



September 2019

# Panther Press

Shivela Middle School

## Principal's Message

Dear Panther Parents and Students,

We hope all our families and your homes are safe and secure after last week's Tenaja Fire. Our local and regional first responders did amazing work to keep all structures intact. We have enough instructional time built into the school year to absorb those days, so there won't be any replacement school days needed.

As we get into the heart of our academic year, please make sure to stay aware of how your child is doing in their classes and at school. Regular conversations about what is going on in each class will help keep you informed. Also, get in the habit of checking grades and assignments in ABI. If you have any questions or concerns about grades, please reach out to their teacher. Our first 6 week progress report is only a couple weeks away!

Wednesday is Club Rush at Shivela! We want every student to get involved on campus in some way. Clubs are an excellent opportunity to make friends and connect to school. Last year we had 27 clubs on campus....let's break that record this year! This Friday, September 13, is Crazy Sock day, so get ready to show off your radical socks!

Thank you, as always, for your support of our school!

Living the Panther LIFE (Learning, Integrity, Friendship, Excellence)

Mike Marble

Principal

### September

9/2 NO SCHOOL  
9/4 Step it up Fundraiser Collections  
9/6 Club Rush MPR 11:00am  
9/9 Early Out  
9/10 7th Grade Harassment Lessons  
9/11 7th Grade Harassment Lessons  
9/12 7th Grade Harassment Lessons  
9/16 Early Out/Final Make up photos  
9/20 Back to School Dance 3:30-5:00pm  
9/23 Early Out  
9/25 Panther of the Month  
9/28 PASS 8:00am-12:15pm  
9/30 Early Out

### October

10/7 Early Out  
10/10 UCSD Field Trip 7th Grade  
10/11 Connections Camp  
10/12 Connections Camp  
10/13 Connections Camp  
10/14 NO EARLY OUT  
10/16 Early Out/College Career Kick-Out  
10/16 PSAT MPR  
10/17 Great Shake Out 10:18am  
10/21-10/25 Early Out /Parent Teacher Conferences /Red Ribbon Week  
10/26 PASS  
10/28 Early Out  
10/29 CCGI Lessons 6th Grade  
10/30 CCGI Lessons 6th Grade

### November

11/4 Early Out  
11/7 Fall Band Concert  
11/8 Veterans Breakfast in the Library 8:15am to 9:15am  
11/11 NO SCHOOL Veteran's Day  
11/13 Field of Honor Field Trip  
11/13 SPED Parent Night MPR 5-8pm  
11/15 AVID Field Day  
11/15 Harvest Dance  
11/18 Suicide Prevention Awareness MPR 4-8pm  
11/20 Panther of the Month  
11/21 Kindness Day  
11/22 Turkey Trot  
11/25 NO SCHOOL  
11/26 NO SCHOOL  
11/27 NO SCHOOL  
11/28 NO SCHOOL  
11/29 NO SCHOOL

### Principal:

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### Assistant Principals:

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### Counselors:

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Sharon Tucker ~ 7th grade  
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lenglish@murrieta.k12.ca.us

### Site Secretary:

Rudy Rivera  
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(951) 696-1406 x 4097

### Website:

www.murrieta.k12.ca.us/shivela

Location: Murrieta Mesa High School  
24801 Monroe Avenue | Murrieta CA, 92562

**stepUP to success**

SEPT 12 A parents guide to supporting student success

Schedule:  
5:00-6:00 Dinner (free)  
Student Showcase  
6:00-8:00 Workshops

Workshops will be conducted in English and Spanish (K-12)

Ubicación: Escuela secundaria de Murrieta Mesa  
24801 Monroe Avenue | Murrieta CA, 92562

**stepUP to success**

el miércoles 12 de septiembre de 2018 5:00pm - 8:00pm

Una guía para ayudar a los padres apoyar el éxito de su estudiante

Horario: 5:00-6:00p  
6:00-8:00p  
Cena y el escapearte de estudiantes  
Talleres

Todos los talleres se realizarán en inglés y español (K-12)

### PASS (Panther Academic

**Support Saturday)** is an enrichment program to help students with academic success. Our 1st PASS Saturday will be on September 28th from 8:00-12:15 pm. Be sure to look for the PASS Permission Slip to be filled out later this month so you can attend.



Follow us on Twitter @ShivelaLife

### Table of Contents:

Page 2—Counseling Corner

Page 3—Panther Tech News

Page 4—Peachjar.com Flyers; Box Tops



# Counseling Corner

**"To inspire every student to think, to learn, to achieve, to care."**

## Welcome back to another amazing school year!

Each of our students comes to school with tons of assets and possibilities. How do we tap into their potential and make this school year their best yet? Well, here are some tips:



### School Involvement

The more students are involved, the better students they will become. There are ways to become involved regardless of the amount of time they would like to commit. Some activities on campus are:

- Clubs, and if no existing club is of interest to them... make your own Intramurals during lunch
- September is attendance awareness month!

### Homework

Commit to at least 1 hour every school day of school work (it may be longer when your student has a big project). This can include homework, reading, studying for test, reviewing notes, increasing vocabulary, practicing math problems. Here are some tips for this hour of power:

- Organize your space
- Have all supplies handy
- Remove all distractions (including the phone)
- Have a plan in place in case you are absent (for example: A friend's phone number, teacher web site)
- \*\*\*Need help...Homework club is after school on Tuesdays and Thursdays!

### Youth Programs/Community Service

Did you know that we have a community service club at Shivela, Interact? Serving others is good for you. Here are the top 5 benefits from volunteer service:

- Learn to respect others
- Learn to be helpful and kind
- Learn to get along with and relate to others
- Learn to understand people who are different from you
- Develop leadership skills

Source: Volunteering and Giving Among American Teenagers 12 to 17 Years of Age

### Friends

Choose your friends wisely.

- Does your sons/daughters friends share common values, interest and have high expectations for themselves?
- Are they kind to others?
- Do they have good work habits?

### Set High Expectations

When high yet realistic expectations are set, your student will stretch to reach them. But remember:

- Mistakes are okay
- Everyone makes mistakes

- Mistakes show that you are learning
- Mistakes show that you are trying something new or different
- Mistakes allow you to see your own improvements
- Mistakes allow you to learn from others

Source: What Teens need to Succeed by P. Benson, J Galbraith, P Espeland

### Parent Involvement

We need your help! Please join and become involved in PSTA and or Watch Dog Dads.

### Ask for help when needed

The counselors offer several support groups for our students at Shivela. Please let us know if your son or daughter could benefit from one of our support groups.

- *Changing Families*-This group offers students the opportunity to meet with others who share similar experiences. Students who participate in this group have parents who are separated, divorced, remarried, or deployed military parent. Often students felt that their situation is unique, that no one has felt the way that they do. The group provides opportunities' for self-awareness, sharing with others, problem solving and better communication.
- *Grief and Loss*-This group offers support for students who have experienced death of a parent or other close family member. This group gives them the opportunity to share their fears and concerns with others that are living with a similar loss. The group will learn the stages of grief, how to cope, and how to continue with a healthy life through discussion and activities.
- *Boys Group*- General group to help student with typical boy issues and coping skills.
- *Girls Group*- General group to help girls with typical girl issues and coping skills.

In addition to support groups, the counselors will be providing grade appropriate guidance lessons in the classrooms throughout the school year beginning this month. Please refer to our website for more information on the wonderful programs offered here at Shivela.

We are excited for the opportunity to get to know and work with the World Greatest Middle School Students and their families!

Mr. English  
Counselor  
7th Grade

Mrs. Gomez  
Counselor  
6th Grade

Mrs. Tucker  
Counselor  
8th Grade

# *Panther Tech News*

Hello Panthers,

To start us off for the school year, I want to introduce you to my favorite website as a parent for resources, ideas, and even ratings on anything and everything that our kids may be exposed to. This website is also the one that we use on campus to teach our students about being responsible and good digital citizens. Common Sense Media is the “nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century”. I'll walk you through a few of the must haves of the website and link them below:

1. Family Media Agreement: “A healthy media diet balances three things: what kids do, how much time they spend doing it, and whether their content choices are age-appropriate. Mixing media and tech time with other activities will help families find that happy medium. Use our Family Media Agreement and Device Contract to set realistic rules that make sense for your family so you and your kids can make the most out of media and tech time.”
2. App Reviews: The app reviews page allows you to search of apps your child may want to use or download. All reviews are given by parents for parents. These reviews are not written by the app developer, so you get everything from a parents perspective.
3. Movies & TV show reviews: This section is just like the App reviews except it is all about movies children can find on Netflix, in theatres, etc. 4. Device Free Dinners: When you have a family dinner, commit to putting devices away for those 30 minutes, turn your devices on silent. Better yet, put them somewhere where you can't see them and where a notification won't tempt you to check it. Enjoy a device-free dinner as part of a healthy digital lifestyle, and make the most of family time.

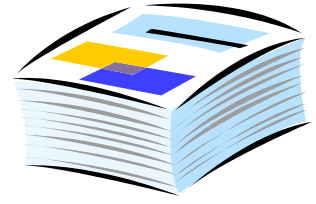
Please take a minute or two to explore all that Common Sense media has to offer. Next month we will tackle how to help monitor and control your child's cell phone through Our Pact.

Dr. Darlene Painter Assistant Principal





All the flyers that have been district approved are posted on Peachjar.com. [Click here](#) to view the flyers. If you would like to type in the link directly, go to:



# BOXTOPS FOR EDUCATION



We earn 10 cents  
for each boxtop

Earn \$\$\$ to buy  
**SCIENCE** supplies



Bring boxtops to room 306 or the front office



## IMPORTANT NOTICE!

Students **MUST** have proof of a **Tdap vaccine** before starting school their 7th grade year. If you need more info, please contact the school health office, or for **FREE** vaccines, contact Riverside County Health Dept, 2499 Lakeshore Drive, Lake Elsinore (951) 471-4200.