



## Nighthawk Counseling Weekly Update

April 13<sup>th</sup> – 17<sup>th</sup>



Hello Nighthawk students and parents,

We hope you and your family are continuing to stay safe and healthy. We are excited to share that Counselors now have a home/office phone line. We would be happy to connect with students and parents during our Office Hours. Please see below for hours and numbers. Of course, we are still available thru our emails if you prefer email.

Counselors will continue to use this Weekly Update to streamline our communications 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:

- How to Connect with Counselors (Office Hours and Office Phones)
- Emotional and Mental Health Support
- Resources for Long Distance Learning
- Frequently Asked Questions

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 😊

Kind regards,  
MVHS Counseling Nighthawks

### **Positive Stories from Nighthawks**

Mrs. Lailson who is our AVID and English Learner teacher had a great idea of reaching out to her students and sharing some encouraging words, **"Apart but Together. We Miss You."** This phrase was then translated into 3 different languages Mandarin, Pashto, and Spanish which represent our English Language Learners at MVHS. Mr. Tukua, Mrs. Vivian, and Mrs. Castro all supported from our homes.

Do you have a story to share?

Use this [Link](#) to send us your stories and we will share in our Weekly Updates



**Counseling Office Hours: Please email to set-up appointments**  
**Mondays- Fridays from 10:00 am – 3:00 pm**

**Mrs. Thornburg, 9<sup>th</sup> grade A-M & IB**  
Email: [jthornburg@murrieta.k12.ca.us](mailto:jthornburg@murrieta.k12.ca.us)  
Home Office (951) 304-1641

**Mr. Lockwood, 10<sup>th</sup> grade counselor**  
Email: [rlockwood@murrieta.k12.ca.us](mailto:rlockwood@murrieta.k12.ca.us)  
Home Office (951) 304-1657

**Mr. Vandenberg, 12<sup>th</sup> grade Counselor**  
Email: [jhvandenberg@murrieta.k12.ca.us](mailto:jhvandenberg@murrieta.k12.ca.us)  
Home Office (951) 304-1630

**Mrs. Mendoza-Montoya, 9<sup>th</sup> grade N-Z & AVID**  
Email: [dmendoza-montoya@murrieta.k12.ca.us](mailto:dmendoza-montoya@murrieta.k12.ca.us)  
Home Office (951) 304-1608

**Mrs. Castro, 11<sup>th</sup> grade & EL counselor**  
Email: [ncastro@murrieta.k12.ca.us](mailto:ncastro@murrieta.k12.ca.us)  
Home Office (951) 304-1650

**Mrs. Cortez, Social Work and Mental Health Specialist**  
Email: [jcortez@murrieta.k12.ca.us](mailto:jcortez@murrieta.k12.ca.us)  
Home Office (951) 304-1606

## Important Information & Updates

- **Need internet?**

- Frontier's [California Lifeline Discount Program](#) offers internet service for \$9.25/month for qualifying low-income applicants.
- Spectrum has two relevant programs.
  - The first is their COVID-19 [Remote Education Credit](#) which offers 60 days of free internet for families of students who do not currently have internet access.
  - Their second option is a program called [Internet Assist](#) which is targeted to low-income families and has qualification requirements.

- **CSUSM Alliance Info:** Seniors that have been accepted to CSU San Marcos, your intent to enroll date has been reschedule for June 1<sup>st</sup>! CSUSM will be taking virtual appointments for students that have questions, such as general inquiries about CSUSM and admission process, residency status assistance, changes to spring classes at current school and implications for admission or questions regarding next steps.

- To schedule a Virtual Appointment visit the [Book a Freshman Admission Counselor](#) page.
- Accepted students should be able to view their financial aid package for CSUSM in [student portal](#).
- Students who applied for EOP will be notified during the month of April.
- Students who were originally denied acceptance to CSUSM may request a re-evaluation of their application if they can provide proof of “improvement” from the time they submitted the application in November.
- There will be NO Early Start Program.
- Student orientation will be held online.

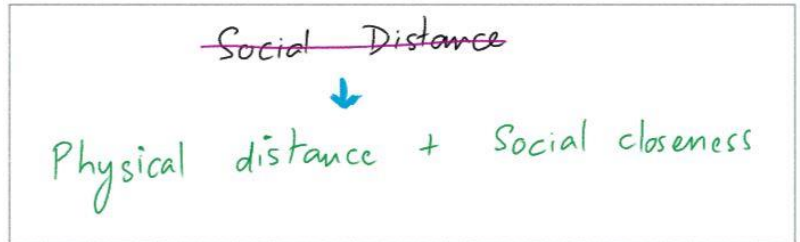
- **AP Parent Webinar:** Parents of current AP students may have received an email to participate in a special AP webinar. The purpose of the webinar is to learn more about at-home testing, the exam schedule, and AP review classes. **The webinar will take place on Thursday, April 16, 4 p.m. A recording of the webinar will be emailed to you following the event.** We encourage your AP student to tune in to the webinar with you. [Click here](#) to sign up now.

## Mental & Emotional Health Support

According to the National Institute of Mental Health, “stress is how the brain and body respond to any demand.”

They add that any type of challenge can be stressful, and that stress can affect your health, both physically and mentally. Because we know that the COVID-19 outbreak is impacting us all in one way or another, we will continue to focus on the theme of stress management this week.

Below are some links to videos and worksheets to help you better manage your stress as we continue with distance learning and cope with the many changes we are experiencing as a result of COVID-19.



### COVID-19 (coronavirus)

## 6 Tips for Coping with the Stress



**It's normal to feel sad, stressed, confused, scared or angry during a crisis.** Talking to people you trust can help. Get in touch with your loved ones and connect with them.



**Be aware that not everything being said about COVID-19 is accurate.** Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



**Limit your stress and fear** by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



**Do things you've done in the past** to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



**If you're staying home,** stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



**Deal with your emotions in a healthy way.** Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

\*Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.

\*\*Adapted from the International Federation of Red Cross; data from the World Health Organization

**Stress Management Videos**

[Stress Management Strategies](#)

[Awareness and Application](#)

**Stress Management Handouts**

[Stress Management Strategies Handout](#)

[Awareness and Application Handout](#)

# NETIQUETTE

A STUDENT AND PARENT GUIDE  
TO ONLINE BEHAVIOR EXPECTATIONS

## STUDENT EXPECTATIONS



USE APPROPRIATE  
LANGUAGE



BE KIND WITH YOUR  
WORDS



BE PRESENT! NO  
MUSIC OR TV IN  
BACKGROUND



NO RECORDING OR  
SCREENSHOTS OF  
CLASSROOM CHATS



BE RESPECTFUL



BE A LEADER



DO NOT USE ALL CAPS



NO MEMES OR TIKTOKS



BE PATIENT



STAY ON TOPIC

PARTICIPATE IN CLASSROOM DISCUSSIONS  
STARTED BY TEACHERS ONLY!



**Tools for Distance  
Learning Success**

## PARENT SUGGESTIONS

**MURRIETA  
VALLEY  
UNIFIED  
SCHOOL  
DISTRICT**



Monitor Online Behavior

Email/Contact your child's teacher

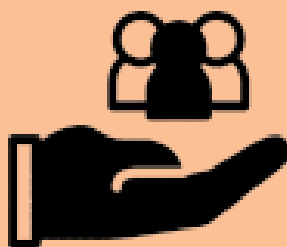
Set Boundaries & Rules

Support your child

Expect Good Behavior

Report Alarming Behavior or Chats

Log-in and review teacher Haiku pages,  
websites, or emails at least once a week



## **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't get into my email/Haiku?**

A: Send an email to [mvusdinfo@mvusd.org](mailto: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?**

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 if I need a Transcript?**

A: Official Transcripts are ordered thru [Parchment](#). Links are available on the MVHS Nighthawks Website

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

A: There will still be AP tests with dates ranging from May 11-May 22. Exams will be modified to be 45-minute online tests. However, if students do not feel prepared for the exam they may cancel by contacting [ncastro@murrieta.k12.ca.us](mailto:ncastro@murrieta.k12.ca.us) to process a refund with no cancelation fee. Please go to [CollegeBoard.org](http://CollegeBoard.org) for YouTube Live Classes and additional resources.

A: IB exams have been cancelled. However, Cal State and UC's both will be giving credit for students who have successfully completed their classes. 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. 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, check with your counselor for further information.

**Q: What Summer School Options are available?**

A. We are still accepting applications for MVUSD Summer School however we are on HOLD. There are a few options for Online Summer School in Murrieta Valley. [Method Charter](#) and [Diego Hills Charter](#) Please remember that this would be to "fix" grades not to advance.