

Newsletter

Murrieta Valley High School

Keeping our families connected

Letter from our Principal

Dear Parents and Students,

As we enter February, we have a lot of exciting things planned at MV and much to be proud of. Robotics, Virtual Enterprise, Cheer, and Dance will all be competing at large competitions in and out of the state. We are entering the last week of Southwestern League for our winter sports and multiple programs will be headed to the C.I.F. playoffs and competing for championships. In our efforts to engage all students I hope that every student will consider joining a club or team. Many spring teams and programs are still open to students wanting to participate. Club rush took place on January 23rd where all students were able to view our 50+ active clubs. Visit the athletic office or your counselor if you are interested in joining a club, program, or sport. Get involved and follow your passion! We will be having a Sadie Hawkins dance on Saturday February 10th. We are excited to host this event for students and looking forward to a great night of fun!



follow us:



MVHS CLUBS

2023-2024

Culture Clubs

ASU - ASL Club - BSU - French Club - French Honor Society - LSU - Native American Club - NEST - Pinoy Culture Club - PRISM Club

The Arts Clubs

Ballet Folklorico - Band Club - Choir Club - Club Monet - Dance Club - Drama Club - Hawkapella - Hawkabellas - New Evolution Crew

Sports Clubs

Archery Club - Dirty Wheels - Fencing Club - Mountain Bike Club - MV Surfing Club - Pickleball Club - Rock Climbing Club - Soccer Club - Wet Bottom Club - Yoga Club

Clubs

All Inclusive Gaming - Anime Club - Bring Change to Mind - Business Club - CSF - Campus REV - Curl Power - Film Club - Fire Science Tech - Garden Club - Girl Up - Girls on Fire - Herstory - IB Club - Interact Club - Journey Club - Just Serve Club - Leatherneck - Letters of Love - MEDC - Model UN - MTG Club - MV Barber Club - NHS - Robotics - She Rise Connections - Student Venture - Study Buddies - Younglife - Youth on Campus

February 5th and 6th will be a modified schedule to accommodate the presentations of the Senior Culminating Projects. School will end at 12:50 on these two dates and presentations will begin at 1:25. Students have received their time and location for their presentation. If you have any questions you can speak to your English teacher or counselor.

The 6-week grade period for the second semester ends on Thursday February 15th so make sure you connect with your teachers, attend Office Hours, or before school tutoring in the library for additional support. A quick reminder that February 16th and February 19th are non-student days because of Presidents Day.

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

Ryan Tukua

Principal, Murrieta Valley High School

February 2024

FEBRUARY

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 \(murrieta.k12.ca.us\)](http://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.

SUN MON TUE WED THU FRI SAT

				1	2 DANCE GUEST PASS FORMS DUE	3
4	5 MIN DAY SCP	6 MIN DAY SCP	7 DEADLINE BUY DANCE GUEST TICKETS	8	9	10 SADIE HAWKINS DANCE 7-11 PM
11	12	13	14	15	16 NO SCHOOL	17
18	19 NO SCHOOL	20 MR. NIGHTHAWK TICKETS SALE	21	22	23 DEADLINE BUY DISNEY SENIOR GRAD NITE TICKETS	24
25	26	27	28	29		



Counseling DATES

Academic Planning

Class of 2025: January 26-February 2

Class of 2026: February 9-15

Class of 2027: February 23-29

February

- February 10: AP Readiness (Virtual)
- February 5/6: Senior Culminating Project (half day)
- February 4: Parent Information (9th & 10) 5:30-7:00 PM
- February 10: Black College Expo @ Los Angeles
- February 15: End of 6-week progress grades
- February 16-19: Holiday
- February 20: ASVAB
- February 22: Student of the Month
- February 23: IB Culture Night



Senior Workshops

March 22, 25, and 17 through History classes to help with:

- MSJC applications
- Financial Aid assistance
- Military connections
- Trade School search
- Next steps after you get into college

Abigail Hearn
Avaree Vincent
Avery Devey
Bella Carattini
Brody Puckett
Bryce Ligtenberg
Dayton Shipp
Ella Wilson
Jaylin Burt

Students of the Month

Jonathan Coyle
Joseph Ghossain
Juliette Janssen
Justin Benson
Maria Filopos
Mariana Vicencio-Mendiola
Sarah Lee
Sophia Castro
Zoe Norris

CONGRATULATIONS

Student of the Month
January

CADENCE SMITH

Attendance Newsletter

February 2024



Attendance Goals!

Together, we are committed to creating a positive and engaging learning environment at MVHS. Help us achieve our goal of reducing chronic absenteeism from 19.29% to less than 10%. Your support in prioritizing your child's attendance is vital for creating a positive and thriving educational environment. Thank you for joining us in fostering a culture of consistent attendance and academic success at MVHS!



Did You Know?

- Absences can be a sign that a teen is losing interest in school.
- Missing 2 days each month (10%) can drastically affect a student's academic success.
- Attendance is an important life skill that will help your teen keep a job and graduate from college.
- You can ask the school for help if your teen is refusing school.



TO REPORT AN ABSENCE

Please call the Attendance Line at 951-696-1408 24 hours - 7 days a week. Press 1 for attendance, wait for prompt, then press 1 to report an absence.

NEED ASSISTANCE?

MVHS has resources available for our students and families struggling with attendance. Please contact your child's [counselor](#) to get connected to resources.

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!

College Tutors

[Available to all MV students]
College tutors will be available Wednesdays
From 8:30 - 9:20am in the **Library**.

English Learners Program Tutors

[Available to all English Learners]
(EL) Staff will be available Mon, Tue, Thu, Fri from 7:30-8:20am in **Room #622**.

Wednesday Late Start
From 8:30-9:20am in **Room #622**

California Scholarship Federation Tutors

[Available to all MV students]
(CSF) student tutors will be available Mon, Tue, Thu, Fri 7:45 - 8:20am and M-TH 3:30-4pm in the **Library**

National Honor Society Tutors

[Available to all MV students]
(NHS) student tutors will be available Mon, Tue, Thu, Fri 7:45 - 8:20am and M-TH 3:30-4pm in the **Library**

Office Hours

Office Hours is a 30 minute block on most Thursdays and Fridays, 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.



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)



Counselors:

- [Mrs. Castro Pe-Ve & AP](#)
- [Mrs. Thornburg L-Pa & IB](#)
- [Mr. Luevano A-Di & MSJC](#)
- [Mr. Vandenburg Do-K & CTE & NCAA](#)
- [Mrs. Mendoza Montoya Vi-Z & AVID & EL](#)



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

FEBRUARY 2024 - ISSUE 5 - VOLUME 8



Mental Health Equity

When it comes to mental health, it's easy to see that not everyone has access to the same resources or help when they need it. From a lack of affordable therapy, to cultural stigmas, to unequal access to mental health education, the disparities are apparent. The goal that this access should be accessible to all is known as mental health equity, and it specifically focuses on identifying disparities and opening access to quality and appropriate healthcare services. Creating a nurturing, safe, and respectful school campus where all students are valued and respected and where their voices and opinions matter is the foundation for helping students with mental health needs. When students feel connected, supported, and part of their school community, they have a safe place to thrive despite any challenges they may be facing.



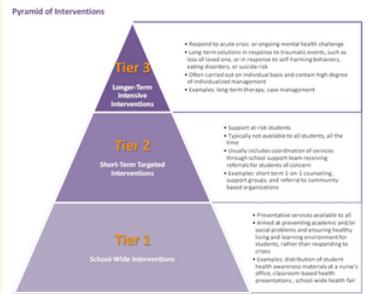
Resources

- [MVUSD Mental Health Resource Links](#)
- [Mental Health, Equity Should be School's Focus](#)
- [Schools are Key to Solving Mental Health Equity Gaps](#)

School Mental Health

School mental health is heavily aligned with school and health care initiatives happening across the state of California. Implementing School Mental Health includes addressing the school environment and policies that dictate staff and students' daily experiences. School mental health initiatives are not just about increasing access to specific interventions or services but also about addressing the whole school community and climate. All of the initiatives work to create more positive school climates and cultures with supportive student and staff relationships. This work, alongside more targeted services for students that need more intensive support, create a comprehensive approach to increasing student mental health.

School-Based Mental Health Programs



SUU SOUTHERN UTAH UNIVERSITY

<https://forms.office.com/r/XNX1KLpi6H>

**THURSDAY
FEBRUARY 8th
10:00 AM**



<https://forms.office.com/r/rf0vqGmKU8>

**THURSDAY
FEBRUARY 22nd
10:00 AM**

Please scan the QR code to register for these in-person presentations. Open to all grades. See Mrs. Finch in the Counseling Office for more information. Don't miss future opportunities to attend other presentations. Visit the MVHS College and Career Website here: [Counseling / College \(murrieta.k12.ca.us\)](#) Email Mrs. Finch if you have any questions

CLFinch@murrieta.k12.ca.us

College information

Learn about what SUU has to offer

Rolling Admissions

Profession information

Learn about what UUN has to offer

Nursing Profession

Q&A Sessions

Admissions

Fall 2024 Admission - Extended Deadlines

The following CSU campuses are still accepting freshman applications:

- Channel Islands
- Chico
- Dominguez Hills
- East Bay
- Humboldt
- Maritime
- Monterey Bay
- Northridge
- Sacramento
- San Bernardino
- San Francisco
- San Marcos
- Sonoma
- Stanislaus

Visit our [application dates & deadlines page](#) and use the "Is Your Campus Still Accepting Applications?" feature to view open campus programs and their deadlines.

<https://www.calstate.edu/apply/pages/application-dates-deadlines.aspx>

CONGRATULATIONS

Congratulations to our Virtual Enterprises team = Ship N' Chef = for their achievements at the state competitions.

They are the state of California #1 for business Elevator Pitch competition.

They got GOLD for Start-up Apprentice competition.

They got SILVER for Rapid Prototyping (product design) competition.

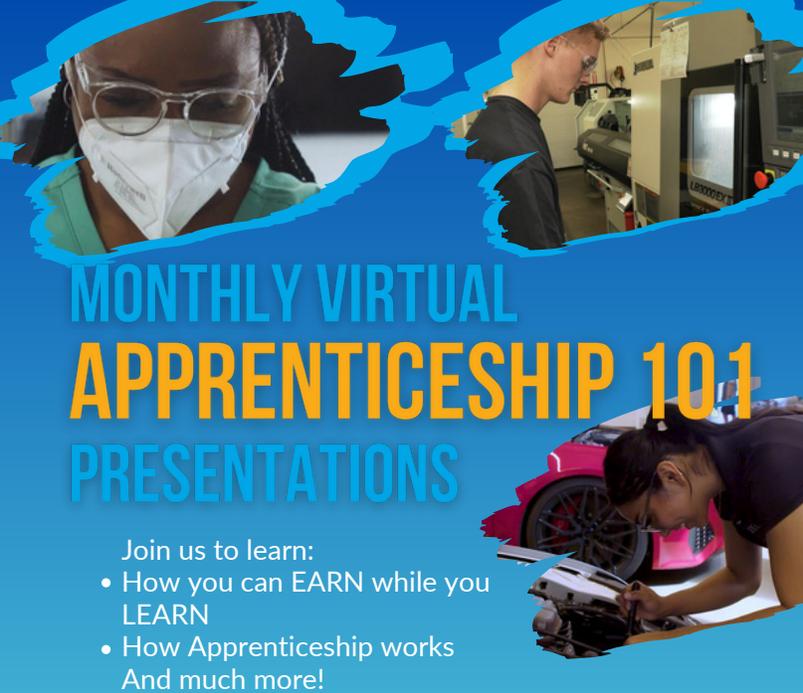
MVHS JROTC

With the start of the New Year, our cadets have a lot of events to look forward to. But before we get into all that, let's take a quick rewind to this past month. Our cadets participated in various physical training challenges during their class time, as seen in the below photos. The physical training portion of our JROTC included the song "Push it" where our cadets did indeed push it, in push up form. Our cadets also had a formation on January 24th, where we promoted and recognized two freshmen to the rank of Private First Class. Other cadets were recognized for their work ethic and dedication to the program and their various extracurricular activities. Thompson Kick Off was a success and it was great to see the different variety of class levels attend this event looking great in their braves! Thank you to those who attended.



Upcoming Events:

- Ramona Drill Comp. (Feb. 3rd)
- Fontana Raider Comp. (Feb. 17th)
- Basic Leadership Camp (March 15-17)
- Murrieta Mayhem (March 23rd)



MONTHLY VIRTUAL APPRENTICESHIP 101 PRESENTATIONS

Join us to learn:

- How you can EARN while you LEARN
- How Apprenticeship works
- And much more!

HELD ON ZOOM EVERY 3RD WEDNESDAY OF THE MONTH AT 12 NOON

- December 20, 2023
- January 17, 2024
- February 21, 2024
- March 20, 2024
- April 17, 2024
- May 15, 2024
- June 19, 2024

LAUNCH
www.launchapprenticeship.o



SCAN TO REGISTER!

For questions contact:
jessica@launchapprenticeship.

SPRING 2024

NACAC National College Fair

Inland Empire (CA)

Wednesday, February 7

9 a.m. - 12 p.m. & 6 p.m. - 8 p.m.

Ontario Convention Center
Ontario, California



National College Fairs



REGISTER NOW!
nacacattend.org/fairs



The SAT is now digital, and dates for 2024 are open. Many students in the class of 2025 will take the SAT for the first time this spring. While the SAT is optional for many colleges, it can help you stand out on college applications and identify strengths as you explore your career options.

Here are the upcoming spring 2024 SAT dates:

SAT Test Date	Regular Deadline	Late Deadline
March 9	February 3	February 27
May 4	April 19	April 23
June 1	May 16	May 21

[Register Now](#)

