

VISTA MURRIETA HIGH SCHOOL

October 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



- If you missed the Junior and Senior Parent night, Please click [here](#) for more info.
 - Begin working 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

*Don't forget to JOIN your class on MyAP.collegeboard.org.

\$102

per exam
(yes it went up a dollar)

\$10

per exam (with waiver)
murietaschoolnutrition.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
MS. V / SVALENZUELA@MURRIETA.K12.CA.US

OPEN TO SOPHOMORES and JUNIORS

**TAKE THE
PSAT/NMSQT**

SIGN-UP NOW OPEN!

Starting the 2023 School Year
The PSAT is DIGITAL

Sign-up for ONE date option:
Wednesday, October 18th
or Wednesday, October 25th
Time: 8am-12pm
Location: VMHS
Cost: \$25

Register to take the PSAT
at bit.ly/vmhspsat by Oct. 13.
Space is limited

WAIVER AVAILABLE FOR THOSE WHO QUALIFY
TEST IS NON-REFUNDABLE

**SCAN
ME!**



WHY TAKE THE PSAT?

PSAT helps students determine what they need to work on most so that you're ready for college when you graduate from high school. It also tests the same skills and knowledge as the SAT. The PSAT also identifies AP courses that you have a good chance of passing with a 3 or higher on an AP exam.

AP and PSAT Info



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.

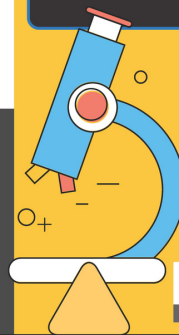
CONTACT

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

951.827.6058

JKEIPP@UCR.EDU

apreadiness.ucr.edu



UNIVERSITY OF CALIFORNIA
UCRIVERSIDE
A UCR & RCEC INITIATIVE

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.

WELCOME BACK TO SCHOOL



SHOWING UP TOGETHER!

October 2023

To promote the importance of school attendance we want to encourage **“Showing UP Together!”** as our theme for the 2023-24 Attendance Awareness Campaign.

The theme **“Showing up Together!”** speaks to the importance of joining together to address the effects of interrupted learning and highlights the partnership between students, parents, and our school community to be present and ready to learn.



Vista Murrieta High School

- **To Report an Absence:**

Call (951)894-5750
(press the attendance option)

- **Student is marked absent for a class/period**

Reach out to the Teacher to clear the absence

Did Your Know

Chronic absences have been increasing since the start of the pandemic. Chronic absence is defined as missing 10% of the school year.

Missing 2 or more days a month can impact a student's academic progress and lead to chronic absences throughout the school year.

You matter, your attendance matters!

Together we can make a difference

Show up with C.L.A.S.S
Broncos!



(951)894-5750



28251 Clinton Keith Road. Murrieta, CA 92563



WELLNEWS

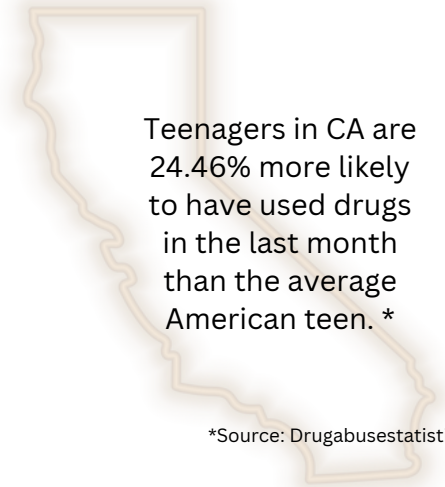
A MONTHLY WELLNESS NEWSLETTER

OCTOBER 2023 • ISSUE 5 • VOLUME 3

Teen drug use can have a major impact on their lives. Help prevent drug abuse by having conversations about the consequences of using drugs and the importance of making healthy choices.

Signs of drug use:

- Problems at school
- Missing classes or skipping school
- A drop in grades
- Lacking energy or motivation
- Red eyes and/or constricted or dilated pupils
- Chronic nosebleeds
- Change in friendships
- Interested in hanging out with older kids
- Sudden increased requests for money
- Money stolen from your wallet or safe places at home
- Odor of marijuana, cigarettes, or alcohol on their breath, clothing, in their bedrooms, or cars



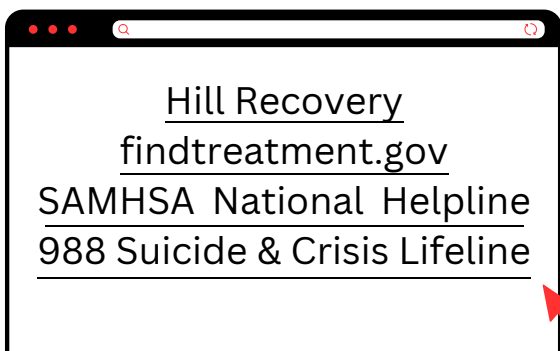
Teenagers in CA are 24.46% more likely to have used drugs in the last month than the average American teen. *

*Source: Drugabusestatistics.org

Tips on speaking with your teen about drugs and alcohol:

- Choose a place where both you and your teen are comfortable.
- Reassure them that they are valued, loved, and important.
- Ask your teen for their point of view on drugs and alcohol.
- Discuss reasons not to use drugs.
- Explore ways to resist peer pressure.
- Ask what they know about drugs.
- Explore healthy coping mechanisms.

A FRESH, CLEAN START



RESOURCES

E-Cigarettes

Spotting the difference between vaping
nicotine v. weed

Edible Marijuana Dangers

What Parents should know about Fentanyl

Parent Toolkit
Find Treatment

