



Nighthawk Counseling Weekly Update

April 6th – 11th



Hello Nighthawk students and parents,

We hope you and your family are staying safe and healthy during the COVID-19 Pandemic. We encourage you to follow all safety and well-being precautions provided by our local and federal agencies. While Social Distancing should be practiced during this time, remember that you can stay connected with friends and family in other ways. Use programs like FaceTime, Zoom, Facebook, Google Duo, and Marco Polo (with parental permission) to increase your social interactions. Know that the counselors are constantly thinking about you and are continuing to develop innovative ways to stay connected with you.

Counselors will continue to use this Weekly Update to streamline our communications to give updates and provide useful resources. Please be aware that we have also created a [COVID-19 Counselor Resources Page](#).

In this Weekly Bulletin we want to provide information regarding:

- Communicating with your Counselor (Office Hours)
- Important updates
- Frequently Asked Questions
- Mental and Emotional Support
- Resources for Long Distance Learning

Lastly, during these times of many changes and on-going sad news of the COVID 19, we would like to recognize and celebrate positive stories in our community. Let's spread some happy stories. Together, we will get through this

Positive Stories from Nighthawks



Mrs. Castro shares "This week I participated in a Drive-By Birthday Celebration to help our friend's daughter celebrate her 15th birthday party. This is something I would have never thought of doing but to see her and her family smiling and waving from their driveway was so magical. Also, I used Zoom to call my family in Chicago and were able to all see each other face and laugh together.

Do you have a story to share? Use this [Link](#) to send us your stories and we will share in our Weekly Updates

Communicating with your Counselor:

The District Office has approved Counselors to utilize MiTel Home Office Phone lines and to offer Teleconference Meetings using Microsoft Teams. Please be patient as we are still learning how to utilize these and set these systems up.



Counseling Office Hours: Please email to set-up appointments

Mondays- Fridays from 10:00 am – 3:00 pm

Mrs. Thornburg, 9th grade A-M & IB

Email: jthornburg@murrieta.k12.ca.us

Mrs. Mendoza-Montoya, 9th grade N-Z & AVID

Email: dmendoza-montoya@murrieta.k12.ca.us

Mr. Lockwood, 10th grade counselor

Email: rlockwood@murrieta.k12.ca.us

Mrs. Castro, 11th grade & EL counselor

Email: ncastro@murrieta.k12.ca.us

Mr. Vandenburg, 12th grade Counselor

Email: jhvandenburg@murrieta.k12.ca.us

Mrs. Cortez, Social Work and Mental Health Specialist

Email: jcortez@murrieta.k12.ca.us

Important Updates:

Phase II of Distance Learning

School is still in session. Students should be checking their Microsoft 365 and Haiku DAILY.

Students will earn a **progress report letter grades on April 17th!** Students will continue to earn credits for classes currently enrolled and with consistent participation may earn a higher grade for the end of semester.

CSU/UC/College and University Updates: Juniors and Seniors

We highly advise that you monitor your email regularly for any changes and deadline information and to also visit their website for any updates.

Dollars for Scholars:

The Murrieta Dollars for Scholars **April 27, 2020 event has been cancelled** however selected students will be notified and receive their scholarships via USPS. Send questions to rlockwood@murrieta.k12.ca.us

AP Exams Update:

Spring 2020 AP Exams window is May 11- May 22nd. They will be online and shortened (45 minutes).

For more information and resources for students taking the Spring 2020 AP Exams, please visit

<https://apcoronavirusupdates.collegeboard.org/students>.

FAQ – Frequently Asked Questions

Q: What if I can't get into my email/Haiku?

A: Send an email to mvusdinfo@mvusd.org and they will be able help reset

Q: How often should I be checking my email/haiku?

A: You should check it at least once a day. You might be getting text messages as well as emails depending on how you have your Aeries Communication setup. If you wish to change this setting, simply log into Aeries and update in Communication.

Q: Can I use this time to make up missing work?

A: It's a good idea to communicate with your teachers to see if there are any missing assignments they will still accept. We all want what is best for all student's success, so teachers are being very flexible, but it's important to ask first.

Q: Where can I find my teacher's email?

A: In Aeries under Student Info, there is a tab for "Email List". You will find a link to each of your teacher's email there.

Q: If I can't communicate with my teachers, who should I talk to?

A: Counselors will be available to support during Office Hours between 10am-3 pm daily. We are currently working on ways to set-up appointments either thru phone or teleconference. Information coming soon.

Q: What if I need a work permit? Or Transcript?

A: The forms for Work Permit are available online on the [Counseling Website](#). Transcripts are requested thru [Parchment](#)

Q: What is going on with AP and IB testing?

A: For AP- YES, we will still have AP tests. Dates range from May 11-May 22. Go to Collegeboard.org for more info.

A: For IB-IB exams have been cancelled. Further information about how scores will be given coming soon.

Q: What about Credit Recovery APEX and MCA reverse co-enroll classes?

A: Make sure to contact your host teacher so they can work with you to unlock sections. Continue working on your classes. Counselors will be working with Seniors and Juniors who need Credit Recovery to meet Graduation Requirements

Q: What about MSJC classes?

A: Regularly check your [Eagle Advisor](#) for updates. MSJC has switched over to full online options, but as far as we know, classes are still being conducted using their online platforms.

Q: For Seniors, what Graduation Requirements have been waived?

A: MVUSD understands these are very unprecedented times, students who have not completed their Senior Culminating Project, Community Service and/or Junior Reflective essay have all been waived for Seniors.

Mental & Emotional Health Support

The outbreak of coronavirus disease 2019 is a very stressful time not only because of the health concerns but because there have been many changes to our regular routine. Fear and anxiety about a disease can be overwhelming and cause strong emotions.

Everyone reacts differently to stressful situations.

Coping in a healthy manner will help you and your family



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Things you can do to support yourself



Take breaks from watching, reading, or listening to news stories, including social media.

Take deep breaths, stretch, eat healthy, exercise regularly, and get plenty of sleep.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row

Stress Management Videos

[Stress - Cause & Effects](#)

[Perceptions of Stress](#)

Stress Management Worksheets

[Handout 1: Stress - Cause and Effects](#)

[Handout 2: Perception of Stress](#)



Successful Tips on Schooling from Home

Set up a Work Spot:

Find a place in your home that will be designated your "work spot". Keep it clear and clean

Make it Comfortable:

Have comfortable chair (not your bed) and use app like Coffitivity to create peaceful background noise to help you focus

Create a routine or schedule:

Set an alarm, brush your teeth and change out of your PJ's. These acts will shift your mind into getting ready to work.

Use the Rule of Three:

Make a to-do list and try and get 3 of things done from the last every day.

Keep Notes:

As an online student, you're might be watching lectures on your computer. Don't let the convenience of being able to rewind and play it again keep you from taking notes.

Self-Motivation is key!

When doing independent study, you need to have a lot of self-discipline and take short breaks to keep you motivated. Don't forget to reward yourself with a walk outside or video chatting with a friend.

Long Distance Learning Tools

Sample Schedule to Follow:

8 am: Wake-up

9 am: Sign-in to Microsoft 365 to check emails and Haiku
Choose one of your assignments to work on

10 am: Take a break, go for a walk, listen to music, or get a snack

10:30 am: Finish the assignment you were working on or chose another assignment

11:30 am: Take a break, go for a walk, listen to music or get snack

12:30 pm: Lunch

1:00 pm: Finish the assignment you were working on or chose another assignment

2:00 pm: Take a break, go for a walk, listen to music or get snack

2:30 pm: Finish the assignment you were working on or chose another assignment

3:30 pm: Take a break, go for a walk, listen to music or get snack

Some students do better with a strict routine

Some students do better with longer breaks

Some students do better in the morning

Some do better in the evening

Find what works for you and your family and modify as needed

Helpful Links

[Khan Academy:](#)

Provides academic resources in all grade levels and curriculum as well as SAT/AP prep

[Sample of Schedule for 10-12 graders](#)

[CollegeBoard.org:](#)

Provides support for ALL AP tests.

[YouTube Video Tutorials](#) for AP classes