

# VISTA MURRIETA HIGH SCHOOL

## *HOME OF THE BRNCOS*

A California Distinguished School

3-Time CIF Champions of Character

2-Time Max Preps 'Most Spirited School in the Nation'

## PONY EXPRESS NEWSLETTER

### Friday, October 8 - 2010

***Varsity Football Tonight Away!*** Tonight Bronco football fans travel to west LA to Palisades Charter High School to play the Pali High Dolphins. Kickoff at 7pm and remember, away ticket prices are a bit different for students: any school ID (ASB or regular) is \$5 - ASB is not free at away games. No ID is General Admission price of \$8, with children under 13 and senior citizens \$5. Ticket prices are set by CIF not by the high schools. And remember: Next week the Friday game vs. Chaparral was moved to Thursday, October 14 due to Fox Sports filming of that game and don't forget to purchase a Reserved Seat for only \$16. GO BRNCOS!

***Band Competition THIS Weekend!*** Can you believe that our Golden Alliance marching band will be sponsoring their 5th Annual Tournament of Gold Field Show Competition this year? And it's THIS weekend, Saturday, October 9th at Bronco Stadium. The show will feature 12 high school marching bands from all over SoCal and Arizona. If you love the big band sound and the cadence of drums and all the color and pageantry, come support the Bronco marching band and color guard and see why they are superior in all ways! General Admission \$10/ Students w/ID, Military & Senior Citizens \$7. Gates open at 3:30pm and the show starts at 4:30pm and ends with awards about 9pm. Good Luck G.A. ~

***Speech & Debate Anyone?*** Want something different, stimulating and FREE to do this Saturday? Anyone can come and watch the Bronco Speech & Debate Team's rhetoric at this weekend's National Forensic's Debate Competition at Yucaipa High School. You may observe and if interested, you may sign up to volunteer to judge at a future tournament! Come support these silver-tongued debaters as they represent VMHS with CLASS! The Bronco team has quite a bit of talent and this season should be very competitive. Check out future events on 10/30 at Jurupa Hills HS and at Carter HS on 11/20. For more information on the Debate team, see Mrs. Lapierre in room M120.

***Spread the word, Not the FLU!*** We are pleased to let you know that VaxAmerica, a national vaccine service provider that is a program of Temecula-based FFF Enterprises and the nation's largest distributor of the flu vaccine, will be conducting another flu clinic for our community - TOMORROW, Saturday October 16 from 9am-noon at Thompson Middle School's MPR. You can register online or walk-up on the day of the flu clinic, and everyone, ages 4 years and older are welcome. Register online at [www.VaxAmerica.com](http://www.VaxAmerica.com) and click on the "Murrieta Clinics" button. The cost per shot is \$25.00. Payment for walk-ups will be cash and check only, however if you register online, you can use credit card, debit card, Medicare, Medi-Cal and insurance for payment. Please note the closing dates for online registration for each of the clinics below. This year's seasonal flu vaccine includes the H1N1 pandemic strain so only one shot is needed. Even the most conscientious person can unknowingly spread the flu, so be sure to protect yourself and your loved ones by getting a flu shot.

***DEADLINE WED-SAT Practice, National Merit Scholarship & PSAT!*** College bound sophomores and juniors, and even freshmen, now is the time to register for the PSAT with the deadline to signup (and pay!) THIS Wednesday! This is less than half the cost of the real SAT. Taking the PSAT is a great predictor of your future SAT scores, and gives you a great starting point to determine where you should start studying to make adjustments in preparation for the SAT and ACT. For our high achieving college-bound juniors, this is the only opportunity to enter the National Merit Scholarship - you must take the PSAT! Winners of this prestigious award are determined by how well they do on the PSAT as juniors. The test will be held on Saturday, October 16 at 8am here at VMHS. Please pay online at The Trading Post Online or see the bookkeeper and bring \$23 to sign up for the test. Again, the deadline for payment is THIS Wednesday, October 13. Good Luck testing!

***Yearbooks Ads for Seniors!*** This is a special reminder for parents of Bronco seniors. The special "discounted" early bird deadline for submitting your student's senior grad ad for the yearbook is coming on October 14. Don't miss out on this once-in-a-lifetime opportunity. You can design your page or portion of a page, any way you want, with pictures, special comments and artwork. For more information, please visit [www.theyearbookcompany.com](http://www.theyearbookcompany.com) or call 951-274-9561.

***Freshmen - Be Afraid, Be VERY Afraid!*** It's Halloween season and time to do the traditional 'scary' stuff' and hang out with friends to lament that the days of door-to-door 'trick or treating' are over! Join Link Crew as they host ALL Freshmen for Halloween Movie Night THIS COMING Friday, October 15 from 6pm -9:30pm in the MPR. There will be a costume contest and of course a scary movie! Tickets are \$3 presale in room WW7 or \$5 at the door and include the Super Famous Link Crew Super Nachos (cheese, chili, sour cream jalapenos, yum!), drinks, prizes for best costumes (sorry, no masks or bare midriffs - school dress code will be enforced), Halloween activities, a dance off w/strobe lights & special effects and more. Don't miss this chance to hang with your freshman crew on a Friday night! Note: The varsity football game vs. Chaparral originally scheduled for this night was moved to Thursday, October 14 due to it being filmed live by Fox Sports Network.

***College & Career Center Makes It Happen!*** There is so much that happens at VMHS to prepare students for college and the work place - we want to make sure you know about a great resource - our College & Career Center. You can get information about monthly on-campus college presentations, upcoming college open house dates and college and job fairs as well as individual college information sessions in our area and work permit regulations. Official transcript requests for colleges and work permits are processed here. The College & Career center also coordinates information regarding career assessments, ASVAB, the financial aid application process, FAFSA, testing information, scholarships and community service opportunities. The College & Career Center, located in our library, is staffed by Guidance Technician Mrs. Kim and the hours are 8am to 2:45pm daily. Check out their webpage (accessed from the VMHS website at [www.vmhs.net](http://www.vmhs.net) under School Directory) which has a ton of information and all the forms you need to download. For more information, please contact Mrs. Kim at 894.5750 extension 6589.

***Boston Univ, U Penn, UCSD - College Admissions Visits...*** Yes, here at VMHS! College admissions counselors from small and large private schools throughout the US are scheduled to visit the College & Career Center throughout the year. Students can ask individual questions that may not be found on their website. Many of the admissions counselors are also recent graduates of the college/university, so they can give students a personal feel/opinion of campus life. They also bring students brochures and students fill out a postcard so that they can receive further correspondence from the institutions they are interested in and be on that mailing list. Having communications with these actual admissions counselors can help students better understand the admissions process. With the smaller schools, meeting their admissions counselor may help make a positive impression. These visits are normally scheduled during the school day, so interested students in any grade need to sign up at the College & Career Center to get a pass to attend. Here are some visits scheduled for the near future:

10/13 Azusa Pacific University, Azusa 9:30 am  
10/15 University of Pennsylvania 11:00 am  
10/18 University of Southern California 9:30 am  
10/18 Boston University 11:45 am  
10/21 University of Redlands 9:40 am  
10/27 University of California, San Diego 11:30 am  
11/30 La Sierra University, Riverside 8:00 am

***Chaparral Varsity Football Game Televised & Date Moved...*** The Chaparral vs. VMHS football game which was originally scheduled for Friday, October 15 at 7 pm has been changed to THIS Thursday, October 14. This change is due to a request from our CIF Southern Section and Fox Sports Network to televise the game – COOL! Approval was received from both schools and our district, and the date has been confirmed. The MVUSD Board meeting scheduled this night has been moved to earlier in the week - Tuesday, October 12. We are told that due to a Kings' game, our game will be broadcast delayed (almost live!) on FSN beginning at 8pm, but our kickoff will remain at 7pm. Buy those reserved seats now; this game will definitely be a sell-out!

***New York in Murrieta 4 Days?*** The Drama Department is proud to be presenting *Stage Door* for their fall play to be held October 20-23 at 7pm in the VMHS PAC. This story, based in New York City and written by Edna Ferber and George S. Kaufman, is about the boarding house of Mrs. Orcutt, where the hopes and ambitions of 16 wanna-be actresses who have come there to pursue careers are hilariously revealed. The central plot has to do with courageous Terry Randall, who fights against discouragement for a position in the theater. One of her fellow aspirants gives up in despair, one gets married, and one goes into movies, but Terry, with the help of idealistic David Kingsley, sticks to her guns. This is a classic that the whole family can enjoy. Advance tickets are \$5 from the bookkeepers. The Box Office opens at 6:30pm and students w/ASB will be \$6 and no ASB \$8 with children 10 & under and senior citizens \$5.

***Fundraiser for Creekside High School*** - Help our MVUSD continuation high school raise money for their Attendance Rewards Program and Senior Activities. Attend Rubio's restaurant on October 23 between 2 and 11pm and the school will receive 20% of whatever you order to eat in, take out and catering orders. Be sure to mention MVUSD/Creekside High School when you pay, so they

**Alumni Basketball Event!** This annual event is being expanded this year to include more activities for participants and spectators - alumni players vs. the current Bronco varsity players with alums and current Broncos cheering on their favorite players and team. It will be held on Wednesday, November 24, the day (evening) before Thanksgiving, in order to get the most alums possible that may be in town for the holiday. Players entering this event are Bronco men's and women's basketball alumni and will get a free BBQ dinner, but need to join the Bronco Alumni Association for single lifetime payment of \$25 (purchase at The Trading Post Online). We encourage anyone (all alums and current students and families) to attend this great event. There will be a Women's Game at 5pm, half-time activities (3-point shooting contest and slam-dunking display), and a Men's Game at approximately 6:15pm. After the games, there will be a catered BBQ dinner in the small gym, with tri-tip, chicken, and all the fixin's. Admission for game and dinner is \$35 and must be purchased by Nov 1) and 'game only' tickets are \$10 and will be available at the door. There will also be raffles and a silent auction. For more information about this event, please contact Head Coach, Mr. Chris Jones at 951.970.6268. Come on Alums - get the word out and be here for this Bronco tradition.

**2nd Annual VMHS Library Read-A-Thon** Teen Read Week is coming October 17-23 and to celebrate reading and to earn funds for the purchase of new books our library is sponsoring their annual Library Read-A-Thon on Tuesday, October 19 from 2:30-4:30pm. The VMHS Library will host students who have gathered pledges for reading the two hours in the library and students can read their own personal book from home, a book from the library, or required reading for classes, such as AP Government, English, etc. Students MUST stay and read the entire 2 hours. Snacks will be served, and there will be a prize for the person who gathers the most in total pledges. There will be Literature Games and a drawing for prizes. Students sign out a pledge envelope from the library Front Desk (available now) with all pledge envelopes due back to the library by Wednesday, October 13th. A minimum of \$10 TOTAL in pledges per student is required in order to attend the Read-A-Thon and space will be limited, so sign up early. Please encourage your student to participate, take a break from all the stress and curl up with their favorite author in our comfy lounge chair and join us in this celebration of READING! We would love for parents to join us too!

**Early Release?** Students with Early Release will not be allowed to leave campus without a current school ID card which has their picture and appropriate Early Release information. You will be asked by Security to return to the Attendance Office to have your parents called to verify your reason to leave campus. You may have your photo taken for free and/or your ID card replaced at the Trading Post (student store) - see Mrs. Charron for details.

**Recycling Fair Coming** ~ It's that time again, recycling season and ASB is again hosting this recycling event to help you rid your home of anything recyclable or electronic. So, save the Earth and recycle your stuff. Two dates this month - October 23-24, Saturday and Sunday from 8am to 3pm in the VMHS front parking lot. Come on folks, get rid of: CAR BATTERIES, COPIERS, RADIATORS, CELL PHONES, COMPUTERS, REMOTE CONTROLS, CRV BOTTLES, FAX MACHINES, STEREOS, CRV CANS, MONITORS, TV'S, COMPUTERS, PRINTERS, VCR'S and more. All proceeds from this event go to VMHS Student Activities and Athletics. Thanks for thinking GREEN and supporting Bronco Student Programs!

**The White Zone Is For Immediate Loading and Unloading of Passengers Only... Think the classic movie Airplane!** But really, due to heavy congestion in our front parking lot and drop-off zone, for safety reasons, no cars are allowed to park along the curbs in front of our gymnasiums and directly in front of the administration and theater buildings. This entire area is a high traffic area and becomes hazardous for drivers and pedestrians when there are parked cars. You will notice most curbs are now painted red or white and No Parking signs have been posted. **If you are parked in either of these zones (red or white) and not in your car you will be ticketed** - these are municipal tickets and can be issued by MPD or our campus security and if not paid, will go on your driving record. This includes parking during any before/after hours sporting and school events/practices. Please use the ample parking spaces we have on campus, many just steps away from this area, and let your students walk a bit further - it's healthy! Thank you for your support!

**Seniors ~ It's Official** - The CSU college application period has now opened. All CSU applications must be submitted via [www.csumentor.edu](http://www.csumentor.edu) by midnight, November 30 (Tuesday this year). Likewise, seniors can begin the UC application process at <http://www.universityofcalifornia.edu/admissions/>, however you cannot submit until November 1. Like the CSU application, the UC application is due by midnight, November 30. Do not wait until November 30 to submit your application. Reality Check: Often at this time of year, near the deadline, the CSU and UC application servers crash and thousands of applications are lost, so take precautions and get it done early! Do not be one of those students whose time and effort are wasted due to procrastination. Any questions, see your counselor. AND lastly...all UC and CSU schools will accept the December administration of the SAT or ACT, except for San Diego State, who only accepts the November administration as the last college entrance examination. Seniors do not take any SAT or ACT after the December administration, as virtually no schools will accept those scores for Fall 2011 admissions.

***Bus Citations - A Reminder...*** It is important for students and parents to know that behavior expectations at school extend to students on their way to and from school, including on district buses. MVUSD bus drivers are actively engaged in supporting proper student behavior, which includes all high school students. In recent years, School Board action changed Board Policy 5131.1(a) as it applies to transportation: "The Superintendent or designee may deny a student the privilege of using school transportation upon the student's continued disorderly conduct or his/her persistent refusal to submit to the authority of the driver (5CCR 14103)", however, change to positive behavior remains the primary focus and ultimate goal. Bus drivers will warn students, but if poor behavior choices continue, the student will be given a citation which will go immediately to school administration, as well as to the parent. This process can result in suspension of bus privileges. The citation process is not intended as a tool to "kick students off the bus", but to foster acceptable behavior among all student riders.

***Conservation Summer?*** Student Conservation Association is offering a tuition-free summer on a national Conservation Crew to high school students who want to help take care of America's public lands. It's a chance for our students to join a team of 6-8 students, and spend 3-5 weeks in the wilderness helping to build trails, and clean up our national parks or they have locations near urban and beach areas. Check out their webpage for more information, an application, schedules and deadline at <http://thesca.org/serve/national-crews>.

***Hey Parents - Are You Interested in Working at VMHS?*** School is looking for committed parents to be substitute employees at our school site. Instructional Aides, Special Education Assistants, Campus Supervisors, and Nutrition Services Workers are needed on any given day for our school site should the regular employee be absent. We think our Moms and Dads make the best employees for our students. Hours for each job vary and can be for a minimum of 1 hour or up to the length of the school day. Hourly rates range from \$8.64 - \$12.02. An information meeting will be held at the District Support Center on October 19 at 10am where you can obtain most of the paperwork needed to begin the process. If you are interested in attending, please reserve a spot by emailing Maggie Estep at [mestep@murrieta.k12.ca.us](mailto:mestep@murrieta.k12.ca.us) or call her at 696-1600 ext. 1204.

***Keeping Kids on the Right Path...*** For those of you who do not know about YAT, Youth Accountability Team, it is an intervention program involving the Riverside County Probation Department, Murrieta Police Department, Riverside County District Attorney's Office, Murrieta Valley Unified School District, and Family Service Association. Our Murrieta YAT team consists of John Therien (Murrieta Police Department), Probation Officer Martin Jasso (Riverside County Probation Department), Yvette Poullard (Riverside County District Attorney's Office), and Counselor Angela Garcia (Family Service Association). Community-based organizations and other county agencies provide services to area youth and their parents. A wide variety of counseling services are available, including substance abuse, anger management and individual treatment. YAT focuses on misdemeanor offenders and at-risk youth ages 12-17 for delinquent behavior, exhibiting one or more of the following: substance abuse, school discipline problems, family conflict, mental health issues, gang association and truancy. Contact is made at the school, home and in the community. An assessment of needs is made, followed by appropriate referrals for services. Participants can be placed on Informal Probation contract for up to six months. The majority of our referrals come from police reports however anyone in the community can submit a referral throughout the school district - this includes staff members, other students, parents and community members. They are housed at Vista Murrieta High School, but support all the MVUSD schools. If you have referrals, please contact John Therien at 894.5750 x6657 or email [jtherien@murrieta.k12.ca.us](mailto:jtherien@murrieta.k12.ca.us).

***Health Careers Exploration October 18!*** If you are looking for a resource to explore careers and healthcare is on your list, check out the new district Career Path Initiative, in concert with the Lifelong Employment and Academic Planning (LEAP) Center, which will be holding a series of information nights for students and parents pertaining to specific career clusters, the first of which will take place on Monday, October 18, and will feature careers in Health Science. The featured speaker will be Chuck Dart from Loma Linda University Allied Health. For more information, please contact Mrs. Kim in the College & Career Center.

***Blue on Blue...*** Do you dream of getting a classy Bronco navy blue letterman's jacket? Well, you don't have to be an athlete to get one. You can earn academic letters and letters for band and other commitments on campus. Our letterman's jacket representative from Fancy Stichen' visits our Athletic Director's office every other Thursday during lunches - stop in and check out the jackets and patches available and pick up an information sheet on prices. There are many patches available such as; varsity letter available at end of each season; scholar-athlete for a 3.0 minimum GPA for those who earned a varsity letter; tri-sport athlete for athletes who letter in three varsity sports; school of character (remember, VMHS was awarded unprecedented back-to-back awards in 2005 and 2006 and in 2009!) and these are for anyone who attended VMHS after 2005; Max Prep sports spirit awards (again, back-to-back awards in 2009 & 2010), another remarkable VMHS award for varsity letterers who attended VMHS after 2008 as well as chevrons for repeat awards. You can also customize your jacket with embroidery of names/nicknames, quotes etc. Check it out, the cold weather is coming and you'll look great in the classy navy-on-navy Bronco jacket!



**Only Two Home Games Left & Reserved Seats for Football Still Available!** Hey Bronco fans - there's still time left to get reserved seats for the remainder of home games (Chaparral next Thursday, 10/14 and Great Oak Friday, 10/29), for only \$32 (\$16 each). There are still some new Reserved Seats available. Remember, 268 new seats with the comfort of a back were installed in Bronco Stadium and those not sold yet are just \$32 for the season (prorated \$16 for each game passed). The seats are located directly below the home side of the Press Boxes from top to bottom between the 40 yard lines and will be good for all home games. OR...you may purchase individual reserved seats per game in advance or at the ticket window for \$16 each. Just think, you can stroll through the ticket gate right before kickoff, be ushered to your seat and not have to worry about waiting in line or elbowing your way into a tiny space with no back! The additional benefits for all Reserved Seat Season Ticket holders are: at CIF Games, purchase CIF Tickets (at the CIF Base Price) and receive the same guaranteed seat at home CIF games; free admission to all home Freshman and JV football games (but with no reserved seating). Adult supervisors and student ushers will be stationed to manage the reserved seating section and escort reserved seat ticket holders to their seats. They may be purchased on-line at The Trading Post On-Line or from a VMHS bookkeeper. NOTE: Freshman and JV games will charge an admission fee beginning this season - so purchase now and SAVE! Thank you for your support and enjoy the season ~ GO BRONCOS!

**Salsa is BACK!** The VMHS Latino Union is again hosting FREE Salsa dancing by instructor Aaron Perez in the Dance Room (A157 across from the Pool) from 6-7:30pm ALL Mondays that are NOT HOLIDAYS beginning September 20th – November 15th. Aaron and his father have worked very hard growing the Salsa community here in Murrieta for the last couple of years. Once comfortable with some salsa moves, meet the Latin Dance Club Wednesday's afterschool in Room E220, and Andy's Café on Friday nights - where Salsa is HOT! The club is open to students but Andy's Café is open to students, parents, friends and the VMHS community. All you die-hards from last year, please note there will be a beginner's class and an intermediate-to advanced level!

**Student Support Available** - The counseling department is starting their first round of support groups this semester. Three different are available: Grief group, Girls group and Getting Your Act Together. Students may be referred by teachers, friends, counselors or administrators and may sign up themselves as well. Participating students will be required to make up any missed work from class. The Girls Group (9th grade) is an open-ended group that will focus on promoting healthy, positive behaviors in girls with discussion topics on issues that girls face as they become young women, and tips on handling relationships with family and friends, at school and at home. Students will be encouraged to discuss situations that create stress in their lives in an attempt to help them develop effective strategies for coping. The Getting Your Act Together (9th & 10th grade) group is also an open-ended group that will focus on assisting students who are wrestling with the stress and demands of life as a high school student. Students will be encouraged to discuss situations that create anxiety and confusion in an attempt to help them develop effective strategies for coping. The Grief Support (all grades) group will provide support for students who have experienced the loss of a family member or loved one and will assist students in dealing with their grief and ways to cope. The Hospice Facilitator will discuss the Six "R" Process of Mourning in Relations to the Three Phases of Grief and Mourning. For questions about these groups, please contact Counselor, Claudia Gomez at 894.5750 x6685.

**YEARBOOK NEEDS YOU...** Please send in pictures of yourself, your friends, your boyfriend or girlfriend to [vmhsyearbook@gmail.com](mailto:vmhsyearbook@gmail.com). You know how people get their yearbook at the end of the year and say, "Wow! I wish there were more pictures of me in the book!" Well, here's your chance! We are currently looking for photographs of Vista students on the weekends, on vacation, at work, enjoying a hobby or extreme sport. Don't miss out - this is your chance to get in the book! Send in your photos NOW!

**COMMUNITY SERVICE** You may download the Community Service Hours form from our website at [www.vmhs.net](http://www.vmhs.net) from the tabs School Directory/Counseling/Parent Student Downloads - form near the bottom. Community service must be for a formal non-profit organization (501C3 tax status) - no babysitting, lawn mowing etc. For a suggestion list of local non-profits, or if you have questions, see our community service page in our 09/10 student handbook, also on-line.

**Murrieta City Council Candidate Forum** – and Proposition Discussion, hosted by Citizens for Quality Life in Murrieta (CQLM) will be held at Mulligan's Family Fun Center, THIS Monday, October 4 from 7-8:45pm. Students are needed to help as timers & greeters for this event to earn community service hours. Interested students should contact VMHS parent, Gayle Vergara at 764-2231 for more info.

**Teen Volunteer Program-Hospice of the Valleys** offers a unique volunteer program to support and provide care to patients and families. \$1,000 scholarship is available to student volunteers who have completed 50 hours of service. Call (951) 200-7800 for more information about the Hospice of the Valleys Teen Volunteer Program.

**Temecula United Methodist Church Craft Faire** This local church is having a Craft Faire on Thursday, 10/21 and Saturday 10/23 and they need student volunteers. See Mrs. Kim in the College & Career Center for details and contact information.

*Susan G. Komen Race for the Cure* This great national event is being held in our region on Sunday, 10/17 at the Temecula Promenade Mall. Volunteer applications are available in the College & Career Center.

### ***SCHOLARSHIPS***

*Coca-Cola Scholarships* - If you are a motivated, dedicated, involved senior, the Coca-Cola Scholars Foundation is awarding \$3 million a year in scholarships to 250 deserving students across the country just like you. A few minutes of your time could help get you through college and beyond. The deadline to receive completed applications is October 31 - apply online today! For additional information to to [www.coca-colascholars.org](http://www.coca-colascholars.org).

***Miss a Pony Express?*** You wouldn't...you couldn't! But if you do, remember the Pony is posted every Friday on our website under School Info and Newsletters. So, if you hit that delete button or are looking for information or history...Tadah! We value your readership and want to hear from you if you have comments or suggestions - contact Tracey Cooper at [tcooper@murrieta.k12.ca.us](mailto:tcooper@murrieta.k12.ca.us).