



April 6th - 10th, 2020

Hello Bronco Students and Parents,

The Vista Murrieta High School Counseling team will be sending this weekly newsletter to communicate important information as we navigate through Phase II of Distance Learning. We hope that you and your families 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 maintain your connections. Know that the counselors are constantly thinking about you and are continuing to develop innovative ways to stay connected with you. Please continue to check your student/parent email daily so that you always have the most current information.



In addition, the counseling team will provide more resources to support your mental and emotional health as well as ways to contact us. We are available via email during regular school hours. Please email us if you would like to set up a phone conference. If you feel that you need additional resources or support, don't hesitate to reach out to us. We look forward to staying in touch and supporting you during this unprecedented time.

We are setting up Counseling Office Hours in order to facilitate your ability to stay in contact with us during the school closures. Counselors are available **Monday – Friday from 10:30 am – 2:30 pm to answer emails and support academic and personal needs.**

Mr. Caldwell/Mrs. Monica Tyler, A-CR

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Mr. Dione Tyler, Cu-Hi

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Mrs. Aurora Padilla, Intervention & EL Counselor

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Mrs. Diana Ruiz, AVID Counselor

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Mrs. Angie Curiel, Mental Health Specialist

Email: acuriel@murrieta.k12.ca.us

Important Updates!

#Gradesmatter: It is time to participate in your classes!

Teachers will submit a Progress Report grade on April 17th which reflects all work prior to school closures and any make-up work completed. Students need to check in with teachers regularly to continue to work through the end of the semester. Students will continue to earn credits and grades for classes currently enrolled. It is important for you to check your Microsoft 365 email daily to check for communication from your teachers! Let's finish strong!

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

Institutions are vigilantly monitoring and responding to new information about the coronavirus (COVID-19) outbreak and how it might impact enrollment and admission procedures. We highly advise that you monitor your email regularly for any changes and deadline information and to also visit their website for any updates. As you receive your letters of college acceptance pay close attention to their intent to enroll date. Some schools have changed the date and others have kept it for May 1st. Mark your calendar! You don't want to miss this important deadline. For the most recent UC communication that pertains to current Seniors and Juniors [click here](#).



Important for Juniors thinking of applying to any CSU:

Fall 2021 Prospective First-Time First-Year Students (Current High School Juniors)

1. The CSU strongly recommends that ALL students enroll in a yearlong senior-year English course and a mathematics/quantitative reasoning course as student-specific Early Assessment Program (EAP) guidance will largely not be available at the time of senior year course registration. These courses could include Expository Reading and Writing (ERWC), Math Reasoning with Connections (MRWC), weighted honors, International Baccalaureate (IB), and Advanced Placement (AP) and other advanced courses.
2. Given the indefinite suspension of ACT/SAT examinations and the fact the state's Smarter Balanced test will not be administered this year to current high school juniors, the CSU is evaluating its admission process for entering first year students in 2021. The CSU is in consultation with its internal constituents, including its statewide academic senate and governing board, to determine the appropriate path forward for eligibility criteria for fall 2021 applicants. A final decision on how CSU will adapt its admissions process for the fall 2021 term will be made soon. At that time, the CSU will immediately communicate its decision publicly.

Dollars for Scholars: The Murrieta Dollars for Scholars event that was scheduled to be held on April 27, 2020 has been cancelled due to school closures. In place of our celebratory evening, selected students will receive their scholarships via USPS. Students who are selected for scholarships will be notified by the end of April or early May. Further details will be provided in the coming weeks, but please contact Ms. Arizola with any questions at garizola@murrieta.k12.ca.us.



AP Exam Update: Spring 2020 AP Exams are still planned for May, however the dates have shifted by a week. The new AP Exam window is May 11- May 22nd. If a student can't take an exam during this time, the make-up dates are June 1st - June 5th. All exams will be taken at home. **If you do not have access to internet or an electronic device such as a chromebook, please contact Mrs. Ruiz,**

druiz@murrieta.k12.ca.us. For more information and resources for students taking the Spring 2020 AP Exams, please visit <https://apcoronavirusupdates.collegeboard.org/students>. More information is coming in the next few weeks and will be continued to be sent out to students. Check out live AP test prep at [YouTube Video Tutorials](#).

2020 AP EXAM SCHEDULE

Exam Start Times: Local times may vary depending on a student's geographic location.	Pacific Time: 9:00 a.m.	Pacific Time: 11:00 a.m.	Pacific Time: 1:00 p.m.
Mon, May 11			United States Government and Politics

Tues, May 12		Calculus AB Calculus BC	Human Geography
Wed, May 13		English Literature and Composition	European History
Thurs, May 14		Chemistry	Physics 1: Algebra-Based
Fri, May 15		United States History	
Mon, May 18		Biology	Environmental Science
Tues, May 19		Psychology	
Wed, May 20		English Language and Composition	Microeconomics
Thurs, May 21		World History: Modern	Macroeconomics
Fri, May 22		Statistics	Spanish Language and Culture

*Students taking **AP Studio Art** and **AP Computer Science Principles** will only submit online digital portfolio tasks no later than May 26th. Please reach out to your AP teacher if you have any questions.

The California State University and University of California will continue to accept AP Scores on which scores 3, 4, 5 are earned.

Dual Enrollment Fall 2020: The matriculation process (application, orientation, parent agreement form) for Fall 2020 Dual Enrollment classes is currently paused. We are anxiously waiting from MSJC to direct us on our next steps on how to proceed with this process. We will keep you updated as we get more information.

FAFSA

If you feel that your financial circumstances might have changed due to COVID-19, please contact your perspective institutions Financial Aid office. If you haven't already committed to a college and have questions about your financial aid application, please contact the student aid office directly at 1-800-4-FED-AID (1-800-433-3243) or, visit their website at [StudentAid.gov/login](https://studentaid.gov/login).

If you still need to file your FAFSA you can still do so at <https://studentaid.gov/h/apply-for-aid/fafsa>

FAFSA Incentive Winners – we are in the process of planning a drawing for scholarships for students that participated in the drawing. Please stay tuned.

Mental & Emotional Health Support

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Here are some tips to manage your stress as we begin phase II and adjust to distance learning for the remainder of the school year.



Stress Management Videos

[Stress - Cause & Effect](#)

[Perceptions of Stress](#)

Stress Management Worksheets

[Managing Stress - Handout 1](#)

[Managing Stress - Handout 2](#)

World Health Organization

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:

- Make a schedule for yourself: Wake up, eat breakfast, start your distance learning assignments.
- 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. Feel free to visit our [MVUSD Behavioral Support Page](#) for more resources. Need a mental health provider? Please visit, <https://www.caresolace.com/site/murrietafamilies>

Distance Learning Tools:



Participate!

SAMPLE: Bronco Distance Learning Schedule

8:00 - 9:00 am	Wake up, make your bed, eat breakfast, brush your teeth and get ready for an awesome day! And yes, change out of those PJ's! 😊
9:00 – 11:30 am	Sign-in to your Microsoft 365 to check emails and Haiku. Organize your assignments and start working! (Math, English, Science, History, electives) It is recommended to spend 30-60 min on each class.
11:30 - 12:00 pm	Time to take a break! Play your favorite jam, get a snack or go for a walk - P.E.!
12:00 – 12:30 pm	<u>LUNCH TIME!</u>
12:30 - 2:00 pm	Finish assignment you were working on and move on to the next.
2:15 – 2:30 pm	Time for a break!
2:30 - 3:30 pm	Finish assignment you were working on and move on to the next.
3:30 pm	Time to take a break! Play your favorite jam, get a snack or go for a walk.

Some students do better with a strict routine

Some students do better with a longer breaks

Some students do better in the morning

Some students do better in the evening

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

Helpful Links

[Khan Academy:](#)

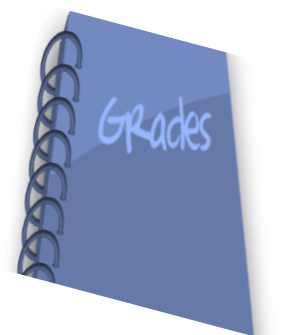
Provides academic resources in all grade levels and curriculum as well as SAT/AP prep

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

[CollegeBoard.org:](#)

Provides support for ALL AP tests.

[YouTube Video Tutorials](#) for AP classes



Successful Tips on Schooling from Home!

Set up a Work Space:

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

Make it comfortable:

Sit in a comfy chair not your bed!

Create a routine or

schedule! These acts will shift your mind into getting ready to work!

Rule of 3! Make a to do list and try and get 3 things done every day!

Keep NOTES! As an online student, you 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 online study, you need to have a lot of self discipline and take short breaks to keep you motivated. Don't forget to take walks or video chat with a friend!

FAQ – Frequently Asked Questions

What we are going through is unprecedented. 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 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 see 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 students during Office Hours, between 10:30-2:30 pm daily. You can send us an email to set-up an appointment.

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 Dual Enrollment Spring 2020 classes?

A: Regularly check your Eagle Advisor for updates. MSJC courses will switch over to full online after April 3rd. Online courses are being conducted business as usual.

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: What if I need a work permit?

A: Work permits are issued after you have secured a job. The forms are available online through the [district website](#) under students. You can email completed forms to Mrs. Whitaker at cwhitaker@murrieta.k12.ca.us or Mrs. Moran at imoran@murrieta.k12.ca.us.

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 experiencing 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.