

CVHS WEEKLY *e-BULLETIN*

For the Week of August 28-September 1, 2023

Welcome

2023-2024 School Year

CVHS SOCIAL MEDIA AND WEBSITE INFO

**Crescenta Valley High School
Weekly Schedule for the Week of
August 28, 2023 to September 1, 2023**

Banking Day Monday 8/28		Class Times	A Day Tuesday 8/29	B Day Wednesday 8/30	A Day Thursday 8/31	B Day Friday 9/1
9:37 - 10:15	Period 1	8:30-10:05	Period 1	Period 2	Period 1	Period 2
10:22 - 11:00	Period 2	10:05-10:20	Homeroom	Homeroom	Homeroom	Homeroom
11:00 - 11:15	Snack	10:20-10:35	Snack	Snack	Snack	Snack
11:22 - 12:00	Period 3	10:42-12:17	Period 3	Period 4	Period 3	Period 4
12:07 - 12:45	Period 4	12:17-12:47	Lunch	Lunch	Lunch	Lunch
12:45 - 1:15	Lunch	12:57-2:32	Period 5	Period 6	Period 5	Period 6
1:22 - 2:00	Period 5	2:39-3:30	Period 7	Period 7	Period 7	Period 7
2:07 - 2:45	Period 6					
2:52 - 3:30	Period 7					

CALENDAR OF EVENTS

MONDAY, 08/28 BANKING DAY – Late Start Periods 1-7

SENIOR SUNRISE, 6:00-7:00 am, Football Field

Girls Varsity Volleyball vs. Chaminade HS @ Chaminade 6:30 pm;

JV 5:00 pm; Frosh 4:00 pm

First Lego League Meeting, 3:30 pm, Cafeteria

TUESDAY, 08/29 Periods 1,3,5,7

Boys Varsity Water Polo vs. So. Pasadena @ So. Pas 3:15 pm; JV 4:15 pm

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

WEDNESDAY, 08/30 Periods 2,4,6, 7

Girls Varsity Tennis vs. So. Pasadena @ CVHS 3:30 pm; JV 3:30 pm @ So. Pas

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

THURSDAY, 08/31 Periods 1,3,5,7

Cross-Country vs. Palos Verdes @ Palos Verdes Court 3:30 pm

Girls Varsity Tennis vs. Brentwood Schools @ Brentwood 4:00 pm; JV 3:30 pm @ CVHS

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

Speech and Debate Practice 4:30-7:00 pm Rooms 5304-5307

FRIDAY, 09/01 Periods 2,4,6, 7

GENERAL ANNOUNCEMENTS



A Patriotic Quote

"America is not a mere body of traders; it is a body of free men. Our greatness is built upon our freedom – is moral, not material. We have a great ardor for gain; but we have a deep passion for the rights of man."

Woodrow Wilson

Word of the Month and Ethnic Trait

AUGUST - FAIRNESS

"If you want to see the true measure of a man, watch how he treats his inferiors, not his equals."

J.K. Rowling

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

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.

GIRLS' SOCCER MAKEUP TRYOUTS for the 2023 - 2024 season will be **FRIDAY SEPTEMBER 01, 2023 from 3:30 PM - 5:00 PM** at the Crescenta Valley High School turf field.

1. You will also need cleats, shin guards, and water.
2. Please be prepared. Print and fill out pages 2-4 of the GUSD Athletic Extra-Curricular Activities Packet (link to the left) to participate in the tryouts. If you answer "Yes" to any of the 15 questions, you MUST "Explain" on the bottom. Page 4 is for your doctor and must be signed AND stamped. You can upload the pages online (see CVHS Athletics Home Page for instructions) or you can print out the pages and bring them to the tryouts. [ATHLETIC CLEARANCE](#)

If you are not cleared, you will not participate. E-mail tpeterson@gusd.net with any questions.

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.netWe 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. 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 SUNSET: All CV Seniors are invited to attend the Class of 2024 -Senior Sunrise on Monday, Aug. 28, from 6:00 am to 7:00 am This event is free with the Senior Spirit Pack, and \$5 if you want to enjoy coffee and breakfast snacks. Bring your ID to check in at the football field. Bring your blankets and enjoy watching the sun rise on your senior year! As a bonus, a few students and teachers may be getting a field as incentive to get more students to join in the festivities! Come see me at field

Class of 2024 Senior Spirit Package - Seniors, make the most of your year and get your Senior Spirit Package before Friday, Aug. 18. Save money and the time of waiting in line for tickets and buy today. Package is \$480 and includes your ASB card (free football and basketball games, and other benefits!), Carnival, Yearbook, Senior Sunrise, Grad Night and Prom. Stop by the Student Store and see Mrs. Seyfi before it's too late. After August 18th, cost is \$460.00.

CLUBS

Get Involved....Join a Club!

Start Thinking about what Club(s) you want to join this Year!

COUNSELORS' CORNER

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

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>





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[®]
everychild.onevoice.[®]

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
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.

**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!

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

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

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.

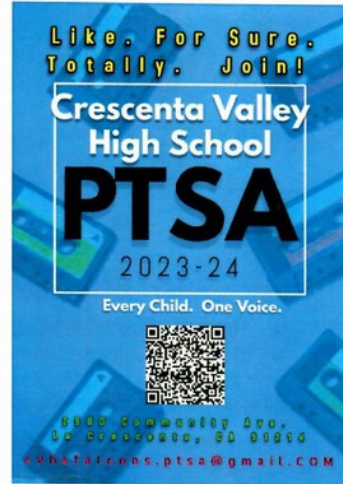
3. Sign up for Ralphs Community Contributions and earn a rebate for PTSA. You may do so by following these steps online:

- Visit www.ralphs.com 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 to get updates on our activities

* Access more information on our website www.gusd.net/domain/1288

* Any questions? Contact CVHS PTSA at 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.

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

