

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, April 1, 2011

TONIGHT TONIGHT TONIGHT TONIGHT

Senior Citizen's Prom 6:30-9:30pm

END OF 12-WEEK GRADING PERIOD TODAY!

PROGRESS REPORTS NEXT WEEK

SPRING BREAK - April 11-25 Students Return TUESDAY 4/26 - A Day

Take Me Out to the Ball Game...THIS AFTERNOON! Bronco Baseball wants to invite all Broncos and their families to this afternoon's game against Chaparral. The weather is picture perfect for a Friday afternoon baseball game and it's FREE!! So, bring your sunscreen and some change for snacks - it should be another good game against the Pumas - we already beat them twice this week (1-0 & 3-0), so we know that they are hungry to avoid a sweep today. VMHS senior Matt Malecki will be singing the National Anthem and distinguished staff member Mr. Witczak will throw out the first pitch. Pre-game ceremonies start at approximately 3:15pm with the game at 3:30pm. **SUPPORT BRONCO BASEBALL!**

Senior Citizen's Prom TONIGHT... The 2011 Annual Senior Citizen's Prom, hosted by ASB from both Vista Murrieta and Murrieta Valley High Schools, will be held TONIGHT - Friday, April 1 from 6:30-9:30 pm in the VMHS Multi-Purpose Room. This year the theme is "Once Upon a Dream", and will feature live music by The Milt Rasmussen Orchestra. The evening is FREE for any senior citizen from the Murrieta community and surrounding areas. There will be sweet treats and drinks for all to enjoy! Students have been practicing their ballroom dancing steps and will be ready to take any senior on a spin around the dance floor! Bronco students ~ bring your parents, grandparents or neighbors and mingle with our student leaders and our Golden Broncos and dance the night away! **PROGRESS REPORTS NEXT WEEK!** The end of the 2nd 6-week grading period was TODAY - Friday, April 1 and Progress Reports will be given to students next week to take home to share with parents/guardians. Grades will be available after Monday on-line for all those students and parents who have an ABI account. If you don't yet have an ABI account, stop by the Reception Desk to get one initiated. If you have questions about individual grades, please call or email specific teachers - all staff contact information is posted on the VMHS website.

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 On-Line! Choose YEARBOOK, and pay with a credit or debit card. Current prices are \$85 with an ASB card, and \$90 without, but prices will go up after Spring Break.

From The World of Pageantry... Comes something new and exciting for the band world! For all you Golden Alliance fans, The World of Pageantry website ranks the Golden Alliance as the #5 best band in the state! A rating system, similar to the BCS college football rating system, has been developed - a complex mathematical formula for ranking each group regardless of association and compiling the top 150 field show bands in the state. Hostraiser's California Field Band Rankings, 2010 was developed with 3 objectives: inclusiveness (scores from 6 major competitions: WBA, BOA, NCBA, SCSBOA, MBOS, and SCJA); equality and unbiased-ness. Raw data was loaded with no "favoring" of Band X or Y just because they were traditionally a major player or dominated their circuit. VMHS was ranked behind local bands at Chino Hills and Mission Viejo. For more information and to see the rankings of 150 bands in SoCal, check out this website <http://worldofpageantry.com/forums/viewtopic.php?f=1&t=19130>. Way to ROCK Golden Alliance!

Bronco IDOL! The Sophomore Class of 2013 is sponsoring this year's annual lip sync contest - Bronco Idol. The Bronco Idol event will take place THIS Monday, April 4 at 6pm and tickets will be \$4 w/ASB, \$5 without. Don't miss all those brazen performers, breaking out their favorite moves, costumed to the max with memories to last a lifetime. If you loved the Mr. Bronco contest, you're gonna love this night with 15 acts representing everything from children's music to pop and rap with medals for winners and trophies to People's choice award. Snacks will be sold at intermission.

Senior Coffee House & Talent Show - A Night of Taste & Talent! It's time for the Senior Coffee House, THIS Tuesday, April 5. This year it will be hosted in the small gym and for just \$3 at the door you can enjoy an evening, chillin' with friends, sipping hot drinks and enjoying the local talent. Bring your friends and family - and all grades are welcome to attend! Seniors, wear your senior Bronco gear and get in for only \$2! The fun begins at 6pm. The Senior Class thanks you for your support!

Freshman ONLY: Party at Sky High Party Zone - Calling all Freshmen to the Sky High Party Zone THIS Tuesday, April 5 from 5-8pm. This place ROCKS! A huge warehouse with all the air-filled entertainment you can imagine - slides, boxing, whomping, jumpers and more! Tickets are \$5 and are limited to the first 200 and are on-sale starting Monday during both lunches in the Quad or see Mr. Nguyen in room WW7. Again, Freshman ONLY! Thank you LINK CREW!!

Cheer Tryouts Coming... The tryout process for 2011/12 Bronco Cheer will be held from April 26-30. A Pre-Tryout Parent meeting will be held on Tuesday, April 5 at 6pm in the VMHS MPR and all applicants and their parents are strongly encouraged to attend. Part of the tryout process are attendance at daily 'clinics' (April 26-29 from 3:30-5:30pm in VMHS gym) where applicants learn cheers and routines for the actual tryout to be held on Saturday, April 30. The application deadline is April 8 with applications due to Head Coach, Debbie Rausa in the VMHS front office. Applications will be available online at www.vmhscheer.com. Questions should be directed to Head Coach, Debbie Rausa at drausa@murrietak12.ca.us.

Get Culture! Spring your way to the Spring Dance Concert for a fun filled evening of dance! Don't miss the VMHS Spring Dance Concert next week, April 6-8 (Wed-Fri) at 7pm. There will be a variety of dance genres and styles represented: modern dance, jazz, Tahitian, hip hop and bboy among others, with solo, duets, small group and large groups performing. We have a special guest from Murrieta Mesa High School. Our Choreography class has been busy and several dance works are from our talented students in that class. This is a dance concert you don't want to miss and our seniors last dance concert at VMHS. Come and enjoy the variety of dances and support our talented Bronco and guest dancers. Tickets are \$6 w/ASB \$7 without. As usual children 10 and under free with paid adult admission.

Get Your Wild Wings - The Class of 2014 - that's Freshman, right! - are holding a fundraiser at Buffalo Wild Wings THIS Wednesday, April 6 from 4-10pm. Check this place out - they have spicy in all shades! Bring the family or a friend and hang out and enjoy their great menu on behalf of the Class of 2014! Print out the flyer on the Freshmen website (listed under fundraisers) at <http://www.murrieta.k12.ca.us/157120730121244553/site/default.asp> and get out and support the Class of 2014! Buffalo Wild Wings is located at 40484 Murrieta Hot Springs in the Sam's Club shopping center. They thank you greatly for your support ~

CHILI's - Get There for Band! This week on Thursday, April 7, the VMHS Band is having a fundraiser dinner at Chili's on Cal Oaks in Murrieta. The band program will receive 15% of all VMHS business that night! Chili's is a great place to hang out after school or work and grab some appetizers or bring the family for dinner. Be sure to get a discount flyer by clicking on this link (www.vmhs.ga.com/uploads/chils.pdf) or ask any band member. The band sends their Thank You's!

UC Davis Presents... There will be a presentation on April 7 at 6:30pm by Sheryl Blackshire, an admissions representative from UC Davis. The presentation is for all grade levels for students and families interested in UC Davis or transfers to other UC or CSU campuses. Due to the economic climate and other factors, more students will be accessing higher education opportunities by starting at the community college level first which has prompted this presentation. Valuable information will be covered for students planning to transfer from community college to the UC or CSU systems - seniors who are planning to attend a California community college and transfer to a UC or CSU or grades 9-11 who wish to receive information about opportunities at UC Davis, how universities view transfer coursework (i.e., transferable vs. non-transferable courses), admissions requirements for junior-level transfer students (i.e., 60 transferable units vs. 2 years at community college) and how to become eligible for a Transfer Admission Guarantee (TAG) at a UC. See Mrs. Kim in the College & Career Center for more information.

PROM 2011 May 7 -- Ticket On Sale THIS WED! This year, the Junior Class of 2012 will present Prom 2011 with 'Moonlit Masquerade' as the theme. This event will be held at the Arroyo Trabuco Country Club in Mission Viejo (Orange County) on Saturday, May 7. Tickets will go on sale THIS Wed, April 6 with prices through the end of Spring Break (April 25) \$75 w/ASB and \$80 w/out ASB and for guests - available on-line and in the student store/Trading Post. Ticket prices will go up \$5 after April 25. There will be a party bus to/from the site for \$10 extra. This is a formal dance and dress code will be strictly enforced, so students should consider dress code while shopping for prom attire (ladies-nothing shorter than mid-thigh and no bare midriffs. VMHS administration reserves the right to restrict admission and/or to ask students to leave the dance - and there are no refunds. Make great prom memories and stick to the code!

WARM WEATHER WARNING * DRESS CODE REMINDER -- Ladies & Gentlemen, please remember as our weather heats up, that the VMHS Dress Code will be in full force when you return from Spring Break. Ladies, no shorts/skirts/skorts shorter than 4in above knee (even with leggings/tights!), keep it modest (no cleavage) - no tube tops, halter or single strap shirts and Guys - keep those pants/shorts pulled up! So, when doing any shopping during Spring Break,

remember the specifics detailed in the VMHS Dress Code, which can be found in the Student Handbook (page 11) and also on the website at www.vmhs.net.

Military Academy Night ~ The annual Military Academy Night for the 45th district will be held THIS Tuesday, April 5 from 5-7 pm at Murrieta Mesa High School. This event is sponsored by U.S. Congresswoman Mary Bono Mack's office and is for all students in grades 9-12 interested in applying to U.S. service academies, and parents of course, are encouraged to attend. This information session will include representatives from: U.S. Military Academy (West Point, NY), U.S. Naval Academy (Annapolis, MD), U.S. Air Force Academy (Colorado Springs), and the U.S. Merchant Marine Academy. Please contact Daisy Fuentes at 951-658-2312 or daisy.fuentes@mail.house.gov for more details.

PROM EXPO Fashion Show -- Don't miss this year's Prom Expo Fashion Show on April 6 from 6:30-8:30pm in the main gym. This event will showcase 17 local vendors with products and services associated with Prom. Get ideas about florists, tanning salons, tuxedo and dress shops, teeth whitening, nail, makeup and hair services and more. Senior guys and gals will model this year's Prom fashions. And, you won't want to miss the special faculty talent putting on the Prom DO/DON'T skit! There will be valuable coupons and cool stuff to win. Vendors will be available 30 minutes before the show (6:30-7pm) and after for questions and answers. Tickets are \$3 presale from any ASB/Senate member or at the Trading Post or \$5 at the door.

BRONCOS ~ ROCK YOUR GRADES! Today, Friday, April 1 was the last day of the 12-week Progress Reporting period. Next week, its official, the final 6 weeks of the school year starts ticking down - countdown to finals! Many teachers offer regular help/tutoring before and after school and during lunches or will stay to assist you, if you just ask. Tutoring is available to all students who need any type of homework or course project assistance on Late Start mornings. And, for Freshman, Link Crew will host their 2nd semester finals review on Saturday, June 4. Take advantage of this assistance before it's too late to change your grades!

Traffic Update** Parent and student drivers should be advised that all tardy policies are back in place - i.e., if you're late, you will get OCD. We are advised that the construction changes on Clinton Keith have added 10-15 minutes to the drive time during the 7-7:30am time frame, so please plan accordingly. Again, these construction changes will be in effect until mid-May. The entire community is in this together and there won't be any fewer cars, so we appreciate you making whatever arrangements you need so that students arrive to school on time and ready to learn. Early release students may exit onto Clinton Keith from the signal and from the eastern exit in front of the gym onto Clinton Keith as well. Please be careful out there ~

Convenience Fee a Necessity - Due to ongoing budget issues and concerns regarding the security of telephone transactions, effective immediately we will no longer accept telephone transactions and have implemented a convenience fee for all credit/debit card purchases (a small % of the total purchase). The Trading Post On-Line, where all on-line purchases are made, has everything listed which can be purchased, including tickets, fees, gear and more. Please visit our website (www.vmhs.net - click on The Trading Post On-Line) and check it out. You will need the 9-digit student ID number, located on the student's photo ID card or on a progress report or report card. We appreciate your support of our effort to try to increase security for our customer on-line transactions and to try to recoup thousands of dollars annually in lost transaction fees during these difficult financial times.

VMHS Activities Does It AGAIN! VMHS was again named one of the top 30 high schools in California (out of 800 schools) for the 7th year in a row and awarded the coveted CADA/CASL (CA Assoc. of Directors of Activities and CA Assoc. of Student Leaders) Outstanding Activities Program Award. In order to be considered for this award, a school must demonstrate evidence of improving the school environment through excellent student activities, programs which create a memorable experience for every student on our campus. The award is based specifically on a self-study, goal setting, utilization of CADA Leadership Standards, creating a unique program that serves a wide spectrum of the student population and having a positive impact on the culture and climate of the school. Members of VMHS ASB/Senate will travel this weekend to the CASL State Conference in San Jose to accept this award. Congratulations to our student leaders and Mr. Pattison, Activities Director for their outstanding programs and activities!

Open House 2011 - May 2 You are invited to attend our annual Open House, "A Celebration of C.L.A.S.S.", Monday, May 2nd. This year, we are showcasing the strengths of our departments and programs. Like last year's event, this won't be the traditional meet with teachers in rooms, but an action-packed event-filled evening including the opportunity to meet staff. Between 6:30 and 8pm, there will be 30 minute back-to-back showcases to attend with demonstrations, activities and displays by each department and program, as well as entertainment throughout the evening by our award-winning performance groups. A detailed program will be emailed closer to the Open House date as well as posted on our website, so you may review your interests for the evening. The program will also be available Monday night with students on hand to give you directions. To help you ease into the evening, bring family members starting at 5:30pm and enjoy some entertainment and purchase a BBQ or Mexican dinner plate from our PTSA for just \$6 a plate to enjoy in the Quad. And of course, the Trading Post (student store)

will be open for the purchase of Bronco Gear, Prom, Grad Night, and Senior Cruise tickets and Yearbooks. We hope you will reserve the evening and encourage you to bring all of your family members. We look forward to seeing you Monday evening, May 2nd ~

Juniors - Looking For Hands-On Job Training? Are you a junior looking for extra high school elective credits? Maybe even position yourself to get a job? How about a certificate of training? Then Career Technical Education or CTE courses are your answer. You will also earn high school credits, while getting free job training working in an environment you are interested in. Classes include: Auto Collision & Repair, Culinary Arts, Medical Front Office, Medical Clinical, Banking & Finance, Child Care, First Responder, Retail/Fashion Merchandising, Sports Medicine, On-Line Law enforcement, CSI/Forensics and more. Enrollment time is now for Fall semester and space is limited, so get to the College & Career Center and see Sally, CTE Liaison, for more information and check out some of these classes: **Banking** - Get the experience you need to show employers you are the best candidate for the job. There is still has space available in the Banking or Finance classes. You will get great hands on training in the classroom or community site and HS credits.

Pharmacy Technician - If you are interested in working in a pharmacy, enroll now in the Pharmacy class. After completing the first semester you will be placed in a community training site (outside of class) to experience hands-on training in a pharmacy and earn HS credits. This is a great way to get free training, however you will need transportation to class.

Medical Office - Enroll now in the CTE Medical Front Office class and get hands on training in an actual office. Training includes, Medical Terminology, Scheduling Appointments, Billing, Insurance Claims Coding, Financial Records and much more.

Culinary Arts & Hospitality - You will get hands-on training in a campus based restaurant learning the use of kitchen tools, equipment, meal planning, food preparation and presentation, guest service, marketing, banquets, catering, and more.

Retail Sales & Fashion Merchandising - Get great experience in sales, customer service, cash register operations, stock, apparel or cosmetic merchandising, loss prevention, visual display and more, in a retail or fashion store. Some students may be hired.

49th Annual Press Enterprise High School Art Show Students in grades 9-12 enrolled in Riverside County public or private high schools during the 10/11 school year are eligible to enter this annual competition. All work must be original and completed during the current school year under the supervision of an art teacher. There are a number of categories including: drawing (black/white and color), watercolor/tempra, acrylic/oil, mixed media, graphic, photography, sculpture (3-dimensional) and ceramics. There will be a reception on April 14 for all artists to display their work and the Press Enterprise will announce winners in the newspaper on April 16. The last two years, Bronco artists have taken a high percentage of awards. This year, winners will be announced on April 16. Good Luck Bronco Artists ~

Support Bronco Athletes During Spring Break! Did you know that spring sports competitions continue all through our Spring Break? That's right, so with your down-time, you can attend baseball, softball, swimming & diving, golf and track & field events to support your favorite sport and Bronco athletes for little or no money! What a great way to spend an afternoon during great weather - cheering on your favorite Broncos! For a detailed list of events, dates, locations and driving directions, go to www.highschoolsports.net. GO BRONCOS!

Get Your Clubs Out & Swing! The 2nd Annual MVUSD High School Athletic Foundation Golf Challenge will be held Monday, April 11. Last year over 65 golfers participated and raised \$87,000 to save 23 coaches. This event this year will be held at the Menifee Lakes Country Club starting at 9am and about 100 golfers are expected to raise over \$100,000. The funds raised this year will go directly to each of the district's three high school athletic programs to help off-set the fund raising needs that help high school sports survive in our community. Each golfer participating in the challenge has a goal of getting \$1,250 in sponsorships and each foursome's goal is \$5,000. Our district's three high school's have joined together to help all student/athletes in our community. There is much research, facts and personal success stories about how valuable athletic programs are for our high school athletes and our community. If you know of anyone who might want to become a sponsor or play, please have them contact VMHS Athletic Director, Ray Moore at rmoore@murrieta.k12.ca.us for more information.

Parents Needed for WASC Self-Study -- The Western Association of Schools and Colleges (WASC) is the accrediting organization that provides feedback to us as we conduct a Self-study of our programs every six years. We are forming a Parent Committee to assist us with this process. We want parents to be an integral part of all that we do and their feedback, as stakeholders, will go a long way in helping us give a true picture of who we are. This commitment will consist of from 5 to 10 meetings over the course of the next two years. If you are interested in helping us evaluate the effectiveness of the programs at Vista Murrieta High school, please contact Assistant Principal Mike Fages at mfages@murrieta.k12.ca.us by April 1.

***PROM Dress Donations and FREE Beautiful Dresses!
Donate and/or Borrow Prom/Formal/Dance Dresses & Accessories!***

Ladies, with Prom right around the corner, if you know you'll never wear your Winter Formal, Homecoming or last year's Prom dress again, why not donate it to an organization which will allow less fortunate girls a chance to wear that beautiful dress again? The first national non-profit network to bring together local dress drive organizations across the U.S. (donatemydress.org) has a home in the valley at The Couture Girl's Closet, now in their 3rd year. Once you've had your dream night (prom, dance, wedding), you can give another girl hers! The Couture Girl's Closet, in Temecula, is focused on making high school girls' dreams come true - having a beautiful dress and accessories to attend a fancy function dressed to the nines! This organization encourages young ladies to donate their prom and special event dresses (weddings, performances etc.) to others who need them - they also accept gently worn shoes, evening bags, wraps and jewelry. If you need a dress, check out their FREE beautiful dresses! Couture Girl's Closet offers semi-formal and formal dresses for dances, proms and other fancy events at no charge, so that less fortunate young ladies can be confident and stylish. Visit their website at www.thecouturegirlscloset.com to learn about eligibility and donation guidelines or visit their boutique on Mon-Wed or Fri between 2:30-6pm (closed weekends) in the Temecula Town Center at 27540 Ynez Road (by Target) or call 699-5758.

Bronco Top-Scholars Honored at County Function ~ Three outstanding senior Bronco scholars were honored by County Superintendent Kenneth Young this week at the annual Riverside County Superintendent's Academics Awards banquet. Seniors Wesley Wong, Kathy Nguyen and Bansuri Patel represented VMHS, with Wesley Wong receiving the additional honor of being named to the All-County Top-10 Academic Team (10 top students in all of Riverside County!). Students are afforded this honor based on their academic standing as seniors and invitation from the principal. The number allowed per school is based on the student population - with over 3,000 students, VMHS is allowed to recognize three students annually. This is a very prestigious honor, so if you know these students, please congratulate them for their achievement and for representing VMHS with CLASS!

Career in Architecture or Construction? The next Linked Learning workshop for students and parents will take place on Thursday, April 28, at 6:30pm in the Murrieta Mesa Career Center. This workshop will feature presentations about careers in Architecture and Construction; Buddy Gessel, project architect for the MMHS project, and Mike Reed from EDGE Construction will be the guest speakers and it should be an excellent workshop. Come out and join us and tell all interested students and parents about it!

CONGRATULATIONS College-Bound Seniors! Get the recognition you want/deserve! As you get your acceptance letter/s from college/s, please bring them in so we can make a copy and post the letter...and put your name in the Pony Express as a Bronco heading off to college! Please bring your letters to Mrs. Matera in West Hall admin. Congrats to the following senior Broncos - well done!

Mikaela Pritchard - St. John's University
Anni Kim - Univ of New England, Maryville Univ, West Virginia Univ, Linfield
Ian Wells - Boise State
Giovanni Telfer - Univ Arizona, UC Riverside, Penn State
Julianne Odin - St. Mary's College of California
Shane Paulson - Univ LaVerne, Pacific Univ, Oregon California Lutheran Univ
Judy Kim - Wheaton College; Cornell College
Lashawndra Franklin Jones - Cal State Dominguez Hills
Antoinette Frye - Duquesne University
Elizabeth Rogers - Azusa Pacific University
Jazae Akhtarkhavari - San Diego State University; Cal State Long Beach

Mall Job not Mall Cop!! See new job openings available at the Promenade Mall and find out age requirements for businesses and other information about all your favorite mall employers. Log on to www.promenadeintemecula.com. Click on "Events Calendar" under "Events" and view current job openings for job, store and restaurant openings coming soon. Happy Interviewing!

Gotta Love the Lunch Ladies! The VMHS Lunch Ladies want you to know that, "they think food, because kids can't think without it!" Remember, the VMHS kitchen is open for breakfast at 7AM every morning in the front Combo Room & again during break. Ala carte items, snacks, drinks and breakfast combo meals are also available. Breakfast combo meals are only \$1.75 and the combo includes your choice of breakfast burrito, sausage biscuit, assorted muffins, cinnamon roll, yogurt, cold cereal or bagel/cream cheese and you also get a hash brown, a piece of fruit, raisins and milk (chocolate available too!).

New delicious lunch options are available as well. Try the newest combo meals or indulge in a traditional favorite! They have Daily Specials including Orange Chicken or Teriyaki Chicken & Rice, Pasta, Mac & Cheese & Chili Cheese Baked Potatoes or at the Fiesta Stop you can build your own burrito at our new burrito bar! If it's BBQ or a deli sub you are craving, stop by On A Roll & make it your way! All combo meals include fruit, a chocolate chip cookie & a milk or water. You don't have to have an account to take advantage of the combos - you can use cash! For more info, check out the menu on the MVUSD website under Nutrition Services.

WeTip Hot Line ~ The MVUSD fully supports calls to the WeTip Hotline for any crime or suspicious activity associated with our schools. You can call 1-800-78-CRIME (1-800-782-7463) 24 hours a day, 365 days a year, anonymously, with any information. Or, check out their website at www.wetip.com. Se habla Espanol!

MSJC Fall Registration Starts April 25 - Students interested in fall classes at MSJC can apply starting on April 25. They should then do their assessment and orientation and check for their registration appointment after that. Registration dates go out June 3. All new students are encouraged to visit the enrollment office in person and ask for a registration appointment just in case one isn't generated automatically to their Blackboard account. New Student Counseling Sessions start in June and all new students should attend these free sessions at either the Menifee or San Jacinto campus (they run every other hour, daily). For more info, check their website at www.msjc.edu.

Keep Your Eye On The Ball... Actually, the NO-GO List! Seniors and their underclassman guests considering attending Prom 2011 need to make sure they are in good stead and not on the No-Go list as Prom approaches on May 7. Please remember, the April 1 Progress Report grades (2nd progress report of 2nd semester) will be the grading period which will put you on or keep you off the No-Go List - students with ANY F grade or a GPA lower than 2.0 are automatically placed on the No-Go List. Also, check in with Mr. Rausa, Dean in the Security Office to clean up other offenses which (listed in the Student Handbook) include: outstanding fines/fees, attendance issues, discipline issues, overdue library books, inappropriate dancing from a prior dance, no-shows to detentions/Saturday schools and suspensions. (tardies, Saturday Schools etc.) to assure you can attend Prom. When tickets for Prom come on-line and you are trying to purchase and it won't let you - you've got a No-Go List issue.

Smokeless Saturday School - A district tobacco intervention program-- This program is designed for middle and high school students within the district. The research-based program, Smokeless School Days, is taught by Barbara Everett (Thompson Middle School). When a student is cited or suspended for tobacco use or possession, they are referred to this program. Ideally, in lieu of suspension and with parent permission, students attend the Saturday class with the understanding that if they fail to attend, the suspension would then be enforced. Students may also self-refer to this program if they want to learn more about how to quit smoking and students who are referred to the program may also bring their friends. The program is more effective when there is a larger group for good discussions. Each class runs from 9am - 2m. and is limited to no more than 15 students. The last Smokeless Saturday School for this school year is scheduled for May 14 and students interested in confirming a space should contact Ernestina Castillo 696-1600 x6484 no later than Wednesday, May 11.

Spring Break & District Budget Reduction Days Our two-week Spring Break this year will be from Monday April 11 through Monday April 25. Due to one of the remaining Budget Reduction Days this semester, students get that Monday, April 25th off as well and return to school on Tuesday, April 26 to an A Day. As a reminder, this year the MVUSD Board of Education decided, due to budget considerations, to implement a handful of budget reduction days for staff and students. Please note the following:

April 25 (Monday) Non-student day

May 27 (Friday) Non-student day combining with the holiday Monday, May 30 for a 4-day weekend

June 2 (Thursday) Last day of classes for Seniors (Friday, June 3 Senior Checkout)

June 6-8 (Mon-Wed) Finals for grades 9-11 and Minimum Days (Bells 7:30-11:45am)

June 8 (Wednesday) Last Day School Grades 9-11 and Graduation 2011

Support VMHS and Win New Car -- Enter to win a 2011 Toyota Corolla Sport and make a donation to VMHS (or Murrieta Valley, Murrieta Mesa or Creekside High School) and for every \$5 donation you will receive 1 opportunity to win! Donate \$20 and you will receive 4 opportunities to win! To enter to win, go to: <http://www.toyotas4u.com/donations.cfm>. The Temecula Valley Foundation for Excellence in Education, a 501(c)(3) non-profit organization, is sponsoring this fundraiser to benefit the high schools in Murrieta and Temecula. 100% of the donations will go to the designated high schools and in the MVUSD and TVUSD high schools that raise the most money will each receive an additional \$1,000 bonus donation. The winner of the 2011 Corolla Sport will be announced on April 30, 2011 at the Taste of Temecula Valley. Let's do this Broncos!!

Disneyland Grad Night! Experience a different side of Disneyland at the biggest senior celebration in the country! There will be multiple dance zones featuring DJ's spinning Hip Hop, top hits and Latin tunes, a Class of 2011 Grad Nite fireworks explosion, all the thrilling Disney rides and non-stop celebration until 6am. This year, the trip is the night of

Graduation 2011 on June 8. The cost, which includes bus transportation, is \$95. Tickets sell quickly and are limited, so purchase early (available on-line). And a reminder that this event is for VMHS seniors only, no guests are allowed. Students must ride on the bus as no private cars are permitted at the park.

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 old information...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.

DEBATE GOING TO STATES! Recently, Bronco seniors Mark Bosch and Matt Richardson won first place in Public Forum debate at the state qualifying tournament. For those curious about what our golden-tongued debaters discuss, the topic was 'Wiki leaks is a threat to US National Security'. There were 36 teams from 11 different schools competing for 4 spots to qualify for states. Some additional debate details: after the 3rd round, they were 1-2 and we had to do some strategizing to figure out how to fix whatever wasn't working. They certainly fixed it...and won the rest of their preliminary rounds. They were 3-2 by the end of competition and were the only team with a 3-2 record that made it to the outrounds (they had the highest speaker points of all the 3-2 teams). After the prelim rounds, it was double elimination for the top 8 teams. They won each of the 3 break rounds with a 2-1 decision and finished in first place. The bottom line: In our second year with a competitive debate team, we will be attending the state championship tournament! The tournament will be held at San Diego State University on April 15-17. There will be teams from all over the state competing for the title of state champion and Mark and Matt will be among them. For more information on the upcoming state championship visit <http://www.joyoftournaments.com/ca/chssa/info.asp>. A huge Bronco thank you to Debate Advisor, Kristine Lapierre. Way to go Debaters!

EXTRA Tutoring Available Through Public Library ~ Thanks to the support from the Murrieta Public Library (www.murrietalibrary.info), which is pleased to be able to offer FREE online tutoring services and homework help at: <http://lhh.tutor.com/?ProgramGUID=208890f0-4e45-4817-9cbc-619d26263dc3>. The link to the Murrieta Public Library is also on the VMHS library web page under the section page Online Databases. You need to have a Riverside County Library Card in order to use the MPL site, as the webpage asks for the library card number in order to access. You may get a Library Card at any local library. There are bookmarks available in the VMHS library with MPL information about the links, programs, hours, etc. Take advantage of this great assistance tool!

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.

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.

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.

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/law suits, 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, the State Bar's web site.

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 - Selective Service registration is not the draft. It is the law though 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.

*****IMPORTANT***IMPORTANT***IMPORTANT***IMPORTANT***IMPORTANT***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 and you may also contact the school Health Office (951) 894-5750, ext 6793.

\$\$\$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!

COMMUNITY SERVICE

You may download the Community Service Hours form from our website at 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 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.

Local Libraries Need Help - 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.

MVUSD Family Services - Needs Volunteers Frequently - If you like kids, or even if you don't, there are many opportunities with the MVUSD (District) Family Services department with flexible hours, weekdays after school and even weekends at locations around the community. Assist with childcare and tutoring or set up, break down and cleanup of events as well as filing and other non-childcare related activities. Visit the College & Career Center for details and contact information.

VMHS Softball Looking for Volunteers - The VMHS softball program is looking for students to volunteer to work in their snack bar to earn community service hours on Wednesdays and Fridays between March 23 and the end of May for two hours/day. Please contact Mrs. Velk at 719-6888.

Temecula Valley Balloon & Wine Festival - Volunteers needed for this great local event, this year, June 3-5 in wine country. Students are needed to assist with the souvenir and other areas. Watch for their website www.tvbwf.com to come online to register.

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 ~

Senior Athletes - Scholarships Available! The Citrus Belt Athletic Directors' Association offers six (yes, SIX!) \$500 scholarships to area student-athletes. Selection is based on a one-page essay listing athletic and academic accomplishments and financial need. Application information may be picked up in the Athletic Office. The deadline for all applications is Thursday, April 28.

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 or facebook.com/gereaganscholarships or visit Mrs. Kim in the College & Career Center.

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.

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.

NON-DISTRICT ANNOUNCEMENTS

Tri-Valley Pageants Presents - The Miss Murrieta and Miss Temecula Scholarship Pageant is being held on Saturday, April 30 at the New Covenant Church Auditorium in Murrieta. There are age categories from small girls and teens to adults. For interested contestants, the last day to sign up is THIS Saturday, April 2. Visit www.trivalleypageants.com for more information.

Military Families Presentation - The Marine Corps Family Care Branch is hosting Dr. Kenneth Ginsburg a pediatrician focusing on resiliency in children and adolescent medicine. Dr. Ginsburg practices at the Children's Hospital in Philadelphia, and is the author of several books on the same subject. This event will take place at Camp Pendleton, THIS Monday, April 4 in the Family Readiness Center (formerly Marine Family Team Building) Building 1795.

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.
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 or call 696-9800.

More Dancing - Studio 31 Dance Center (located in the Toy's R Us shopping center) offers classes including: ballet/pointe, tap, jazz, lyrical, hip hop, and tiny tots for ages 2 ½ thru adult. visit their 7800 sq.ft. center with 3 studios, a large lobby with views of all studios, a homework and snack area. For more information visit their website at www.studio31dance.com.

Community Meals for Less - The Community Outreach Program is partnering with The Treasure Box and Harvest 2U to bring both frozen and fresh food to the needy in our community. You may purchase food for your family, or donate to help feed the hungry. There are multiple menus and first quality frozen foods and fresh local produce, it's competitively priced and inexpensive and you may order and pick-up monthly (there is weekly or bi-weekly pickup or delivery). You get one FREE meal for every 4 purchased, and of course the community benefits if you donate to the hungry. To order, go to <http://www.ccvontheweb.org/> or contact Chris at (951) 505-7011 or email cotfeedthehungry@yahoo.com.