

# VISTA MURRIETA HIGH SCHOOL

## *HOME OF THE BRONCOS*

A California Distinguished School  
3-Time CIF Champions of Character  
2-Time Max Preps 'Most Spirited School in the Nation'

## **PONY EXPRESS NEWSLETTER**

Friday, February 11, 2011

**WEST SIDE STORY TONIGHT & SATURDAY!**

**SENIORS - FAFSA DEADLINE MARCH 2**

**COMMUNITY SERVICE DEADLINE FOR SENIORS - FEBRUARY 28**

**HOLIDAY MONDAY 2/14 - Presidents' Day**

**HAPPY VALENTINE's DAY!!**

**WEST SIDE STORY THIS WEEKEND!** The VMHS Drama Department is staging everyone's favorite classic, *West Side Story*, based on the book by Arthur Laurents, with music by Leonard Bernstein and lyrics by Stephen Sondheim. The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theater's finest accomplishments. Shakespeare's "Romeo and Juliet" is transported to modern-day New York City, as two young idealistic lovers find themselves caught between warring street gangs, the "American" Jets and the "Immigrant" Sharks. Their struggle to survive in a world of hate, violence and prejudice is one of the most innovative, heart-wrenching and relevant musical dramas of our time. The Bronco production features approximately 75 students serving in the cast, orchestra or as technicians including: Matt Malecki and Annica Cozort shine as Tony and Maria respectively, as do Melanie Tierce (Anita), Jacob Kasper (Riff), Dustin Frye (Action), Nick Sabio (Bernardo) and many other talented students. There are even special appearances by key faculty members: Principal Darren Daniel as Glad Hand, Activities Director Michael Pattison as Doc and Dean of Discipline Steve Rausa as Officer Krupke, who all lend their talents to the stage to help complete the cast - an insider says - you gotta see this! This production plays tonight and tomorrow as well as next week, Thursday through Saturday. Tickets on sale now for \$10/general admission and \$8/children 10 and under - see the bookkeeper or pay at the door - the first night (last night/Thursday) SOLD OUT, so get your tickets in advance and don't miss this oh-so-Bronco event! VMHS Drama ROCKS!

**Hypnotist Show TONIGHT...** The Murrieta High School's Scholarship Foundation, which supports graduating seniors from all district high schools, is hosting a Hypnotist Show fundraiser TONIGHT, Friday, February 11 from 7-9pm at Murrieta Mesa High School. Bring the whole family and all the kid for this fun-filled night. There will also be a silent auction with all kinds of wonderful prizes. This event is open to the public and is appropriate for all ages. All proceeds will provide scholarships for outstanding Murrieta seniors. Tickets at the door are \$15 for adults and \$10 for children 10 and under.

**National School Counseling Week** - The U.S. Congress prompts schools to celebrate "National School Counseling Week", this year celebrated from Feb. 7-11, based on a resolution honoring the important role school counselors play in students' lives. This helps focus public attention on the unique contribution of professional school counselors within U.S. school systems. School counselors play a vital role in the development of students on academic, social and personal levels and they have a tremendous impact on helping students achieve school success and plan for a career. The MVUSD employs about 30 outstanding school counselors. As we conclude this week, we want to thank our Bronco counselors for a job well done!

**Parent Volunteers Needed For Site Council!** The VMHS Site Council has an immediate opening for a parent volunteer. Site Council is an organized grass-roots type group made up of students, parents, community members, staff and administration. The group meets once a month after school for about an hour from September through May with no other commitment required. It's a great forum to give and receive

feedback about school programs and issues. If you are interested or you know someone who might be, please contact Tracey Cooper, Site Secretary at 894.5750 x6798 before March 1.

**Scholarship Foundation DEADLINE Tuesday** ~ The Murrieta High Schools' Scholarship Foundation gives thousands of dollars away each year to outstanding college-bound seniors from our high schools. Seniors with a 3.0 cumulative overall GPA (at the end of the 1st semester of senior year), AND who have plans to attend a two or four year college, technical, trade, or a vocational school during the academic year following graduation are eligible to apply. These scholarships are based on academic achievement, accomplishments, involvement and/or merit and are presented by local merchants, school groups, organizations, and individuals in the amount of \$250 or more. All you need to do is complete the application which includes student, college and parent information, accomplishments and an essay question and include a couple of letters of recommendation. The application is now available and posted on-line on both the VMHS and MVUSD websites. The Foundation members, as well as donors, review all applications and essays to determine recipients. You have nothing to lose by applying except - MONEY FOR COLLEGE! **The application deadline is Tuesday, February 15 by 4pm at the District office. Applications MUST be turned in to the district office (41870 McAlby Court in Murrieta) by that time and date, by the applicant. NO applications will be accepted at the school sites.** Good luck seniors - you earned it!

**End of 6-Week Grading Period NEXT WEEK!** Next Friday, February 18 is the end of the first 6-week grading period of the 2nd semester - Wow! that was FAST! This means LAST CALL to get those tests/quizzes made up and those assignments in before 2/18. Grades and comments will be entered Tuesday, 2/22 by teachers and Progress Reports will be distributed to students that week during class. A ConnectEd message will be sent to all families informing them of the actual distribution date.

**Freshman 4-Year Plan Review...** Freshmen parents should know that our counseling team just completed meeting with each freshman student to review their four-year plan. These meetings included topics such as: high school graduation requirements, A-G course college entrance requirements, study habits, time management and other important information for success. And by the end of February, they will have completed the career development component. If you have questions about your freshman's four-year plan, please contact the student's counselor. Counselors are assigned by alpha based on the student's last name and all counselor contact information is posted on the website at [www.vmhs.net](http://www.vmhs.net).

**DEALS - DEALS - DEALS - DEALS - DEALS!! 50-90% OFF...** 'Screamin' Daily Deals' can help VMHS take the heat off school program expenses! This is a website (part of Smart Card) that sends out one great discount deal daily to all registered email users - between 50-90% off your favorite restaurants, activities, beauty, entertainment and more - buy only the deals you want - no purchase is necessary! Registration is FREE and we receive \$1 for each email address registered with VMHS listed as their school to support AND a percentage of anything purchased. The first week this information got out to the Bronco public, we received over \$400! We have confirmed with our local rep and this site does NOT share or sell emails with other companies. Screamin Daily Deals was featured on both MSNBC and Good Morning America, where Screamin' Daily Deals' was the #2 tip on their Best Ways to Save Money Online segment. The funds earned will be distributed to reach the most students on our campus - 30% to ASB (general student program), 30% to Performing Arts, 30% to Athletics and 10% to the VMHS Alumni Association. We hope you take a short moment to check this out and register and then pass along this information to all of your friends and families - simply visit <http://www.screamingdailydeals.com/> or contact our local Rep, Nancy Burgess at [Nancy@screamingdailydeals.com](mailto:Nancy@screamingdailydeals.com).

**College Day - Friday 2/18!** Everyone has a favorite college for many reasons, so get ready for the next Bronco College Day next Friday, February 18. These days are scheduled throughout the year to promote college awareness and keep the college dream alive for students. On these days, students are encouraged to wear college clothing - and yes, on these days college jerseys and hats may be worn! This could be grandpa's alma mater, big sister's college, their favorite college due to an athletic team, color, logo or location or where they are headed - but college it is! Don't forget to break out that college gear!

**Hospitality & Tourism Event** ~ The next district-sponsored Linked Learning Career Workshop will feature careers in hospitality and tourism with Jason Rivas, Sous Chef from South Coast Winery Resort and Spa and Owner/Operator Elke Haskins from Simply Delicious Catering as key speakers. This event will take place THIS Thursday, February 17 from 6:30-7:30 pm at the Murrieta Mesa Career Center on Monroe Ave and is open to all district students and parents. For more information on the Linked Learning Initiative visit the MVUSD district website under College and Career.

**FREE Recycling Event February 26-27** ~ VMHS ASB is sponsoring an electronic recycling weekend on Saturday & Sunday, February 26-27). The event will take place in front of the school in the main parking lot from 8am - 3pm. You may bring your old electronic items and help student activities and the athletic department. Bring any size TV's computers, monitors, laptops, cables, big screens laptops, power cords, wires, telephones/cell phones/pagers and more. For more information, contact Hi-Tec Recycling at 800-981-9019 or visit their website at [www.htrecycling.com](http://www.htrecycling.com). Remember, this is a fundraiser...bring it, bring it all!

**ASVAB is FREE!** You don't have to join the military to take advantage of the FREE ASVAB test, which helps students determine their strengths and areas of interest. The ASVAB, or Armed Services Vocational Aptitude Battery, is sponsored by the Department of Defense and is a one-day three-hour, multi-aptitude, multiple-choice exam battery (test) which is given at over 14,000 schools nationwide. The ASVAB is given on campus and consists of 9 subtests: General Science, Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension, Numerical Operations, Coding Speed, Auto and Shop Information, Mathematics Knowledge, Mechanical Comprehension and Electronics Information and the scores are converted into 10 composite score areas, known as "line scores". No one passes or fails the ASVAB; scores are provided on a report called the ASVAB Student Results Sheet, with additional information to help you understand your score. The ASVAB provides scores for each of the individual subjects tested, as well as three academic composite scores; Verbal, Math, and Academic Ability; and two career exploration composite scores which can help students assess their strengths, interests and areas of improvement. Again, the ASVAB is FREE and all high school students should consider taking. If taken after high school, it costs hundreds of dollars and the closest location is in San Diego. The VMHS test dates are Feb 22 and 23. See Mrs. Kim in the College & Career Center for more information and to sign up.

**Summer School 2011** With the 1st semester well behind, some students may unfortunately be thinking about summer school due to a failing grade. Summer School 2011 will be held at Creekside High School (on Hayes Ave behind Thompson Middle School and Murrieta Valley High School) from June 20 through July 15 with two sessions daily: 7:30-10:45am and 11:15am-2:30pm. Attendance is critical and few absences/tardies are allowed. Courses normally offered are for those who failed 9th, 10th and 11th grade English, Algebra, Geometry, Sciences and US or World History with seniors receiving preference in order to graduate during summer. This year, Hybrid (virtual) courses will also be offered for those with failing grades. Applications are now posted on our website in the Counseling section and the deadline is May 23. See your counselor for more information.

**Youth in Government Day** The City of Murrieta and the MVUSD have joined together with a unique opportunity for high school juniors and seniors interested in government. The 2011 Youth in Government Day will be held on April 5-6 and is designed to provide students with an opportunity to participate in local government. Activities included will be: observing a City Council meeting, 'shadowing' city officials during their work days and working on a city project proposal for the design of the Golden Triangle which culminates in a special Youth City Council Meeting where the project proposal will be presented. Juniors or seniors must have a 2.0 GPA, no failing grades during 10/11 and must have passed the CAHSEE. A copy of the school transcript must be attached with the application, so see Guidance Techs for a Transcript Request well in advance of the application deadline of March 4. Applications and additional information are available from Mr. Fages in West Hall Admin or your social science teacher.

**School Accountability Report Card Now Available On-Line** ~ The annual School Accountability Report Card (SARC), which is a detailed report for the last full school year (2009-2010) has been released. Both a one-page fact sheet (Spotlight on Performance) and a detailed SARC report have been posted on both the district and the VMHS websites. These reports show individual school improvement by school year, as well as county and state averages for things like teachers, class sizes, student info, college preparation and the big one, the academic performance index or API and again this year, we jumped a whopping 14 points to a whopping API of 819 - U GO BRONCOS! Be sure to click on the school year 2009-10 - check it out under School Info and School Report Card.

**Broncos and National Signing Day** - Each year, National Signing Day, usually held on the first Wednesday in February, is the first day a high school senior can sign a binding National Letter of Intent for college sports. This year 26 top high school athletes from MVUSD took advantage of this high-visibility day to sign their letters of intent - 12 from VMHS and 14 from MVHS - following a signing ceremony held in the VMHS Gym Foyer. Superintendent Scheer congratulated the athletes and commended them for their hard work, dedication to their sport and for their commitment to succeed in the classroom. The Broncos have four softball players who will attend college on athletic scholarships: Jenna Molina, Katie Tackett, Heidi Velk and Madison

DeMott; Running back and sprinter-jumper Jovonte Slater, one of the fastest players in SoCal, turned down offers from Army and Navy for USC; and Tisha Abrea, the Broncos' No. 1 female golfer, will fulfill her lifelong dream to play golf in college, and then, perhaps, professionally. For these students, they had things lined up and a decision made and they took advantage of making their college commitment now, but many more outstanding Bronco athletes will make similar decisions in the coming months. Congrats to all of our outstanding Bronco athletes and good luck in collegiate athletics!

Tisha Abrea/Golf - CSU Fullerton  
Emma Bennett/Soccer - Cal State Stanislaus  
Derek Brown/Football - University of Washington  
Madison DeMott/Softball - Cal State San Marcos  
Andrea Lammers/Soccer - Cal State Los Angeles  
Ashley Lovett/Basketball - Loyola Marymount  
Jenna Molina/Softball - Auburn University, Montgomery  
John Sanchez/Football - San Diego State  
Jovonte Slater/Track - USC  
Katie Tackett/Softball - Eastern Kentucky University  
Corey Vanderpool/Soccer - Dominican University  
Heidi Velk/Softball - University of Virginia

**CAHSEE - You Gotta Have It!** The purpose of the CAHSEE (California High School Exit Examination) is to improve student achievement in high school and to help ensure that students who graduate from high school can demonstrate grade-level competency in reading, writing and mathematics - passing is a graduation requirement. Students first take the CAHSEE in the tenth grade, this year March 8-9. If they don't pass either the English/language arts or math portion, they can retake the test in the 11th or 12th grade and may retake all or part of the CAHSEE three times in their junior year and up to five times in their senior year. School districts have been giving the CAHSEE since the 2001/02 school year, however the 2005/06 year was the first that passing the test was required for graduation. The English/language arts portion of the exam measures whether a student has mastered reading and writing skills at the 9th or 10th grade level including vocabulary, writing, writing conventions, informational reading and reading literature. The math portion of the exam includes arithmetic, statistics, data analysis, probability, number sense, measurement and geometry at 6th and 7th grade levels. It also tests whether a student has mastered algebra, a subject that most students study in the 8th or 9th grade. Answers to FAQ's about this exam can be found on the CDE (CA Dept of Education) website at [www.cde.ca.gov](http://www.cde.ca.gov). For students wanting to prepare for these tests, even though they are cumulative knowledge tests, there are many websites supporting testing and the CDE has study guides for both Math and English - go to the CDE website under Testing & Accountability, Program Resources.

**CLASS OF 2011 GOING TO KNOTTS!** Seniors, join your friends on the bus to Knott's Berry Farm on Wednesday, March 9! This activity is for seniors only (who have passed the CAHSEE) to be off campus on CAHSEE testing day (leaves 9am, arrives home 5pm), riding the rides, enjoying the cool ocean air and sampling the funnel cakes! Tickets (\$45) are available on-line only from VMHS website. The No-Go List is in effect, so if you try to purchase your ticket online, you will be blocked and should see Mr. Rausa in the Discipline Office to confirm and remedy. You may owe a library book, forgotten to turn in all of your 40 hours of Community Service or have a Saturday School that needs serving - whatever you need to do, DO IT NOW! Get your ticket soon, before they are all sold out - and there are limited seats on buses. Don't miss this awesome senior event!

**8th Grade Parent Night Coming...** Bronco parents of incoming 9th grade students should get ready for this event, being held Monday, March 8 at 7pm in the main gym. Even if you think you know about all of this, start fresh with your incoming 9th grade student and come out and get reacquainted with Bronco pride! This event is to provide valuable information to parents of incoming freshmen about all the academic and co-curricular programs offered at VMHS. You'll hear about special programs for freshman to make their transition to high school smooth and positive, our leadership and performing arts programs, clubs and athletics. Additionally, there will be information about academic and behavior expectations for students, CLASS, the Bronco 'way of life' and why we believe this is a special place for your student. And of course, many of our award-winning performance groups will be on hand to entertain you. Let your friends and neighbors know about this night if they have incoming 9th grade Broncos as well.

**Make Those AP Payments - Deadline Approaching...** AP tests will be administered from May 2-13. The College Board charges \$87 per test for administration, grading and reporting and this must be paid for each test by Friday, March 18 or the student will not be allowed to take the test. Students who are registered in an AP course and don't take the test will not get college credit and their high school grade in the course may be affected. Many students take multiple courses, so there are several test fees to pay. Test payments must be made on-line through the VMHS website with Visa, MasterCard, AmEx, Discover and debit cards being accepted. Good Luck Testing!

**HELP SAVE HIGH SCHOOL SPORTS!** The 2011 Golf Challenge sponsored by the High School Athletic Foundation - The Second Annual High School Athletic Foundation Golf Challenge will be held on Monday, April 11 with a shotgun start beginning at 9:00 am at Menifee Lakes Country Club. In our current budget crisis, the athletic programs at the three high schools in our district must fund raise to survive. In 2010, our GOLF CHALLENGE raised over \$87,000 to save 23 coaches in our district. This year, funds raised will go directly to the sports programs at each school. This year's goal is to raise \$125,000 to help offset a portion of the approximately \$900,000 raised by our coaches, players and parents at our three high schools. There will be 25 foursomes and each golfer is responsible to raise \$1,250 or more in sponsorships. Sponsors can be individuals and/or corporate donors and any amount is welcomed and sincerely appreciated as well as being tax deductible. If you would like to be involved in any way (golfer, participant or sponsor) please contact any of the VMHS coaching staff of Ray Moore, Athletic Director. The goal of the Foundation is to help fund high school sports at our district's three high schools now and in the future. The values and life lessons learned by young people via participation in athletics is beyond measure! Questions regarding the Foundation or the Golf Challenge should be directed to Coach Moore in the Athletic Office at x6782.

**Who Will Be Mr. Bronco 2011?** -- "Welcome to the Jungle!" is the theme of the 2011 'Mr. Bronco' contest being held Friday, February 25 from 7-10pm. Tickets went on sale today and continue next week at the Trading Post. This event SELLS OUT every year, so get your tickets early! Guaranteed, there won't be tickets available the night of this event! General Admission is \$6 and Preferred Seating is \$8. This competition of senior boys consists of formal wear for Prom, a very competitive talent competition and more and...the audience chooses the winner! So many (almost 30!) talented senior contestants tried out this year from every group on campus! The funds from this event enable two deserving Broncos seniors to get a scholarship! The winner also receives FREE senior year-end activities! Who will be Mr. Bronco 2011? Don't miss this great Bronco tradition! Remember: THIS EVENT SELLS OUT - BUY YOUR TICKETS ASAP!

**Celebrating Black History Month** ~ For the continued celebration of Black History Month and the notable achievements and accomplishments of African Americans throughout history, staff members and students of all ethnicities are being invited to join in the festivities taking place during Black History Month. Staff members will appear daily on BNN (morning video announcements played in every classroom) reading about famous African Americans. Additionally, as an extension of Black History Month, the VMHS club, the Black Coal and Roses Society(BCRS), will host "An African American Male Symposium" on Saturday, March 5 from 9am-3pm at VMHS with workshops focusing on education, the community and lifestyle, with an emphasis on African American culture and traditions. This is for male high school students of any ethnicity. The cost is \$25 and includes workshops, lunch and a raffle ticket (dress shirt and tie are required). This is a great learning opportunity for all males ages 14-18 to participate. Thanks to staff member, Ms. Hollowell, BCRS Advisor, for making all of these arrangements.

**JROTC Outstanding Option!** The Air Force Junior ROTC program is fairly new at VMHS - just celebrating it's second year. The program initially had 8 students but has grown to over 200 cadets! Colonel Matera and Master Sergeant Shoemaker opened the program and are current instructors of four levels of aerospace science courses. Junior ROTC is a unique academic and citizenship program operated under public law with support by the U.S. Air Force. There are five basic themes; aviation history, the physics of flight, space, careers after high school, and leadership. Students receive physical education credit for two years and elective credit for years three and four. Classes meet just like all other classes during the week. This is not a recruiting program, nor does a student incur any military obligation - a common misperception. However, many students do enlist in one of the military services at higher rank than their peers or apply to one the academies for an ROTC scholarship. A further explanation of the curriculum is provided in the VMHS Course Catalogue. They will be celebrating their 2nd successful year with their annual Military Ball at Pechanga later this month. Everyone knows the tune and the initial words to the Air Force theme song - 'Off we go into the wide blue yonder, climbing high into the sun' - well, there goes the Bronco AFJROTC...into the wild blue yonder, striving to be outstanding citizens! Congratulations to all on an awesome second year!



**Bronco Athletes-of-the-Month** The names for Athlete of the Month for December and January have been release. These young men and women have been selected by their respective coaches for their leadership skills, attitude and performance success and always acting with CLASS. Please congratulate the following Bronco Athletes:

DECEMBER

Cheer: Alisa Olko  
Boys Basketball: Davin Guinn  
Girls Basketball: Ashley Lovett  
Boys Soccer: Cory Vanderpool  
Girls Soccer: Emma Bennett  
Girls Water Polo: Emmie Betz  
Wrestling: Reuben Franklin  
Wrestling: Corbin Skiles

JANUARY

Cheer: Savannah Wetherbee  
Boys Basketball: Justin Taylor  
Girls Basketball: Serafina Maulupe  
Boys Soccer: Jared Balady  
Girls Soccer: Andrea Lammers  
Girls Water Polo: Hannah Evans  
Wrestling: Kyle Lee  
Wrestling: Reuben Franklin

**New Era Hats - Get 'Em While They Last...** The Trading Post has these new hats now, but they are going fast. Navy blue with a flat bill and a raised white B for Broncos for \$25 (cash or card only). Stop by and take a look - all the small details that makes hats from Active, Tilly's etc. ultra cool - and they can be worn at school! Don't get DC'd - wear the right hat - see Student Handbook for more details on the hat policy.

**Guide to Being 18...** The publication 'A Survival Guide for Teenagers 18 & Over' is a great publication for young adults, a tool to assist them in understanding a bit about making that jump to independence and the things that most adults know by rote. It includes information about: driving laws, moving out, alcohol/drugs and the law, money matters, taxes, voting, relationship, marriage & partnerships, military, jury duty, domestic violence, smoking, weapons, civil & lawsuits, identify theft, legal help and more. This publication is funded by the California Bar Foundation and is updated every 3 years. We receive great feedback from teachers and students regarding this guide. You may access this guide online at [www.calbar.ca.gov](http://www.calbar.ca.gov), the State Bar's web site.

**FAFSA - AKA, There Is Money for College!** Don't be put off by this acronym, it may mean money for college! It's just a form, but there are specifics and required info. The FAFSA deadline is March 2. Both student and parent will need a pin to actuate the account. Check out these websites: [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and [www.pin.ed.gov](http://www.pin.ed.gov) for more information. Also, students must submit FAFSA info in order to be considered for the CAL Grant - don't miss this opportunity for FREE money from the California Student Aid Commission. Please note that the California Student Aid Commission can't grant awards to students who haven't submitted their FAFSA by the March 2 deadline. Students need to turn in their SS# to Ms. Kim in the College & Career Center ASAP! Please direct all questions to Ms. Kim at x6589. NOTE: The evening FAFSA parent/student workshops are completely full, but for those who have registered, please bring 2009 income and tax documents (parent and student), bank statements, driver's license and social security #'s.

**GET YOUR YEARBOOK NOW~ BEFORE THE PRICES GO UP!** It's as simple as going online to the VMHS web page! Just log in and click on the TRADING POST ONLINE! Choose YEARBOOK, and pay with a credit card. Current prices are \$85 with an ASB card, and \$90 without. PRICES GO UP AFTER SPRING BREAK!

**Bronco Male Students - Are You 18?** This is for all you male Bronco students out there turning 18. Did you know that Federal law requires all males living in the U.S. to register with the Selective Service within a month of their 18th birthday? Registering keeps you eligible for college loans, job training, government jobs and driver's license renewals - elective Service registration is not the draft. It is the law thought and it's easy to do - you can even register before your 18th birthday. Register online at <http://www.sss.gov/> or come by the College & Career Center for help.

**Fashion Show - Bronco Style!** The VMHS Fashion History and Apparel Design classes are presenting their spring fashion show "Vintage Vogue" on Thursday, March 31 at 7pm in the PAC. This year's show will feature fabulous fashion students, showcasing original design inspirations from the 1920's, 1950's & 1960's with special guest performances, an advanced designer showcase and a chance to meet the models after the show. Admission is \$6 per person. Get into the culture and spirit of the night and come dressed in your favorite vintage attire.

**Student Spaceflight Experiments - Wow!** The Student Spaceflight Experiments Program (SSEP), launched June 2010 by the National Center for Earth and Space Science Education in partnership with

NanoRacks, LLC, is a remarkable U.S. national Science, Technology, Engineering, and Mathematics (STEM) education initiative that gives up to 3,200 students across a community—middle and high school students (grades 5-12), and/or undergraduates at 2-year community colleges (grades 13-14)—the ability to design and propose real experiments to fly in low Earth orbit, first aboard the final flights of the Space Shuttle, and then on the International Space Station. SSEP is about immersing and engaging students and their teachers in real science - on the high frontier - so that students are given the chance to be scientists - and experience science firsthand. Go to <http://ssep.ncesse.org/> for more information about this program.

**Prospective SDSU Students!** If you are interested in attending San Diego State University, attend their Open House on Saturday, March 19 from 9am-3pm. This is open to all grades. Discover the campus, get questions answered, explore your major, meet current students, and enjoy live entertainment. For more information, visit [www.sdsu.edu/exploresdsu](http://www.sdsu.edu/exploresdsu).

**Parents You Can Make A Difference...** The Calif. State Department of Alcohol and Drug Programs (ADP) prompts us that following the lead of influential adults, many young people are tempted, or even encouraged to celebrate with alcoholic drinks. According to a new Teens Today study, nearly half of high school teens say their parents allow them to drink at home. Almost 1 in 3 say they are allowed to drink to mark special occasions. The California Highway Patrol reports that DUI collisions account for one of the highest volumes of violent crimes in the state. It is helpful to talk with teens about the risks from alcohol use, especially during school breaks when there is increased spare time and socialization. Reported data also indicates that over 50% of 15-year-olds say they either drink at home or at a friend's house. However, only 31% of parents of 15-16-year-olds believe their child had a drink in the past year. ADP in partnership with The Governor's Prevention Advisory Council created a parents' guide for underage drinking titled, "Tips for Parents: Underage Drinking in Calif, What Can You Do?". This guide empowers parents to prevent teen drinking and can be an excellent tool for parents. To access this guide, along with more prevention resources and information free of charge - go to [www.adp.ca.gov/youth](http://www.adp.ca.gov/youth). Partnerships between families, schools, communities and local organizations can explore opportunities for taking effective action in reducing the personal, social and health problems that result from underage drinking. Together we can make a difference by encouraging alcohol and drug prevention.

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ALL HIGH SCHOOL STUDENTS - NEW MANDATORY VACCINATION REQUIREMENT**

New California state legislation REQUIRES that all students entering grades 7-12 next school year must receive a Tdap (Whooping Cough/Pertussis) booster immunization before starting the 2011 school year. This means that all high school students entering grades 9-12 must have documentation of this requirement by the first day of school, which is August 10, 2011. Failure to meet the requirement will result in the student not being able to start school until proof of this vaccine has been provided to the Health Office. Avoid long lines and the wait for doctor/health office appointment times and get this done well in advance of the start of school in August. Please send/bring your student's proof of the Pertussis booster immunization to the Health Office for documentation ASAP. You can check your immunization records for the following DTap/Tdap/DTP administered on or after the 7th birthday (Td or Dt does not meet the requirement). Please note that this immunization is in addition to other DTP, DTap, or Td immunizations. Consult with your health care provider for further information. Low cost vaccines, normally about \$10 or may be covered in your family health plan, are available at Riverside County Family Care Center at Lake Elsinore Family Care Center, 2499 E. Lakeshore Drive in Lake Elsinore (1.800.720.9553) or contact the Riverside County Health Dept at 471.4200 for information on free vaccines. Additional information is available on the MVUSD Website at [www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) and you may also contact the school Health Office (951) 894-5750, ext 6793.

**Facts About Adolescent Asthma** ~ What triggers adolescent asthma? Asthma affects an estimated 6.8 million children under 18 years of age and is the most common chronic childhood disorder and when lungs aren't working well, there is a risk of death, so asthma is serious and should be treated with care. Prevention is the best way to avoid serious complications of an asthma attack. During an asthma attack, the airways of the lungs are narrowed which is caused by swelling of the lining of the lungs and tightening of the muscles around the airways - there may or may not be a wheezing sound. Several medications are used controlling asthma symptoms. There are also triggers to avoid, which are things that may initiate an attack such as: cold air, tobacco/wood smoke, perfume, paint, hair spray, or any strong odors or fumes, allergens (particles causing allergies) like dust mites, pollen, molds, pollution and pet/animal dander, common cold, influenza and other

respiratory illnesses. If an inhaler is carried at school we should have an authorization signed by the parent and physician in the health office. This also gives us information in case of an emergency. Visit [www.lungusa.org](http://www.lungusa.org) and [www.aafa.org](http://www.aafa.org) for more information about triggers and how to avoid them. Discuss asthma and it's symptoms with your healthcare professional to learn the best way to manage asthma. Asthma can be beat!

**Parent Teen Training Available** The MVUSD Parent Education Center is now enrolling for the class, Parent Project, which will be held on Monday evenings from February 28 – April 4 from 6-8:30pm. This is a parenting class designed for parents struggling with strong-willed or out-of-control pre-teens and teens. The course will focus on prevention of drugs/alcohol, improving child's grades and attendance, peer involvement and eliminating power struggles. The enrollment is limited and the cost is \$25 per person and \$45 per couple. Classes are held at the Parent Center at the Child Development Center, 24300 Las Brisas Road, Murrieta. Childcare is available for children over two (2) years of age for \$2 per child, but reservations are required. For more information and registration call (951) 304-1623.

**\$\$\$Save\$\$ and Support VMHS Cheer!** VMHS Cheer and Comfort Inn/Suites of Murrieta have partnered in a community fundraising drive! Comfort Inn and Suites will donate 5% of the room revenue from visiting Broncos, back to VMHS Cheer from now until the end of April, 2011 - this could be up to \$10,000! All you need to do to help support them is book any stay at the Comfort Inn and Suites Murrieta and mention the rate code LHVMCH! For your convenience, you can also book directly online at <http://www.comfortinn.com/ires/en-US/html/ArrivalInfo?hotel=CA712&srp=LHVMCH>. Send your visiting relatives and guests to Comfort Inn and Suites Murrieta, where they will experience friendly, personal service and excellent accommodations! They offer the following accommodations FREE: breakfast, Wi-Fi internet connection, L.A. Fitness gym passes, local phone calls, newspaper/USA Today, afternoon coffee and tea and, they are the only hotel in town with an indoor pool and spa! Please help Cheer raise up to \$10,000! For hotel details, contact the Comfort Inn and Suites at 951-894-7227. CHEER thanks you for your support!

**SHOP TARGET & VMHS WINS!** Is there anyone out there who DOESN'T LOVE TARGET? Target's school donation program, Take Charge of Education, presents schools with a donation check each semester for up to 1% of purchases for those parents, teachers and community supporters who use their Target REDcard for purchases. A REDcard is a Target Visa, Target Credit Card or Target Check Card and when you use it and VMHS is registered as the school, they donate up to 1% of each of your purchases directly to us! So, with minimal effort and not much thought, you can help us raise valuable funds during these difficult economic times! We just received a check for the last semester for over \$400! - but, it could be \$thousands\$ especially with the holidays coming and the SUPER Target right across the street. As a community, we could take advantage of this offer for the benefit of our school! For more information on this program and how to get and use a REDcard for this on-going fundraiser, go to [www.Target.com/tcoe](http://www.Target.com/tcoe) or call 1-800-316-6142 or just ask your local Target store for a REDcard application - be sure to register VMHS as your school. BE SURE TO REGISTER VMHS as the school of your choice. Thanks for your support!

**UCR's Host Program** Experience a day in the life of a UCR student! The Host Program provides a unique opportunity for high school juniors and seniors to experience a day in the life of a UCR student living in the Residence Halls. Prospective students can register to be their guest and will be paired based on their academic interest with a UCR student that has volunteered as a Host Representative. The cost of the Host Program is \$25 and includes 3 meals, parking (if needed) & an overnight stay. Host Program Guests have a chance to: eat in the Residential Restaurants, attend a UCR class, tour the campus, stay overnight in one of UCR's Residence Halls, gain valuable one-on-one information about your major, the campus, and housing at UCR. There are 3 residence halls to choose from with many amenities along with special interest housing. The Host Program is available several times each month on weekdays from October through April. Their April 14-15 and 20-21 dates occur during our Spring Break - so sign up early. For more information contact the Host Program at 951.827.5460 or email at [hostprogram@ucr.edu](mailto:hostprogram@ucr.edu).

## 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 10/11 Student Handbook, also on-line. And, there is a new community service website to find hours to meet your graduation requirement or to



just pitch in and help out in the community with causes that matter to you. This is a great tool for finding community service opportunities by location or service - just go to [www.american towns.com](http://www.american towns.com) and put in Murrieta and/or your area of volunteer interest, such as: environmental cleanup, women's groups, children, library support, runs/races, animal care and more. The results tell you exactly what is available, any skills needed, driving distance and more. And, you can expand your search geographically if you are willing to drive farther. Right now a great opportunity for all students includes assistance to local libraries such as Temecula Grace Mellman Library, Fallbrook Library and Murrieta Library along w/libraries in Hemet and Orange County - these ongoing opportunities include assisting with book mending, labeling items, covering books, stamping materials and more.

**Remember, the Community Service deadline for seniors is February 28!**

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.

Shelter Pet Partners - is an organization that rescues and helps kittens. Volunteers are needed after school and on weekends at Petco in Murrieta. If you are over 17 years old and interested, come by the College & Career Center for more information

## SCHOLARSHIPS

Check out these scholarships for seniors ~

GE and the Ronald Reagan Presidential Foundation - will reward up to 20 students each year with \$10,000 a year, for up to four years. Students must demonstrate that they exhibit the values of Ronald Reagan: leadership, drive, integrity and citizenship and will be required to secure a nomination from a community leader and an academic recommendation, along with a 500-750 word essay about Ronald Reagan and leadership.

For details go to [EKORSVALL@REAGANFOUNDATION.ORG](mailto:EKORSVALL@REAGANFOUNDATION.ORG) or

[FACEBOOK.COM/GEREAGANSCHOLARSHIPS](https://www.facebook.com/GEREAGANSCHOLARSHIPS) or visit Mrs. Kim in the College & Career Center.

Cabrillo Civic Clubs of California Scholarship - \$500 scholarship to students of Portuguese descent, a U.S. citizen or permanent resident, minimum 3.5 GPA and a senior. For additional information and application, see Mrs. Kim in the College Career Center. Deadline is March 15, 2011.

Best Buy @ 15 Scholarship Program - Apply December 27, 2010-Feb. 16, 2011. Students in grades 9-12 are eligible to apply. Students need solid grades plus community service or work experience. Apply online at [www.at15.com](http://www.at15.com) or [www.bestbuy-communityrelations.com](http://www.bestbuy-communityrelations.com).

ANS Incoming Freshman Scholarship - \$1,000 awarded to graduating high school seniors who have enrolled full-time in college courses and are pursuing a degree in nuclear engineering or have the intent to pursue a degree in nuclear engineering. Awards are based on applicant's high school academic achievement, freshman college courses enrolled in, quality and content of 500-word essay, letter of recommendations by counselors/teachers. More info: <http://www.ans.org/honors/scholarships/>. Deadline is April 1, 2011.

Bridgestone America's Safety Scholars Contest - \$5,000 scholarship contest open to legal permanent residents of United States, ages 16-21. Entrants must possess a valid driver's license and be enrolled as full-time students in an accredited high school, college level or trade school. Deadline is July 1, 2011. More info: <http://www.safetyscholarsvideo.com/>.

Compassion and Choices of California Scholarship - \$1,000/\$500/\$250 awards. Contest is designed to help students develop awareness of the aid in dying movement. The contest is open to California college bound students in grades 11 and 12 during the 2010-2011 academic year. More info:

<http://www.compassionandchoicesnca.org/essay.php>. Deadline is May 1, 2011.

Altura Credit Union Scholarship - With a minimum 3.25 GPA and 1250 SAT, seniors who demonstrates academic achievement, community service, and extracurricular activities can apply for this scholarship. Come by the College & Career Center for application or download from [www.thecommunityfoundation.net](http://www.thecommunityfoundation.net).

MaxPreps Citizen Athlete \$2,500 Scholarship - Presented by the Army National Guard. Must be a high school student (any grade) and participate on a sports team covered by MaxPreps. Entries must be submitted before March 17, 2011. [www.MaxPreps.com/CitizenAthlete](http://www.MaxPreps.com/CitizenAthlete).

Riverside Sheriff's Association Student Scholarship Program - 4 awards of \$2,500 for children of members of the Riverside Sheriff's Association or students attending high schools in Riverside County. Financial need considered in selection of scholarship recipients. Application available at [www.rcdsa.org](http://www.rcdsa.org). Deadline is March

31, 2011.

SportQuest Playing with Purpose Scholarship - For Christian student athletes. Minimum "C" grade average or higher. Currently a varsity level athlete in one or more sports. Deadline is NEXT Friday, February 18, 2011.

Online application: [www.playingwithpurpose.org](http://www.playingwithpurpose.org).

Future Teachers of America - Look HERE! Two scholarships from the Riverside County Association of Educational Office Professionals and the California Association of Educational Office Professionals are seeking students who are interested in a teaching career or majoring in business. Please stop by the College & Career Center for more info.

Are you an Achiever? But, are you an AXA Achiever? Find out by applying for one of their \$2,000 college scholarships at [www.axa-achievement.com](http://www.axa-achievement.com). All applications are due by THIS TUESDAY, February 15, 2011. Download their application and find out.

Got Milk, Grades & Athletic Ability? Everyone knows the Got Milk? Campaign and each year America's Milk Processors, along with USA Today, sponsor the high school "Scholar Athlete Milk Mustache of the Year" better known in educational and athletic circles as the SAMMY Award. This program recognizes outstanding high school senior scholar-athletes nationally. This year 25 winners across the U.S. will receive a \$7,500 college scholarship along with other cool publicity. Judging is based on the following: academic performance (35%), athletic excellence (35%), leadership (15%), community service (10%) and milk experience (5%). A panel of celebrity athletes from the Milk Mustache campaign will choose the winners. If you know an exceptional student athlete who deserves \$\$ for college, encourage them to apply for the 2011 Sammy Award. The deadline is March 4, 2011 and applications will only be accepted on-line. Go to [www.bodybymilk.com](http://www.bodybymilk.com) for more information and applications.

### ***NON-DISTRICT ANNOUNCEMENTS***

Local Soccer League Registration - The Murrieta Youth Soccer League will continue registration for the 2011 season. Divisions are offered for most all age groups. Practices start in late February. Coaches are also needed, so check it out. For more information, go to [www.myslsoccer.org](http://www.myslsoccer.org).

Dance Dance Dance - The Murrieta Dance Studio, A division of Inland Valley Conservatory has ballet classes for all levels and ages, as well as stretching and conditioning classes. Classes range in price depending on how many classes/week you take. Receive a 10% class discount by signing up before the end of February. For more information, visit their website at [www.ivcca.net](http://www.ivcca.net) or call 696-9800.