

VMHS COUNSELING TEAM



DEMETRIUS CALDWELL
Students: A-Cr
Location: East Hall



DIONE TYLER
Students: Cu-Hi
Location: West Hall



KAREN CANDAELE
Students: Ho-Mi
Location: West Hall



GABRIELA ARIZOLA
Students: Mo-Sa
Location: East Hall



CLAUDIA HILL
Students: Sc-Z
Location: West Hall



DIANA RUIZ
Students: AVID
Location: East Hall



AURORA PADILLA
Students: Intervention/EL
Location: East Hall



Eric Peterson
Students: Special Projects
Location: West Hall

Broncos Counseling Newsletter

August 2020

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OUR MENTAL
HEALTH THERAPIST,
ANGIE CURIEL

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Welcome Broncos!

Welcome to Vista Murrieta High school, you are now part of our Bronco Family. We understand that the start of the school year might be a little more stressful as we are forced to start the year virtually but we want you to know that there are resources and assistance available. While it will take an extra effort to adjust to distance learning, we are here to support you as well. If you haven't already had communication with your counselor, we have included contact information for each individual counselor, along with their alpha/program breakdown. Counselors will also send out communication to their students and families with an introduction, their contact information as well as a link to book an appointment with them online.

Counseling Support Staff:

Jackie Moran ext. 6690 (West Hall)
Catherine Whitaker ext. 6676 (East Hall)

Vista Murrieta High School 951-894-5750
www.vmhs.net

Bronco Counseling Team

A – Cr Demetrius Caldwell dcaldwell@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrCaldwellVMHS@MurrietaUSD.onmicrosoft.com/bookings/>

Cu– Hi Dione Tyler dtyler@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrieta@MurrietaUSD.onmicrosoft.com/bookings/>

Ho - Mi Karen Candaele kcandaele@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool1@MurrietaUSD.onmicrosoft.com/bookings/>

Mo - Sa Gabriela Arizola garizola@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool@MurrietaUSD.onmicrosoft.com/bookings/>

Sc – Z Claudia Hill cghill@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool2@MurrietaUSD.onmicrosoft.com/bookings/>

AVID Diana Ruiz druiz@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrsRuizAVID@MurrietaUSD.onmicrosoft.com/bookings/>

Academic Intervention Aurora Padilla apadilla-napoles@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool3@MurrietaUSD.onmicrosoft.com/bookings/>

Mental Health Specialist Angie Curiel acuriel@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VMHSSocialeotionalcounseling@MurrietaUSD.onmicrosoft.com/bookings/>

Special Projects Eric Peterson epeterson@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrPetersonsOnlineAppointments@MurrietaUSD.onmicrosoft.com/bookings/>

Meet Mrs. Curiel...

I provide support to students at VMHS. I provide individual and group counseling to students who may be experiencing personal, family, social, emotional, and/or mental health issues. I assist students with coping of personal and psychological issues that affect school attendance, performance, behavior, and socialization. I work in collaboration with the counseling team, teachers, and administrators to help students achieve their academic, social, and emotional goals. I look forward to hearing from you!



9th Grade

Welcome class of 2024! You have entered a new and exciting phase in your life. While the transition to high school might have been difficult, you got through your first week of it! We're impressed by the fact that many of you have navigated through canvas and distance learning successfully. If you have had a few hiccups or issues, you're not alone. Please reach out to your teacher if you're having difficulty understanding the content and material or staying on task. Don't be shy to ask for help, we are here to help you! As a Freshman student, you will face new challenges and experiences, we need to try to embrace these with all our energy and might but again, don't be afraid to ask for help. Upcoming academic events to look forward to from your counseling team are one-on-one academic meetings with your counselor in September (more information will be sent out). Please visit our website to familiarize yourself with different programs and activities on our campus. We applaud you for doing so well this first week of school!



10th Grade

Welcome back class of 2023! We are proud of you getting through your first week and navigating canvas and distance learning successfully. If you have had a few hiccups or issues, you are not alone. Please reach out to your teacher if you are having difficulty understanding the content and material or staying on task. Do not be shy to ask for help, we are here to help you! Sophomore year is an extremely important year. We want to start looking at college, career and post high school options and ensuring that we are doing are best reaching our highest GPA possible and discussing A-G requirements with your counselor. As a Sophomore, you have established a study routine that works for you and have a grasp on the amount of work and homework high school entails. You will be faced with new challenges and experiences and if you find yourself needing extra help, don't be shy to ask! Reach out to your teacher, counselor, parent but don't stay silent. Silence will not diminish the issue. Upcoming academic events to look forward to from you your counseling team are one-on-one academic meetings with your counselor in September (more information will be sent out). Please visit our website to familiarize yourself with different programs and activities on our campus. We applaud you for doing so well this first week of school!

An important notice for Sophomores: The PSAT will not be offered this year due to our statewide Covid19 pandemic.

11th Grade

Welcome back class of 2022! You have done an amazing job navigating the new world of Canvas and participating in meaningful interactions with your teachers this week. Please feel free to contact your teacher or counselor if you or your family need any help. We want to make sure you feel confident in this new learning environment and that you have all the tools necessary to succeed. This year we want you to focus on getting your highest GPA possible and narrowing down some post-high school options. This can include four-year college, two-year community college, trade school, or military. We will

be assisting you with this process by using various tools from California Colleges (CCGI). Start this year strong so you can finish strong with amazing grades! For students interested in four-year colleges, remember that junior year is the last year to make a significant impact on your grades for applications. You will be submitting most college applications in the fall of your senior year, so the colleges will only have grades 9th - 11th to base their decision from since fall senior grades won't be posted yet.

Important things to note this semester:

- CSU/UC do not accept D grades in required A-G courses
- Protect your GPA! Keep it as high as possible!
- College Bound Athletes start your NCAA registration
- Take advantage of your CCGI account for career exploration at www.californiacolleges.edu
- Contact Mrs. Morris in the College & Career center for scholarship information, military information, and college presentations at mmorris@murrieta.k12.ca.us

12th Grade

Welcome back class of 2021! You have officially made it to senior year and are leading the way in modeling CLASS for the other grade levels during virtual learning. It's been a long journey and now only one high school year remains before you start your next adventure! Be proud of everything you have accomplished up until this moment, give yourself grace for doing your best during the pandemic, and experiencing high school in an unprecedented time. Counselors know how important this year is, and we want you to feel supported throughout. In the next coming months, every single senior will virtually meet with their counselors to discuss grades, post-high school plans, and any questions you have.

Important things to note this semester:

- Cal State and UC applications are now open! Use CCGI (California Colleges) to access your college applications
- Application deadlines for Cal State and UC applications are November 30th, 2020. For all other colleges, check their website to keep track of deadlines
- Some private or out of state colleges may require letters of recommendation so be sure to formally ask your teachers and/or counselors via email in advance
- Utilize the College & Career Kick Off Page on the school website for common college application questions [here](#)
- Most 4-year colleges are waiving the SAT requirement, but you can still elect to take the exam. Testing centers are limited during the pandemic, please visit www.collegeboard.org for more information
- If you qualify for the 2020/2021 school year's free and reduced lunch program, you can request an SAT fee waiver from Mrs. Morris at mmorris@murrieta.k12.ca.us