

Newsletter

Murrieta Valley High School

Keeping our families connected

Letter from our Principal

Dear Parents and Students,

We are approaching the end of the semester with our final exams set for the week of December 11th through the 15th. December 13th, 14th, and 15th during finals week are minimum days and school will end at 12:45 on those days. With the end of the semester approaching, utilizing Office Hours, along with before school tutoring is a great way to prepare. Early in December our activities ramp up with our Winter Band concert, Winter Choir concert, Virtual Enterprise, Robotics, Girl's and Boys' Basketball, Girl's and Boy's Wrestling, Girl's Water Polo, and Competitive Cheer.

The fall was successful in many ways on our campus. Our Boys' Water Polo team claimed their 24th consecutive Southwestern League championship and semifinal appearance, Girls Cross Country claimed a league championship, football made it to the semifinals, athletes in all sports were named All League and CIF, our marching band, Robotics, and ROTC took home numerous victories in competitions.

Christmas break will begin on Monday December 18th. I hope everyone can enjoy the three weeks off and we look forward to having our students back for the beginning of the second semester on Tuesday, January 9th. We are hopeful that our students and families have a great time connecting during this holiday season.

Doing it the R.I.T.E. Way (Respect, Integrity, Teamwork, & Excellence)

Ryan Tukua, Principal Murrieta Valley High School



follow us:



December 2023

DECEMBER



SUN MON TUE WED THU FRI SAT

					1	2
3	4 WINTER SPORTS RALLY	5	6	INTERNATIONAL MARKET CASH ONLY DANCING NIGHTHAWK 7 PM IN PAC	8 TOY DRIVE ENDS	9
10	11	12	13	14	15	16
17	18 NO SCHOOL	19	20	21	22	23
24	25 NO SCHOOL	26	27	28	29	30
31						

Peyton Axene
Shutian Xiang
Marley Thralls
Masa Mustafa
Kourtney Montgomery
Gavin Parks
Alison McQueen

*Students
of the
Month*

Brianna Conklin
Cole Behrens
Alexander Fujiwara
William McArthur
Piper Gibson
Emily Jenkins
Bella Torres

CONGRATULATIONS

*Student of
the Month*

December 2023

ANNA BARBA LOPEZ

MESSAGE FROM OUR SCHOOL NURSE

If your student has health concerns or a chronic health condition that needs accommodation at school

please contact our school nurse,
Lucy Cardenas MSN, RN to discuss.

lcardenasgomez@murrieta.k12.ca.us

Our Health Office is staffed with a full-time health technician and a district school nurse.

Contact during regular school hours:
951-696-1408 ext. 5257

Is your child texting or calling from school to let you know they are not feeling well?

Please ask them to go to the Health Office where we will contact parents for pick up arrangements or permissions to send them home as a student driver. All students who are ill at school and need to leave early will be verified with parent/guardian and released through the Health Office.

Ill and Injured Policy:

Health Office visits are limited to no more than 15 minutes to minimize out of class time and exposure to possible illness. After that time, the student will return to class unless they have a significant injury, have a fever above 100F, or are experiencing symptoms requiring isolation from class. Parents will be contacted for students needing to go home.

Health Services / Welcome
(murrieta.k12.ca.us)

If your student is on crutches, a knee scooter, or wheelchair, there are two elevators on campus. One is located at the front of the gym for access to lower-level PE areas and locker rooms. The other is located at the two-story language arts building. Both elevators require a key to operate, and keys can be checked out in the Student Support Office, Room 814. Please contact the school nurse, Lucy Cardenas MSN, RN if your student needs specific accommodations at school.

Where Can I Go For Tutoring or Extra Support?

MVHS has many options that offer help for all MV students! See the lists and times below; then choose what will work for you!

<p>College Tutors</p> <p>[Available to all MV students] College tutors will be available <u>Wednesdays</u> From 8:30 - 9:20am in the Library.</p>	<p>English Learners Program Tutors</p> <p>[Available to all English Learners] (EL) Staff will be available <u>Monday, Tuesday, Thursday</u> from 7:30-8:20am in Room #622. <u>Wednesday Late Start</u> From 8:30-9:20am in Room #622</p>
<p>California Scholarship Federation Tutors</p> <p>[Available to all MV students] (CSF) student tutors will be available <u>Monday, Tuesday, Thursday & Friday</u> in the Library 7:45 - 8:20am</p>	<p>National Honor Society Tutors</p> <p>[Available to all MV students] (NHS) student tutors will be available <u>Monday, Tuesday, Thursday & Friday</u> in the Library 7:45 - 8:20am</p>
<p>Office Hours</p> <p>Office Hours is a 30 minute block on most <u>Thursdays and Fridays</u>, designed for re-teaching, tutoring study groups, make-ups and enrichment. Students are required to attend Office Hours to seek support in one of their academic courses.</p> 	<p>Homework Hotline HARVEY MUDD COLLEGE</p> <p>Phone tutoring available through Harvey Mudd College Monday - Thursday, 6:00-9:00pm 1(877)8ASKHMC (827-5462) HWHL-Brochure-English.pdf (murrieta.k12.ca.us)</p>

Counselors: [Mrs. Castro](#) S-Z & AP & SDC [Mrs. Thornburg](#) M-R & IB
[Mr. Luevno](#) A-D & MSJC [Mr. Vandenburg](#) E-L, CTE & NCAA
[Mrs. Mendoza Montoya](#) AVID, EL, & 504



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

DECEMBER 2023 · ISSUE 5 · VOLUME 5

Supporting Grief & Loss

- Respect Their Timeline: Grief varies; be patient.
- Offer Practical Help: Assist with tasks they find challenging.
- Avoid Comparisons: Every grief experience is individual.
- Special Occasions: Be there during tough dates such as holidays and anniversaries.
- Be mindful of language and the power of words: Avoid using clichés to minimize their pain.
- Respect Solitude: Give space for self-reflection.
- Stay in Touch: Continue reaching out, even if they withdraw.
- Educate Yourself: Understand their unique grief journey.
- Seek Professional Help if Needed: Encourage therapy if struggling.



SMARTPHONE APPS

- [Calm](#)
- [Grief Works](#)
- [Insight Timer](#)
- [Headspace](#)
- [Grief Angels](#)

Your empathy and presence make a difference.

RESOURCES

- [How to Deal with Grief](#)
- [The Grieving Process](#)
- [Now what? Tips for Grieving Teens](#)
- [Tips for Supporting a Grieving Friend](#)
- [The Elizabeth Hospice Grief Support](#)
- [National Alliance for Children's Grief](#)
- [Coalition to Support Grieving Students](#)
- [The Dougy Center for Grieving Children and Families](#)

"Grief is like the ocean, it comes in waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim"

- Vicki Harrison



2024 FOUR-WAY SPEECH CONTEST

You can pick up an application from Adelle Lynton in Student Support or download from the Counseling page on the website.

ROTARY CLUB OF MURRIETA

Presents the
**2024 Marsha Hall Brown Memorial
4-Way SPEECH CONTEST**

6 PM Wednesday, January 31, 2024

Entry Deadline: Wednesday, January 15, 2024

Location: Murrieta Valley Unified School District

Headquarters, 41870 McAlby Court, Murrieta CA 92562

Prizes: Club Level: First \$350; Second \$250; Third \$150.

The Murrieta Rotary's first place winner will compete in the

District 5330 Finals: Sat. March 2, 2024 - 4-Way Test

Speech Contest Finals @ 9:00 am at the Beaumont

Presbyterian Church located at 702 Euclid Avenue,

Beaumont CA, 92223.

Sat. March 16, 2024 - The District contest winner will give their speech at the Paul Harris Society and Polio Plus dinner which will be held at the Victoria Club in Riverside, CA.

District finalists will compete for cash prizes of First place-\$700, Second Place- \$600, Third place-\$500, Fourth place-\$400.

Murrieta Valley High School



Attendance Newsletter

Volume 1 | Issue No. 4 | December 2023

Our winter break from school is
Dec. 18-Jan. 08.

Every day of school is an important opportunity for students to learn as well as to connect to their peers and teachers.

We appreciate everyone's efforts to avoid taking extra time off surrounding the winter break. As long as your child is healthy, please encourage showing up to class when school is in session.

We look forward to seeing you again when school resumes on January 9, 2024.

IMPORTANT REMINDER:

A student who is 30+ minutes late to class without a note or phone call is considered unverified.

After three occasions in one school year, the student is classified as a truant. If a student is 30+ mins late, students will be assigned a

Saturday School.

Please contact the Attendance office to excuse your student's tardy.



If your family or student needs support, please contact your student's counselor to get connected to resources.

Why excuse an absence?

Calling in and excusing the absence allows your student the opportunity to make up work.

For additional school attendance information, please [click here](#).

To report an absence, dial:

(951) 696-1408 Ext. 8743

or email:

laustreng@murrieta.k12.ca.us

kmckee@murrieta.k12.ca.us



If you are planning on picking your student up early, please call 30 minutes prior to picking them. This allows us sufficient time to deliver a call slip to have your student released from class.





OUR COED COMPETITION CHEER TEAM WON FIRST PLACE AT UCA SOUTHERN CALIFORNIA REGIONALS AND RECEIVED A BID TO COMPETE AT THE NATIONAL HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS IN ORLANDO

CLASS OF 2024

Dear Nighthawk Parent/Guardian,

Please check your Senior's Student Aeries Portal account to confirm the correct spelling of your student's full name. Diplomas will be printed using the student's legal name. **Only if your student's name needs to be corrected**, please email one of the Guidance Technicians no later than January 19th. Names will be submitted to the printer on the morning of January 22nd.

Students with the last name starting with:
A-K Betty Velasquez, bvelasquez@murrieta.k12.ca.us
L-Z Cara L. Finch, clfinch@murrieta.k12.ca.us

