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(951)677-0568 x 6439

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(951)677-0568 x 6489

Amanda Pesavento ~E-L

(951) 677-0568 x 6475

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(951) 677-0568 x 6474

Kesha Andrews ~ Rf-Z

(951) 677-0568 x 6476

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In this Issue

Principal's Message	1
Mesa	
Happenings	2
Seniors	5
Counselor News	
Athletica	8
Flyers	9

19



A Message from

Mr. Richards—MMHS Principal

Dear Ram Parents and Students,



Can you believe we are in November? We are very excited to be able to start back up our annual Share The Harvest Food Drive at Murrieta Mesa High School. The food drive will go on from 10/11 to 11/19. The donated items will go to our Share The Harvest event, which will be on Saturday, November 19th. The remaining items will go to help restock our local food banks. Share The Harvest is an event that provides a Thanksgiving meal to the people in our valley. We also hand out food boxes for the people in need, so that they can have a Thanksgiving meal on the holiday. With the past pandemic, many people are struggling. Our goal is to provide food boxes to as many families as possible. Your donations will help make a difference in somebody's life. If you would like to donate food (frozen turkeys, canned goods, boxed food, etc.), please drop it off at the school, or have your student bring it into their 7th period class. If you have any questions, please contact Ms. Arce at <u>marce@murrieta.k12.ca.us</u>. Thank you in advance!

November is a jammed packed, quick-paced, month. With the close of the 12-week grades, the start of winter sports, fall sport playoffs, staff PD day, Veteran's Day, Thanksgiving, Share the Harvest, and much more, here are some dates and information to help keep things organized.

<u>**12-week Grades-**</u> The 12-week Progress Report grading period ended Friday, 10/28. The grades will be entered on Wednesday, 11/2. Please sign into your ABI accounts and check on your student's progress on the 2^{nd} . These are the grades that are the last official progress report before final semester grades are earned.

<u>**Tutoring/Support</u>-** Don't forget that we have free tutoring available. Please find the tutoring schedule on our school's website (under the counseling tab and then on the left side menu named "Tutoring Information"), or by <u>CLICKING ON THIS LINK</u>.</u>

UC and CSU Applications both close on 11/30. Please don't wait until the last moment!

November 4th- PD Day- For your own planning, please remember that Friday, November 4th is a PD day for our staff. This is a non-student day.

 Veterans Day
 Veterans Day is 11/11 every year. This is a Friday this year. There will be no school that day.

 The school schedule for the week of 11/7 will be:
 Monday – A Day

 Tuesday – B Day
 Wednesday – A Day – No Late Start (school starts at 8:30am) and no PRIDE period

 Thursday – B Day
 Friday – No School – Find a way to thank and appreciate our veterans

 Thank you for all you do in supporting Mesa!
 Scott Richards Jr.



Activities

SHARE THE HARVEST

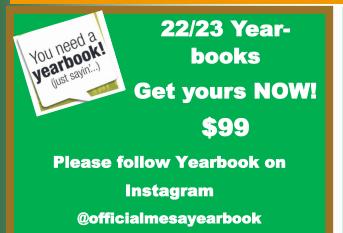
DONATIONS NEEDED:

•TURKEYS
 •CANNE
 •STUFFING
 •MASHE
 •CRANBERRY SAUCE •GRAVY

CANNED CORN
 MASHED POTATOES

SWEET POTATOES
 FROZEN PIES
 CANNED GREEN BEANS

DROP OFF DONATIONS TO MURRIETA MESA HIGH SCHOOL





Do you have discipline that needs to be cleared ? Make sure you are not on the "No Go "list so you can attend the upcoming football games, and Saturday School Nov. 12th from 8-12:15 Sign up in Student Services with Mrs. Blancato

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



Activities



BLACK STUDENT UNION CLUB HAS OFFICIALLY BEGUN!

THANK YOU FOR ALL OF YOU THAT JOINED US ON

WEDNESDAY, OCTOBER 26.

WE ENCOURAGE ALL THOSE INTERESTED IN JOIN-ING BLACK STUDENT UNION TO JOIN AT OUR MEETINGS EVERY 1ST AND 3RD WEDNESDAY OF THE MONTH IN ROOM 211, DON'T BE LATE 1:40-2:05PM! NEXT MEETING DATES ARE

Nov 2ND AND NOV 16TH.



Please drop off a new unwrapped toy into the Toys for Tots boxes located in the Front Office lobby or Room 409 in the Liberty Building.

If you drop the toy off in room 409 Chief Meredith will give you 1 hour of community service per toy up to 2 hours of community service. Please bring your community service form with you. We will be collecting until Nov. 18th.



Senate invites you to be a part of Operation Christmas Child. Let's make a difference in the life of a child. You can give hope to a child and let them know they are loved and not forgotten.

Shoeboxes can be picked up at the USB room. Each box will have directions and ideas of what to fill them with. Each box turned in will be worth 3 community Service hours.

More information in flyer on pages 16-17 of newsletter



Attention Freshmen! Save the date for Link Crew's Cocoa and Cram Event!

December 5th 3:30pm-5:00pm Free Event in the Rams Den

Link Crew will help you cram for your first semester finals with final reviews, hot cocoa, cookies, freshmen teachers and a visit from Santa! Christmas sweaters/ attire is encouraged. We will help you

SLEIGH your finals!



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, Anniversaries, etc.

Only \$10 - Includes Poster and balloons.



Beast Activities



THURSDAY, NOVEMBER 3RD AT 7:00PM IN THE GPAC

TICKETS

\$5

Buy with cash at the door or purchase ahead at the bookkeeper window or online

Doors Open at 6:30pm Show Starts at 7:00pm MMHS GPAC

Seniors - Class of 2023

Grad Night May 25th Six Flags Magic Mountain \$160 w/USB \$170 w/o USB Available now, online (schoolscash), Bookkeeper, and Ram Shack.



Price will incl ude admission to park, charter bus transportat ion, Sic Flags Grad Pass, Grad Night Glo Souvenir, and All You Can Eat Buffet. <u>Tickets are limited so</u> <u>purchase early!</u> Click here to order your Senior items! Cap & Gown, Class Ring, Announcements, and more. Order by Dec. 1st for early order delivery!



1-800-567-8367 (1-800-JOSTENS)



Senior Picture Information

Deadline for Senior Pictures to be included in the yearbook has been extended to December 15th. Contact Studio 94 if you still need to make an appointment @951-696-2002 as soon as possible. Spots fill up fast!

<u>Click here</u> to learn about your session.

<u>Senior Ads</u>

Flyer available on page 13. Hurry as the price will increase soon!

Senior "Real You" Photos

Flyer on page 7. <u>Click here to re-</u> serve your spot

Your formal senior portrait looks **(Teal** in the yearbook......but what about the **HEAL** YOU?

That portrait doesn't tell the whole story, and now your yearbook company, "P², is offering you the chance to ALSO have a picture that expresses your true personality, that will go right next to your portrait in the yearbook! What's most important to you? Your sport? Hobby? Goals? Talents? Fashion? Spirit? Now you have a chance to show that in your yearbook as well as your formal picture.

Sign up using the QR code below to come in for your **HEALYOU** picture. You should come to the appointment dressed and ready with any props to express your personality, and ready to have fun! But please remember:

"It's important that you're ready to go (dressed and with a pose in mind) when you arrive at the appointment.
 "School dress code applies to these pictures.
 "Inappropriate icons, sayings, and graphics on signs, shirts, caps, etc. will not be permitted.

**No more than three people in a photo. **Make sure all the people in your photo show up on time. **<u>Please be on time and report to the GPAC Foyer.</u> If you need to reschedule your picture, you will need to contact the yearbook adviser. Mrs. Hoxmeier







PROVIDING TOOLS EVERY TEEN NEEDS TO BECOME A SAFE DRIVER

TWO HOURS CAN SAVE A LIFE

 NEXT AVAILABLE CLASS TUESDAY, NOVEMBER 15, 2022 MMHS GPAC (THEATER) Parents encouraged to attend Get auto insurance discount for attending TO SIGN UP FOR THIS FREE CLASS CONTACT Connic Kime okim/mutricta k12 ca us

Connie Kim- ckim@murrieta.k12.ca.us R Sign up sheet in Student Services **OR** Just show up

DRIVER SAFETY EDUCATION FOR TEENS AND THEIR PARENTS

AS PROVIDED BY A GRANT FROM THE CALIFORNIA OFFICE OF TRAFFIC



AP EXAM UPDATE:

STUDENTS AND FAMILIES MAY STILL REGISTER FOR AP EXAMS IN TOTAL REGISTRATION (<u>www.totalregistration.net/ap/054357</u>) through November 14, 2022. Each exam will incur a \$10 Late Fee which began on November 1st.

 $_{\rm O}$ No exam will be ordered unless a \$40 down payment has been made. For those using Fee Waivers, we will need the \$9 balance to be paid by November 14^TH.

o Total Registration will be closed on November 15th as we finalize the EX-AM order.

ON NOVEMBER 16TH, TOTAL REGISTRATION WILL REOPEN AND A \$40 LATE FEE WILL BE ADDED TO EACH EXAM.

FOR MORE INFORMATION, SEE OUR WEBSITE: <u>HTTPS://WWW.MURRIETA.K12.CA.US/</u> PAGE/18700

<u>College Presentations</u>

11/3 UCLA @ 9:00
11/9 University of Redlands @ 9:00
11/10 Maryville University @ 12:00
11/14 Bellvue School of Nursing @12:00
11/17 Washington State University @ 9:00

These presentations are a great opportunity for students to hear about colleges in a small environment with someone from the college. Juniors and Seniors check your student email for information on how to sign up.



Athletics

WELCOME TO MESA ATHLETICS! PLEASE TAKE THE TIME TO CHECK OUT OUR ATHLETIC WEBSITE.

HERE YOU WILL SEE ALL THINGS SPORTS RELATED!

CLEARANCE: <u>HTTPS://WWW.MURRIETAMESAATHLETICS.COM/</u> CLEARANCE

ATHLETIC INFO: <u>HTTPS://WWW.MURRIETAMESAATHLETICS.COM/HOME</u>



Congratulations to our Football Team

FOR BECOMING LEAGUE CHAMPIONS

AND CONTINUING ON TO POST CIF SEASON.

FIRST GAME IS THIS FRIDAY VS VILLA PARK @ 7PM

The game will be played at El Modena High School in Orange, CA

El Modena High School 3920 E. Spring St. Orange, Ca 92869

GoFan Link: <u>https://gofan.co/</u> p/79C751877EB88E125CF97D3A2105571FBF312256F4F456F8



Interested in Wrestling?

• •



Practices: Mondays— Fridays from 4-6 pm

November 17th @ 5:30 p.m.

Green & gray wrestling showcase. This will be a "mock" dual for athletes to compete against each other and get the feel of what a wrestling dual looks like. Right after the showcase, we will host a parent meeting with information regarding season.

5 MORE THAN A

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

	Household Size	Household Annual Income
2	2	\$33,874
	3	\$42,606
n i	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.**

SUBMITAN APPLICATION **TO QUALIFY** FOR BENEFITS



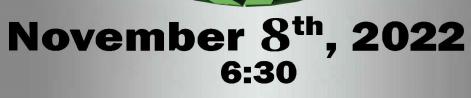
APPLICATIONS CAN BE FOUND ONLINE AT:

WWW.MURRIETA.K12.CA.US OR

WWW.MURRIETASCHOOLNUTRITION.COM

CLICK "MEAL APPLICATIONS"

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Murrieta Mesa Dance Presents

P

Doors Open 6:00

Murrieta Mesa High School

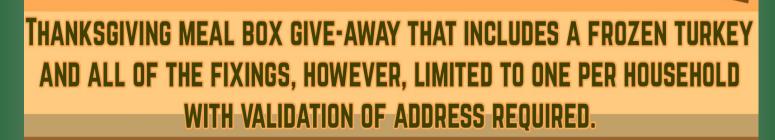
Photography courtesy of Alicia Salcedo Portraiture

Adults \$8 CASH ONLY Seniors, Military, Students K-12 \$6 Mesa Students w/USB \$5

TICKETS SOLD AT THE DOOR!

SHARE THE HARVEST THANKSGIVING DINNER AND FALL FESTIVAL

Come to the Murrieta Mesa High School Rams Den and share a FREE THANKSGIVING MEAL WITH COMMUNITY FELLOWSHIP. EVERYONE IS INVITED TO ATTEND. WE WILL BE SERVING: TURKEY WITH STUFFING, GREEN BEANS, CORN, MASHED POTATOES AND GRAVY, CRANBERRY SAUGE, SWEET POTATOES, ROLLS, DRINKS, AND DESSERT. *ARTS & CRAFTS* *FACE PAINTING* ACTIVITIES*



SATURDAY NOVEMBER 19TH 12:00 - 4:00 C MURRIETA MESA HIGH SCHOOL 24801 MONROE AVE. MURRIETA, CA 92562

*GAMES

FOR MORE INFORMATION PLEASE CALL **MURRIETA MESA HIGH SCHOOL AT** (951) 677-0568 OR EMAIL MARCE@MURRIETA.K12.CA.US.



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

NOVEMBER 2022 · ISSUE 5 · VOLUME 3

FIVE SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE



GET BETTER SLEEP

Grateful people get better sleep.

A 2009 study found that grateful people sleep longer per night and have an easier time failing asleep. In addition, they feel more refreshed upon waking. Therefore, if you want to sleep soundly, instead of counting sheep, start counting your blessings.



IMPROVE YOUR HEALTH

Gratitude makes you healthier.

Dr. Emmons also argues that gratitude has physical benefits. He and his colleagues studied over 1,000 people, from ages eight to 80. They found that people who practice gratitude consistendy report a host of health benefits.



INCREASE YOUR HAPPINESS Boost your happiness set-point 25%.

Dr. Robert Emmons, Ph.D., explains that your basic level of happiness is set at a predetermined point. Whatever happens to you-good or bad-you'll find yourself returning to that set-point. However, a practice of gratitude raises your happiness set-point, increasing your overall feeling of happiness.



BECOME MORE RESILIENT Bounce back from disappointment.

An Eastern Washington University study showed that people who were asked to find something about an unpleasant experience that made them feel grateful were better able to let go of the upsetting experience and move on.



GAIN PEACE OF MIND

Another of Dr. Emmons' findings is that people who exhibit an attitude of gratitude are more likely to be satisfied with what they already have. They tend to be less envious of others, and are less likely to judge their own success based on the amount of possessions they've accumulated.

DARINGTOLIVEFULLY.COM

Gratitude

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, have good experiences, improve their health, deal with adversity, and build strong relationships. You can feel and express gratitude in multiple ways. You can apply it to the past by retrieving positive memories and being thankful for parts of childhood, the present by not taking good fortune for granted as it comes, and the future by maintaining a hopeful and optimistic attitude.

Ways to Cultivate Gratitude

- Write a thank you letter expressing appreciation for that person's impact on your life.
- Thank someone mentally who has done something nice for you.
- Keep a gratitude journal of all the things you are grateful for.
- Use mindful meditation to focus on the present moment and the positive aspects of your life.
- Doing something kind for someone.



CLASS OF 2023 YEARBOOK RECOGNITION ADS



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:



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)





Murríeta Mesa Dance Presents...

Tickets available at the door Doors open at 6:00 Murrieta Mesa High School

case

Adults \$8 Students, Seniors, Military \$5 Cash Only

Celebrate the Season...Celebrate and Support the Arts



Operation Christmas Child invites you to make a difference in the life of a child. You can give hope to a child and let them know they are loved and not forgotten.



Since 1993, more than **178 million children** in more than 170 countries have received an Operation Christmas Child gift-filled shoebox in crisis areas of the world. Yet there are millions more hurting children still waiting to receive their shoeboxes – and **it all starts with YOU!**

HOW TO PACK YOUR SHOEBOX

1. FIND A SHOEBOX

Start with an average-size cardboard or plastic shoebox. **IF** you want to wrap it, cover the box and lid separately.

2. BOY OR GIRL

Determine whether your gift will be for a boy or a girl, and the child's age category: 2-4, 5-9, 10-14. Cut and affix label & attach to your box.



3. FILL YOUR SHOEBOX GIFT

Select a medium to large "wow" item such as a soccer ball with pump or stuffed animal, then fill with other fun toys, hygiene items, and school supplies. Check out the other side or our website for more suggestions.

You can also include a personal note and photo to personalize your box. Including a return address (mailing, email or social media) allows for a response.

4. DROP OFF

Place a rubber band around each closed shoebox and drop off at a local drop off location.

THANK YOU FOR YOUR SUPPORT!

AND PUTTO

Shoe Box Gift Ideas STANDARD-SIZED SHOE BOXES ONLY!

Try to transfer the heart for huge boxes into multiple standard-sized boxes.

Necessities

Toothbrush, Comb/Brush Bar Soap/Washcloth/Deodorant Nail clippers /File/ Drinking Cup T-shirts /Socks/ Underwear

School Supplies

Pens/Pencils/Sharpener/Erasers Mechanical Pencil (extra lead) Writing pad /Paper/ Coloring Book Crayons /Colored Pencil/ Marker Glue Sticks (no liquid glue) Pencil Box /Scissors /Rulers Solar Calculator /Stamp/Ink Pad

For Boys

Small Cars or Trucks Legos/Slap Bracelets Paddleball / Nerf-type balls Soccer ball with pump Baseball caps Wallet / Watch

General

Sunglasses, PlayDoh Flashlights with batteries Small picture books Travel games/Wind-up toys Stuffed animals, Slinky Stickers /Puzzles/ Marbles Etch-A-Sketch / Band-aids Toys that light up / make noise Musical instruments (flutes, harmonicas, kazoos) Small rubber balls Clothing

For Girls

Baby Dolls/Barbie/Accessories Toy Jewelry Sets Small Beauty Sets (comb/brush/ plastic mirror) Hair clip/Ponytail band/Bow/etc. Purse /Music box /Stationery Jump ropes / Jacks

For more information about Operation Christmas Child go to www.samaritanspurse.org/occ

Please DO NOT include: ANYTHING THAT CAN LEAK, BREAK OR MELT** Rubber snakes & spiders

Glass or breakable items (mirrors, snowglobes, glass containers, etc.)

Medicines or vitamins (cough drops, chewable vitamins, etc.) Toothpaste

Candy or food of any kind

War related items – camo clothing (toy guns, knives, soldiers, etc.)

Aerosol cans Used or worn items

Liquids (shampoo, lotion, glue, nail polish, etc.)

1 OCC Southwest Riverside County, CA



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Project T.O.U.C.H. presents States from the STORM STORM Mision of Gaith

Fun'raising Dinner Saturday December 10th | 6p - 10p Temecula Creek Inn

Be Part of Our Mission to End Homelessness!

VOLUNTEERS NEEDED

December 10th Volunteer Check-in 4p - 5p Location: 44501 Rainbow Canyon Rd, Temecula, CA 92592

CONTACT: info@projecttouchonline.com 16 yrs and over.

Must act professional and well mannered.

Office: 951-677-9661

ProjectTouchOnline.com

Project T.O.U.L.H. is a nonprofit 501(c)(3) Tax ID: 73-1681483

Project TOUCH

Together Our Unity Conquers Homelessness

Calling all Wrappers! get your crew Together!

Time to Wrap!

In Partnership with:



We'll be Gift Wrapping at **The Promenade Temecula** December 14th - 24th

We need your help!! Call the office to schedule a day and time for your group to volunteer and have a blast! 951-677-9661

