# CVHS PTSA 2025-2026 Programs, Merchant Rebates and Volunteering

**CVHS PTSA depends on the support of our families and community to provide its many programs. You DO NOT need to be a PTSA member to volunteer.**

**Please Support our Merchant Rebate Programs – they're FREE for you and help us raise funds!!**

****<u>Ralphs card must be re-registered every year</u>****

1. Login to your account at www.ralphs.com
2. Click on 'Your Name' and select 'My Account' (in the top right-hand corner)
3. Select Community Contributions from the menu on the left
4. Scroll to bottom of page and select – Capistrano Valley HS PTSA PR283

**Programs provided this year by the PTSA include:**

- Classroom Grants
- Senior Scholarships to the CVHS Class of 2026
- Spirit of the Cougar Awards Luncheons
- Hospitality at school events
- Cougar Den (Spirit Wear Store)
- Teacher Appreciation

**<u>Volunteer! (You do not need to be a PTSA member to volunteer)</u>**

We need your help! Please consider signing up for one or more of the options listed below. If you are a returning volunteer, please complete the form again for the new school year. Thank you!

_____ Library (textbook return)
_____ Copy Room
_____ Cougar Den (Spirit Wear Store)
_____ One-Day Events
_____ Dance Volunteer (Coat check, wristbands, etc.)
_____ Food Donations
_____ Teacher Appreciation Week
_____ My business has goods and/or services I can donate.

Volunteer Name:_____

Phone/Email:_____

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