

MURRIETA VALLEY HIGH SCHOOL



Nighthawk Newsletter



DECEMBER, 2022

REMINDERS:



Winter Wishes Rally: December 2

Dancing with the Nighthawks: December 9

Toy Drive ends: December 16

Finals Minimum Day:

Wednesday, December 14

Thursday, December 15

Friday, December 16

Winter Break: December 19, 2022 through January 9, 2023.

Classes will resume on Tuesday, January 10, 2023.



Letter From Our Principal

Dear Parents and Students,

We are approaching the end of the semester with our final exams set for the week of December 12th through the 16th. December 14th, 15th, and 16th during finals week are minimum days and school will end at 12:45 on those days. With the end of the semester approaching, utilizing Office Hours, along with before school tutoring is a great way to prepare. Early in December our activities ramp up with our Winter Band concert, Winter Choir concert, Virtual Enterprise, Robotics, Girl's and Boys' Basketball, Girl's and Boy's Wrestling, Girl's Water Polo, and Competitive Cheer. The fall was successful in many ways on our campus. Our Boys' Water Polo team claimed their 24th consecutive Southwestern League championship, athletes in all sports were named All League and CIF, our marching band, Robotics, and ROTC took home numerous victories in competitions. Additionally, our student section continues to be the most spirited!

Christmas break will begin on Monday December 19th. I hope everyone can enjoy the three weeks off and we look forward to having our students back for the beginning of the second semester on Tuesday, January 10th. We are hopeful that our students and families have a great time connecting during this holiday season.

Doing it the R.I.T.E. Way (Respect, Integrity, Teamwork, & Excellence),

Ryan Tukua, Principal Murrieta Valley High School

CONGRATULATIONS!!!

Sizzler Student of the Month: Tiger Bachmeier

MVHS

Students of
the Month
for
November
2022



*Congratulations
Nighthawks!*

Natalie Carter
Mya Cepeda
Mariah Chenault
Amari Cunningham
Cole Curtis
Avery Devey
Hailey Farrell
Alli Frye
Fidel Guzman
Janet Huang
Olivia Kramer
Kiana Ordonez
Calli Perryman
Kody Townsend
Jazeli Vandenburg
Ariana Zaragoza



Contact Adelle Lynton in
Student Support if you'd like
to volunteer!

Alynton@murrieta.k12.ca.us



Well done MV Students!!

Thank you MVHS Student Volunteers!
We had a solid representation at the Murrieta Field of Honor this year. Our Interact club's sign up list filled over 70 volunteers slots for the event. (A few pictured above.) The only other group to have numbers close to us was MESA Baseball, MV teams hopefully participate next year and show our community the Nighthawk spirit!



Peer Leaders Uniting Students - PLUS



The PLUS team recently hosted a rock painting party to help our rock garden "grow". The finished rocks with positive messages and artwork will be placed at the front of the school along with a sign from Project 99. The garden is meant to spread a message of hope and to give students resources regarding the topic of suicide awareness and prevention.



MCJROTC NEWSLETTER



In just about three weeks, the first semester of our school year will officially have wrapped up! Though all our events are fun, a highlight for cadets is the Marine Corps Ball. This year, the company celebrated the 247th birthday of the Marine Corps and like always, a good time was had by all with lovely food and plenty of dancing. The Veterans Day Parade was another success for the company and it was wonderful to be able to show our support and appreciation for all veterans, past and present!



Upcoming Events:

- Basic Leadership Course
- Company Photos
- Santiago Raider Competition

Join us for a night about Palomar opportunities, programs, and financial aid!



Virtual

- Thursday, December 8, 2022
 - o 4 – 5:30 pm
- Tuesday, December 13, 2022
 - o 4 – 5:30 pm

In-Person – San Marcos Campus

- Wednesday, December 14th, 2022
 - o Campus Tour
 - 3:30 – 4:45 PM
 - o Palomar Presentation
 - 5 – 6:30 PM
- Thursday, December 15th, 2022
 - o Campus Tour
 - 3:30 – 4:45 PM
 - o Palomar Presentation
 - 5 – 6:30 PM

RSVP

- **www.palomar.edu/outreach/events/**

Outreach and Onboarding Services

Palomar College

(760) 744-1150 Ext. 3756

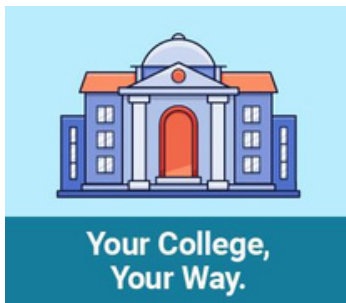
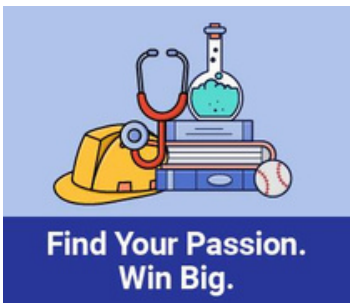


BigFuture Scholarship s Week Is December 5-8!

[Register Now](#)



We're giving Curtis early access to scholarships! Attend these events to learn how your teen can earn entries for BigFuture® Scholarships and get your questions answered by experts about how to support Curtis's college and career journey.



[Register Now](#)

Special permission granted by MTI, Inc
Murrieta Valley High School Drama
Presents
Directed by: Shilind Wheaton

RUDOLPH
THE
RED-NOSED
REINDEER
Jr.

D&G 1-3, 2022 @7PM
\$10 Gen. \$8 ASB/Senior
\$5 for 10yr & under

Written by: Robert Penola
Music & Lyrics by:
Johnny Marks
Arrangements by:
Timothy Splain
Orchestrations by:
William C. White

MVHS Performing Arts Center 42200 Nighthawk Way Murrieta, Ca
Reserve Tickets 951-696-1408 ext. 5906



2nd Annual
Murrieta Valley High School
Crimson Cadets

*Quarter Auction
and Holiday Boutique*

Sunday, December 4th, 2022

Murrieta Valley High School

42200 Nighthawk Way
Murrieta, CA 92562

Shop the Vendors
Doors Open at 1:00pm
Auction Begins Promptly at 2:00pm

Lots of area vendors
featuring ideal gifts for everyone!
Desserts and beverages available for purchase

Bring Your
Own Quarters

Cost of Paddles
1 for \$8
2 for \$15
3 for \$20



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

DECEMBER 2022 • ISSUE 5 • VOLUME 5

Grief and Loss

Grief can be an experience when we lose a loved one or when we have a drastic change to our routines. Grief is a complex experience that is unique to each person. Some common responses to loss can be anger, sadness, guilt, stress, depression, anxiety, problems at school, difficulty concentrating and fatigue. The discomfort associated with grief time eases over time, but sometimes time alone is not enough, and additional support is needed.

Losing someone you love is a life-changing experience. During this time, you may also find that you have needs you haven't had before. You may need of extra support from family and friends. Or you may need information about what to expect or how to make sense of all that you're feeling. Most grieving teens need a way of expressing their feelings, either through talking with someone, writing or doing artwork. It's important to stay connected, have an outlet for expression or even join a group or talk to a counselor. Coping with grief means finding safe ways to acknowledge the loss, identify your feelings, express your feelings and seek support.



How to Deal with Grief

The Grieving Process

Now what? Tips for Grieving Teens

Tips for Supporting a Grieving Friend

The Elizabeth Hospice Grief Support

National Alliance for Children's Grief

Resources



SMARTPHONE APPS

- [Calm](#)
- [Grief Works](#)
- [Insight Timer](#)
- [Headspace](#)
- [Grief Angels](#)

APP

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:

Dec 1st (regular deadline) OR **the LAST & FINAL CHANCE DATE Jan 31st**



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 Valley 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)