



Weekly News



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

Panther Families,

Happy Week 7, Panthers! This week's newsletter is filled with a lot of great information. We hope you and your family are well and healthy, and able to take this time to spend good quality time with each other.

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!



Weekly Theme: Positivity

We continue living through challenging times filled with worries, fears, anxiety and uncertainty. During times like these it can be hard for us to maintain a positive mindset, however keeping a positive mindset will increase our overall wellbeing, health, and grit. Some of the benefits of maintaining a positive mindset include increased self-esteem and confidence, lower stress levels, better psychological and physiological well-being



Video:

[The science of gratitude](#)

Worksheets:

[Gratitude journal](#)

[Growth mindset plan](#)

[Self-awareness](#)

Positivity Apps:

[Happify](#)

[Pozify](#)

[Smiling Mind](#)

WEEK 5: April 27th – May 1st

Connect with Your Counselors!

- **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)**
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Office Phone number 951-304-1605 (Temporary number for COVID 19)
Stucker@murrieta.k12.ca.us

Quote of the Week

