

COUNSELING NEWSLETTER

brought to you by the VMHS Counselors

BRONCO COUNSELING TEAM



Mrs. Osorio, A-Cr
East Hall



Mr. Tyler, Cu-Hi
West Hall



Mrs. Arizola, Lead Counselor
AVID
East Hall



Mrs. Padilla, Intervention/EL
East Hall



Ms. Sandie Valenzuela, Mo-Sa
East Hall



Mr. Bennett, School Psychologist
W115



Mrs. Candaele, Ho-Mi
West Hall



Ms. Hill, Sc-Z
West 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 **Sandie Valenzuela** svalenzuela@murrieta.k12.ca.us

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

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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

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

Support Links

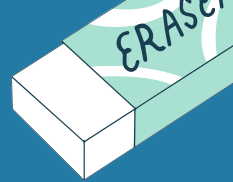
Free
Mental Health
Service

[CLICK HERE](#)

Community
Resources

[CLICK HERE](#)

BRONCOS



Registration/Course Selection 2022

Registration/course selection for 2022-2023 school year has begun!



Course Catalog 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.

IMPORTANT!

FAFSA

Free Application for Federal
Aid

FAFSA DEADLINE

MARCH 2ND

QUESTIONS?

Click [HERE](#) to contact your school counselor

March 19th!

Broncotorial

Guidelines for attending the Broncotorial event



The Broncotorial event is an opportunity to make-up assignments for credit. It is led by teachers and held in groups by subject. Teacher approval is needed.



The next Broncotorial is March 19th. Check-in time is 7:30 a.m in the Library. The session goes from 8:00-12:00 and you **HAVE** to stay the 4 hours for full credit.



Pick up permission slips and forms with Mrs. Moran in the West Hall Office. You will need to turn these forms back in to her prior to the Broncotorial in order to attend.



Snacks will be provided during the break. As always, come and stay with C.L.A.S.S.
GO BRONCOS!

This is the LAST Broncotorial of the year. Do NOT miss this opportunity to make- up work.

UNIFIED SPORTS GAMES FLAG FOOTBALL



24 Bronco students participated in the Unified Sports Games Flag Football on Jan 28th held at Chaparral High School.

Unified Sports is a program that promotes and creates social inclusion between individuals with and without intellectual disabilities through sport to break down stereotypes about people with intellectual disabilities in a fun way.

For more information on how to get involved, visit www.sosc.org/unifiedsports



Mt. San Jacinto College ~ Application Workshops How to Obtain Early Registration



MSJC
Mt. San Jacinto College

Learn how to
apply for
college
classes

MSJC @ VMHS

Learn how to gain early college registration. This free workshop will answer all your questions and help get started at MSJC

Date: **Mondays, March 21 and April 4, 11, 18, 25**

Time: Every period, 9:00am-1:00pm

Where: **VMHS** Career Center

For more contact VMHS Career Center, Counseling or outreach@msjc.edu

To register for this opportunity,
please click [HERE](#).



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](#)

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

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.

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](#).
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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

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](#).

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

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](#).

HOW TO Stay Safe Online

While social media can help us connect with others and be at two or three places at once, there are times where people might use it to bully, harass, threaten people's safety or make someone uncomfortable.

Here are ways to protect yourself from your most-used apps. Click the app icon for more information.

Don't forget to take screenshots or a screen recording!



Snapchat

FOR STORIES/CHAT, tap and hold down on offensive story or chat message. Press REPORT and follow instructions.

For ACCOUNTS, tap and hold on snapchatter's name, click more then report.



Instagram

FOR STORIES/POSTS/ACCOUNTS, click 3 dots then report and follow instructions.

FOR COMMENTS, swipe left on comment and click "!". Then, click report this comment.

FOR A CHAT MESSAGE, hold down on message then click report.



Discord

ON A SERVER, contact moderators to look into issue.

IN A DIRECT MESSAGE OR IF CONTACTING MODERATORS DID NOT HELP, go to <https://dis.gd/request>. You may need to get the share link for the message that made you uncomfortable by tap and holding message.



Tik Tok

FOR DIRECT MESSAGES OR ACCOUNTS, tap 3 dots then "report."

FOR VIDEOS/LIVES, tap share then "report."

FOR COMMENT(S), tap and hold comment then tap "report." For multiple comments, tap "manage multiple comments."



Youtube

FOR VIDEOS, click 3 dots and then choose "Report."

FOR COMMENTS, click 3 dots on the comment you'd like to report.

Then click, "Report spam or abuse."

FOR CHANNELS, go to the channel, click "About" then click "Report."

SOMEONE THREATENING YOUR SAFETY OR SHARING INAPPROPRIATE PICTURES OF YOU OR SOMEONE YOU KNOW? SCREENSHOT THEN CALL

police non-emergency dispatch lines

RIVERSIDE SHERIFF'S (951) 354-2007
MURRIETA PD (951) 696-3615

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/RIVCOCALSOAP#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 8am-2:30pm
Thursdays 8am-3pm
Friday 8am-3pm



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**

Mental Health

From Mrs. A



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

MARCH 2022 • ISSUE 1 • VOLUME 8



SELF CARE

According to the National Institute of Mental Health, **self-care** means "taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact". It is vital to remember that "self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health".

-Source National Institute of Mental Health



SMARTPHONE APPS

[Happify: Science-Based Activities and Games](#)

Insight Timer - #1 Free Meditation App for Sleep, Relax & More

[Relational Agent for Mental Health | Woebot Health](#)

APP

[Active Minds - Changing the conversation about mental health](#)

[Small Ways to Practice Self-Care in Difficult Times | Andy Crisis Wisdom - YouTube](#)

[6 Simple Self Care Tips To Become A Better You - YouTube](#)

RESOURCES

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)

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.