

COUNSELING NEWSLETTER

brought to you by VMHS counseling team

BRONCO COUNSELING TEAM



Mrs. Osorio, A-Cr
East Hall



Mr. Tyler, Cu-Hi
West Hall



Ms. Hill, Sc-Z
West Hall



Mrs. Padilla, Intervention/EL
East Hall



Mr. Bennett,
School Psychologist
W115



Mrs. Candaele, Ho-Mi
West Hall



Mrs. Arizola, Mo-Sa
East Hall



Mrs. Ruiz, A.V.I.D
East Hall



Mr. Peterson, COSA
A157



Mrs. Agajanian (Mrs. A),
School Social Worker/Mental Health Specialist
West Hall

A-Cr Silvia Osorio sosorio@murrieta.k12.ca.us

Cu- Hi Dione Tyler dtyler@murrieta.k12.ca.us

Ho - Mi Karen Candaele kcandaele@murrieta.k12.ca.us

Mo - Sa Gabriela Arizola garizola@murrieta.k12.ca.us

Sc - Z Claudia Hill cghill@murrieta.k12.ca.us

AVID Diana Ruiz druiz@murrieta.k12.ca.us

Academic Intervention Aurora Padilla apadilla-napoles@murrieta.k12.ca.us

Special Projects Eric Peterson epeterson@murrieta.k12.ca.us

Mental Health Specialist Tara Agajanian [tagajanian@murrieta.k12.ca.us](mailto>tagajanian@murrieta.k12.ca.us)

Support Links

Free
Mental Health
Service

[CLICK HERE](#)

Community
Resources

[CLICK HERE](#)

Counseling Support Staff:

Jackie Moran ext. 6690 (West Hall) jmoran@murrieta.k12.ca.us

Kristin Fuller ext. 6676 (East Hall) kfuller@murrieta.k12.ca.us



1st Semester, Done!



Congratulations Broncos on completing the fall semester of 2021! It has been wonderful having every student back on campus and we know many of you have enjoyed participating in Vista activities again. While this semester was academically challenging for some, with hard work and dedication, you did it! This winter break is very well-deserved, and we hope you find it to be a restful time for you and your loved ones. The counseling department wishes you Happy Holidays and a Happy New Year! See you in January 2022 for an even better semester on the Vista Murrieta campus.



Farewell Mrs. Ruiz

Mrs. Ruiz will be starting the next steps in her journey at Murrieta Canyon Academy starting January 11, 2022. While Mrs. Ruiz will remain in the Murrieta Valley Unified School District, we at VMHS will be losing a HUGE part of our Bronco family.

Mrs. Ruiz joined VMHS as a Counselor in 2005, and has served as the AVID and Lead Counselor, while being the driving force for meaningful programs on our campus, such as Dual Enrollment/Annex, AP, Dollars for Scholars and WASC.

Mrs. Ruiz has built various programs from the ground up and her efforts and endless hours were all derived from her heart for what's best for students. As Principal Scallion stated, "Mrs. Ruiz is a diamond in the rough and will not be easily replaced."

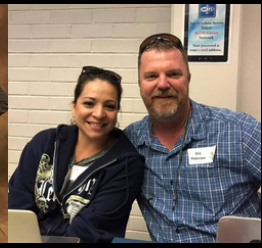
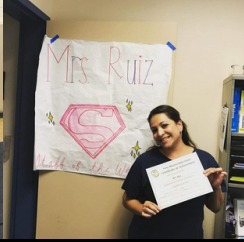
We are excited for Mrs. Ruiz, and we are confident that she will continue to implement her talents and skills throughout the district.



Believe that what you do matters & will make a difference in people's lives. You don't have to save the world in one stroke but you can make a difference one person at a time! - anonymous



Once a
Bronco



Always a
Bronco!



By touching so many
lives, you have
change the world



Diana - VMHS
will miss you! You
have left your print
and legacy





Registration/Course Selection 2022

Upon our return on January 11th, we will be preparing for course selection for the 2022-2023 school year. Please review the overview below.

BRONCO 2022/2023 COURSE SELECTION TIMELINE



English Class Blitzes
2/2- 2/4/2022



Counselors meet with Juniors
2/28- 3/4/2022 Bring your Course Request Form to turn into your Counselor.



Counselors meet with Sophomores
3/7- 3/11/2022 Bring your Course Request Form to turn into your Counselor.



Counselors meet with Freshman
3/14- 3/18/2022 Bring your Course Request Form to turn into your Counselor.



All Course Request Forms are
Due by 3-25-22



Please visit VMHS.NET to view the Course Catalog.

MURRIETA DOLLARS FOR SCHOLARS

Students from the Class of 2022 who have maintained the required Total Cumulative GPA of 3.25 or higher by the end of Fall semester are eligible to apply for scholarships from Murrieta Dollars for Scholars.

Applications will be available online only at www.murrieta.dollarsforscholars.org. Students must complete their online applications and submit it online by the due date. Online applications will open January 12, 2022 (DO NOT APPLY BEFORE THIS DATE) and close on February 28, 2022. Incomplete or late applications will not be considered. If you plan to attend a two-year community college, four-year university, technical, trade, or a vocational school following graduation, don't miss this great opportunity to help fund your post-high school plans!

Seniors
please continue
working on your
FAFSA during the
winter break!













WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

DECEMBER 2021 • ISSUE 1 • VOLUME 5

Grief and Loss

MYTHS & TRUTHS ON GRIEF

<p>MYTH: People only feel grief when someone dies.</p> 	<p>TRUTH: People feel grief after any important loss (losing a loved one, breaking up with a partner, having relatives who divorce, losing a job, being diagnosed with a life-changing or terminal illness or disability, etc.).</p> 
<p>MYTH: There is a 'right' way to grieve.</p> 	<p>TRUTH: Feelings, thoughts and reactions to grief can be different for everyone and change from day to day.</p> 
<p>MYTH: Crying is a sign of weakness.</p> 	<p>TRUTH: Our bodies are designed to cry, especially when we are feeling strong emotions. Crying is not a sign of weakness, but is normal and healthy.</p> 
<p>MYTH: Grief has a time limit.</p> 	<p>TRUTH: There is no magic date on which grief will end. Everyone follows their own path to feeling better.</p> 
<p>MYTH: No one can help you through your grief.</p> 	<p>TRUTH: You may feel that no one understands you or the depth of your loss, but that can be because people are not sure how to help you. If you share your grief, it may be easier to manage.</p> 

Grief Out Loud Podcast

SMARTPHONE APPS

- [Grief Angels](#)
- [Headspace](#)
- [Lilies](#)
- [Grief: Support for Young People](#)
- [Grief Works](#)

APP

[How to Deal with Grief](#)

[The Grieving Process](#)

[Now what? Tips for Grieving Teens](#)

[Tips for Supporting a Grieving Friend](#)

[The Elizabeth Hospice Grief Support](#)

[National Alliance for Children's Grief](#)

RESOURCES

The pandemic has brought grief and loss to many of our communities. Grief can be an experience when we lose a loved one or when we have a drastic change to our routines. Grief is a complex experience that is unique to each person. Some common responses to loss can be anger, sadness, guilt, depression, anxiety, problems at school, difficulty concentrating and fatigue. The discomfort associated with grief time eases over time, but sometimes time alone is not enough, and additional support is needed.

Adolescents may also experience grief in ways that are both similar to and different than children and adults. Adolescents may experience significant changes in their sleep patterns, isolate themselves more, frequently appear irritable or frustrated, withdraw from usual activities, or engage more frequently with technology. It is important for parents or caregivers to engage with their adolescents over their grief to promote healthy coping and acceptance. Parents may also need to obtain mental health services for the adolescent and family to deal with grief.

Advanced Placement (AP) Information

We hope you are ready and excited for a rigorous school year as an AP student! To order your AP exam, there will be two steps that students must take. At this time, we are focusing on all students completing Step 1 before Step 2 (payment). Step 1 is joining your classes in My AP in order to access important class materials and to sign up for the AP exam(s). Students can request a Join Code from their teacher and sign in to their College Board account to begin the process at myap.collegeboard.org. Joining a course will notify College Board that an exam should be ordered for that student, so if you are in multiple AP classes, you will need to obtain multiple Join Codes from your teachers. Once every AP student has joined their class in My AP, then we can move on to Step 2 which is paying for the AP exam. If you have any questions, please email Ms. Arizola at garizola@murrieta.k12.ca.us.



WHY AP READINESS?



Workshops provide students with the skills necessary to be successful in college level classes and hands-on AP activities



AP Readiness allows students to work with master Math, Science, Social Science and English instructors, who prepare them for the rigorous curriculum that they will face in AP courses. Concurrently, their AP teachers observe and learn from the master instructors, gathering a framework for how to successfully conduct an AP course. This unique program allows for students and teachers to learn together. Both teachers and students also become an essential part of a network of AP support and excellence.

If you're an AP student please refer to the AP Readiness Flyer for dates and registration information



The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in the following courses:

- AP Biology
- AP Calculus AB
- AP Chemistry
- AP Computer Science Principles
- AP English Language
- AP English Literature
- AP Human Geography
- AP Physics
- AP Statistics
- AP US History
- AP World History

The APR program also provides high level professional development for current and potential teachers of AP courses in STEM and Humanities areas. AP teachers involved in APR will participate in course-specific professional learning that includes observing and interaction with master teachers and engaging in professional networking that promotes best practices and rigorous AP instruction.



WHERE

Virtual

All sessions will take place via Zoom until further notice.



WHEN

August 28, 2021	January 15, 2022
September 25, 2021	February 5, 2022
October 23, 2021	March 5, 2022
December 4, 2021	April 16, 2022

TIME

8:30 a.m.-12:30 p.m.

CONTACT

JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM
UC RIVERSIDE, GRADUATE SCHOOL OF EDUCATION

951.827.6058

[JKEIPP@UCR.EDU](mailto:jkeipp@ucr.edu)

<https://apreadiness.ucr.edu/>



UC RIVERSIDE

A UCR & RCEC INITIATIVE

FAFSA
WORKSHOPS FOR
SENIOR PARENTS
BROUGHT TO YOU
BY MSJC AND
VMHS

Virtual Workshops Dates and Registration:

Dec. 14th 6pm

<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

Feb. 8th 6pm

<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

An overview presentation of the FAFSA process
will be presented and there will be time for
individual questions and answers



**Learn about grants,
cal grants, loans
and scholarships**



**Learn about the
FAFSA process and
submission**

QUESTIONS?

CONTACT YOUR COUNSELOR TODAY

www.vmhs.net

SCIENCE TUTORING

After school from 2:30 - 3:30pm

MONDAYS: Physics in room C20/21

WEDNESDAYS: Anatomy/Marine Bio/Biomedical Science in room

S106/S105

THURSDAYS:

Biology/Environmental Science in room S213

FRIDAYS: Chemistry in room S209



MATH TUTORING

TUESDAYS and WEDNESDAYS:

Math I and Math II students only in room W219

After school 2:30 - 3:30pm

15 students maximum

MATH LAB

DURING BOTH LUNCHES

Mr. Snyder in room SS17



ALL SUBJECTS TUTORING

Starting October 4th

VMHS Library

MONDAY - THURSDAY

After school 2:30 - 3:30pm

NHS Tutors available on the listed select days



VISTA MURRIETA HIGH SCHOOL TUTORING SCHEDULE

FREE TUTORING FOR ALL VMHS STUDENTS

DAILY DURING LUNCH AND AFTER SCHOOL (2:30 - 3:30PM)

ENGLISH TUTORING

MONDAY - THURSDAY:

All English 2:30 - 3:30pm

Mrs. Gonzalez in the VMHS Library

WRITING LAB:

Mr. Walsh in room EE18

Ms. Robbins in room M117

DURING BOTH LUNCHES



COUNSELING STAFF

- | | |
|--------------------|------------------------|
| • Silvia Osorio | A - CR |
| • Dione Tyler | CU - HI |
| • Karen Candaele | HO - MI |
| • Gabriela Arizola | MO - SA |
| • Claudia Hill | SC - Z |
| • Diana Ruiz | AVID |
| • Aurora Padilla | ACADEMIC INTERVENTIONS |

Please reach out to your alpha counselor with any questions about further academic support.

Mental Health Resources for Families:

As adults, we may experience similar emotional reactions surrounding the current situation. If you or an immediate family member need professional support in dealing with the anxieties, stress or added mental health challenges associated with the COVID-19 pandemic, please contact your mental health provider or use CareSolace, our personalized mental health concierge services available, 24/7 for all Murrieta Valley USD families. CareSolace may be reached at 888-515-0595 or visit, www.caresolace.com/murrietafamilies. Below are resources to help you and your family during this unprecedented time.

**You can also find more resources at our district website at:
Behavioral Health / Mental Health Resource Links
(murrieta.k12.ca.us)**



VISIT OUR DISTRICT'S VIRTUAL CALMING SPACE:

**Behavioral Health / Virtual
Calming Space**

(murrieta.k12.ca.us)



NCAA Eligibility Steps for the Student-Athlete

Freshmen/Sophomores

- **Inform your counselor that you plan to compete in college - Check that you are taking courses that meet NCAA eligibility NCAA Eligibility Center Courses**
- **Research colleges and areas where you may be interested in competing**
- **Make up any poor grades in approved courses for summer school**

Juniors

- **Register at the NCAA Eligibility Center (\$90 fee)**
<https://web3.ncaa.org/ecwr3/>
- **Register and take the SAT and/or ACT <https://www.collegeboard.org/> and <http://www.act.org/> use the code 9999 to have your scores sent for free to the Eligibility Center (**SAT/ACT is waived for Class of 2022 for NCAA**, however some colleges may still require it for admission.)**
- **Email coaches and schools where you may be interested so you can gather information and sell yourself with academics and athletics (highlight videos)**
- **Visit college campuses on unofficial visits**
- **Make up classes with Ds or Fs in approved summer school to meet the 7/10 rule**
- **Make an appt. for a NCAA evaluation with your counselor, Mrs. Candaele or Mr. Peterson**

Seniors

- **Check that your courses will meet the 16 core courses needed with the required 2.3 GPA for Div 1 and 2.2 GPA for Div. 2 along with your SAT/ACT sliding scale.**
- **Communicate with coaches on requirements for school eligibility, possible scholarships**
- **Apply for the FAFSA – research outside scholarships**
- **Complete all academic and amateurism questions required through your NCAA Eligibility account in April**
- **Graduate and confirm final transcripts have been uploaded to the Eligibility Center**