



Nighthawk Counseling Weekly Updates

March 23-27, 2020



Hello Nighthawk students and parents,

We wanted to send you a quick note to let you know there isn't a day that we are not thinking of you and your families. This is an unprecedented and difficult time for all of us. Please remember to take care of yourselves.

We have added some resources to provide support for your mental and emotional health as well as ways to contact us. If you feel that you need additional resources or support, please don't hesitate to reach out to us via email. We are available via email during regular school hours. We look forward to staying in touch and supporting you for the weeks to come.



We are setting up Counseling Office Hours in order to facilitate your ability to stay in contact with us during the school closures. We will be available **Mondays-Fridays from 10:00 am – 3:00 pm to answer emails and support academic and personal needs.**

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

How to Care for your Mental Health During COVID-19

- Maintain routines as much as possible.
- Get up, shower, and get dressed.
- Eat healthy meals and snacks.
- Get outside, if you can.
- Maintain communication with friends and family.
- Video-chat so you can see their faces and hear their voice
- Watch and read things that are comforting
- Keep up to date with news but no more than 1 hour



FAQ – Frequently Asked Questions

Here are some of the common questions people are asking. We will do our best to share information to these questions as it becomes available to us.

Q: What if I can get into my email/Haiku?

A: Send an email to mvusdinfo@mvusd.org and they will be able to assist you with resetting your account.

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. You can send us an email or use the Calendly link to set-up appointment. At this time, we are limited to emails only.

Q: What if I need a work permit?

A: Work permits are issued after you have secured a job. The forms are available online on the Counseling Website. Please complete all sections and then you can scan the form to Mrs. Young, our Guidance Technician, who can assist with processing the work permit.

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

A: For AP- As of now, College Board will be modifying their AP Tests to be online format testing options, with multiple testing dates options without penalty. More information for AP will come after April 3rd. Check your emails.

A: For IB-IB exams have been cancelled. After March 27th, we should have further information about how scores will be given. Please check your emails for update information from Mrs. Fields.

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, so you can continue working on assignments.

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: What if I still have missing Community Service Hours?

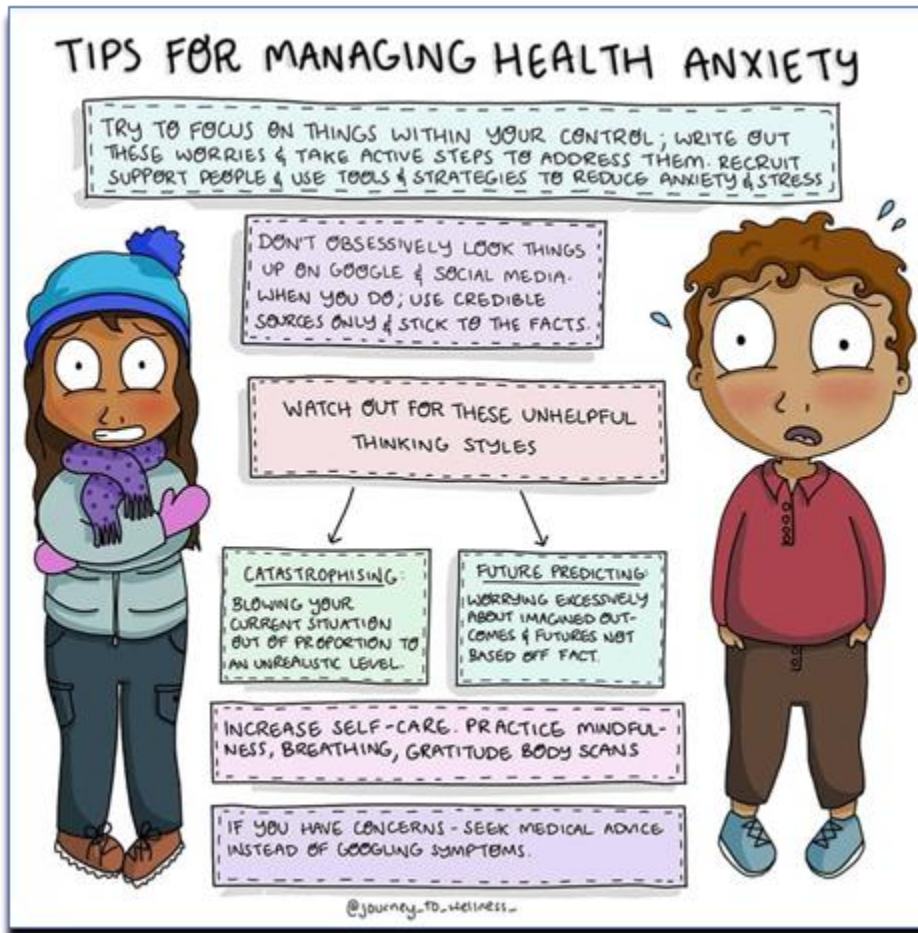
A: MVUSD understands these are very unprecedented times and have decided to waive community service requirements for Seniors.

Q: I am worried about graduation because Aeries is showing I am failing some classes, should I just transfer to K-12 online school?

A: We understand students (especially Seniors) are having extra stress about grades and credits. Please understand that we are here to support all students and are working tirelessly to make sure students have a variety of ways to bring their grades up to pass their classes. Be patient and let's work through this together.

Mental & Emotional Health Support

It is especially important to take care of your mental and emotional health during times of uncertainty.



Below are some links to videos as well as strategies to help you during these stressful times.

Coping Strategies

[Seven Ways to Turn Your Day Around](#)

[Stress Management Strategies](#)

Working with Stress related to Coronavirus

[Living with Worry and Anxiety Amidst Global Uncertainty](#)

[Coronavirus Diseases 2019 \(COVID-19\): Manage Anxiety and Stress](#)

Together, we will get through this.



Kind regards,
Your Nighthawk Counselors

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.