

# CVHS WEEKLY *e-BULLETIN*

For the Week of September 18-22, 2023

CVHS SOCIAL MEDIA AND WEBSITE INFO

*SUICIDE PREVENTION AWARENESS WEEK*  
*HISPANIC HERITAGE MONTH*

**Crescenta Valley High School  
Weekly Schedule for the  
Week of September 18 - 22, 2023**

Banking Day Monday 9/18		Class Times	A Day Tuesday 9/19	B Day Wednesday 9/20	A Day Thursday 9/21	B Day Friday 9/22
		8:30-10:05	Period 1	Period 2	Period 1	Period 2
9:37 - 10:15	Period 1	10:05-10:20	Homeroom	Homeroom	Homeroom	Homeroom
10:22 - 11:00	Period 2	10:20-10:35	Snack	Snack	Snack	Snack
11:00 - 11:15	Snack	10:42-12:17	Period 3	Period 4	Period 3	Period 4
11:22 - 12:00	Period 3	12:17-12:47	Lunch	Lunch	Lunch	Lunch
12:07 - 12:45	Period 4	12:57-2:32	Period 5	Period 6	Period 5	Period 6
12:45 - 1:15	Lunch	2:39-3:30	Period 7	Period 7	Period 7	Period 7
1:22 - 2:00	Period 5					
2:07 - 2:45	Period 6					
2:52 - 3:30	Period 7					

## CALENDAR OF EVENTS

**MONDAY 09/18 BANKING DAY - PERIODS 1-7 Late Start 9:37 am**

First Lego League Meeting, 3:30-7:00 pm, Cafeteria

Girls JV/Frosh Volleyball – Flintridge Sacred Heart @ CVHS 4:45 pm

PTSA Association Meeting @ Career Center 7:00 pm

**TUESDAY, 09/19 Periods 1,3,5,7**

Boys Varsity Water Polo vs. La Canada HS @ La Canada 3:30 pm; JV 4:30 pm

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

Girls Varsity Volleyball vs. Glendale HS @ CVHS 3:30 pm; JV 4:45 pm

Drama CVTA Foundation Meeting 7:00 pm Underground Theater

**WEDNESDAY, 09/20 Periods 2,4,6,7**

Boys Lacrosse Parent Meeting @ Career Center 7:00 pm

**THURSDAY, 09/21 Periods 1,3,5,7**

Boys Varsity Water Polo Villa Park Classic Tourney @ Villa Park area

Cross-Country League Meet #1 @ CVHS Park 3:30 pm

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

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

Boys Soccer Welcome Back Potluck, Cafeteria 4:45-9:30 pm

**FRIDAY, 09/22 Periods 2,4,6,7**

Boys Varsity Water Polo Villa Park Classic Tourney @ Villa Park area

SATURDAY, 09/23

Boys Varsity Water Polo Villa Park Classic Tourney @ Villa Park area

Girls Varsity Volleyball – Falcon Classic @ CVHS 8:00 am

Cheer with the Falcons 9:00 am @ Rosemont MS

## GENERAL ANNOUNCEMENTS



### A Patriotic Quote

*"A man's country is not a certain area of land, of mountains, rivers and woods, but it is a principle, and patriotism is loyalty to that principle."*

*George William Curtis*

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

*"Those who enjoy responsibility usually get it; those who merely like exercising authority usually lose it."*

*Malcolm Forbes*

## 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

**NATIONAL HERITAGE MONTH:** Hispanic Heritage Month is celebrated from September 15 to October 15. The celebration starts mid-month because September 15 marks the independence anniversary of five countries: Costa Rica, Nicaragua, El Salvador, Honduras, and Guatemala. It is followed by Mexico's Independence Day on Sept. 16 and Chile's on Sept. 18. Día de la Raza and Día de la Hispanidad are also celebrated in October.

**SPRING BREAK 2024 TRIP TO WASHINGTON D.C. AND HISTORIC VIRGINIA!** Are you interested in taking a trip over Spring Break to our nation's capital and experiencing the beginning of the American colonies? This trip is open to all CV students. Please see Mr. Hall in 2312 for more information. You can also email him at [ghall@gusd.net](mailto:ghall@gusd.net). You can also register using the QR code on the bright yellow

flyers posted around campus or visit [www.academicexpeditions.com](http://www.academicexpeditions.com) and click on "GO TO MY TRIP."  
Enter tour code: cvhs2024

**CVHS HOMECOMING DANCE 2023 "Battle of the Bands"**, Saturday, October 7, 2023,  
7:00-10:00 pm - Tickets go on sale Monday, September 18, through October 4, \$45 with ASB and \$60 without ASB.

**CVHS ETLP HONEY BAKED HAM FUNDRAISER:** Support CVHS ETLP and enjoy a delicious Honey Baked ham just in time for the holidays. See the QR code on the [HONEY BAKED](#) flyer and support them with the purchase of a gift card. ETLP receives a generous 20% of your purchase.

**GIRLS LACROSSE FINAL TRYOUTS:** If you're interested in trying out for the girls lacrosse team, there is a final tryout on **Wednesday, September 20th, from 7:00 to 8:00 am**, on the Football Field. Please bring running shoes or cleats and water. Also bring a lacrosse stick, goggles, and mouthguard if you have them- not required. All are invited to attend, even if you have never played!

**CVHS SCHOOL SITE COUNCIL:** Thank you to all parents who participated in the CVHS School Site Council elections for Parent Representative. The votes are in! The new representative will be Monica Karalis, and the three alternate representatives will be Jaime Zavala, Leona Darmanian, and Maria Kasparian. The first SSC meeting will be October 2 in the CVHS Career Center at 3:45 pm.

**TO ALL 9TH, 19TH & 11TH GRADE STUDENTS:** Applications for the William P. Lauder Junior Internship Program are now being accepted. The **Deadline to Apply is September 20, 2023**. The USC Shoah Foundation-Institute for Visual History and Education is looking for student representatives of diverse backgrounds and academic skills to participate in its highly competitive William P. Lauder Junior Internship Program. See [FLYER](#) for information and application.

**ELKS NATIONAL FOUNDATION (ENF) 2024 SCHOLARSHIP PROGRAMS - MOST VALUABLE STUDENT (MVS) CONTEST:** The 2024 MVS application is now open. Applications can be found online at [enf.elks.org/MVS](http://enf.elks.org/MVS). The application deadline is November 13, 2023. ENF awards 500 four-year scholarships based on academics, leadership, and financial need. National awards range from \$1,000 per year to \$7,500 per year. The national awards will be announced in April 2024.

**LEGACY AWARDS:** The Legacy Awards program begins on September 1, 2023. Legacy Awards provide \$4,000 scholarships for children and grandchildren of dues-paying Elk members. The ENF offers a total of 350 national awards. The application deadline is February 5, 2024. Please visit [enf.elks.org/Leg](http://enf.elks.org/Leg) for more details and the application link. For any questions, please contact Ruth McNevin ([mcnevinr@aol.com](mailto:mcnevinr@aol.com))

**2023 NATIONAL PTA REFLECTIONS ART CONTEST:** Create Your Masterpiece! Calling all artists! Create your dance, film, literature, music, photography, or visual arts piece addressing the theme "I am Hopeful Because..." Find guidelines at: <https://tinyurl.com/glendaleptareflections> . Submit entries by: October 20, 2023. Upload original artwork/s to: <https://tinyurl.com/CVHSreflections23>  
Contact Info: Lea Awni | Reflections Art Program [crescentavalleyreflections@gmail.com](mailto:crescentavalleyreflections@gmail.com)  
*PTA's Reflections program provides opportunities for recognition and access to the arts which boost student confidence and success in the arts and in life.*

**CV PTSA FOOTBALL GAME CONCESSIONS** needs you! We're seeking volunteers to help in the CV Snack Shack at home games. There are time slots for adults and students! Our next opportunity: Friday, September 15, CV vs. LA CANADA, Freshman Football 4pm; Varsity Football 7pm, Moyses

Stadium, Glendale High School. Get in FREE (we will provide a list to the ticket sellers at the gates.) You must sign up through [SignUpGenius](#) by **12:00 pm on Thursday, September 14th**. You'll also receive tickets for free food items, courtesy of CV PTSA, and Student Volunteers get **2 hours volunteer credit for every hour volunteered!!!**. **Questions**, contact Sevanna Moradi at [sevannah25@gmail.com](mailto:sevannah25@gmail.com) or (818) 919-5076. It's a lot of fun, so grab a friend and sign up. All volunteers need to be PTSA members. Join here: [PTSA MEMBERSHIP](#)

**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](#)

**SCHOOL SITE COUNCIL VOTING:** Voting for School Site Council parent representatives will take place the week of September 11. The voting will be done electronically, rather than by paper as previously announced. Please check your email for the ballot of candidates and the voting link. emails will go out Monday evening. Voting will close at 8:30 am on Thursday 9/14/23. Thank you to all who participate and support the process of our SSC. If you have any questions, please contact Anne Reinhard at [areinhard@gusd.net](mailto:areinhard@gusd.net).

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

**VOLUNTEERS NEEDED FOR DUNSMORE SCHOOL CARNIVAL** - Friday, Sept 29. We are looking for student volunteers to help run our carnival games, activities and snack stands. It will be a fun event! Students can receive up to 4 hours of volunteer credit. Please sign up using the Sign-up genius here: <https://tinyurl.com/DunsmoreCarnival2023>. If you have any questions, contact Jo Kay Ghosh (Dunsmore PTA, VP of Volunteers) at [jokaychan@gmail.com](mailto:jokaychan@gmail.com).

**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*

Seniors, If you plan to pursue scholarships before graduation, please take a moment and visit our scholarship page on the CVHS website (<https://www.gusd.net/Page/16254>). As we are informed about the latest scholarship opportunities, our list will be updated so check back frequently.

## *CLUBS*

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

**APPLICATIONS FOR THE NATIONAL HONOR SOCIETY FOR FALL 2023 ARE OFFICIALLY OPEN!** Only Seniors and Juniors may apply. Underclassmen applications open in the **Spring Semester**. The

application is **ONLY ACCESSIBLE** in the Google Classroom with this code: [st262hj](#). Please share this code!!

Extra information: Candidates must meet the GPA requirement of 3.5 weighted GPA or above to apply. The application deadline is **October 3rd at 4:00 p.m.** via Google Classroom. Cont'd...

Please TYPE your applications, and **submit them as a PDF**. With your application, please provide evidence that you have a weighted 3.5 GPA or higher.

Bylaws will be collected AFTER your acceptance. We will collect donations as soon as we are able.

Please email any of the officers for questions. Blank files or files that cannot be opened will not be reviewed. NHS will not open files until after the deadline and once the review process begins. Please check that all files are available and accessible for staff review.

## *COUNSELORS' CORNER*

**COLLEGE & CAREER FAIR: SATURDAY, OCTOBER 7, 10:00 am – 1:00 pm @ Glendale High School.**

Meet with college, university, and industry professionals from around the nation to learn about topics from financial aid, out-of-state options, and various career pathways. Visit [gusd.net/collegefair](http://gusd.net/collegefair) for a list of participating institutions.

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

UC Santa Barbara Wednesday, September 20, 2023

University of Colorado, Boulder Friday, September 29, 2023

Drexel University Friday, October 6, 2023

Loyola Marymount University Tuesday, October 10, 2023

CSUN Wednesday, October 11 (11:00am, during senior application workshop)

New York University Monday, October 16

UC Los Angeles Thursday, October 19, 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*

Scholarship opportunities coming soon.



# 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>**



# Suicide Prevention Awareness Week

## Events:

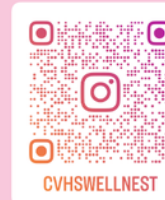
Location: Rally Platform  
September 18 - September 22

Monday	Tuesday	Wednesday	Thursday	Friday
Come Over & Grab a Free Wrist Band Along with a Hotline Flyer!	Get A Popsicle, Write Positive Affirmations & make your own Self-Care Heart!	Write & Send Candy Grams To Your Friends!	Spin The Wellness Wheel & have a Chance to Enter a Raffle!	Join us for some Chalk Art Fun with Positive Affirmations & Drawings in the Quad!
Wednesday: Attend the Suicide Prevention & Awareness presentation at the WellNEST center at the <u>beginning of lunch</u> and earn community service hours.				
<b>Stamps Prizes:</b>				
One Stamp:	Two Stamps:	Three Stamps:	Four Stamps:	Five Stamps:
Get another stamp to earn a prize				

the WellNEST



at Crescenta Valley High School



[www.instagram.com/cvhswellnest](https://www.instagram.com/cvhswellnest)



# CVHS SUICIDE PREVENTION AWARENESS WEEK

## SEPTEMBER 18 - 22

IF YOU WOULD LIKE TO JOIN AND ADVOCATE FOR SUICIDE  
PREVENTION AWARENESS WEEK, PLEASE FEEL FREE TO WEAR THE  
FOLLOWING COLORS & THEMES

Monday

Dress as your unique self  
because it's important to  
celebrate diversity and  
inclusion

Tuesday

Teal Tuesday or any shade  
of blue because it is one of  
the colors used to signify  
Suicide Prevention Awareness

Wednesday

Wear any shade of purple  
because it is one of the  
colors used to signify Suicide  
Prevention Awareness

Thursday

Wear green to support mental  
health or any t-shirt that  
supports mental health

Friday

Wear any CV gear to  
show pride and support  
within our community

the WellNEST



at Crescenta Valley High School

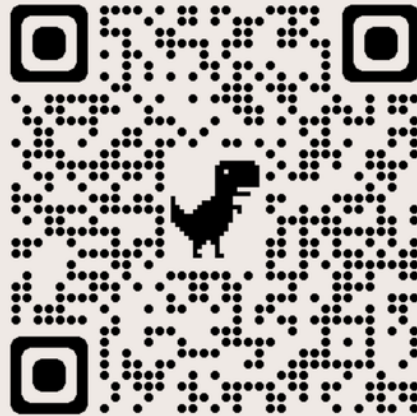




... ESTD **THE** 1957 ...  
**HONEY BAKED**  
*Ham*<sup>CO</sup>

SUPPORT  
ETLP AT CVHS

HOW  
WITH THE PURCHASE OF A  
GIFT CARD FROM \$25-\$100  
ETLP RECEIVES 20% OF YOUR  
PURCHASE



**CVHS PTSA**  
Presents:

# Association Meeting



**Monday**  
**September 18th**  
**2023**  
**7:00 pm**

**\*Special guest:  
Prom Plus\***

in the:

**CVHS CAREER CENTER**

2900 Community Ave.

La Crescenta, CA 91214

cvhs.falcons.ptsa@gmail.com

**\*Join us in person or  
via Zoom\***

**Zoom Link:**

**<https://us02web.zoom.us/j/86446782272>**

**Meeting ID: 864 4678 2272**

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# 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))



**William P. Lauder Junior Internship Program**  
**October 22, 2023 - March 31, 2024**

The USC Shoah Foundation - The Institute for Visual History and Education is looking for students representative of diverse backgrounds and academic skills to participate in its highly competitive **William P. Lauder Junior Internship Program**. The program provides a dynamic and unique learning opportunity to engage with testimonies – personal stories – from survivors and witnesses of genocide. Through the transformative nature of testimony, participants broaden their civic agency while expanding their 21st century skills.



We welcome applications from all students who live in the United States, who are currently in **grades 7 - 11 in the 2023 - 2024 school year**.

*This year's program will be held in-person at the University of Southern California. Students from out of the Southern California region will join virtually via Zoom.*

**Applications due by 10pm PT on September 20, 2023.**

**Learn More**



# COLLEGE & CAREER FAIR



**Saturday, October 7**



**10 a.m. to 1 p.m.**



**Glendale High School**

**Scan the QR code below to register!**



**Meet with college, university and industry professionals from around the nation to learn about topics from financial aid, out-of-state options and various career pathways!**

Visit [gusd.net/collegefair](https://gusd.net/collegefair) for a list of participating institutions.

**Contact: Ashley Park, District Counselor**  
[apark@gusd.net](mailto:apark@gusd.net)

**This event is being organized by the Glendale Unified School District.**





## Glendale Unified College & Career Fair

Date/Time: October 7, 2023 from 10:00 am to 1:00 pm  
Location: Glendale High School (1440 E Broadway, Glendale, CA 91205)

### Participating Organizations and Breakout Presentations

<a href="#">Adventist Health Glendale (CA)</a>	<a href="#">California State University Fullerton (CA)</a>
<a href="#">Amgen Biotech Experience Los Angeles Program (CA)</a>	<a href="#">California State University Humboldt (CA)</a>
<a href="#">Anglo American University (Prague)</a>	<a href="#">California State University Los Angeles (CA)</a>
<a href="#">Arizona State University (AZ)</a>	<a href="#">California State University Northridge (CA)</a>
<a href="#">ArtCenter College of Design (CA)</a>	<a href="#">California State University Polytechnic Pomona (CA)</a>
<a href="#">Azusa Pacific University (CA)</a>	<a href="#">California State University Sonoma (CA)</a>
<a href="#">Biola University (CA)</a>	<a href="#">DigiPen Institute of Technology (WA)</a>
<a href="#">California Baptist University (CA)</a>	<a href="#">Franklin &amp; Marshall College (PA)</a>
<a href="#">California College of the Arts (CA)</a>	<a href="#">Fresno Pacific University (CA)</a>
<a href="#">California Lutheran University (CA)</a>	<a href="#">Glendale Career College (CA)</a>
<a href="#">California Army National Guard (CA)</a>	<a href="#">Glendale Community College (CA)</a>
<a href="#">Comprehensive Community Health Centers Healthcare College (CA)</a>	<a href="#">Glendale Council Parent Teacher Association (CA)</a>
<a href="#">Chapman University (CA)</a>	<a href="#">Glendale Fire Department (CA)</a>
<a href="#">Charles R. Drew University of Medicine &amp; Science (CA)</a>	<a href="#">Glendale Kiwanis Club (CA)</a>
<a href="#">Cal State University Channel Islands (CA)</a>	<a href="#">Glendale Youth Alliance (CA)</a>

**Students/Guardians/Counselors- Please Register at [strivefair.com](http://strivefair.com)**



# BOOKMARK CONTEST

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

## 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**



**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.

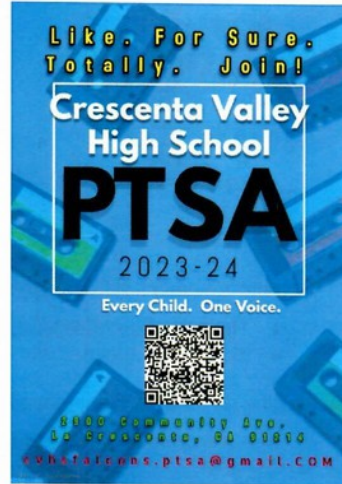
3. Sign up for Ralphs Community Contributions and earn a rebate for PTSA. You may do so by following these steps online:

- 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.



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**CVHS Students and Families!!  
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