

**FOPBSS**  
**Friends of Pacific Beach Secondary Schools**  
**(PBMS & MBHS Parent Teacher Organization)**

**E-Mail Communication/Volunteer Form**

FOPBSS frequently sends out emails to notify parents and students of high school events, announcements, news, and parent and student volunteer opportunities.

These emails may be sent to you directly from FOPBSS or may be sent on the behalf of the school or community groups.

If you are interested in receiving emails from FOPBSS, please complete the following:

\_\_\_ **Yes**, I would like to be contacted via email regarding PBMS events, announcements, news, community events, and parent and student volunteer opportunities.

\_\_\_ I would like to be contacted in Spanish *if translation is available.*

(please print clearly)

Parent/Guardian Name \_\_\_\_\_

Student Name/s \_\_\_\_\_ Grade's \_\_\_\_\_

Email address \_\_\_\_\_

(PLEASE PRINT EMAIL ADDRESS CLEARLY)

(Please complete this even if you are already on our list so that we may update our files)

Return form to PBMS or MBHS School Office or mail to:  
FOPBSS PO Box 99754 San Diego, CA 92169

or contact [mbhsfriends@yahoo.com](mailto:mbhsfriends@yahoo.com) directly with information.