



# MESA COUNSELING UPDATE #6

## Week of May 4th – May 8th

Hello Mesa Students and Parents,

Welcome to our 5th week of online school from home. Please keep up the great work and stay encouraged! Mesa has created a new one stop shop for parents and students to get to their [Distance Learning links](#). Please access this one stop shop by [clicking here](#).

Counselors will continue to use this Weekly Update to streamline our communications to give updates and provide useful resources. The two sources of counseling information during this Pandemic, the [COVID-19 Counselor Resources Page](#) and the [Counseling News Page](#), are now both accessible via the [Distance Learning Link](#), both are chalk full of great information. In this Weekly Bulletin we want to provide information regarding:

- [MSJC Annex at MV interest form link](#)
- MSJC 5/14/20 Transition Session
- Post High School Plans Survey
- Food Pantry

Lastly, we want to celebrate all of you for your strength and hard work during these uncertain times. Let's keep coming together and please reach out if you need assistance. Together, we will get through this 😊

Kind regards,  
MMHS Counseling

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

Counselors
<b>Mr. David Carrillo, 9<sup>th</sup> – 12<sup>th</sup> grades Last Names A-D</b> Phone: 951-304-1626 Email: <a href="mailto:dcarrillo@murrieta.k12.ca.us">dcarrillo@murrieta.k12.ca.us</a>
<b>Mrs. Veronica Rubalcava, 9<sup>th</sup> – 12<sup>th</sup> grades Last Names E-K &amp; all EL Students</b> Phone: 951-304-1656 Email: <a href="mailto:vrubalcava@murrieta.k12.ca.us">vrubalcava@murrieta.k12.ca.us</a>
<b>Mrs. Connie Kim 9<sup>th</sup> – 12<sup>th</sup> grades Last Names L-Re</b> Phone: 951-304-1635 Email: <a href="mailto:ckim@murrieta.k12.ca.us">ckim@murrieta.k12.ca.us</a>
<b>Ms. Kesha Andrews 9<sup>th</sup> – 12<sup>th</sup> grades Last Names Rf-Z</b> Phone: 951-304-1602 Email: <a href="mailto:kandrews@murrieta.k12.ca.us">kandrews@murrieta.k12.ca.us</a>
<b>Mrs. Lisa Amstutz 9<sup>th</sup> – 12<sup>th</sup> grades All AVID, TBI, and Behavior Students</b> Phone: 951-304-1607 Email: <a href="mailto:lamstutz@murrieta.k12.ca.us">lamstutz@murrieta.k12.ca.us</a> ;
<b>Mrs. Lindsey Hersh 9<sup>th</sup> – 12<sup>th</sup> grades Social Work and Mental Health Specialist</b> Phone: (951) 304-1609 Email: <a href="mailto:lhersh@murrieta.k12.ca.us">lhersh@murrieta.k12.ca.us</a>

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



## Sophomores and Juniors interested in taking MSJC classes through the Murrieta Valley Annex

Sophomores and juniors with above a 2.5 overall GPA, this is a great opportunity to earn college credit and not have to drive to Mount San Jacinto college. Please take a look and complete the interest [survey here](#).

### Q: What is the first step in showing interest for MSJC Annex?

A: Complete the online interest [FORM](#)

### Q: Where will the classes be held?

A: If school closures are lifted, they will be held at Murrieta Valley High School MSJC Annex buildings. However, if closures remain, classes will be held online

### Q: How do the credits earned by MSJC Annex work?

A: The credits will count for BOTH High School Graduation Requirements and College Credit

### Q: Are the classes weighted higher?

A: Yes, the classes are weighted similar to AP and IB courses on a 5.0 scale versus a 4.0 scale

### Q: Which classes will be offered and is there a description?

A: For Fall 2020, the below classes are being considered

### Q: What is the difference between “Face-to Face” and “Hybrid”?

A: Face-to-Face is the traditional classroom style however depending on school closures, these may be online only. Hybrid means the class will consist of combination of online and live classroom requirements.

<b>Title</b>	<b>Criminal Law</b>
Course Section Number	AJ-101-3371
AJ 101 Criminal Law Face-to-Face, Full Term <b>T/Th 2:30-3:45</b>	This course studies the history, evolution, principles, philosophy, constitutional provisions, and contemporary application of criminal law. Topics include sources of substantive law, classification of crimes, parties to crimes, elements of crimes, matters of criminal responsibility, law in society, and other related topics.
<b>Title</b>	<b>C++ Programming - Level 1</b>
Course Section Number	CSIS-113A-1926
CSIS 113A C++ Programming I Face-to-Face, Full Term <b>M/W 3:00-4:15pm</b>	This course introduces the principles of object-oriented programming using the C++ programming language. Students will investigate and evaluate various programming design methodologies and apply them to programming problems in C++. C++ features that will be covered include language syntax, class definitions, control structures, function definitions, and basic data structures. No prior programming experience required.
<b>Title</b>	<b>History/Appreciation of Dance</b>
Course Section Number	DAN-100-1324
Dance 100 History & Appreciation of Dance Face-to-Face, Full Term <b>T/Th 4:00-5:15pm</b>	This course explores the universal human activity known as dancing from a cross-cultural perspective, examining the myriad ways in which dance functions in societies. The histories, theories, techniques, and purposes of various theatrical, religious, and social dances from around the world are compared, contrasted, and interrelated. The culture-specific nature of the dancing body and its audiences are analyzed to discover the meanings carried within these dances.
<b>Title</b>	<b>College Composition</b>
Course Section Number	ENGL-101-0562
English 101 (Seniors Only) College Composition Face-to-Face, Full Term <b>M/W 2:00-3:50</b>	This course provides instruction in writing academic analytic essays. Students will learn to interpret and respond to sources analytically, conduct academic-level research, and incorporate those sources into research papers. This course satisfies graduation and transfer requirements.
<b>Title</b>	<b>World History to 1500</b>
Course Section Number	HIST-103-1107
History 103 World History to 1500 Hybrid, Full Term <b>T 3:00-4:15</b>	This course is a survey of ancient history that explores the origin and development of human societies in the Near East, India, Asia, Africa, the Americas, and Europe. Using a comparative approach to study the world's major civilizations, students will examine their social structure and daily life, political systems, economic development, and cultural values.
<b>Title</b>	<b>U.S. History to 1877</b>
Course Section Number	HIST-111-1111
History 111 US History to 1877 Face-to-Face, Full Term <b>M/W 4:00-5:15</b>	This course explores political, social, cultural, economic, and intellectual developments in the United States from colonization and settlement through the Civil War and Reconstruction.
<b>Title</b>	<b>World Religions</b>
Course Section Number	HIST-118-1821



History 118 World Religions Face-to-Face, Full Term <b>M/W 6:00-7:15</b>	This course examines the origins, doctrines, practices, people, and events leading to the development of the world's major religions from ancient times to the present. Through an objective study, students will gain an appreciation for how Hinduism, Buddhism, Confucianism, Daoism, Judaism, Christianity, and Islam simultaneously influenced and were shaped by political, social, and economic institutions. The beliefs of the indigenous peoples of the Americas and Africa and contact with foreign religions will also be considered. (formerly HUM 104)
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### MSJC Transition Meeting for Seniors

The Mt. San Jacinto College (MSJC) Counseling Department and Student Success Program is here to guide you through your advancement from high school to MSJC!

The High School to College Transition Session will cover the following information within a virtual classroom setting:

1. Identifying what courses to take during your first semester
2. Completing an Abbreviated Educational Plan\*
3. Navigating Eagle Advisor/Self-Service for registration
4. Obtaining information on resources
5. Connecting with a counselor and Student Success Mentor

The next sessions will be Thursday, May 14, 2020 - 1:00 PM to 3:00 PM with Cynthia Garcia

To register [Click Here](#)

### Post High School/Military/Career/College Acceptance Recognition Plan

**Seniors** please share what your plans are for next year by filling out the [form here](#). We are hoping to find a way to celebrate you, so stay tuned. **Seniors – please take a moment to do this – we want to celebrate you!**

### Food Pantry

#### Community Mission of Hope

Are you or your family in need of food? Community Mission of Hope is here to help. CMOH is a housing resource & food distribution center in Temecula. We distribute food to those in need, at no cost, five days a week. We now have drive-thru pick up so there is no need to get out of your car. Your safety and the safety of our volunteers is our first priority.

We accept new clients every WEDNESDAY from 10am-12pm

We look forward to serving you!

Who qualifies?

Residents of Temecula & Murrieta or those experiencing homelessness

Where do I sign up?

Community Mission of Hope

41760 Rider Way

Temecula, CA 92590

(951) 444-1404

Please bring your photo ID. Upon arrival you will be given a Welcome Packet to take home, fill out and return on your next visit.

[Click Here for the Flyer](#)

## Mental Health & Wellness

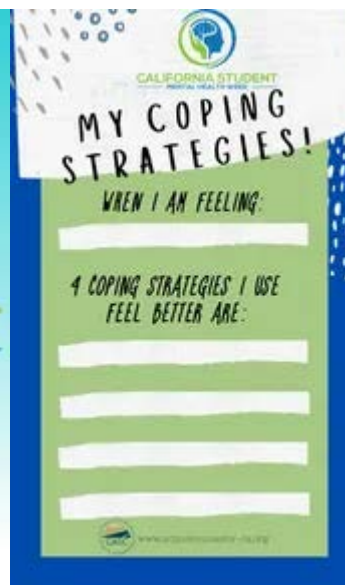
Join [Each Mind Matters, California's Mental Health Movement](#) to express the many sides of yourself — raise awareness about mental health and support people with mental health challenges. Together we can break the stigma of reaching out for mental health support!



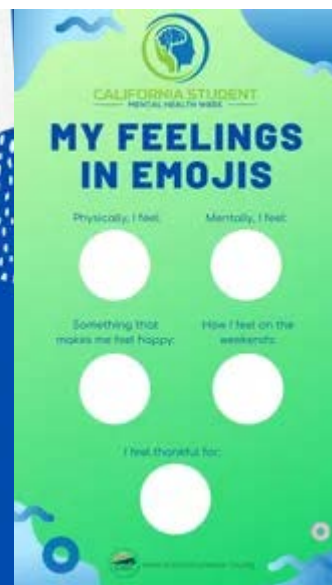
Post an *Instagram Story Photo* below to your story to raise awareness.



I am participating in CASMHW



My Coping Strategies



My Feelings Emojis

## **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](mailto:bblancato@murrieta.k12.ca.us)) or Mrs. Walsh ([jwalsh@murrieta.k12.ca.us](mailto: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. Laurie Routledge, [lroutledge@murrieta.k12.ca.us](mailto:lroutledge@murrieta.k12.ca.us) or Mrs. Amber Philips, [acphillips@murrieta.k12.ca.us](mailto:acphillips@murrieta.k12.ca.us).

**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.

**Q: What Summer School Options are available?**

A. MVUSD is offering summer school. [Click the link here](#). Online Summer School is also be offered by [Method Charter](#). Please remember that this would be to "fix" grades not to advance.