



VISTA MURRIETA COUNSELING WEEKLY

May 4th – May 8th

Hello Bronco Students and Parents,

We appreciate your continued support in reading this weekly newsletter to stay informed of recent updates as it relates to academic and post-secondary information. Remember that your counselors are here to help you with any school-related questions or emotional health guidance. Please be sure to visit our [COVID-19 Counseling Resource Page](#) to review mental health tips that could benefit you during this time.

Students should be checking in with their teachers regularly and completing the Distance Learning assignments. **Grades continue to matter and can still improve if students complete distance learning assignments!** We encourage students to take this opportunity to submit work that was due prior to the school closure and raise grades as much as possible. Reach out to teachers or counselors if you are having trouble with tasks assigned, experiencing technical issues, or if you have any general questions. Let's finish this semester strong Broncos!



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 paper application, you will need to resubmit your request through this online form. Please view our [school website](#) for more details.

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

All students can enroll at: [Methodschoools.org/enroll](https://www.methodschoools.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 for PE, Art/Music (only) 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

Reminders – please read!

[Read 2020 AP Testing GUIDE](#)

[2020 AP Exam Day Checklist](#)

[Videos: About the AP 2020 Exams](#)

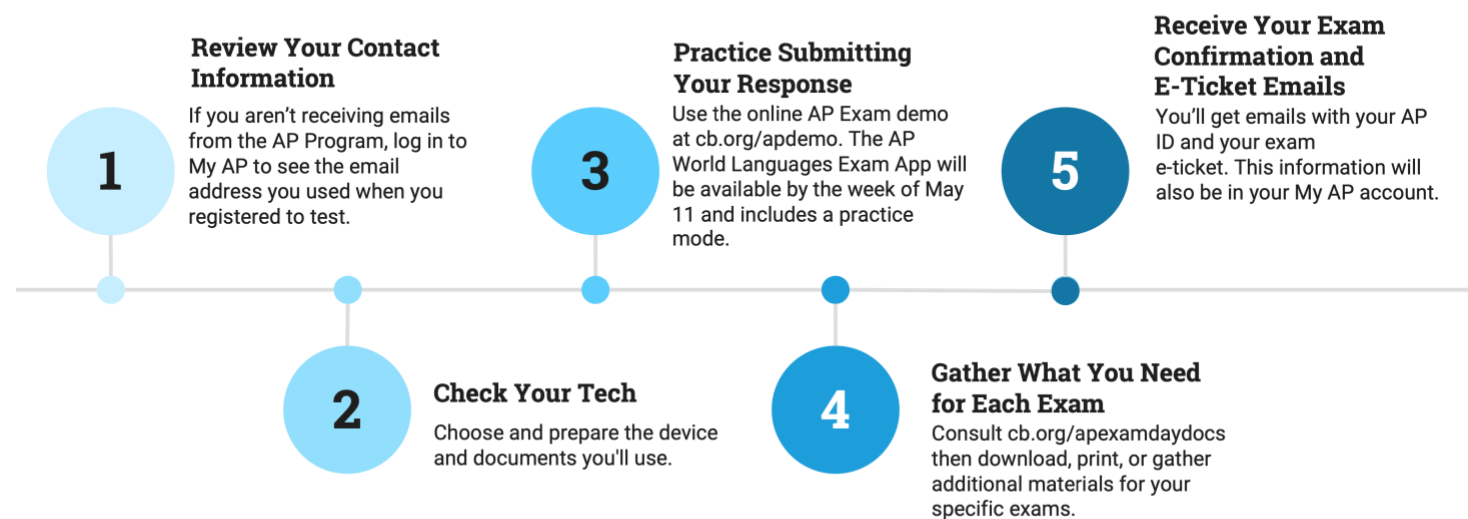
AP Calculus AB and BC Students: PLEASE WATCH THIS 10 MINUTE VIDEO IF YOU PLAN TO UPLOAD PICTURES OF YOUR WORK FOR THE AP EXAM. <https://www.youtube.com/watch?v=wMl6ngJUgm0&feature=youtu.be>

5 Steps to take before exam day:

1. Review your contact information
2. Check your tech – read pg 51 in 2020 AP Testing Guide
3. **Practice Submitting your Response [HERE](#). The AP World Languages Exam App will be available by the week of May 11th and includes a practice mode. VERY IMPORTANT!!!!**
4. Gather what you need for each exam – Consult cb.org/apexamdaydocs then download, print, or gather additional materials for your specific exams
5. Confirmation and E-ticket Emails – students will get emails with AP ID and your exam e-ticket. This information will also be in your MYAP account

Five Steps to Take Before Exam Day

We have a simple checklist you can use to make sure you've completed these steps.



AP Exams 2020 Schedule - May 11th - May 22nd

Exam Start Times:	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

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, you must complete the matriculation process. This includes completing an MSJC application at www.msjc.edu, completing the online orientation, activating your student email account and know your student ID number! Please check your student M365 email for detailed updates coming soon. You can also check out our [Dual Enrollment](#) page on the school website for detailed instructions.

The Student Parent Agreement (SPA) form for dual enrollment has not been released yet. MSJC will email you the form when it becomes available. Students must have completed the matriculation process.

SENIORS!

MSJC Virtual Transitional Counselor Support is here! If you would like to speak with an MSJC counselor about your transition from high school to community college or have general questions, sign up at MSJC's Cranium Café. You can access this tool by completing the MSJC Application and Orientation (steps to do this are listed below).

MSJC virtual transitional counselor, Leslie Medina, will support for VMHS seniors. Click on the dates below to register. Students must have an [MSJC application](#) completed before registering for a session. Only 30 spots available per session.

[Monday, May 11th from 2:00 PM – 4:00 PM](#)
[Tuesday, May 12th from 10:00 AM – 12:00 PM](#)
[Wednesday, May 13th from 2:00 PM – 4:00 PM](#)

If you will not be available during these dates or times, you can schedule a virtual session with an MSJC counselor [here](#).

MSJC Application & Orientation Steps!

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 has two YouTube presentations to help with this process!

Online Application Workshop; <https://youtu.be/PgnC6W0dyzw>

General Presentation; <https://youtu.be/HZhRC8nMfrI>

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

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

Murrieta Dollars for Scholars Update: Seniors should have been notified by Scholarship America about the status of their scholarship. Check the e-mail you provided on your scholarship and email Ms. Arizola with any questions at garizola@murrieta.k12.ca.us.

FAFSA Winners: On Friday May 8th BNN will announce two winners from the Spin-Wheel. Tune in to see if you're a winner of a \$250 scholarship!

For students who won prizes throughout the first semester during our FAFSA drawings, we will be gifting you a Senior T-shirt when you come to VMHS on May 19/20th. Please email Mrs. Hill with any questions at: cghill@murrieta.k12.ca.us

JUNIORS!

MSJC ANNEX – College Courses: Information about enrollment for the MSJC Murrieta Annex during 2020-2021 will be coming soon. Classes will include Criminal Law, Dance, Computer Information Systems, English Composition (seniors only), History, and many more! Please look out for more Annex enrollment details in next week's counseling newsletter.

- 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.](#)

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 Apps](#)

[Calm](#)

[Headspace](#)

[Stop, Breathe, Think](#)

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!)

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 PE and Visual & Performing Arts. Please check with your counselor for more information.