



VISTA MURRIETA COUNSELING WEEKLY

April 27th – May 1st

Hello Bronco Students and Parents,

This weekly newsletter will serve as the counseling department's method to deliver you the most recent updates as it relates to academic and post-secondary information. We will continue to provide mental health tips at the end of each newsletter, but for more detailed resources please visit the [COVID-19 Counseling Resource Page](#).

Students should communicate with teachers and participate in all their classes during this time. It is important to note that teachers are using different platforms for communication and to assign work such as Haiku/Power School, Microsoft Office Teams, teacher website, or school email. If you are having difficulty connecting with your teacher or do not know which platform they are using, e-mail your counselor immediately. Chromebooks are still available for families in need of an extra device. To obtain one from the school, reach out to your counselor to coordinate a pick-up time.



Remember that along with exercising your mind, Distance Learning will best prepare you for next year's classes. Take advantage of this opportunity to get your grades up by submitting missing work that was due prior to the school closures. Please communicate with your teacher to develop a game plan to increase your grade.

The Counseling Department has set up Office Hours in order to facilitate your ability to stay in contact with us during the school closures. Counselors will be available **Monday – Friday from 10:00 am – 3:00 pm to answer emails and support academic and personal needs.**

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

Email: mtyler@murrieta.k12.ca.us

Mr. Dione Tyler, Cu-Hi

Email: dtyler@murrieta.k12.ca.us

Mrs. Karen Candaele, Ho-Mi

Email: kcandaele@murrieta.k12.ca.us

Ms. Gabriela Arizola, Mo-Sa

Email: garizola@murrieta.k12.ca.us

Mrs. Claudia Hill, Sc-Z

Email: cghill@murrieta.k12.ca.us

Mrs. Aurora Padilla, Intervention & EL Counselor

Email: apadilla-napoles@murrieta.k12.ca.us

Mrs. Diana Ruiz, AVID Counselor

Email: druiz@murrieta.k12.ca.us

Mrs. Angie Curiel, Mental Health Specialist

Email: acuriel@murrieta.k12.ca.us

Mr. Eric Peterson, Counselor Special Projects

Email: epeterson@murrieta.k12.ca.us

Mrs. Heather Just, Asst Principal, Special Education

Email: hjust@murrieta.k12.ca.us

Counseling Updates:

- **MVUSD will offer Distance Learning Summer School** June 15th to July 10th (off on July 3rd for the July 4th holiday). Distance Learning Course Offerings (Both First and Second Semester): English 9-12, Math I, Math II, Modern World History, US History, Government, Economics, Biology and Earth Science.



Courses are open to Grades 9-12 for credit recovery only! Please

register at <http://tiny.cc/mvusdsummerschoolapp>. Deadline to submit your request is May 26th. If you previously submitted a district summer school application, you will need to resubmit your request through this online form.

- **Method Summer School online:** June 15th – July 28th

All students can enroll at: Methodschools.org/enroll click on 2020-21 Enrollment to begin.

Language Arts

- Eng. 9 (UC/NCAA/both semesters)
- Eng. 10 (UC/NCAA/both semesters)
- Eng. 11 (UC/NCAA/both semesters)
- AP Language & Composition (UC/NCAA/both semesters)

Math

- Integrated Math 1 (UC/NCAA/both semesters)

Social Studies

- US History (UC/NCAA/both semesters)
- World History (UC/NCAA/both semesters)
- AP US History (UC/NCAA/both semesters)
- AP World History (UC/NCAA/both semesters)

Science

- Biology (UC/NCAA/both semesters)
- Chemistry (UC/NCAA/both semesters)
- Earth Science (UC/NCAA/both semesters)

Visual/Performing Arts

- Art Appreciation (UC/both semesters)
- Music Appreciation (UC/both semesters)

Physical Education

- PE 1 and PE 2 (semester)
- Health (semester)

World Language

- Spanish I (UC/NCAA/both semesters)
- Spanish II (UC/NCAA/both semesters)
- French I (UC/NCAA/both semesters)
- French II (UC/NCAA/both semesters)

Electives

- AP Psychology (UC/NCAA/both semesters)

Summer School is a remediation program that offers students the opportunity to recover D/F grades received in select courses. Original credit may be obtained through METHOD Schools (PE, Art, and Music) 10 credits per summer per board policy.

NEED SUPPORT? MVUSD AssistLine begins Monday, April 27th. This is a call line for MVUSD parents, caregivers, and staff seeking mental health/social emotional wellness supports, consultation, and linkage. This is not intended



to be a crisis line nor to provide ongoing counseling/therapeutic services. This is simply another resource for our community during these extraordinary times. (951) 304-1841 Hablamos Español.

AP Exam Update: AP Exams May 11th - May 22nd

For College Board AP Updates visit: <https://apcoronavirusupdates.collegeboard.org/students> to find the most updated information!

- **World Language Exams:** Sample questions will be provided soon. *Students will use a free app on a smartphone or tablet* to hear the prompts and record their responses. Closer to the exam date, we will provide additional information about how students will access their exam and record their tasks, as well as more specific exam timing. Please note that Chromebooks will not be able to support this app – iOS, iPad OS and Android OS only.

AP Exam Schedule link: [Click Here](#)

It is important for students to know which email address they used to sign up for MYAP. Students will receive the AP Exam link to that email account. Please log in to MYAP and check your account settings.

It is important to know that students will need to access the online testing system 30 minutes prior their exam time. ***There will be sequence of questions that will need to be answered before being admitted into exam room!***

Dual Enrollment:

MSJC will soon be finalizing their online Fall registration process. If you have planned to take a Dual Enrollment class in the Fall please make sure you fill out your MSJC application at www.msjc.edu, complete the online orientation, activate your student email account and know your student ID number. Please check your student M365 email for detailed updates coming soon.

SENIORS!

Seniors don't forget May 1st is Intent to Submit day for most colleges

UC's intent to submit date is **May 1st!**

CSUSM intent to submit date is **June 1st.**

#collegesigningday

Seniors planning to attend **MSJC** – Next step information - **DO this NOW!**

1. ENROLL: Go to www.msjc.edu and click the Enroll Now button
2. Complete the Online Orientation on your Eagle Advisor
3. Activate MSJC Student Email Account
4. Choose Fall 2020 classes from the fall schedule to post in May at www.msjc.edu/Schedule
5. Apply to First Year Experience at <https://msjc.edu/fye/>
6. Complete FAFSA through your California Colleges account or fafsa.gov.



MSJC will be holding a variety of live MSJC presentations on YouTube beginning week! Please click on the links for more information.

next

[General MSJC Information](#) - Wed, April, 29th at 6-7pm [HTTPS://YOUTU.BE/HZHRC8NMFRl](https://youtu.be/HZHRC8NMFRl)

[Application Workshop](#) – Thursday, April 30, 2020 6-7pm [HTTPS://YOUTU.BE/PGNC6W0DYZW](https://youtu.be/PGNC6W0DYZW)

If you would like [MSJC Application assistance in Spanish](#), please email mmagana@msjc.edu

Summer School registration dates open for graduating seniors on May 5th.

Need an MSJC transcript? Please click [here](#)

Murrieta Dollars for Scholars Update: Seniors will be notified this week whether they will or will not be receiving a scholarship from Murrieta Dollars for Scholars. Check the e-mail you provided on your scholarship regularly and email Ms. Arizola with any questions at garizola@murrieta.k12.ca.us.

JUNIORS!

- Due to the COVID-19 pandemic, the Junior Reflective Essay will be waived for the Class of 2021!
- All California State University campuses will be suspending standardized tests (SAT and ACT) in determining admission for the 2021-2022 academic year.

College Virtual Info: RACC Virtual Webinars & Additional Student Resources!

RACC is excited to kick off our **virtual college webinar series hosted via Zoom!** Each webinar will consist of four to five RACC college representatives. Please check out the www.regionaladmissions.com website which will be updated with the information.

Webinar Series & Dates:

- May 5: Exploring Out of State Options - 3:30 PST | [REGISTER HERE](#)
- May 7: The Value of a Liberal Arts Education - 5:00pm PST | [REGISTER HERE](#)
- May 11: Exploring Out of State Options - 6:00pm PST | [REGISTER HERE](#)
- May 13: Applying to Visual & Performing Art Programs - 3:30pm PST | [REGISTER HERE](#)
- May 19: Understanding Holistic Admissions - 5:00pm PST | [REGISTER HERE](#)
- May 21: Connecting with Colleges - 6:00pm PST | [REGISTER HERE](#)
- May 26: Understanding Holistic Admissions - 6:00pm PST | [REGISTER HERE](#)
- May 27: Exploring Out of State Options - 3:30 PST | [REGISTER HERE](#)

The [RACC YouTube Channel](#) is now live! Our channel features RACC institution videos and additional content and presentations will be added continuously.



Scholarships:

PTSA Scholarship for Seniors: Open April 27 – May 29, 2020. [Click here for details.](#)

Do you have a positive story that you want to share with the VMHS Counseling Department? If so, use this [link](#) to send us your stories and we will share in our Weekly Updates.

Mental Health

We are living through challenging times filled with worries, fears, anxiety and uncertainty. Incorporating mindfulness into your daily routine can help calm feelings of anxiety as well as build healthy coping skills. Mindfulness is about paying attention to the present moment since focusing on the future can heighten feelings of uncertainty, fear and anxiety. Practicing mindfulness also has other benefits such as improving memory and focus, improving our ability to adapt to stressful situations and improving our ability to manage our emotions.

Below are some links to videos and worksheets to help you practice mindfulness and help manage feelings of anxiety and fear related to COVID-19.

MINDFULNESS PRACTICES DURING COVID-19



EARLY MORNING COMPASSION

- Before you get out of bed:
- Sit in a comfortable position
 - Take 10 breaths, with thoughts below:
 - Inhale - "May I accept things the way they are"
 - Exhale - "May I be at peace"
 - Inhale - "May I accept things the way they are"
 - Exhale - "May I be at peace"

CALMING MINDFUL CORNER

- Have each family member identify a Mindful Corner:
- This a place for alone time (i.e. no one can bother you while there!)
 - When you sit in your Mindful Corner, practice **Square Breathing (10 times, or set a timer!)**
 - Imagine a square:
 - **Inhale** as you go across the top of the square
 - **Hold** your breath as you go down the right side
 - **Exhale** as you go across the bottom
 - **Hold** your breath as you go up the left side



COMMUNITY MINDFULNESS

- Practice mindfulness as a family (or FaceTime a community member or another family):
- Dinner time (or right before everyone heads to bed)
 - Set a timer for 5 mins and sit quietly with eyes open or closed
 - Listen to the sounds in the room, feel your belly move with your breath, or simply let your mind wander
 - When the timer goes off, congratulate yourself
 - Talk about the experience!

Mind Full, or Mindful?



Mindfulness Video

[Everyday Mindfulness](#)

Mindfulness Worksheet

[Grounding with your 5 Senses](#)

Mindfulness during trying times

- **Practice compassion** - if you feel edgy, so do your housemates; have empathy for what they are feeling
- **Have patience** - it is hard for everyone to be in close quarters, so we have to remind ourselves to be patient
- **Reach out** - there are others out there who need you. Reach out to a family member or friend who might be lonely
- **Pay it forward** - many in our community are not working or have struggling businesses. Try to help out where you can (e.g., tip bigger!)

Mindfulness Apps

[Calm](#)

[Headspace](#)

[Stop, Breathe, Think](#)

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 **10:00 am-3:00 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 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 jmoran@murrieta.k12.ca.us.

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 at <http://tiny.cc/mvusdsummerschoolapp>. There are a few options for Online Summer School in Murrieta Valley. [Method Schools](#) is an approved online charter school for summer. This would be for credit recovery purposes. Options for taking courses for advancement purposes are only approved for Elective, PE and Visual Performing Art. Please check with your counselor for more information.