



Weekly

News

Inspiring every student to think, learn, to achieve

Panther Families,

WEEK 10: June 1-5

Connect with Your Counselors!

Happy Week 10, Panthers! Welcome to the final week of the school year! We are so proud of how our students, families, and staff have worked hard this year and especially during this trying time. The grit and determination witnessed is what makes Shivela Panther strong! Have a great summer and we cannot wait to see everyone in the Fall!

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!



- **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)**
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- **Mrs. Tucker (8th Grade and AVID)**
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Weekly Theme: Resilience

You did it! You made it through the school year! It has been a unique year full of adventures and uncertainties. What is certain is that you have developed resiliency. Resiliency involves behaviors, thoughts, and actions that can be learned over time. Here are some tips to continue to build resilience:

- Make connections
- Maintain a daily routine
- Take a break
- Work towards your goals
- Nurture a positive self-image
- Look for opportunities
- Accept change as part of life

Videos:

[What is resilience](#)

[Building resilience](#)

Worksheet:

[Protective factors](#)

App:

[The Resilience App](#)

Quote of the Week

