



MESA COUNSELING UPDATE #2

Week of April 6 – April 10

Hello Mesa Students and Parents,

We hope you and your family are staying safe and healthy during the COVID-19 Pandemic. Please remember to take care of yourselves and practice Social Distancing. Remember that Social Distancing should not mean Social Isolation. We want to encourage you to stay in contact with your friends and family by using apps like Facebook, Zoom, and/or Ring Central, but please remember to use it safely with your parents' permission.

Counselors will continue to use this Weekly Update to streamline our communications to give updates and provide useful resources. Please be aware that we have also created a [COVID-19 Counselor Resources Page](#). In this Weekly Bulletin we want to provide information regarding:

- How to Communicate with Counselors (Office Hours: 9:45 AM-2:45 PM)
- Emotional and Mental Health Support
- Resources for Long Distance Learning
- Frequently Asked Questions

As we move into Phase II of Distance Learning, we want you to know that the Counseling Department is also taking steps to transition to Long Distance Counseling Support. The District Office has approved Counselors to utilize Intel Home Office Phone lines and to offer limited Teleconference Meetings using Microsoft Teams. Please be patient as we are still learning how to utilize these and set these systems up.

Lastly, during these times of many changes and on-going sad news of the COVID 19, we would like to recognize and celebrate positive stories in our community. Let's spread some happy stories. Together, we will get through this 😊

Kind regards,
MMHS Counseling

MESA COUNSELOR CONTACTS & OFFICE HOURS: 9:45 am to 2:45 pm

Positive News from Rams Counseling Staff



Although she wasn't able to be there in person due to travel restrictions, Mrs. Amstutz was there via FaceTime when her daughter got engaged recently!



Mrs. Rubalcava and her husband welcomed their second baby, little Mateo Rubalcava, on January 8th. She has been spending a lot of time on Zoom to safely keep in touch with family. 😊

Do you have a story to share? Use this [link](#) to send us your stories and we may share in our Weekly Updates

Counselors

Mr. David Carrillo, 9th – 12th grades Last Names A-D

Phone: 951-304-1626

Email: dcarrillo@murrieta.k12.ca.us

Mrs. Veronica Rubalcava, 9th – 12th grades Last Names E-K & all EL Students

Phone: 951-304-1656

Email: vrubalcava@murrieta.k12.ca.us

Mrs. Connie Kim 9th – 12th grades Last Names L-Re

Phone: 951-304-1635

Email: ckim@murrieta.k12.ca.us

Ms. Kesha Andrews 9th – 12th grades Last Names Rf-Z

Phone: 951-304-1602

Email: kandrews@murrieta.k12.ca.us

Mrs. Lisa Amstutz 9th – 12th grades All AVID, TBI, and Behavior Students

Phone: 951-304-1607

Email: lamstutz@murrieta.k12.ca.us

Mrs. Lindsey Hersh 9th – 12th grades Social Work and Mental Health Specialist

Phone: (951) 304-1609

Email: lhersh@murrieta.k12.ca.us

Mental Health & Emotional Support

The outbreak of COVID-19 is a stressful time not only because of the health concerns but because there have been many changes to our regular routine. Fear and anxiety about a disease can be overwhelming and may cause strong emotions. *Everyone reacts differently to stressful situations.* Coping in a healthy manner will make you, the people you care about, and your community stronger. Please see tips below to manage your stress as we begin phase II and adjust to distance learning for the remainder of the school year.



World Health Organization

Coping with stress during the 2019-nCoV outbreak

-  It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.
-  If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
-  Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
-  Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
-  Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
-  Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

Things you can do to support yourself



Take breaks from watching, reading, or listening to news stories, including social media.

Take deep breaths, stretch, eat healthy, exercise regularly, and get plenty of sleep.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row

Visit Mesa's Website for Wellness and Mental Health Resources:

- Weekly Newsletters
- Student & Family Well-being Tools, Tips & Resources
- Video Playlists & suggested APPS
- Crisis & Community Based Resources
- Weekly Social/Emotional Theme's-Videos and Activities

Weekly Wellness Theme: Stress- Cause and Effects

Video/Information Sheet: <https://www.youtube.com/watch?v=uQ5AVDjxso0>

Activity/Worksheet: <https://school-connect.blog/wp-content/uploads/2020/03/EQ-in-your-PJs-Managing-Stress-Student-Handout-Part-1-writable.pdf>

Long Distance Learning Tools

Successful Tips on Schooling from Home

Set up a Work Spot:

Find a place in your home that will be designated your "work spot". Keep it clear and clean

Make it Comfortable:

Have a comfortable chair (not your bed) and use app like Coffivity to create peaceful background noise to help you focus

Create a routine or schedule:

Set an alarm, brush your teeth and change out of your PJ's. These acts will shift your mind into getting ready to work

Use the Rule of Three:

Make a to-do list and try get three of the things done every day

Keep Notes:

As an online student, you might be watching lectures on your computer. Don't let the convenience of being able to rewind and play it again keep you from taking notes

Self Motivation is key!

When doing independent study, you need to have a lot of self-discipline and take short breaks to your yourself motivated. Don't forget to reward yourself with a walk outside or a video chat with friend(s)

Sample Schedule to Follow:

8 am: Wake-up

9 am: Sign-in to Microsoft 365 to check emails and Haiku and choose one of your assignments to work on

10 am: Take a break, go for a walk, listen to music, or get a snack

10:30 am: Finish the assignment you were working on or chose another assignment

11:30 am: Take a break, go for a walk, listen to music or get snack

12:30 pm: Lunch

1:00 pm: Finish the assignment you were working on or chose another assignment

2:00 pm: Take a break, go for a walk, listen to music or get snack

2:30 pm: Finish the assignment you were working on or chose another assignment

3:30 pm: Take a break, go for a walk, listen to music or get snack

Some students do better with a strict routine

Some students do better with longer breaks

Some students do better in the morning

Some do better in the evening

Find what works for you and your family and modify as needed

Helpful Links

[Khan Academy:](#)

Provides academic resources in all grade levels and curriculum as well as SAT/AP prep

[Sample of Schedule for 10-12 graders](#)

[CollegeBoard.org:](#)

Provides support for ALL AP tests.

[YouTube Video Tutorials](#) for AP classes

FAQ – Frequently Asked Questions

Here are some of the common questions people are asking. We will do our best to share information to these questions as it becomes available to us.

Q: What if I can't get into my email/Haiku?

A: Send an email to Mrs. Blancato (bblancato@murrieta.k12.ca.us) or Mrs. Walsh (jwalsh@murrieta.k12.ca.us) and they will be able help reset.

Q: How often should I be checking my email/haiku?

A: You should check it at least once a day. You might be getting text messages as well as emails depending on how you have your Aeries Communication setup. If you wish to change this setting, simply log into Aeries and update in Communication.

Q: Can I use this time to make up missing work?

A: It's a good idea to communicate with your teachers to see if there are any missing assignments they will still accept. We all want what is best for all students' success, so teachers are being very flexible, but it's important to ask first.

Q: Where can I find my teacher's email?

A: In Aeries under Student Info, there is a tab for "Email List". You will find a link to each of your teacher's email there.

Q: If I can't communicate with my teachers, who should I talk to?

A: Counselors will be available to support during Office Hours between 9:45 am-2:45 pm daily. We are currently working on ways to set-up appointments either thru phone or teleconference. Information coming soon.

Q: What if I need a work permit?

A: Work permits are issued after you have secured a job. The forms are available online on the [Counseling Website](#). Please complete all sections and then you can scan the form to Mrs. Leslie Anderson, landerson@murrieta.k12.ca.us.

Q: What is going on with AP testing?

A: AP test dates will from May 11-May 22. Exams have been modified to be 45 minute online tests, and they will focus on application of information learned before March. However, if students do not feel prepared for the exam they may cancel by logging in to TotalRegistration.net to process a refund with no cancellation fee. This carefully about canceling, however. You and your teachers have worked hard to prepare for the tests! Check out CollegeBoard.org for YouTube Live Classes (we are hearing they are awesome!) and additional resources.

Q: What about Credit Recovery APEX and MCA reverse co-enroll classes?

A: Make sure to contact your host teacher so they can work with you to unlock sections. Continue working on your classes. Counselors will be working with Seniors and Juniors who need Credit Recovery to meet Graduation Requirements

Q: What about MSJC classes?

A: Regularly check your [Eagle Advisor](#) for updates. MSJC has switched over to full online options, but as far as we know, classes are still being conducted using their online platforms.

Q: For Seniors, what Graduation Requirements have been waived?

A: MVUSD understands these are very unprecedented times, Seniors – the Community Service hour graduation requirement has been waived. Juniors - the Junior Reflective essay has been waived.

Q: I am worried about graduation because Aeries is showing I am failing some classes, should I just transfer to K-12 online school?

A: We understand students (especially Seniors) are having extra stress about grades and credits. Please understand that we are here to support all students and are working tirelessly to make sure students have a variety of ways to bring their grades up to pass their classes. Be patient and let's work through this together.