

**Principal:**

Scott Richards

(951) 677-0568 x 6499

Assistant Principals:

Lorie Coleman

(951) 677-0568 x 6497

Theresa Butler

(951) 677-0568 x 6496

Jason Hamm

(951) 677-0568 x 6477

John Broussard

(951) 677-0568 x 6439

Counselors:

David Carrillo ~ A-D

(951) 677-0568 x 6489

Amanda Pesavento ~ E-L

(951) 677-0568 x 6475

Connie Kim ~ M-Re & EL

(951) 677-0568 x 6474

Kesha Andrews ~ Rf-Z

(951) 677-0568 x 6476

Lisa Amstutz ~ AVID, TBI

(951) 677-0568 x 6383

Site Secretary:

Jessica Walsh

(951) 677-0568 x 6498

MMHS Fax:

(951) 304-1895

Website: www.murrieta.k12.ca.us/Domain/2117**In this Issue**

Principal's Message	1
Mesa	
Happenings	2
Seniors	3
Counselor News	4
Athletica	5
Flyers	6-11

Ramblings

Murrieta Mesa High School

January 2023

A Message from**Mr. Richards—MMHS Principal**

Dear Mesa Parents and Students,

Happy New Year! Welcome to Second Semester and 2023. This is the last semester for our seniors. They will be making plans for the future, picking where they will continue their education, and get to take part in a ton of fun activities to ensure that they really get the most out of their high school experience. Please pay attention to our monthly Ramblings Newsletter and our weekly Sunday messages to stay on top of all other announcements concerning senior events, including an upcoming Senior Parent Night.

Our Winter Season sports have just started in Southwestern League play. Please come out and support our Rams in soccer, basketball, water polo and wrestling.

This semester we will have our Drama department putting on "Charlette's Web" (Feb. 2-4) and "Into the Woods" (Mar. 2-4 and Mar. 9-11). These kids, under the direction of Chris Ryan, do an amazing job every single show, and these two will be incredible.

Early this semester all 9th – 11th grade students will be deciding on their courses for next year. Below is a link that may help you and your student(s) decide on what courses to select (you may also find this link under "Site Shortcuts" on our Mesa Homepage). The link features our course catalog for the 22-23 school year (our current year). We will update the link once the new course catalog for 23-24 is finished. There will only be minimal changes to the current catalog.

[Course Catalog Link](#)

January 25th marks our annual High Kickoff Day at Shivela Middle School. During this day, many of our CTE and extracurricular programs will be there to represent and highlight some of the amazing things Mesa has to offer to our next year's students. This is always an exciting day for our feeder school as well as our advisors and students.

As always, as much stress as these events may put on staff, it is also so exciting to be able to show-off our school. Mesa is an incredible place that I love for others to see. We are proud of what we have yet are always working to get better.

Thank you for all you do in supporting Mesa!

"We are... Mesa!"

Scott Richards Jr.

Principal



Activities

**Big Reveal for
PROM is
COMING!
Save the
Date!
May 20th!**

**Jersey Mikes Fund-
raiser for WHOLE
school on Tuesday
Jan. 17th 3-9pm**

**Please see details
and flyer on page 7.
Minimum \$4 dona-
tions gets you a
FREE sub, and MESA
gets ALL donations!**



Rocky Shoutouts!

A special delivery by Rocky can be requested.
Deliveries can be made at home Basketball
Games, or on selected Fridays of the month
at school! Special events, like Birthdays, An-
niversaries, etc.

Only \$10 - Includes Poster and balloons.



Saturday School

**Jan. 21st from
8-12:15**

Sign up in Student Services
with Mrs. Blancato

Do you have disci-
pline that needs to be
cleared ? Make sure
you are not on the
"No Go "list so you
can attend the up-
coming events activi-
ties!

Detentions (Rams Den)
T/TH 7:45- 8:15
3:45-4:15pm
Wed. 8-9am

**WEBSTORE IS CURRENTLY
UNDER CONSTRUCTION.**

The link to our brand new webstore is <https://mmhs.myschoolcentral.com> Please click on the link
and follow the directions at the top of the page to
set up your new account. New items are being add-
ed daily. If you do not see what you are looking for,
please email the Bookkeeper at

laubrey@murrieta.k12.ca.us to have the item add-
ed. Prices are the same online or at the Bookkeeper
Window for any form of payment.

NO CHECKS ACCEPTED

Bookkeeper will be closed January 25-27th



SHHHHH

**It's
Coming!
Silent 7
Friday
Feb. 3rd.**

**Wear a costume and get in free to game
and the Club 7 Dance! Prize for Best Cos-
tume, Winter Court Reveal, an more! Don't
miss out on one of our**

biggest events of the year.



Silent 7 After Party Free w/ Costume \$5 w/o Bring School ID

Seniors – Class of 2023

Grad Night
May 25th
Six Flags Magic
Mountain

\$160 w/USB

\$170 w/o USB

Available now, online.
Bookkeeper, and Ram
Shack.



Price will include admission to park, charter bus transportation, Six Flags Grad Pass, Grad Night Glo Souvenir, and All You Can Eat Buffet. Tickets are limited and going fast so purchase early!

Order your Senior items!

Cap & Gown, Class Ring, Announcements, and more.

Early bird pick up—March 15th during PRIDE

**Jostens will be at the Senior Meeting
Jan 25th for students and Jan. 30th
for parents.**

1-800-567-8367

(1-800-JOSTENS)



Senior Ads

Flyer available on page 11. Hurry deadline is Jan. 24th

Senior Meeting

Jan. 25th for Seniors during 3rd period

Jan. 30th for Senior parents at 6pm in the GPAC

Seniors, if you applied to college, you should be checking your college portal for information and further instructions.

FAFSA deadline is March 2! If you have not submitted your FAFSA, you must create your FSA ID and complete/submit your FAFSA by the deadline to receive any financial aid for college including community college and vocational schools.

Counselor News

Scholarship
information

Click [here](#)

Always check
out Mesa's
Counseling
page for the
latest updates.

**AP Rush is on
February 2 for any
students interested in
taking AP classes
next year.**

Seniors!

Counselors will be
scheduling potential
non-grad meetings for
any seniors at risk of
not graduating in
June.

**Course selections
for grades 9, 10, 11th**

will begin in February.

**Students will be meeting
with their counselor to re-
view course selections for
2023-2024 school year.**

**Students should review
courses/electives in the
course catalog**

<https://bit.ly/MMHScoursecatalog>

prior to choosing classes.





Athletics

WELCOME TO MESA ATHLETICS!

PLEASE TAKE THE TIME TO CHECK OUT OUR ATHLETIC WEBSITE.

HERE YOU WILL SEE ALL THINGS SPORTS RELATED!

CLEARANCE: [HTTPS://WWW.MURRIETAMESAATHLETICS.COM/CLEARANCE](https://www.murrietamesaathletics.com/clearance)

ATHLETIC INFO: [HTTPS://WWW.MURRIETAMESAATHLETICS.COM/HOME](https://www.murrietamesaathletics.com/home)

Basketball, Girls Water Polo and Soccer play on Wednesdays and Fridays, Wrestling on Thursdays.

Our spring sports are getting ready as well. Please visit our athletic website for all Spring Sport information: <https://www.murrietamesaathletics.com/>

Spring Sports:

Baseball, Boys Golf, Boys/Girls Lacrosse, Softball, Swim, Boys Tennis, Track and Field, Stunt and Boys Volleyball.

Still time to come try out and have some fun!

GO MESA!



BEAST PRIDE Games

Come cheer on your fellow Mesa athletes and Seniors for Senior night !

Girls Water Polo Wed. 1/11 @ 5pm

Hawaiian Theme

Wrestling Thurs. 1/12 @ 6pm

Construction Theme

(match starts at 7pm)



Boys Tennis

Season starts Feb. 8th!

**Be sure to sign up and
be cleared before then!**



Murrieta Mesa Drama Company

Drama II Classes

Proudly Present...

Charlotte's Web



February 2-3 7:00p.m.

February 4 2:00 & 7:00p.m.



Gershwin Performing Arts Center

**Murrieta Mesa High School
24801 Monroe Avenue, Murrieta**

Tickets: \$8.00 Adults \$5.00 Students, Seniors & Military

Saturday, March 4 at 2:00p.m is Senior Citizen Appreciation Day with tickets only \$2.00

EAT A SUB, MAKE A DIFFERENCE!

Free Regular Size Sub with
Minimum \$4 Donation

FUNDRAISER

January 17 | 3pm - 9pm

**Come join Rocky
the Ram, spin the
wheel for some
prizes and join the
fun!**

(While supplies last)



Good Goes Beyond the Sub!

Visit Our store on TUESDAY January 17th and you will receive a Free Regular Size Sub* When you make a minimum donation of \$4.00 in support of Mesa Murrieta High School. 100% of donations go directly to your school. enjoy great subs and help jersey mike's support this worthy cause.

Valid only at: 25359 Madison Ave, Murrieta, ca 92562. 951.696.5111

1 sub per person physically present. no phone or online orders; Must Walk In. No repeat customers. valid on 1/17 only. valid in store only. see store for details. *California Club Sub Excluded from Fundraiser Deal



MORE THAN A M E A L

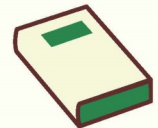


EVERY YEAR FAMILIES
must submit a new meal
application, even though
meals are free in California.
This is an eligibility of
services requirement.



Household Size	Household Annual Income
2	\$33,874
3	\$42,606
4	\$51,338
5	\$60,070
6	\$68,802

Because of your application submission, we can ensure that our students receive their fair share of resources they deserve such as technology and school needs.



If your household income is less than or equal to the federal guidelines you may also qualify for free or reduced:



- COLLEGE APPLICATION FEES
- SAT, ACT, AP TESTING FEES
- TRANSPORTATION DISCOUNTS
- DISCOUNTS ON UTILITIES OR INTERNET
- P-EBT BENEFIT



Meal Applications directly impact the amount of funding our district receives under the Local Control Funding Formula.

**SUBMIT AN
APPLICATION
TO QUALIFY
FOR BENEFITS**



APPLICATIONS CAN BE FOUND ONLINE AT:

WWW.MURRIETA.K12.CA.US OR

WWW.MURRIETASCHOOLNUTRITION.COM

CLICK "MEAL APPLICATIONS"

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

JANUARY 2023 • ISSUE 7 • VOLUME 5

SMART GOALS

Goals give you direction, focus, and purpose. They also give you something to work toward. Just make sure that your goals are **SMART** goals.

S

Specific

Specific goals are well-defined and clear-cut. Instead of "I want to do better in school," a more specific goal would be "I want to earn a 3.0 GPA."

M

Measurable

Measurable goals make it easier to know how successful you are. Instead of "I will get in shape," a better goal would be, "I will be able to walk a mile in less than 15 minutes."

A

Achievable

Achievable goals set you up for success because they're goals you can realistically accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn't.

R

Relevant

Setting relevant goals ensures that you're working toward goals that are worthwhile. For example, learning a new computer program is a more worthwhile goal than beating a video game score.

T

Time-bound

Time-bound goals have a definite time or date they are to be accomplished. "Complete my science project by Friday" is more motivating than "Complete my science project."

SMART goals are important because they help people identify goals that not only important to them, but are also realistic. Using this framework can help you create, break down, and establish goals that you will be more likely to achieve. Tracking your goals helps keep you aware of the habit you are trying to form.

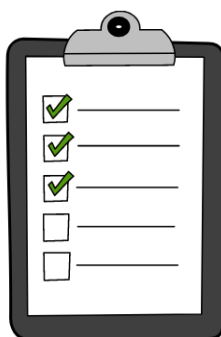
Goal Setting

Goal Setting

Did you know that it takes approximately 2 months for a habit to form? This number is determined by factors such as behavior, the person, and circumstances. Goals can be personal, academic, or employment driven as well as short- or long-term. Utilizing goal setting can help you get the outcome you desire!

Goal Setting Helps:

- Trigger new behaviors
- Guide your focus
- Sustain a momentum in your life



Resources

[The Importance, Benefits, and Value of Goal Setting](#)

[How to Set Goals](#)

SMARTPHONE APPS

- ClickUp
- Weekdone
- Strides: Goal Tracker
- Clockify Time Tracker

APP

*A goal without an
action plan is
a daydream.*

Nathaniel Drucker

This event is sponsored by the MMHS Music Boosters

9TH ANNUAL

MURRIETA MESA H.S. BAND AND COLOR GUARD **MATTRESS** FUNDRAISER

Every Purchase
Benefits Band and
Color Guard



BIG SAVINGS
FINANCING AVAILABLE

Twin From \$199 | Full From \$279 | Queen From \$299 | King From \$499

Beautyrest



Adjustable Base



Luxury Pillows



Mattress Protector

- ✓ All sizes available
- ✓ 25+ styles on display
- ✓ Brand new with full factory warranties
- ✓ Delivery available
- ✓ All forms of payment accepted
- ✓ **Financing Available**

SAT. JAN 28

10AM-5PM

@Murrieta Mesa H.S.

Benefits Band and Color Guard



frank.garrity@cfsbeds.com

For more info: Call or Text Frank @ 858-663-5372

© COPYRIGHT 2023 CUSTOM FUNDRAISING SOLUTIONS

**** SPECIAL EXTRA DISCOUNTS FOR OUR FAMILIES ****
UP TO 75% OFF EVENT SAMPLES!

YOU HAVE BEEN PERSONALLY REFERRED BY: _____

BENEFITS MURRIETA MESA HIGH SCHOOL BAND AND COLOR GUARD

CLASS OF 2023 YEARBOOK RECOGNITION ADS

the
yearbook
company
Ads for Grads

MAKE SURE YOUR FAVORITE SENIOR IS FEATURED IN THE 2023 YEARBOOK!
Congratulate your special graduate in the yearbook in your own words and pictures!

Due date is POSTMARKED by:

Nov 8th
(early bird price)

or **Dec 8th** (regular deadline) OR the **LAST & FINAL CHANCE**
DATE JAN. 24th



IMPORTANT INFORMATION

Mail **EVERYTHING together**: photos, message, order form and payment in ONE package postmarked by the deadline.

Or order online at: www.TheYearbookCompany.com by midnight on the day of the deadline.

We reserve the right to edit or remove material inappropriate for a school yearbook such as but not limited to: firearms, inappropriate hand gestures, drugs or drug references, alcohol, and nudity (even baby bottoms) without prior notification.

TEXT

(See ad formats online or order form for character count guidelines.)

- Type your message on white paper, typed in a plain font
- OR
- Submit a word doc or .txt file on a CD or jump drive.

PHOTOS

(Photos will be sized to fit.)

HARD COPY PHOTOS:

- Submit the exact number of photos to match your format.
- Write position number and student's name on each photo.
- Do not submit computer printouts on regular paper.
- DO NOT fold or cut photos. Careful of wet ink!

DIGITAL PHOTOS:

- Submit 300 DPI .jpg files on a CD or jump drive.
- File name should be the student's name and photo position number. (ex John Doe 2.jpg)

GENERAL PHOTO GUIDELINES:

- NO photos from websites or screen shots from cell phones, no watermarked photos, no copyrighted photos.
- We cannot fix photos (blurry, creased, fingerprinted, etc.)

CUSTOM ADS

HARD COPY AD:

- Submit a perfect, "camera-ready" ad by mail. The ad looks perfect because you've glued/taped everything in its EXACT place and EXACT size (see specs on order form).

OR

- Submit a photo-quality printout of the ad on glossy photo paper, made to be the EXACT size of the ad (see specs on order form).

DIGITAL AD:

- Must be 300 DPI actual size .jpg files.
- Please DO NOT use Microsoft Word, PowerPoint, or online photo sharing tools to create your ad due to poor resolution. If you use these programs, submit a photo-quality printout of the ad on glossy photo paper, made to be the EXACT size of the ad (see specs on order form).

GENERAL CUSTOM AD GUIDELINES:

- **Include your child's name on your artwork.**
- Do not put any wording or faces on the very edge.
- We cannot create custom ads for you.

SUBMITTING

DO NOT SEND ANYTHING TO THE SCHOOL

Mail all materials and payment to:
Murrieta Mesa High School Senior Ads
The Yearbook Company
3900 Market Street, Suite 230
Riverside, CA 92501

OR if you are technology savvy, you can submit **everything** online at www.TheYearbookCompany.com
(it's not possible to just pay online- all your photos and message must be submitted at that time as well.)

for more information and for answers to frequently asked questions, please visit

www.theyearbookcompany.com or call 951-274-9561

(Please note that a recognition ad and the pre-order of a yearbook are two separate purchases)