



Weekly News



Inspiring every student to think, learn, to achieve & to care with PRIDE

Panther Families,

WEEK 6: May 4th-8th

Connect with Your Counselors!

Happy Week 6, Panthers! This week is California Mental Health Week! Find great information below on how to stay healthy emotionally and mentally and feel free to check out our website for daily pictures of the counseling team participating each day. Have a great week!

- Mrs. Edmisten (6th grade and ELL)
Office Hours M/W/F 9-12 T/TH 12-3
Office Phone number 951-304-1614 (Temporary number for COVID 19)
Pedmisten@murrieta.k12.ca.us
- Mr. English (7th Grade)
Office Hours M/W/F 9-12 T/TH 12-3
Office Phone number 951-304-1637 (Temporary number for COVID 19)
Lenglish@murrieta.k12.ca.us
- Mrs. Tucker (8th Grade and AVID)
Office Hours M/W/F 9-12 T/TH 12-3
Office Phone number 951-304-1605 (Temporary number for COVID 19)
Stucker@murrieta.k12.ca.us

Important information for this week:

- MVUSD has added an Assist Line to provide support for families, students, and staff. Click the picture for more details.
- We have added a COVID-19 Counseling Resources Page to the Counseling section of the [Shivela Website](#). You will find community resources, crisis support, archive of our newsletters, and the weekly mental health themes!
- Video chat with your counselor! If you are interested in connecting face-to-face, please send an email to schedule appointment and receive safety guidelines. See you soon!!



Quote of the Week

Weekly Theme: Mental Health Awareness

Week!

Check out our [website](#) for the daily [themes](#) of this week to get ideas on how to keep mentally healthy. Also, check out what your counselors have been up to during this week to stay healthy.

