

# VISTA MURRIETA HIGH SCHOOL

## November Counseling Newsletter



### OUR COUNSELING TEAM



**Mrs. Osorio**  
AVID & A -  
Ban East Hall



**Mrs. Padilla**  
EL & Bar - Cha  
East Hall



**Mr. Tyler  
Che-Ge**  
West Hall



**Mr. Peterson**  
Gi - La  
West Hall



**Mrs. Candaele**  
Le - O  
West Hall



**Ms. Valenzuela**  
P - Se  
East Hall



**Ms. Hill**  
Sh - Z  
East Hall



**Mrs. Burow**  
Assistant Principal  
East Hall



**Mr. Bennett**  
School Psychologist  
Grades 10-11 / W115



**Mrs. Mendoza-Blid**  
School Psychologist  
Grades 9, 12 / W115



**Mrs. Talarzyk**  
School Social  
Worker West Hall



**Mrs. Gonzalez**  
School Social  
Worker West Hall

## Announcements:

- Dual Enrollment paperwork release date is November 6th and is due November 15th.
  - Work on your College Apps (Cal State, UC, Common App) this month.
- Reminder: if you need a letter of recommendation, please ask your Teacher and Counselor a minimum of 2 weeks before.

HEY BRONCO!

Taking your AP  
Exam in May?



**PAY NOW  
THROUGH  
TOTAL  
REGISTRATION**



[bit.ly/vmhspayforap](https://bit.ly/vmhspayforap)

\*Don't forget to JOIN your class on [MyAP.collegeboard.org](https://MyAP.collegeboard.org).

**\$102**

per exam  
(yes it went up a dollar)

**\$10**

per exam (with waiver)  
[murrietaschoolnutrition.com](https://murrietaschoolnutrition.com) to qualify.

**PAY BY  
FRIDAY,  
NOV 10**

**SAVE MONEY BY PAYING ON TIME!!!**



**LATE FEE**

\$10/EXAM ORDERED  
BETWEEN NOV. 5—16

**EXTRA LATE FEE**

\$40/EXAM ORDERED AFTER  
NOV. 16



**PAYMENT PLAN**

\$40 DEPOSIT (DUE 11/10) PLUS ADDITIONAL FEES  
PER PAYMENT TOWARDS BALANCE (DUE BY 3/8)



**QUESTIONS? EMAIL:**

MS. HILL / [CGHILL@MURRIETA.K12.CA.US](mailto:CGHILL@MURRIETA.K12.CA.US)  
MS. V / [SVALENZUELA@MURRIETA.K12.CA.US](mailto:SVALENZUELA@MURRIETA.K12.CA.US)

# AP 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 English Language
- AP English Literature
- AP Human Geography
- AP Physics
- 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.

## UPCOMING SESSIONS

Date	Location
Saturday, September 9, 2023	UC Riverside
Saturday, October 7, 2023	Virtual
Saturday, November 4, 2023	UC Riverside
Saturday, December 2, 2023	Virtual
Saturday, January 13, 2024	UC Riverside
Saturday, February 10, 2024	Virtual
Saturday, March 9, 2024	UC Riverside
Saturday, April 13, 2024	Virtual

**TIME** 9:00 a.m. – 1:00 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)

🌐 [apreadiness.ucr.edu](https://apreadiness.ucr.edu)



**UC RIVERSIDE**  
A UCR & RCEC INITIATIVE

# Pay for your AP Exam now!





# BRONCO CLASS OF 2024



## NEED HELP WITH COLLEGE APPS?

COLLEGE APPLICATION  
ASSISTANCE AVAILABLE  
FROM 11AM - 2PM

October:

6,17,20,24,27

November:

3, 7, 14, 17, 30

**LOCATION:**

**LIBRARY  
COMPUTER LAB**



**ACCESS CODE:  
BRNCOSI!**

SCAN QR CODE TO  
SCHEDULE YOUR  
APPOINTMENT  
TODAY!!

# VMHS CALSOAP COLLEGE SUCCESSCOACH Khaleel Childs

"I am a 4th-year CSUSM student in pursuit of my Bachelor of Science degree in Business Administration. I am a California native, born and raised in the Inland Empire. I look forward to helping students in preparing to start the next chapter of their lives."

## SUPPORT WITH:

- Financial Aid
- College Applications
- Scholarship Research
- Matriculation Help and Support
- Cal-KIDS



Scan here  
to make an  
appt. with  
Mr. Childs



College &  
Career  
Center

Hours:  
Tues, Wed, Fri  
8am - 3pm  
kchilds@rcoe.us  
Phone: 909-258-4707

Virtual Coaches  
also Available  
**SCAN QR Code!**



The College and Career Center is  
located next to the Library.

You will utilize California  
Colleges throughout your four  
years of High School.



CALIFORNIA  
COLLEGES.edu  
DISCOVER. PLAN. LAUNCH.

**CALIFORNIA COLLEGES GUIDANCE  
INITIATIVE (CCGI)**

**WHY CALIFORNIACOLLEGES.EDU?**



### TOOLS for STUDENTS

- Discover your interests and values.
- Find careers, colleges, or training to reach your goals.
- Learn how to find money to pay for college.
- Launch college and financial aid applications.
- Monitor all your progress in one place.



### TOOLS for PARENTS

- Support your child's college and career planning.
- Keep an eye on their academic progress.
- Learn about money that can help them pay for college.
- Help them navigate applying for college and financial aid.

**CALIFORNIACOLLEGES.EDU**

Contact your  
Counselor for more  
information!





# Mental Health Resources

**988** SUICIDE & CRISIS  
**LIFELINE**



- Teen Line: <https://www.teenline.org/>
- Take Action for Mental Health: <https://takeaction4mh.com/tooltip-categories/may-is-mental-health-matters-month-2023/>
- Mental Health Resources: <https://www.murrieta.k12.ca.us/Page/37361>
- Coping During Community Unrest: <https://988lifeline.org/current-events/coping-during-community-unrest/>
- Need Help Finding a Therapist? <https://caresolace.com/site/murrietafamilies>
- Calming Spaces: <https://www.murrieta.k12.ca.us/Page/36670>



## Mrs. Talarzyk's Wellness Room



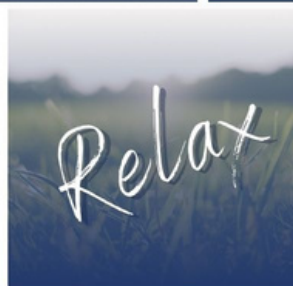
W112



ext. 6571



2nd lunch



## Mrs. Gonzalez's Wellness Room



W121



ext. 6785



1st lunch

The VMHS Wellness Room's purpose is to give students a place to temporarily relax, renew, and refresh when they are feeling emotionally overwhelmed. It is a safe space to learn and practice emotional self-regulation.



# WELLNESS NEWSLETTER

NOVEMBER 2023

## Gratitude

Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. Feeling grateful and recognizing help relieves stress and pain. Gratitude can help re-wire our brain to recognize the small wins.

Gratitude contributes to our individual wellbeing and physical health. [The Greater Good Science Center](#) at the University of Berkley describes gratitude as the "social glue", to nurturing strong relationships.

As we enter November, we can choose to practice gratitude in our day-to-day practice.



## Practice Gratitude as a Family Gratitude Jar

The Gratitude jar is a simple exercise that can have a profound effect on your wellbeing and outlook. It only requires a few steps to get it started:

**Step 1:** Find a jar and decorate it to your liking.

**Step 2:** Think about 1 thing you are grateful for that day (it can be small like getting coffee in the morning, to spending the day with a loved one).

**Step 3:** Write it down on a piece of paper and put it inside the jar. Encourage each member of the family to do the same.

**Step 4:** Repeat daily and read the messages as a family at the end of the month



## Ways to Practice Mindfulness

Ways to add gratitude to your daily life:

1. Start a gratitude journal
2. Use breath to anchor yourself in the present moment.
3. Practice gratitude for the little things.
4. Write a thank you letter for someone and share it.

Visit [mindful.org](https://www.mindful.org) to learn more about the science of gratitude and ways to practice.

## Want to learn more:

- [Gratitude and the Brain](#)
- [Action for Happiness](#)
- [13 most popular gratitude exercises & activities](#)

## Phone Applications:

- Gratitude
- Presently: A gratitude journal
- Delightful: Gratitude Journal