

# PONY EXPRESS

Character Leadership Attitude Scholarship Service

Principal Mrs. Celeste Scallion

## MESSAGE FROM THE PRINCIPAL

Greetings, Bronco Families!

This has been another busy week on The Ranch!

Next week, our co-curriculars are visiting our feeder middle schools for High School Kickoff. We are extremely proud of the work that our students are doing on our campus and in the community to promote Character, Leadership, Attitude, Scholarship, and Service.

Together, we are cultivating a generation that is ready to shape our Future Broncos! Thank you for sharing the commitment to support our students in their journey.

Tonight, our Broncos will host Murrieta Valley in the Bronco Arena for basketball at all levels. All games are expected to SELL OUT. Please access [Go Fan](#) for tickets, and plan to arrive early. Games are scheduled to start at:

JV Girls at 3:45

Varsity Girls at 5:30

Varsity Boys at 7:00

Senior Parents:

Senior Culminating Project presentations are coming up fast. All seniors will present their projects on February 5th and 6th, respectively. Next week's office hours will be dedicated to answer any final questions and to ensure that the projects are uploaded into Canvas.

Please encourage your Bronco Student to reach out for support if needed. We are here to help!

As always, we are wishing everyone a wonderful weekend and look forward to seeing you at the Bronco Arena tonight.

Mrs. Scallion

**BNN: [January 22](#), [January 23](#), [January 25](#), [January 26](#)**

*America's Most*  
SPIRITED HIGH SCHOOL  
★ ★ ★ ★ ★

### Assistant Principals

Brianna Burow Rosa Velardez  
Lloyd Dunn Tammy Waddleton  
Shane Sands

### Assistant Principal Athletics

Carl Galloway

### Activities Director

Shannon Kush

### Useful Links:

[VMHS Website](#)



# COUNSELING

## A/B SCHEDULE

A/B Schedule for January 29 - February 2:

29	30	31	1	2
B	A	B	A	B
		LS	OH	

January 31, 2024 is a late start "B" Day

2024-25 FAFSA IS NOW OPEN!

START YOUR  
APPLICATION NOW!

For FAFSA assistance, call [1-800-433-3243](tel:1-800-433-3243)  
or visit [Student Aid Help Center](#).

**APPLY NOW!**

 **Dollars for Scholars**

ARE YOU A...

SENIOR CLASS OF 2024	SCHOLAR WITH A 3.25 GPA OR HIGHER	PLANNING TO ATTEND A 2-YEAR OR 4-YEAR OR TRADE SCHOOL AFTER HIGH SCHOOL
----------------------------	-----------------------------------------------	----------------------------------------------------------------------------------------------

DUE FEB. 28 11:59 PM [MURRIETA.DOLLARSFORSCHOLARS.ORG](https://murrieta.dollarsforscholars.org)

## VISTA MURRIETA HIGH SCHOOL PRESENTS



### ADVANCED COURSEWORK PROGRAM NIGHT

TUESDAY, FEBRUARY 6TH

6:00 P.M.

THIS IS A VIRTUAL EVENT

[CLICK ON MICROSOFT TEAMS LINK HERE](#)

Join us to hear about the different Advanced Coursework Programs available at VMHS with Advanced Placement (AP), Dual Enrollment, MSJC Annex, and Community College Articulation.

## ASVAB EXAM

January 31, 2024  
8:00 a.m.

Student check-in begins at  
7:30 a.m. in the PAC Foyer



Sign up here

The exam is exclusive to 60  
VMHS Juniors and Seniors.

 **WEDNESDAY**  
28 February, 2023  
Bilingual(Spanish) 27 March, 2023

VISTA MURRIETA HIGH SCHOOL(MPR)  
IN-PERSON

**FINANCIAL AID  
WORKSHOP**

REGISTER NOW

TOPIC OF DISCUSSION  
Better FAFSA Overview  
Hands on Application Assistance

MVUSD DISTRICT WIDE WORKSHOP

**WEDNESDAY:** March 20th, 2024 at  
Murrieta Mesa High  
School, Library  
4:00-7:00 p.m.



MSJC Zoom Links for  
Virtual Assistance

- January 23rd, 2024 12:00-1:00 PM
- February 7th, 2024 2:00-3:00 PM
- February 21st, 2024 10:00-11:00 AM
- March 12th, 2024 2:30-3:30 PM

**CHARACTER. LEADERSHIP. ATTITUDE. SCHOLARSHIP. SERVICE.**

# SENIORS

## Reminders



### Extra Graduation Tickets

\$14 each and a maximum of 10 per student. A limited number of additional tickets will be available until sold out.



### Grad Nite Tickets on sale!

Tickets can be purchased online at the [Student Webstore](#) or in person with a bookkeeper. The deadline to purchase tickets is February 23rd, or until sold out!



### Murrieta Dollars for Scholars

Application is now open. The deadline to apply is February 28.

## CAP & GOWN ORDERS

All seniors are required to wear a cap, gown, tassel, and stole for the commencement ceremony. Seniors may opt to borrow the cap and gown unit, but still must formally request to borrow the unit by February 1.



## DIPLOMAS

### Parents:

Please verify your student's name and spelling in Aeries prior to January 31. Once diplomas are ordered, they cannot be changed. Any changes must be emailed to [drausa@murrieta.k12.ca.us](mailto:drausa@murrieta.k12.ca.us) or [mmorris@murrieta.k12.ca.us](mailto:mmorris@murrieta.k12.ca.us) before January 31.

## SENIOR CULMINATING PROJECT

The Senior Culminating Project is a graduation requirement.

Please make sure your senior student has the SCP tile on their Canvas page.

The Canvas tile has detailed information and directions for the project. If you have any questions or concerns, please email Assistant Principal Tammy Waddleton at [twaddleton@murrieta.k12.ca.us](mailto:twaddleton@murrieta.k12.ca.us).

The Senior Culminating Project will be presented on February 5th and 6th, respectively.



Senior  
Information  
Class of 2024  
**Booklet**

**CHARACTER. LEADERSHIP. ATTITUDE. SCHOLARSHIP. SERVICE.**





*A goal without an  
action plan is  
a daydream.*

Nathaniel Drucker

# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

JANUARY 2024 • ISSUE 5 • VOLUME 7

## GOAL SETTING/ GROWTH MINDSET

### SMART GOALS

Goals give you direction, focus, and purpose. They also give you something to work toward. Just make sure that your goals are SMART goals.

**S**

#### Specific

Specific goals are well-defined and clear-cut. Instead of "I want to do better in school," a more specific goal would be "I want to earn a 3.0 GPA."

**M**

#### Measurable

Measurable goals make it easier to know how successful you are. Instead of "I will get in shape," a better goal would be, "I will be able to walk a mile in less than 15 minutes."

**A**

#### Achievable

Achievable goals set you up for success because they're goals you can realistically accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn't.

**R**

#### Relevant

Setting relevant goals ensures that you're working toward goals that are worthwhile. For example, learning a new computer program is a more worthwhile goal than beating a video game score.

**T**

#### Time-bound

Time-bound goals have a definite time or date they are to be accomplished. "Complete my science project by Friday" is more motivating than "Complete my science project."

### 11 GROWTH MINDSET STRATEGIES

- View challenges as opportunities.
- Prioritize learning over seeking approval.
- Focus on the process instead of the result.
- Cultivate a sense of purpose.
- Choose learning well over learning fast.
- Making mistakes does not mean you're a failure.
- Learn from the mistakes of others.
- Learn to receive constructive criticism.
- Cultivate grit - it is a perseverance and passion for long term-goals.
- Set a new goal for every milestone you achieve.
- Remember that it takes time to succeed in anything.

#### FIXED MINDSET

I CAN'T DO THIS

I'M NOT GOOD AT THIS

I MADE A MISTAKE

I'LL NEVER BE GOOD ENOUGH

THEY'RE BETTER THAN ME

#### GROWTH MINDSET

I'M STILL LEARNING

WHAT AM I MISSING?

MISTAKES HELP ME LEARN

I'M DOING MY BEST

WHAT CAN I LEARN FROM THEM?

HAPPY STROKES

### LINK RESOURCES

- The Importance, Benefits, and Value of Goal Setting
- How to Set Goals
- Growth Mindset Video
- Why I Can Do This
- Famous Failures

### GOAL SETTING

Did you know that it takes approximately 2 months for a habit to form? This number is determined by factors such as behavior, the person, and circumstances. Goals can be personal, academic, or employment driven, as well as short- or long-term. Utilizing goal setting can help you get the outcome you desire!

### GOAL SETTING HELPS

- Trigger new behaviors
- Guide your focus
- Sustain a momentum in your life

### SMARTPHONE APPS

- ClickUp
- Weekdone
- Strides: Goal Tracker, Clockify, and Time Tracker

APP