

COUNSELING NEWSLETTER

brought to you by the VMHS Counselors

BRONCO COUNSELING TEAM



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- 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)

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

Support Links

**Free
Mental Health
Service**

[CLICK HERE](#)

**Community
Resources**

[CLICK HERE](#)

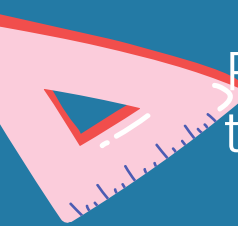


BRONCOS

WELCOME BACK



As we dive into February, we want to send reminders to students and parents that registration/course selection will be starting this month.



Please view our schedule as well as the Parent Guide with resource links in this Newsletter. We hope you all had a restful break and we look forward to partnering with you this semester.



Registration/Course Selection 2022

Course Catalog will go live the first week of February at www.vmhs.net

BRONCO 2022/2023 COURSE SELECTION TIMELINE



English Class Blitzes

2/10- 2/11/2022



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!



VISTA MURRIETA HIGH SCHOOL

Parent Guide for Student Support

Check grades

- Check grades and assignment completion on Aeries and Canvas weekly
- [Aeries Parent Portal Login Directions](#)
- [Canvas Parent Portal Login Directions](#)

Office Hours

- Students attend office hours on Thursday and Friday from 9:06-9:36 am
- The purpose is to have targeted intervention
- Be sure they sign up ahead of time with one of their teachers
- Students need the [5 Star app](#) downloaded so they receive their invites, emails, and are able to check-in/out.

Tutoring

- Tutoring is available after school Monday - Thursday
- [VMHS Tutoring Poster](#)
- Writing Lab and Math Lab are open during lunch
- [Broncotutorials](#) will be offered on specific Saturdays

Organization

- Students need structure and organization
- Ensure your student has a planner to keep track of assignments
- Minimize distractions at home and have a designated, effective workspace
- Have a set time to do homework and routines

Attendance

- Be sure to attend all classes and be on time!
- Excessive tardies can result in school activity restrictions, detentions, SART/SARB
- Call attendance to clear unverified absences
- If absent, students are responsible to check and complete assignments on Canvas

Communication

- Reach out to teachers. Students need to advocate for themselves too and communicate with their teachers when they're struggling or absent. [VMHS Teacher Directory](#).

Campus Engagement

- Encourage your student to be involved on campus
- Check out the Pony Express weekly for campus updates
- There are many options for students to join [clubs](#) and [sports](#).

Behavior

- Encourage your student to come to class prepared, sit upright, ask questions, and take notes.
- Have your student's [counselor assist](#) with additional academic supports
- The counselor can make referrals to the [mental health specialist](#).



VMHS PRESENTS

ADVANCED COURSEWORK PROGRAM NIGHT

Wednesday, February 9th

6:00 PM

[ZOOM LINK HERE](#)

**Join us to hear about the different
Advanced Coursework Programs available
with Advanced Placement (AP), Dual
Enrollment, and MSJC ANNEX**

Cal-Soap Coach • AT VMHS

**WE WELCOME GRACIE AVITIA. SHE'S AVAILABLE
TO ASSIST SENIOR STUDENTS WITH:**

- FAFSA Financial Aid Application Assistance
- College Applications
- Scholarship Searches
- College Information and more!

NEED ASSISTANCE? SET UP AN APPOINTMENT WITH GRACIE TODAY!

SCHEDULE YOUR APPOINTMENT HERE:

[HTTPS://A.FLEXBOOKER.COM/RESERVE/RIVCOALSOAP#CHOOSESERVICE](https://a.flexbooker.com/reserve/rivcocalsoap#chooseservice)



Gracie Avitia
gavitia@rcoe.us
Phone/text: 909-294-6220
Located in the VMHS Career Center
Week Hours:
Tuesdays 1-4pm
Thursdays 8-4pm
Friday 8-4pm

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:

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

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



A UCR & RCEC INITIATIVE

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

Virtual Workshops Date and Registration:



Learn about grants,
cal grants, loans
and scholarships



Learn about the
FAFSA process and
submission

QUESTIONS?

CONTACT YOUR COUNSELOR TODAY

www.vmhs.net

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



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**

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:

All Math in the VMHS Library
After school 2:30 - 3:30pm

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 |
| • Sandie Valenzuela | MO - SA |
| • Claudia Hill | SC - Z |
| • Gabriela Arizola | AVID |
| • Aurora Padilla | ACADEMIC INTERVENTIONS |

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



Mental Health

From Mrs. A

Theme of the Month: Equity



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

FEBRUARY 2022 • ISSUE 1 • VOLUME 7

EQUITY in Education

Students come to school with diverse backgrounds, abilities, talents, and challenges. Schools ensure equity by recognizing, respecting, and acting on this diversity. A common misperception is that equity means that all students are treated equally in all situations. In fact, high-quality schools have the capacity to differentiate instruction, services, and resource distribution to respond effectively to the diverse needs of their students, with the aim of ensuring that all students benefit equally. In short, equity in education is "fair outcomes, treatment, and opportunities for all students".

-Source: California Department of Education



HOW YOU CAN	MAKE A DIFFERENCE	Advocate for yourself and others
Empower each other to seek the support you need		Parents join one of our advisory groups!
Use your voice to help find solutions to inequities	Reach out to your site leadership teams and share your ideas	For a list of the available groups click here



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)