 2023-2024

08/21, 08/28 09/11, 09/18, 09/25 10/02, 10/16  
11/13, 11/27 12/04, 12/11 01/22/24, 01/29  
02/05, 02/26 03/04 04/01, 04/08, 04/15, 04/29  
05/06, 05/13, 05/20

## GENERAL ANNOUNCEMENTS

**2023-2024 Back to School Night** Parents and Students - Please join us at Back-to-School Night, Thursday, September 7, 2023. Events begins at 4:45 pm with a Prom Plus BBQ Kick off, followed by a Welcome Back Program, and then classroom visits beginning at 6:00 pm. Flyer below with times and a classroom schedule.

**ONE PILL CAN KILL:** Tuesday, September 5, 7:00 pm CVHS Auditorium:- What parents and teens need to know about the dangers of Fentanyl. Join us as we learn together about the dangers of casual drug use and self-medication. Guest speaker Ed Ternan is the co-founder of the non-profit organization "*Song for Charlie*" and has dedicated his efforts toward raising awareness about the dangers of self-medication and casual drug use.

**2024 YEARBOOK PREORDER: The DEADLINE to PREORDER your 2024 TALON YEARBOOK at the LOWEST PRICE of the year is Thursday, September 07, 2024 @ BACK-TO-SCHOOL-NIGHT.** Save money and guarantee you get a book when they arrive at the end of the school year! The price goes up the day after. All purchases made through the student store. WE SOLD OUT THE 2023 TALON YEARBOOK - don't miss out and preorder your copy today!!!

**PARENT AND STUDENTS:** Don't forget to download the 5 Star App and the ParentSquare App for all important up-to-date information. [5 Star App](#) [ParentSquare App](#)

**MAKE-UP PICTURE DAY:** Monday, September 11, 2023, 9:00 am - 3:00 pm: Missed out on registration days? No worries! You still have a chance to make your mark in the Crescenta Valley High School yearbook. Join us for Make-Up Photo Day and get your perfect snapshot.

**CV PARENTS! WE NEED YOU ON SCHOOL SITE COUNCIL!** We need parents to serve on the CVHS School Site Council (SSC). SSC is a group of people elected to represent parents, students, teachers, administration, and other staff to develop a School Plan for Student Achievement. See flyer below for SSC information on how to volunteer.

**STUDENTS...HAVE YOUR VOICE HEARD:** Here's your chance to voice the student perspective - join the CVHS School Site Council! The School Site Council (SSC) is a group of parents, teachers, students, and administrators that writes and evaluates the School Plan for CVHS. SSC meets on six Mondays during the school year, from 3:40-4:45 pm. ....The first meeting of the school year is October 2. Meeting dates for 23-24 are 10/2/23, 10/16/23, 12/4/23, 1/29/24, 2/26/24, and 4/29/2. If you are interested, please email Mrs. Reinhard by September 2 at [areinhard@gusd.net](mailto:areinhard@gusd.net) .....We need 5 student members and at least 2 alternates - email Mrs. Reinhard today! She will send you a link to film a flip video of your 60-second candidacy speech. Videos must be completed by September 6. Speech videos will be shown to homerooms the week of September 11, and students will vote in homerooms.

**LEMONADE STAND:** Volunteers needed to help serve lemonade at snack to students. Sign up at [LEMONADE STAND SIGN-UPS](#)

**STUDENTS AND PARENTS:** CVHS Snack Shack needs volunteers at our home game Friday, September 1st. Please click on the link below and sign up. Any questions, please contact Savannah Moradi at [sevannah25@gmail.com](mailto:sevannah25@gmail.com). All volunteer need to be members of PTSA. You'll also receive a free meal ticket and free entrance into the game. You must sign up through [SIGNUPGENIUS](#). Student volunteers get 2 hours volunteer credit for every hour volunteered! So grab a friend and volunteer, it's a lot of fun and you get to watch some great football!

**NEW!! CVHS SPIRIT BLANKETS ON SALE NOW** - In the student store or the online webstore. \$60 with an ASB card - \$70 without! Checkout our Webpage and reserve your CV Blanket TODAY! [Crescenta Valley Blankets!](#) #highschoolblankets #tagyourblanket

**JOIN PTSA 2022-2023!** Welcome Falcon families and amazing students!! Adventure Awaits! Please become a member AND donate today! See flyers below.

*SENIORS - CLASS OF 2023*

**SENIOR SPIRIT PACKAGES will be on sale until Friday Sept. 8.** The Senior Spirit Package includes an ASB card, Yearbook, tickets to BTS Carnival, Homecoming, Prom, and Grad Night. Skip the lines and you won't miss an event due to sell outs. \$460 through Sept. 8. On sale in the Student Store.

## *CLUBS*

**Get Involved....Join a Club!**

**Club Expo Week** is Sept. 12 - 15. Club Applications and renewal forms are available in the ASB office (Room 1101).

## *COUNSELORS' CORNER*

**UPCOMING COLLEGE REP VISITS AT CVHS: All visits are during student lunch time in the Quad area.**

UC Santa Barbara Monday, September 20, 2023.

**WellNEST:** The WellNEST Center is a safe and inclusive space on campus that provides supportive resources and crisis information for students and faculty alike. Please check out their webpage for more information and hours of operation. <https://www.gusd.net/domain/4798>

**GUSD COLLEGE & CAREER DIVISION NEWSLETTER/WEBSITE:** The Glendale Unified School District [College and Career Division website \(https://www.gusd.net/collegecareer\)](https://www.gusd.net/collegecareer) will publish newsletters and maintain information about college rep visits, and UC, CSU, Common App application workshops. Please continue to check the website for registration links, updates, and upcoming events. The Newsletter (coming soon) will provide links to a variety of events ranging from college rep visits, Financial Aid nights, Career exploration and other resources.

## *COMMUNITY SERVICE OPPORTUNITIES*

**COMMUNITY SERVICE WEBSITE:** Students, remember to submit all community service hours through our Community Service website. All the information you will need is there. No more forms, no more lost paperwork! From the CVHS home page, find the Students Tab at the top. Next from the drop-down menu, click on Community Service. At the bottom of the page, click on Click here to fill out the Community Service Form. Here is the link to the page. <https://www.gusd.net/domain/1295>. Questions, concerns, email me, Mrs. Gay, at [rgay@gusd.net](mailto:rgay@gusd.net)

## *SCHOLARSHIP OPPORTUNITIES*



# CV Cares

Crescenta Valley High School: 818-249-5871

**Didi Hirsch Glendale Crisis Line (24 hours): 800-273-8255**

**National Suicide Prevention Lifeline (24 hours): 1-800-273-8255.**

**Crisis Text Line (24 hours): Texting "HOME" to 741741.**

**Trevor Project, LGBTQ Crisis Help (24 hours): 866-4-U-TREVOR**

**Teen Line Phone Line (6pm -10pm PST - Daily): 310-855-4673**

**Teen Line Text and Chat: - <http://teenlineonline.org>**





**FENTAPILLS**  
**YOU NEED TO KNOW**

**ONE PILL  
CAN KILL**

**WHAT PARENTS AND TEENS  
NEED TO KNOW ABOUT THE  
DANGERS OF FENTANYL**

**SEPTEMBER 5TH @ 7:00PM**

CVHS AUDITORIUM- RAMSDELL AVENUE

Join us as we learn together from our guest speaker, Ed Ternan. Ed is the co-founder of the non-profit organization, *Song For Charlie*, and has dedicated his efforts toward raising awareness about the dangers of self-medication and casual drug use.



**PTA**<sup>®</sup>  
*everychild.onevoice.*<sup>®</sup>



**CRESCENTA VALLEY HIGH SCHOOL  
BACK-TO-SCHOOL NIGHT FOR PARENTS  
AND STUDENTS!**

Thursday, September 7, 2023

**PLEASE JOIN US AT 5:45 PM IN THE QUAD**

**PromPlus BBQ starts at 4:45 p.m.**

We are looking forward with great anticipation to the 2023-2024 Back-To-School Night! We are once again inviting students to be a part of Back-To-School Night. It is important that parents and students hear the same message from the teachers.

A general presentation in the quad is planned at 5:45 p.m. followed by classroom visitations. The purpose of the general session in the quad is to make everyone aware of school activities, clubs and other opportunities. Starting at 6:00 p.m. parents and students will be visiting each teacher to become aware of the following:

- instructor expectations and material covered in the course
- homework and grading policies • course textbooks
- teacher availability for parent contacts.

We are looking forward to meeting with parents and students.

**SCHEDULE OF EVENTS**

**4:45 pm Prom Plus BBQ Kick Off:**

- GUSD Board of Education Members will be on hand in the quad to speak with parents, students, staff and members of the community.

**5:45 - 6:00 pm: Welcome Back Program**

- CVIM Band Begins Performing from the Rally Platform.
- JROTC Presentation of the Colors
- ASB President Leads the Pledge of Allegiance
- Charismatics Sing the National Anthem
- Principal's Welcome Remarks
- CV Dance Program Performs

**6:00 pm: Classroom Visits**

- Doors open to classrooms for Back to School night - Schedule below





# CV Parents! We need you on School Site Council!

We need parents to serve on the CVHS School Site Council (SSC).

SSC is a group of people elected to represent parents, students, teachers, administration, and other staff to develop a School Plan for Student Achievement (SPSA).

The School Site Council (SSC) develops, annually reviews, and updates the SPSA for programs funded through the Consolidated Application Reporting System.

The CVHS School Site Council meets on six Mondays during the school year.

The meeting dates for the 23-24 school year are  
10/2/23, 10/16/23, 12/4/23, 1/29/24, 2/26/24, 4/29/24

SSC is held in the CV Career Center from 3:45 to 4:45 pm.

**We need to elect one parent to serve on the council,  
as well as at least one alternate.**

The parent with the most votes will be elected as an SSC member.  
The parents with the next-highest number(s) of votes will be alternates.  
Up to four alternates can be elected this year.

Parents serve for two-year terms, so this will be for August 2023 - June 2025.

Please show your Falcon spirit and volunteer to serve in this important role!

If you are interested, please email [areinhard@qusd.net](mailto:areinhard@qusd.net)  
with the following information **by September 1:**

- Your name
- Your child's name and grade level
- Your contact info - email and phone number
- A few sentences about why you'd like to be part of School Site Council

*The ballot will include your name and the grade level of your child/children,  
but not your child's name nor any contact info.*

Parent SSC representative elections will be held the week of September 11.  
One ballot per student will be sent home for voting.

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**CVHS School and Yearbook  
Make-Up Picture Day  
Monday, September 11th @CVHS**



 **Missed out on registration days?**

**No worries! You still have a chance to make your mark in the Crescenta Valley High School yearbook. Join us for Make-Up Photo Day and get your perfect snapshot.**



**Simply come to the cafeteria when you get a pass sent to your class and we will do the rest!!**

**Look your best on September 11th!**

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# BOOKMARK CONTEST

## DESIGN A BOOKMARK FOR LA COUNTY LIBRARY!

¡DISEÑA UN MARCAPÁGINAS PARA LA COUNTY LIBRARY!

**Entries due October 21, 2023**

*Entrega tu solicitud a más tardar el 21 de octubre de 2023*

**Compete in these grade categories:**

*Compíte en categorías por grado:*

**K-2 | 3-5 | 6-8 | 9-12**



CREATE YOUR DESIGN IN THE BOX BELOW  
CREA TU DISEÑO EN LA CAJA DE ABAJO

**OPTIONS TO ENTER:** *Opciones para participar:*

- **Submit online:** *Envía en línea:*  
**LACountyLibrary.org/Bookmark-Contest**
- **Return to any LA County Library location.**  
*Regresa a cualquier biblioteca de LA County Library.*
- **Mail your entry to:** *Envía tu solicitud por correo a:*  
LA County Library, Attn: Bookmark Contest  
12348 Imperial Hwy, Norwalk, CA 90650

Name *Nombre:* \_\_\_\_\_

Address *Dirección:* \_\_\_\_\_

City *Ciudad:* \_\_\_\_\_

Phone *Teléfono:* \_\_\_\_\_

Parent Email *correo electrónico de los padres:* \_\_\_\_\_

School *Escuela:* \_\_\_\_\_ Grade *Grado:* \_\_\_\_\_

Teacher *Maestro(a):* \_\_\_\_\_

Library *Biblioteca:* \_\_\_\_\_

What tools did you use to create your artwork? *¿Qué herramientas usaste para crear tu obra de arte?* \_\_\_\_\_

All entries become the property of LA County Library. One entry per person.  
*Todas las solicitudes se convertirán en propiedad de LA County Library.  
Una entrada por persona.*

Staff Use Only: SD



Be creative and have fun! Please use your original creations (no cartoon characters).  
*¡Se creativo y diviértete! Por favor usa creaciones originales (no uses personajes de caricaturas).*

# Download the FREE StudentSquare app for iOS or Android.

This is the easiest way for Students to receive all Posts, Events, Sign Up Requests, Photos, and Files. Students can enable text notifications when a message is posted.

Use the camera on your phone to scan these QR codes - it takes you directly to the App or Google Play store.

Android App - Google Play Store



iOS App - iOS App Store



Download

## 5-STAR STUDENTS

Event check-in | Track personal points | Earn rewards | Vote and take surveys



Like. For Sure.  
Totally. Join!

Crescenta Valley  
High School  
**PTSA**

2023-24

Every Child. One Voice.



2900 Community Ave.  
La Crescenta, CA 91214

[cvhsfalcons.ptsa@gmail.com](mailto:cvhsfalcons.ptsa@gmail.com)

Made with PosterMyWise.com



## Parent Teacher Student Association (CVHS PTSA)

Like, For Sure, Totally Join CVHS

2023-24

Become a member of CVHS Parent Teacher Student Association (PTSA)!

- The cost of **membership is only \$10!**
- In addition, please make a **suggested donation of \$25 per student.**

Signing up for a PTSA membership and making your donations is easier than ever:

- Scan the QR code (on the right) with your phone's camera to securely join.
- Log onto <https://jointotem.com/ca/la-crescenta/crescenta-valley-high-ptsa/join>



### *membership for:*

Students:

- Students are eligible to apply for local and state PTSA scholarships.
- Student leadership positions within PTSA
- Volunteer opportunities for community service
- Opportunity to be involved in decisions affecting campus life and academic support
- PTSA membership may be noted on college and scholarship applications

Adults:

- Opportunities to participate in advocacy for students
- Leadership opportunities and policy-making at the local, district, and state level for PTSA
- Connections with community and friends

### *Donations provide funding for programs, clubs and student advocacy:*

- Programs
- Field trips
- Senior Celebrations
- Arts and Reflections Program
- Staff Appreciation Events

**Go Falcons!**

**Monica Breckow**

CVHS PTSA President 2022-23 & 2023-24

[cvhsfalcons.pts@gmail.com](mailto:cvhsfalcons.pts@gmail.com)

# Support CVHS PTSA

## Join us in supporting CV Falcons

There are many easy ways you can support PTSA:

1. Become a member and donate by either filling out a membership form or through our new online system. Visit <https://jointotem.com/ca/la-crescenta/crescenta-valley-high-ptsa/join> or scan the barcode with your smartphone to join quickly and securely.

100% of Donations stay at CV.

2. When shopping at Office Depot, mention supporting CVHS PTSA at checkout and the company will donate a percentage of your bill.

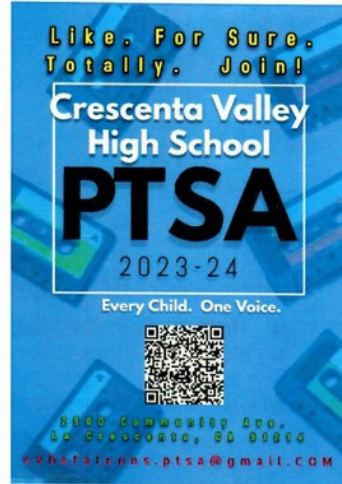
3. Sign up for Ralphs Community Contributions and earn a rebate for PTSA. You may do so by following these steps online:

- Visit [www.ralphs.com](http://www.ralphs.com) and sign in with your email and password or establish a new login if you do not already have one.
- Once logged in, click 'My Account' under your name or on the upper right corner (it may also say 'Valued Customer')
- Click on 'Community Contributions' on the left side menu.
- Type WM641 in the search field. CVHS PTSA will show up. Click 'Enroll Now' or 'Re-enroll' and follow instructions.

\* Follow us on Facebook at [www.facebook.com/cvhsPTSA](http://www.facebook.com/cvhsPTSA) to get updates on our activities

\* Access more information on our website [www.gusd.net/domain/1288](http://www.gusd.net/domain/1288)

\* Any questions? Contact CVHS PTSA at [cvhsfalcons.ptsa@gmail.com](mailto:cvhsfalcons.ptsa@gmail.com)



## PTSA Membership

Please return this form and payment to the Main School Office/mail to: CVHS PTSA, 2900 Community Ave., La Crescenta, CA 91214.

Number of Members \_\_\_\_\_ x \$10 each = \_\_\_\_\_

*(Print the names of all individuals signing up to be PTSA members)*

Name _____	Email Address: _____	Parent _____	Student _____	Teacher/Staff _____
Name _____	Email Address: _____	Parent _____	Student _____	Teacher/Staff _____
Name _____	Email Address: _____	Parent _____	Student _____	Teacher/Staff _____

## PTSA Donation Drive

We are asking families to contribute \$25 per student. We welcome donations of any amount. Every dollar will make a difference at CV!

Donation Amount \$ \_\_\_\_\_

We encourage parents to contact their employer's human resources department, and ask if a Matching Gifts program is available. Taking the time to find out could result in doubling your donation to our school, and that would be wonderful!

Matching Gift  Yes  No Employee: \_\_\_\_\_ Company: \_\_\_\_\_

Total Check Amount \$ \_\_\_\_\_ (Membership + Donation)

*Please make check payable to CVHS PTSA*

**Thank you in advance for supporting the 2023-2024 CVHS Membership and Donation Drive!**

Crescenta Valley High School PTSA is classified as an IRS 501(c)(3) nonprofit organization. Your donation is deductible to the maximum extent provided by law.

# Volunteers needed for Dunsmore school carnival



**When:** Friday, September 29, approx. 3:30-7pm

**Where:** Dunsmore Elementary School (4717 Dunsmore Ave, La Crescenta, CA 91214)

**What volunteers will be doing:** helping out with carnival games and activities

**How many volunteers:** about 70

**How to sign up:** <https://tinyurl.com/DunsmoreCarnival2023>

**Who to contact:** Jo Kay Ghosh ([jokaychan@gmail.com](mailto:jokaychan@gmail.com))

Like and Follow us on Facebook

Follow Us On Twitter



Watch CVHS YouTube Channel

Follow Us On Instagram

2900 Community Ave., La Crescenta, CA 91214; Phone (818) 249-5871 - (FAX) (818) 541-9531

