

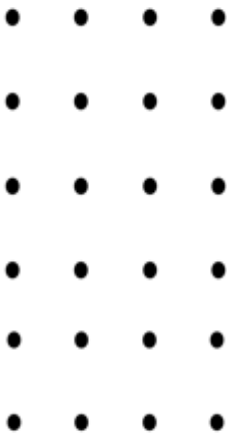
Peninsula Heritage Connects

Peninsula Heritage School Newsletter



April/May 2025

Peninsula Heritage School's
CHARACTER QUALITIES:
Caring, Attitude, Respect,
Gratitude, Perseverance, and
Self-Control. Hint: Remember
as CAR, GPS!



Peninsula Heritage Sixth Graders recently had the opportunity to dissect a lamb's heart in the Middle School science lab under the direction of Dr. Mary Wilson. Students could decide whether to do the dissection or choose another learning activity.

Dr. Wilson relates that this dissection is designed "to support the students' study of the cardiovascular system in Sixth Grade science. It gives the students another direct, hands-on experience beyond the textbook."

Dr. Wilson chooses to dissect lambs' hearts, as they are similar in size and construction to the human heart. Using the dissection of the lamb's heart, students can apply what they learned in the classroom to the structures of the heart they encountered in this lab. They directly see and feel how the structure of the heart, with its four chambers and associated vessels, gives rise to the circulatory system that nourishes every tissue in their bodies with oxygen, nutrients, and hormones. The circulatory system also removes waste from cells and organs.

This science lab first begins with the students picking up and exploring the lamb's heart. They feel the weight of the heart and put their fingers into the various cavities formed from the aorta and other major blood vessels.

In the dissection, students observed, felt, and identified the large vessels of the aorta, pulmonary artery and vein, the superior and inferior vena cava, and the coronary artery and sinus. They exposed the atria and ventricles, found the aortic and pulmonary valves as well as the tricuspid and mitral valves. Additionally, they located the corresponding chordae tendineae and papillary muscles.

The lab students also observed the anatomical differences in the thickness of the right and left ventricular walls whose structure is formed due to the different pressure resistance of blood flow encountered.

The Sixth Graders learned some amazing facts about the human circulatory system. For instance, the heart is a fantastic pump! Blood makes a complete circuit around the average human body in usually less than one minute. With each beat of the heart, it expels two ounces of blood, and within one minute it pumps 5.2 QUARTS of blood! Truly an amazing system that our PHS students have the opportunity to observe and learn!



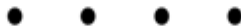
The Peninsula Heritage School community deeply misses its dear friend, former PHS Board President, and PHS Trustee Emeritus with the passing of **Les Fishman** on Thursday, February 13, 2025.



Les was also well known in the South Bay community, both from his and his wife Virginia Butler's real estate work as well as the couple's loyal and generous support of numerous organizations and institutions throughout the Peninsula and the Beach Cities.

Beginning in 1998, the PHS community greatly benefited from Les' work as a Trustee and later as Board President. He had a sincere love for the school and often shared how pleased he was with the character qualities embodied by PHS students, remarking, "We graduate such good people."

Always quick to volunteer and extremely dedicated and thoughtful in his service, Les made friends easily and nurtured those relationships throughout his life. He was an outstanding example for us all.



What's Happening Next?

- Sun., Apr. 27—Fri., May 2—8th Grade Washington, DC trip
- Wed., May 7—8:30 AM, Parent Assoc. Meeting, in School Library
- Fri., May 9—8:30 AM, Character Qualities Assembly, Kindergarten & First Grade, "Caring"
- Mon., May 12—Thurs., May 15—Standardized Testing, Grades 4-8
- Fri., May 16—Middle School Dance, 2:00-4:00 PM
- Mon., May 19—PHS Alumni High School Grads Gathering in PHS Courtyard, 3:30 PM
- Thurs., May 22—Student Talent Show, 10:30 AM
- Fri., May 23 - —NO SCHOOL, Teacher In-Service
- Mon., May 26—NO SCHOOL, Memorial Day
- Tues., May 27—School resumes at usual time
- Fri., May 30—6:00 PM Open House for all Students & Parents
- Wed., June 4—Field Day for all Students
- Thurs., June 5—NOON DISMISSAL, Moving Up Day
- Fri., June 6—10:30 AM, 8th Grade Graduation on Main Campus
- Mon., June 16—Summer Day Camp begins!



Peninsula Heritage School's robust **physical education classes** begin with warm-up stretching and running the track, as shown by these energetic First Graders!

Outdoor PE lessons for Kindergartners through 8th Graders include physical conditioning and introductions to various sports, followed by technique instruction and practice.

Coach Taylor Costin emphasizes, "teamwork, sportsmanship, and personal growth, as we encourage students to try their best and support one another. Through fun and engaging activities, our students build confidence, coordination, and a lifelong appreciation for health and fitness."

Thank You, “Heritage Hoedown” Volunteers & Donors!



“On behalf of our entire school,” writes one of the schools that received PHS’s donation from the funds raised at Heritage Hoedown, “We want to express our deepest gratitude for your generous \$15,000 donation in response to the Palisades fire. Your kindness and support mean so much to us during this challenging time, and we are truly touched by your generosity.”

“It is in moments like these,” continues the recipient school,

“that the strength of a compassionate community shines the brightest. Your thoughtfulness has made a meaningful impact, and we are incredibly grateful for your support. Thank you again for standing with us—we are blessed to have such wonderful friends in the Peninsula Heritage School community.”

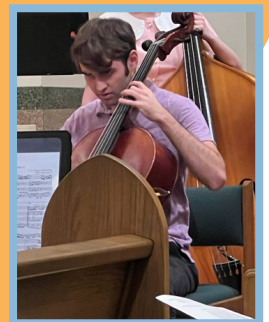
The above-mentioned funds were raised at PHS’s “Heritage Hoedown,” presented by the leadership team of PHS parents Anna Perry, Hayley Tumanjan, Devon Hennessey Smith, and Ashley Carlin (pictured above), with 35 uniquely gorgeous centerpieces created by PHS Parent Association President

Michelle Cobb (pictured at left with husband Jason Cobb). Many attendees raved about the event, commenting on all the fabulous aspects of this gala! Their generosity enabled gifts of \$15,000 each to be sent to five CAIS schools destroyed in the wildfires.

Sincere thanks is extended to the leadership of this event, along with all those who attended and made heartfelt donations!



PHS alum Aaron Mearns (8th Grade graduating class of 2016) began his music career during PHS’s “Genius Hour” elective while in 7th Grade. He chose to learn to play the cello, which he has actively pursued through high school and college.



A computer science major at Loyola Marymount University, Aaron now spends considerable time also playing the bass. He began composing several years ago, and the LMU String Ensemble (pictured at left; Aaron standing at right in photo) recently performed one of Aaron’s compositions. Through his online business he writes music for game designers and others in entertainment. As he looks to the future, Aaron plans to work in either tech or the music industry. And to think so much of this began at PHS!





Peninsula Heritage School



Congratulations, PHS Alumni 2025 High School Graduates!

PLEASE JOIN US for our Annual PHS Alumni Graduates Gathering

Monday, May 19, 2025

3:30 PM at PHS

You'll enjoy refreshments and chatting with your classmates & teachers in the PHS Courtyard. Wear your college shirt/sweatshirt /swag for the Group Photo!
Send your RSVP to jbehrens@peninsulaheritage.org



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Peninsula Heritage School

Kindergarten—8th Grade

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