

Newsletter

Murrieta Valley High School

Keeping our families connected

Letter from our Principal

The 12-week grading period for the first semester of the 2023- 2024 school year closed this past Friday on October 27. We encourage our students to take full advantage of our many interventions which include Office Hours on Thursday and Fridays, along with tutoring before school in the library. As we approach the holidays there are non-student days to be aware of. Wednesday, November 1st is a Professional Development Day and November 10th is Veteran's Day. MVHS staff members 1st Sergeant Huckobey and Mr. Santana both served in the military, and we thank them for their service. Thank you to all our parents and family members who also served this great country.

Our marching band season is in full swing and our Crimson Cadets did well in their first competition. Drama will perform their first play, "And Then There Were None" from Wednesday November 1st-4th. Our choir recently performed and continue to prepare for their Christmas performance. Our Robotics teams had great showings and continue to prepare for upcoming competitions. Our award winning Virtual Enterprise program is working hard in preparation for state and national competitions. Our Leadership programs (ASB, Senate, Nighthawk Pride, PLUS and Link Crew) have worked hard to set a positive culture on campus. ROTC held their Raider event at MVHS in October and placed 2nd in the female competition. Boys' Water Polo is playing in the league championship game for the 23rd year in a row. Girls Volleyball, boys and girls' cross country, Girls Golf, Girls Tennis, Football, and Water Polo are all competing in the CIF playoffs. We have had a great beginning of the year, as our teachers work to challenge our students and build positive relationships. Encourage your students to end the semester strong as we approach the end of the first semester.

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

Ryan Tukua, Principal Murrieta Valley High School



follow us:



November 2023

HAPPY VETERANS DAY



THANK YOU FOR
YOUR SERVICE,
COMMITMENT,
SACRIFICE AND
SELFLESSNESS.

*"Learning about grave
and monumental events
in history is important,
but seeing your face
impacts us on a whole
other level."*



Honoring
1st Sergeant Huckobey
Mike Santana
Dustin Nagy

Spouses of
Nelly Ann Alvarez
Suzanne Cacanindin
Beatriz Velasquez
Kati Spry

AND TO ALL WHO SERVED

MVHS JROTC

For our JROTC company this past month, we had a company formation where multiple cadets were promoted or recognized for their contributions to the unit as a whole. Their loyalty, determination and dedication to the unit was recognized after our Murrieta Valley Raider Slayer Competition on the 30th of September. Their actions, which included being guides for other schools, constantly helping out and looking out for the welfare of their other cadets led to them being promoted and/or honored.

Our JROTC program helped support the Varsity Football team with two security augments and two color guards. This past football game, our graduating class of cadets conducted a flag detail for the last time. This senior march on was a way to honor the seniors and all the work that they had put towards the success of the company and community overall.

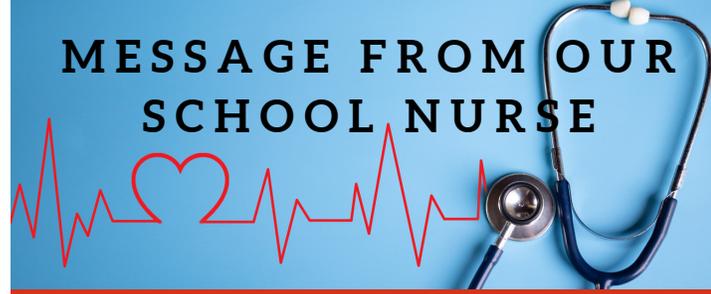
Upcoming in the month of November, our JROTC unit will be in the Veterans Day Parade to honor those who have served in our country's military.



2023

MVHS
ACTIVITIES

NOVEMBER



MESSAGE FROM OUR SCHOOL NURSE

SUN MON TUE WED THU FRI SAT

			1 PD DAY	2 DIA DE MUERTOS ALTAR	3	4
5	6	7	8 SENIOR KNOTT'S TRIP	9 LINK CREW FALL FEST 3:30-5	10 NO SCHOOL	11 VETERANS DAY
12	13	14	15	16	17	18
19	20 NO SCHOOL	21	22	23	24	25
26	27	28	29 HERFF JONES @ LUNCH FOR SENIORS	30		

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? All students leaving school due to illness must be signed out through the Health Office. The Health Office will contact parent/guardian for pick-up arrangements or permission to send them home as a student driver. Messages left on the attendance line regarding ill students needing to leave school early, including student drivers, are forwarded to the Health Office.

Medications normally are best administered at home, but there are times when medication must be administered at school. If your child needs medication during school hours please view our medication policy and procedures on our Murrieta Valley High School website or contact our school Health Office. Medications and completed forms should be brought to the health office. [Health Services / Welcome \(murrieta.k12.ca.us\)](http://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.

- Alli Frye
- Andreja Phillips
- Andrew Juarez
- Annabelle Deven
- Christopher Huerta
- Clay Yarbro
- Dante Macaranas
- Dayton Shipp
- Declan Montez
- Seth Benson
- Sierra Stenson

Students of the Month

- Gracie Anolin
- Hope Crouch
- Janet Huang
- Joseph Ghossain
- Kayleen Escamilla
- Madelyn Sammon
- Marco Cabebe
- Noah Trejo
- Sarah Marie Lee
- Siitia Faoliu
- Masa Mustafa

CONGRATULATIONS

Student of the Month

November 2023

BREANNA WILHELMI

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>
<p>Counselors:</p> <p><i>Mrs. Castro</i> S-Z & AP & SDC <i>Mrs. Thornburg</i> M-R & IB <i>Mr. Luevno</i> A-D & MSJC <i>Mr. Vandenburg</i> E-L, CTE & NCAA <i>Mrs. Mendoza Montoya</i> AVID, EL, & 504</p>	



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

NOVEMBER 2023 - ISSUE 5 - VOLUME 4

Gratitude



Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. Feeling grateful and recognizing help relieves stress and pain. Gratitude can help re-wire our brain to recognize the small wins.

Gratitude contributes to our individual wellbeing and physical health. The Greater Good Science Center at the University of Berkley describes gratitude as the "social glue", to nurturing strong relationships.

As we enter November, we can choose to practice gratitude in our day-to-day practice.

Gratitude Jar

The Gratitude jar is a simple exercise that can have a profound effect on your wellbeing and outlook. It only requires a few steps to get it started:

Step 1: Find a jar and decorate it to your liking.

Step 2: Think about 1 thing you are grateful for that day (it can be small like getting coffee in the morning, to spending the day with a loved one).

Step 3: Write it down on a piece of paper and put it inside the jar. Encourage each member of the family to do the same.

Step 4: Repeat daily and read the messages as a family at the end of the month



Ways to add gratitude to your daily life:

- Start a gratitude journal
- Use breath to anchor yourself in the present moment.
- Practice gratitude for the little things.
- Write a thank you letter for someone and share it.

Visit mindful.org to learn more about the science of gratitude and ways to practice.

- [Gratitude and the Brain](#)
- [Action for Happiness](#)
- [13 most popular gratitude exercises & activities](#)

Resources

SMARTPHONE APPS

- [Gratitude](#)
- [Presently](#)
- [Delightful](#)
- [Grateful](#)



AP & IB Exam Reminder



NO LATE FEE DEADLINE

Begins September 25th until November 5th

Registration Date

Registration Information

AP
<https://www.murrieta.k12.ca.us/Domain/424/>
IB
<https://www.murrieta.k12.ca.us/page/9435>



Murrieta Valley High School

Attendance Newsletter

Volume 1 | Issue No. 3 | November 2023



Absences Add Up!

Missing just 2 days a month means a student misses 10% of the school year.

When students improve their attendance rates, they improve their academic prospects and chances for graduating.



Help us reach our goal of 95% or higher attendance rate.

Please encourage your child to show up to class when school is in session. Every day of school is an important opportunity for students to learn as well as connect to peers and their teachers.

Dear Families,
We are thankful for you!
As we prepare to take time off from school (Nov. 20- Nov. 24) for the Thanksgiving break, we are grateful for everyone who has helped to restore a routine for showing up to school. Daily routines are essential for reducing stress and creating a sense of security, especially after the chaotic transitions experienced over the last few years.

MVHS has resources available for students and families struggling with attendance. 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 up. This allows us sufficient time to deliver a call slip to have your student released from class.





The ASVAB Career Exploration Program is the only career planning resource that allows students to explore multiple paths to success -- college, certificates, apprenticeships, licensure programs, or the Military – in one place.

We will be offering the ASVAB CEP on campus **November 9th**. Don't miss this opportunity to access one of the best career planning programs available... >>>Did I mention it is FREE!<<<

For more information about the ASVAB Career Exploration Program.
www.asvabprogram.com

Space is limited. 11th & 12th Grade Students.
**PLEASE SEE MR. VANDENBURGH IN THE COUNSELING OFFICE
 TO SIGN UP OR FOR MORE INFORMATION**

And Then There Were None

Agatha Christie

November 1st-2nd-3rd at 6pm
 November 4th at 2pm and 6pm

\$12 General admission
 \$10 with ASB

LIMITED SEATING
 AVAILABLE
 CALL TO RESERVE YOUR
 SEATS TODAY!

951-696-1408 (EXT: 5906)

*Arrive at 5:00
 for a mocktail and appetizer
 while listening to one of our fabulous
 singers and visiting with some of those that
 were invited to the island



PRESENTED BY NIGHTHAWK THEATER COMPANY AT MURRIETA VALLEY HIGH SCHOOL
 42200 NIGHTHAWK WAY, MURRIETA, CA - BLACK BOX THEATER



DIA DE LOS MUERTOS

CELEBRATE THE MEMORIES OF YOUR LOVED ONES

Thursday November 2nd
MVHS QUAD

BRING PICTURES OF YOUR LOVED ONES BLANK
 CARDS WILL ALSO BE PROVIDED TO WRITE
 THEIR NAME



Have you Moved?

PLEASE EMAIL US THE
 BELOW DOCUMENTS

**Copy of Rental/Lease Agreement
 and a Current utility bill (Please feel free to
 black out any dollar amounts)**

Email to the below Guidance Technicians

A-K Betty Velasquez bvelasquez@murrieta.k12.ca.us
 L-Z Cara Finch CLFinch@murrieta.k12.ca.us



2024 FOUR-WAY SPEECH CONTEST

You can pick up an application from Adelle Lynton in Student Support or download from the Counsleing 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

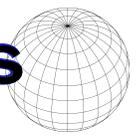
Presbyterian Church located at 702 Euclid Avenue,

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.

COLLEGE PRESENTATIONS 2023



NOVEMBER 8

UCR

8:30-9:15AM

Library

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



NOVEMBER 9

SUU

10:00-10:45AM

Counseling Office

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



NOVEMBER 16

CSUF

10:00-10:45AM

Library

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



NOVEMBER 30

Whittier College

10:00-10:45AM

Library

<https://forms.office.com/r/NQsiaH27Au>



MURRIETA FIELD OF HONOR IS LOOKING FOR VOLUNTEERS! PLEASE SIGN UP HERE OR WITH ADELLE LYNTON IN ROOM 814

<https://www.signupgenius.com/go/10C0E4EAE72DA0FCC61-murrieta>

- 11/4/23 - This day we will helping set up 2000+ flags in Murrieta Town Square.**
- 11/11/23 - Rotary is looking for students to carry flags in the Veterans Parade.**
- 11/12/23 - Striking the feild, this day we take down all of the flags to place in storage for the year.**

LEADERS DON'T REATE FOLLOWER THEY CREATE MORE LEADERS



GARDEN Club

The Murrieta Valley Garden club was thrilled to do a presentation on Milkweeds to Murrieta's The Colony retirement communities Petal Pushers club. The members of the MV garden club provided a brief talk on the importance of milkweeds and how to care for them, highlighting the fact that monarch butterflies rely on milkweeds for survival.



The group also discussed the best growing practices for milkweeds and the optimal time to plant them. Afterwards, members gave away more than 50 milkweeds to the seniors who were excited to receive them. The MV Garden club hopes their efforts will bring many monarchs to the Colony's Petal Pushers!

