

October 2022

COUNSELING NEWSLETTER

Brought to you by the Vista Murrieta High School Counseling Team



Mrs. Just



Mrs. Candaele



Ms. Hill



Mrs. Padilla



Mr. Tyler



Mrs. Osorio



Ms. Valenzuela



Mr. Peterson



Mrs. Kimble



Mrs. Agajanian



Mr. Bennett



Mrs. Mendoza-Blied

BRONCO COUNSELING TEAM

COUNSELORS

A/AVID - Silvia Osorio | sosorio@murrieta.k12.ca.us

B/Special Projects - Eric Peterson | epeterson@murrieta.k12.ca.us

C-Cha/Academic Intervention - Aurora Padilla | apadilla-napoles@murrieta.k12.ca.us

Che-Gh - Dione Tyler | dtyler@murrieta.k12.ca.us

Gi-La - Debra Kimble | dkimble@murrieta.k12.ca.us

Le-O - Karen Candaele | kcandaele@murrieta.k12.ca.us

P-Se - Sandie Valenzuela | svalenzuela@murrieta.k12.ca.us

Sh-Z - Claudia Hill | cghill@murrieta.k12.ca.us

SCHOOL PSYCHOLOGISTS

Will Bennett | wbennett@murrieta.k12.ca.us

Nancy Mendoza-Blied | nmendoza-blied@murrieta.k12.ca.us

MENTAL HEALTH SPECIALIST

Tara Agajanian | [tagajanian@murrieta.k12.ca.us](mailto>tagajanian@murrieta.k12.ca.us)

COUNSELING SUPPORT STAFF

Courtney Hansen (East Hall) | chansen@murrieta.k12.ca.us | 951-894-5750 x6777

Rachel Lazo (East Hall) | rlazo@murrieta.k12.ca.us | 951-894-5750 x6689

Kristin Fuller (West Hall) | kfuller@murrieta.k12.ca.us | 951-894-5750 x6676

Jackie Moran (West Hall) | jmoran@murrieta.k12.ca.us | 951-894-5750 x6690



In This Issue

- AP Readiness
- Mental Health
- Social-Emotional Learning Program for Parents
- Well News
- Bronco Timelines
- CalKIDS
- Tutoring Schedule
- College Presentations
- FAFSA
- College & Career Center
- CalSoap Coach
- Community Service Hours
- College Application Assistance



Upcoming Dates

- **Oct 24-28, 31:** Freshmen Transcript Reviews
- **Oct 28:** College Application Assistance in Library Computer Lab from 12:30-2pm
- **Oct 28:** 12 Week Grading Period Ends
- **Oct 31:** College Application Assistance in Library Computer Lab from 12:30-2pm
- **Nov 5:** AP Readiness Virtual Session
- **Nov 8:** Deadline to pay for exams on Total Registration with no late fee
- **Nov 9-14:** Timeframe to pay for exams on Total Registration with late order fee (\$10/exam)
- **Nov 15 and beyond:** Deadline to pay for exams on Total Registration with extra late fee (\$40/exam)
- **Nov 21-25:** Thanksgiving Break





TAKING YOUR
AP EXAM(S)?
TOTAL REGISTRATION
OPENS OCT. 1

PAY ONLINE at bit.ly/vmhspayforap
\$10/exam. Free/reduced lunch participants (\$9/exam).



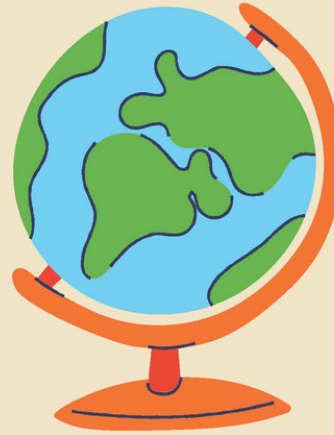
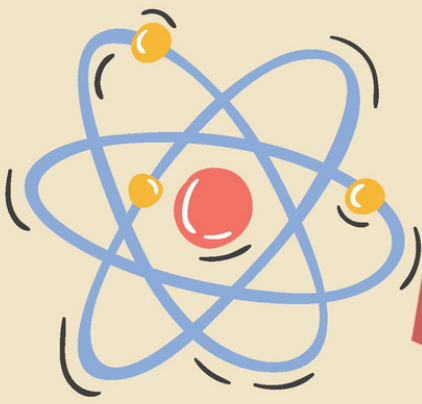
AP
Exam
REGISTRATION

AP Exam Registration Reminders:

- November 8 – Deadline to pay for exams on Total Registration with no late fee; Deadline for \$40/exam deposit for AP exams
- November 9-14 – Timeframe to pay for exams on Total Registration with late order fee (\$10/exam)
- November 15 and beyond – Deadline to pay for exams on Total Registration with extra late fee (\$40/exam); Case-by-case basis only
- March 8 – Deadline for those on partial payment plan to pay full balance on Total Registration

Register Here:

<https://user.totalregistration.net/AP/053004>



AP READINESS

Virtual Sessions

9:00am-1:00pm:

Sept 24, 2022

Oct 22, 2022

Nov 5, 2022

Jan 14, 2023

Feb 3, 2023

Mar 18, 2023

Apr 22, 2023



The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in AP Biology, AP Calculus AB, AP Chemistry, AP Computer Science Principles, AP English Language, AP English Literature, AP Human Geography, AP Physics, AP Spanish Language, 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.

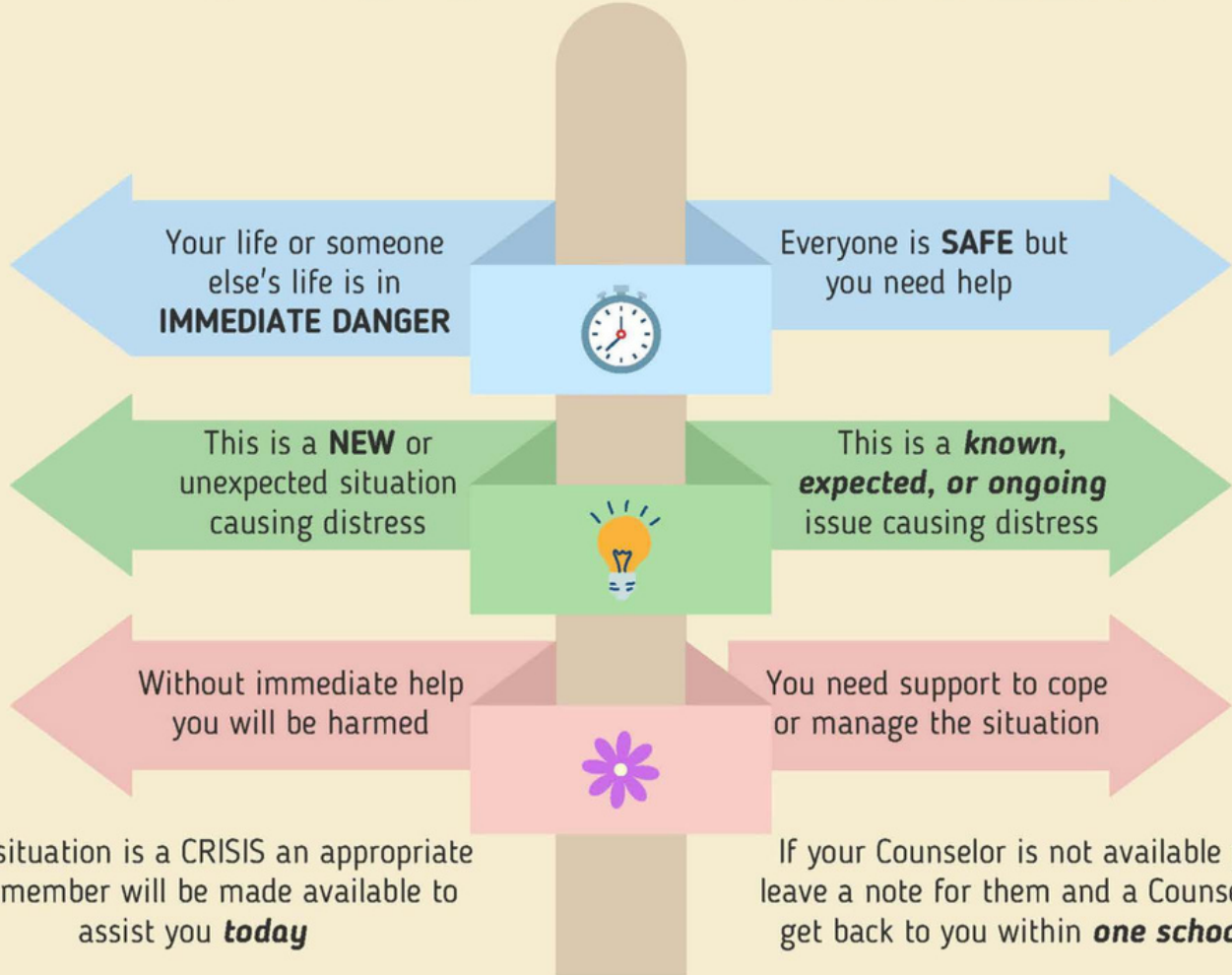
CONTACT

James Keipp, Director, AP Readiness Program
UC Riverside, Graduate School of Education
phone: 951-827-6058 email: jkeipp@ucr.edu

mental health



CRISIS VS PROBLEM

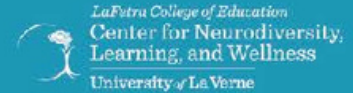


FREE MENTAL
HEALTH SERVICE
[CLICK HERE](#)

COMMUNITY
RESOURCES
[CLICK HERE](#)



Division of Leadership, Wellness, and Student Services
Pupil Administrative Services
Foster Youth Services Coordinating Program



Social-Emotional Learning Program for Parents

An 8-week program to help parents intentionally and effectively cultivate more connection, peace, and healing in their home



Program Dates:

Option A: English

Wednesdays from 5:30-6:45PM
September 28 - November 16, 2022

Option B: Spanish

Wednesdays from 4:30-5:45PM
January 18 - March 8, 2023

To register, visit:

<http://rcoe.k12oms.org/1089-224704>

Parents will explore

- mindful breathing techniques to help reduce parenting stress
- daily mindfulness practices to increase self-awareness and positive communication
- self-care techniques to find regulation in midst of high stress and burnout
- positive behavior techniques to support children with special needs
- strategies for building hear connections between parent and child
- weekly sessions led by a trained mindful parenting facilitator
- community support for healing and growth
- referrals for additional support services if needed

Virtual session topics include love, safety, belonging, gratitude, protection, and compassion.



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

OCTOBER 2022 • ISSUE 4 • VOLUME 3



Substance Use & Mental Health

October is National Substance Abuse Prevention Month. Young people face a variety of life challenges that can affect their mental health and abuse of alcohol and other drugs. Let's raise awareness around substance use prevention and the promotion of positive mental health. Together we can reduce the impact of mental health and substance use disorders in our community.

There is hope and help available to support recovery. Teens are resilient. Mental health and substance abuse conditions are treatable. Check out some interactive tools and resources to help you better understand your treatment options.



RESOURCES

[Drugfree.org](https://www.drugfree.org)

[Smart Recovery-Teens](#)

[How to Respond to an Opioid Overdose](#)

RUHS Substance Abuse Program:
951-955-2105

California Resource Center:
1-800-879-2772

SMARTPHONE APPS

- [Sober Grid](#)
- [Nomo](#)
- [Sober Tool](#)
- [We Connect](#)
- [Headspace](#)
- [Talk. They Hear You.](#)

APP

988
SUICIDE
& CRISIS
LIFELINE

[CLICK HERE](#) for More
Information & Resources



California Kids Investment and Development Savings Program

CalKIDS is the long-awaited children's savings account program that offers all newborns and eligible low-income public school students in California between \$25 and \$1,500 to start saving for college and career training.

- \$500 Automatic Deposit: Eligible low-income public school students in grades 1-12.
- \$500 Additional Deposit: Eligible low-income public school students in grades 1-12 identified as foster youth.
- \$500 Additional Deposit: Eligible low-income public school students in grades 1-12 identified as homeless.

You will need your 10 digit **SSID #** to see if you are eligible

For more information
scan the QR code



SCIENCE TUTORING

BEFORE SCHOOL 7:15 - 8:15

MONDAY:

Chemistry - Choe **S209**

THURSDAY:

Earth Science - Heise **SS15**
Physics - Lomahan **C20**
Biology - Pence **S113**

FRIDAY:

Chemistry - Choe **S209**



MATH TUTORING

BEFORE SCHOOL 7:15 - 8:15

MONDAY:

Math III - Gildersleeve **W117**

TUESDAY:

Math III - Gildersleeve **W117**

THURSDAY:

Math III - Gildersleeve **W117**
Math I and II - Matlock **W219**

FRIDAY:

Math III - Gildersleeve **W117**

WRITING LAB

FIRST LUNCH

Mr. Walsh in room **EE18**

SECOND LUNCH

Ms. Robbins in room **M117**

MATH LAB

DURING BOTH LUNCHES

Mr. Snyder in room **SS17**

COUNSELING STAFF

- | | |
|---------------------|-------------------|
| • Silvia Osorio | <i>A and Avid</i> |
| • Eric Peterson | <i>B and Cosa</i> |
| • Aurora Padilla | <i>C - CHA</i> |
| • Dione Tyler | <i>CHE - GH</i> |
| • Brett Murray | <i>GI - LA</i> |
| • Karen Candaele | <i>LE - O</i> |
| • Sandie Valenzuela | <i>P - SE</i> |
| • Claudia Hill | <i>SH - Z</i> |

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

ALL SUBJECTS TUTORING

VMHS Library

MONDAY - WEDNESDAY - THURSDAY

BEFORE SCHOOL 7:15 - 8:15

*Campus Tutors available on
the listed select days*

TUTORING SCHEDULE

**FREE TUTORING
FOR ALL VMHS STUDENTS**

HISTORY TUTORING

BEFORE SCHOOL 7:15 - 8:15

FRIDAY:

History - Martinelli **WW15**

ENGLISH TUTORING

BEFORE SCHOOL 7:15 - 8:15

FRIDAY:

English - Gonzalez **M112**

see...
own...
solve...
achieve...

it

— Above the Line —

with **C.L.A.S.S.**

WORLD LANGUAGE TUTORING

BEFORE SCHOOL 7:15 - 8:15

TUESDAY:

Spanish - Kil **E241**
ASL - Oglesby **E215**

THURSDAY:

Spanish - Kil **E241**
ASL - Oglesby **E215**

College Presentations



CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA

**WEDNESDAY
OCTOBER 26, 2022
11:00 AM**

Please scan the QR code to register for this in-person presentation from CPP. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions
CLFinch@murrieta.k12.ca.us

College information

Learn about what
CPP has to offer

Admission Info
Application
Requirements

Tuition Costs

Scan the QR code to
sign up for this
presentation



<https://forms.office.com/r/3PmuaqSLyy>



UNIVERSITY OF REDLANDS

**WEDNESDAY
NOVEMBER 9, 2022
11:00 AM**

Please scan the QR code to register for this in-person presentation from University of Redlands. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions
CLFinch@murrieta.k12.ca.us

College information

Learn about what
Redlands has to offer

Admission Info
Application
Requirements

Tuition Costs

Scan the QR code to
sign up for this
presentation



<https://forms.office.com/r/CQdJk1Xk3Z>



UNIVERSITY OF ARIZONA

**TUESDAY
NOVEMBER 15, 2022
11:00 AM**

Please scan the QR code to register for this in-person presentation from UofA. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions
CLFinch@murrieta.k12.ca.us

College information

Learn about what
UOA has to offer

Admission Info
Application
Requirements

Tuition Costs

Scan the QR code to
sign up for this
presentation



<https://forms.office.com/r/1f1DRqRqvr>



MSJC COMMUNITY COLLEGE

**THURSDAY
NOVEMBER 17, 2022
11:00, 12:00 OR 1:00**

Please scan the QR code to register for this in-person presentation from MSJC. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions
CLFinch@murrieta.k12.ca.us

College information

Learn about what
MSJC has to offer

Admission Info
Application
Requirements

Tuition Costs

Scan the QR code to
sign up for this
presentation



<https://forms.office.com/r/raqACzjy9t6>



WHY FAFSA?

Free Application for Federal Student Aid

Filing the FAFSA is the single most important thing you can do to get FREE money for your education (2 year, 4 year, Trade / Vocational School)



Community Colleges require the FAFSA to be eligible for Promise Grant Funding

Some private scholarships require the FAFSA as part of their application process

Work-Study (financial aid program that helps college students get part-time jobs alongside their studies) requires the FAFSA

Scan QR Code or Stop by the Career Center to see VMHS CalSOAP Coach, Mrs. Carrillo for more Info!

AVAILABLE :

Monday, Tuesday, Friday
9 am to 2 pm



Middle Class Scholarship for undergraduates with family assets and income up to \$ 201,000

BRONCO CLASS OF 2023

COLLEGE APPLICATION ASSISTANCE AVAILABLE



COUNSELORS AVAILABLE TO HELP!

October:

6, 14, 18, 28, 31

November:

2, 7, 9, 15, 18, 30

LOCATION:

LIBRARY
COMPUTER LAB

TIME:

12:30 PM - 2 PM

STOP BY AND
GET YOUR
QUESTIONS
ANSWERED!





Mrs. Finch

CLFinch@murrieta.k12.ca.us



College and Career Center

Open Mon-Fri 7:30-3:30

Closed for lunch 11:30-12:00

College & Career Center

CAL-SOAP COLLEGE SUCCESS COACH



YEZENIA CARRILLO

SUPPORT WITH

- College Applications
- Financial Aid (FAFSA/CADA)
- Scholarships
- Matriculation Help and Support



COLLEGE & CAREER CENTER

Monday's, Tuesday's, and Friday's

Hours: 8:30am - 2pm

Email: ycarrillo_c@rcoe.us

Phone Number: (909) 521-8470



VIRTUAL COACHES ALSO AVAILABLE!!

Scan QR Code for more info



Community Service Hours Requirements

Class of 2023: 10 hours
Class of 2024: 20 hours
Class of 2025: 30 hours
Class of 2026: 40 hours

Scan the QR code for Community Service Opportunities



<https://www.murrieta.k12.ca.us/Page/23990>