

# MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



*Keeping our families connected*

SEPTEMBER 2021

## Letter From Our Principal



Dear Parents and Students,

We have had a great start to the 2021-2022 school year! Our first day of school was devoted to connecting with students, focusing on student social and emotional needs, procedures, and school spirit. Our school motto for the year is, “Reconnect the Nest”, as our mission is to build relationships with students and to impact their lives both academically and emotionally. Our staff has truly loved having students back on campus! We held our Welcome/Expectations assemblies for all 9th and 10th graders during the first week of school. We began our “Office Hours,” which is in-school intervention, the second week of school. Office Hours takes place on Thursdays and Fridays after the first block and students visit the teacher of their choice to receive additional academic support. On September 1st we held our first Recess Wednesdays, which is an extended break for teachers and students to engage in activities together.

We encourage our students to get involved on campus. Students were given a survey the first day of school through the 5-Star App and the student interest feedback is being used to connect students with activities they enjoy. Our Club Rush was also held on September 1st. We have a variety of clubs for students to connect with and if your student has a desire to start a club have them visit the Hawk Rock. Our academic programs include International Baccalaureate (IB) and Advanced Placement (AP) courses. Our 8 CTE pathways include: Foods, Photography, Business, Auto Mechanics, Engineering, Law Enforcement, Computer Programming, and Fire Science. We also have the Mount San Jacinto Community College annex on our campus where students can take classes for dual credit. If you are interested in any of our programs our counselors are a great resource. Our academic competitions include Mock Trial, Virtual Enterprise, Science Olympiad and Robotics. There is something for every student between our award-winning Performing Arts mixed with our successful Athletic Programs. We also have strong leadership programs on campus to allow our students to take ownership of our growing and engaging culture. Leadership classes include Marine Junior ROTC, Senate, ASB, PLUS, Link Crew, and Night Hawk Pride.

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

Go Nighthawks!

Ryan Tukua

Principal Murrieta Valley High School

# THE NIGHTHAWK ROUNDUP

September 2021

## MORE UPCOMING DATES TO REMEMBER

- SEPTEMBER 6TH- LABOR DAY HOLIDAY NO SCHOOL
- SAT 10/2/21
- ACT 10/23
- CLUB RUSH 9/1 @ LUNCH
- RECESS WEDNESDAY DATES- SEPTEMBER 1ST & 22ND
- DEVICE CHECKOUT RETURNS TO MVHS 9/1

GO  
NIGHTHAWKS!

## CONGRATS NIGHTHAWKS!!!

### Nighthawk Shout Out!

Congratulations Nighthawks, we made it through the beginning of year together successfully! So proud of you all for all for your patience, understanding and hard work! We are all thrilled for the new school year and the idea of returning to a traditional, fun and exciting year!

We are thrilled to have you all back, go Nighthawks!



# STUDENT SUPPORT CENTER

- [AP KIP SHIPLEY EMAIL](#)
- [SECRETARY VERONICA RUIZ EMAIL](#)
- [SENIOR CONTRACT- CLICK HERE](#)
- [LOST MASK? PLEASE VISIT ROOM 814](#)
- [STUDENT HANDBOOK PDF](#)
- [CHECK OUT OUR PLUS PROGRAM HERE](#)



## WELCOME BACK NIGHTHAWKS!!!

Welcome Back Nighthawks! We are so excited to have you back on campus and we have HIGH EXPECTATIONS for this year to be awesome! In the spirit of great expectations, all 9th and 10th graders participated in the "Expectation Assemblies" held in the PAC during the first week of school. During this time we reviewed the topics that often result in disciplinary action on campus such as truancy, tardiness, parking, cell phone violations, dress code, and the consequences associated with these and other more significant topics. It is important to remember that student expectations apply to ALL Nighthawk students, grades 9-12, and they are defined in the student handbook on pages 6 – 16. Parents, please support your students in reminding them to review these guidelines so that we can make this year THE BEST YEAR YET!



GO  
NIGHTHAWKS!



Don't forget your parking permits!:) They are issued through bookkeeping.

School  
Spirit

# MURRIETA NIGHTHAWK ATHLETICS!

GO TEAM!

September 2021

[HTTPS://WWW.MURRIETAVALLEYNIGHTHAWKS.COM/](https://www.murrietavalleynighthawks.com/)

- Visit athletic website through the link above
- SAT October 2nd & November 6th [Register here](#)
- ACT October 13, 16, 26 [Register here](#)
- [NCAA Eligibility Center- Register your athlete here](#)

 CollegeBoard

Want to play your sport while you  
continue your education?

Start here by following the link above  
to search schools that host your sport  
AND what you'd like to study.

## NIGHTHAWK HIGHLIGHTS!!!

Let's go Nighthawks!  
September

- Be prepared and know you will need your physicals done.
- Clearance paperwork will also be on the website
- Congratulations to all of our athletes who have tried out for one of our athletic teams this year. Thank you to all athletes and their families for your patience and flexibility while we transition back into all of our athletics.

Your Athletic Director is Mr. Mott- [Email him here.](#)

Your Athletic Secretary is Karee Mason- [Email her here.](#)

  
TOGETHER  
WE SOAR

# SEPTEMBER

For Website Activities page follow this link

# MVHS ACTIVITIES

## DATES TO REMEMBER

*Freshman Elections-  
Sept. 7, petitions to run  
due, Sept. 9-12 online  
voting*

*Sept. 9- Mobile Blood  
Drive*

*Sept. 10- Fall Rally in  
the Stadium*

*Sept. 15- make up  
pictures- Hawk Rock*

*Sept. 16- Academic  
Awards at lunch*

Geniel Moon  
Activities Director

Murrieta Valley High School  
951-696-1408 ext. 5259  
gmoon@murrieta.k12.ca.us

CADA President Elect  
State CIF Federated Council  
CIFSS Executive Committee.

## A MESSAGE FROM YOUR ACTIVITIES DIRECTOR

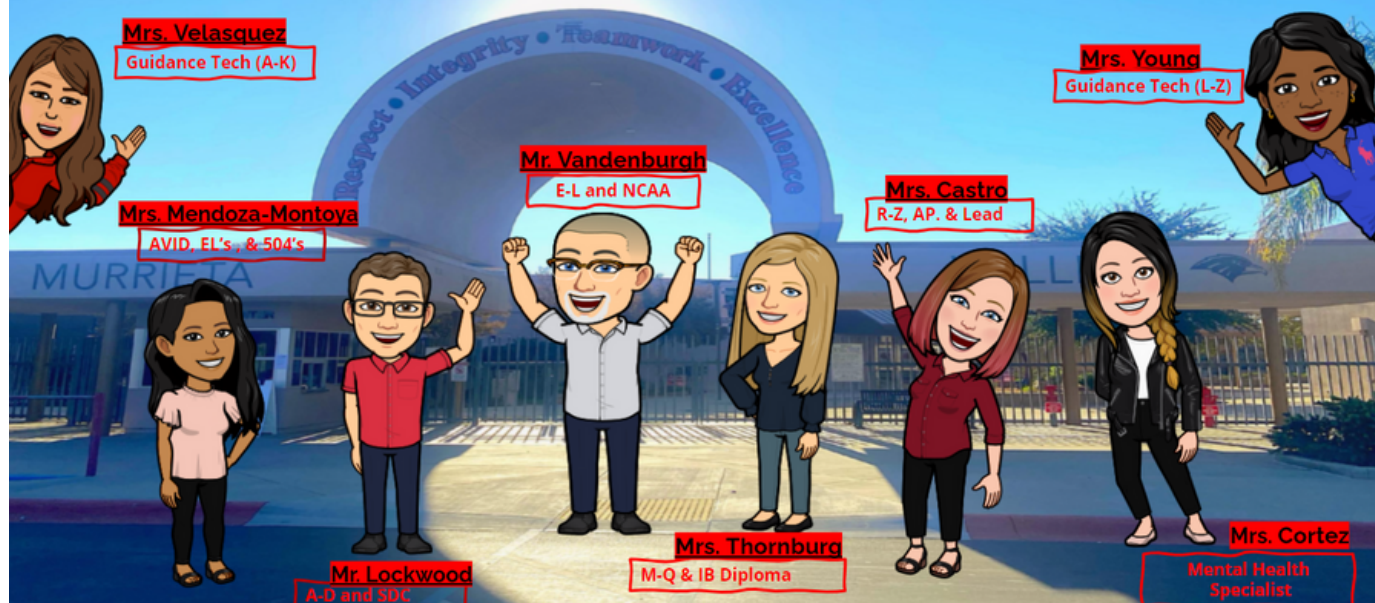
It's not too late to purchase an ASB Card, \$45 gets you into home athletic contests, reduced price on all dances, plays, concerts and year around discounts on local vendors.

 <b>FREE PREMIUM SANDWICH</b> Buy a premium sandwich at reg. price, get 2nd premium sandwich FREE! Excludes Value Meals. 40605 California Oaks Road, Murrieta 39868 Los Alamos Road, Murrieta	 <b>FREE REGULAR SUB</b> Buy 1 Reg Sub & (2) 22oz drinks, get 1 Reg Sub FREE of equal or lesser value. Coupon Code 4410. Valid only at: 25359 Madison Ave/27614 Clinton Keith, Murrieta	 <b>FREE CHICKEN POT PIE</b> With the purchase of a chicken pot pie combo and 1 regular drink. OR: Happy hour 2-5 Monday thru Friday: 10 piece chicken leg & thigh only \$12.99 OR Tues. Special: Crispy Chicken Sandwich \$3.99 40702 California Oaks Rd., Murrieta
 <b>10% OFF</b> Entire purchase at regular price. 25021 Madison Ave. #104, Murrieta	 <b>1/2 PRICE YOGURT</b> Buy a yogurt at reg. price get 2nd yogurt of equal or lesser value 1/2 OFF! 40557 California Oaks Road #H3, Murrieta	 <b>FREE REG. 6" SUB</b> Buy one 6" sub at reg. price, get 2nd Regular 6" Sub of equal or lesser value FREE! With purchase of a Large drink. Excludes double meat, extras, and Deluxe. 39872 Los Alamos, Murrieta 40790 California Oaks Road #D, Murrieta 27690 Clinton Keith Rd. #B, Murrieta 39460 Murrieta Hot Springs Rd., Murrieta
 <b>FREE 7" WICH</b> Buy 2 - 22 oz drinks & any Wich at reg. price, get a 7" wich of equal or lesser value FREE! 24635 Madison Ave #C, Murrieta	 <b>FREE WESTERN BACON CHEESEBURGER</b> Buy one at regular price, get 2nd of equal or lesser value FREE! With the purchase of 2 drinks. Valid at all Temecula and Murrieta locations	 <b>10% OFF</b> Any Adult Entrée at reg. price. OR: Free Kids Meal. With the purchase of any full price Adult Entrée. 24640 Madison Avenue, Murrieta
 <b>\$10 OFF</b> any full service <b>Oil Change</b> Code: ABSCH10 40430 California Oaks Road, Murrieta Not valid with any same service offer.	 <b>FREE CRAZY BREAD®</b> With any Pizza purchase at regular menu price. Limit 1 per card. 40525 California Oaks Road, Murrieta	 <b>FREE SHREDDED BEEF TACO OR BEAN &amp; CHEESE BURRITO</b> Buy 1 at regular price, get 2nd of same FREE! W/ purchase of a regular drink. 23811 Washington Avenue, Murrieta 39840 Los Alamos Rd #3, Murrieta
 <b>25% OFF</b> Any purchase at reg. price. Not valid w/ any other offers or discounts. 27890 Clinton Keith Rd. #C, Murrieta	 <b>10% OFF</b> Entire purchase at regular price. Across from Wal-Mart 25395 Madison Ave., Murrieta • 951.304.9777	 <b>LARGE 1 TOPPING PIZZA FOR \$14.99 + TAX</b> Additional toppings extra. Not valid on delivery or with any other offer. 31950 Hwy 79 South, Temecula • 951.302.3333 27314 Jefferson Ave, Temecula • 951.296.2400 32278 Clinton Keith #101, Wild. • 951.676.7826
 <b>800-273-8255</b> Crisis Text Line: text HOME to 741741 Local Suicide Prevention Hotline: 951-686-4357	 <b>\$10 OFF</b> Any individual rental package. 40705 Winchester Road, Temecula	<b>9921</b>

This card is your official school identification. You must carry this card during school hours and present this card at school functions and businesses. Your card will be confiscated without refund if loaned or misused. **ASB STICKER 2021-2022. EXPIRES 08/31/2022**  
**Call Community Discount Card For Your Group's Fund Raiser 1-800-974-6275**  
 Offers valid with this card. Not valid with any other offers or specials. Limit one offer per card per person per day.  
 Not transferable. Offers subject to change without notice.

# COUNSELOR CONNECTION

## MVHS Counseling Team



### IMPORTANT DATES & ANNOUNCEMENTS

9/1/21: CLUB RUSH  
9/6/21: LABOR DAY (NO SCHOOL)  
9/21/21: 6 WEEK PROGRESS REPORT

### **SENIORS:**

- \*Community Service & Senior Culminating Projects are waived
- \*When starting College Applications, be sure to login to your CCGI account
- \*SAT/ACT: Click [here](#) to check if it's required for admission

### **JUNIORS:**

\*PSAT on Saturday, October 16  
Cost=\$25  
To Sign up click [here](#) before September 10 to pay

### **SOPHOMORES & FRESHMANS:**

#### **Get INVOLVED!!**

Club Rush on Wednesday, September 1 during Lunch  
Also, check out the Activities Tab on MVHS Website for ALL Clubs on Campus

### **Highlights of Counseling Activities: August**

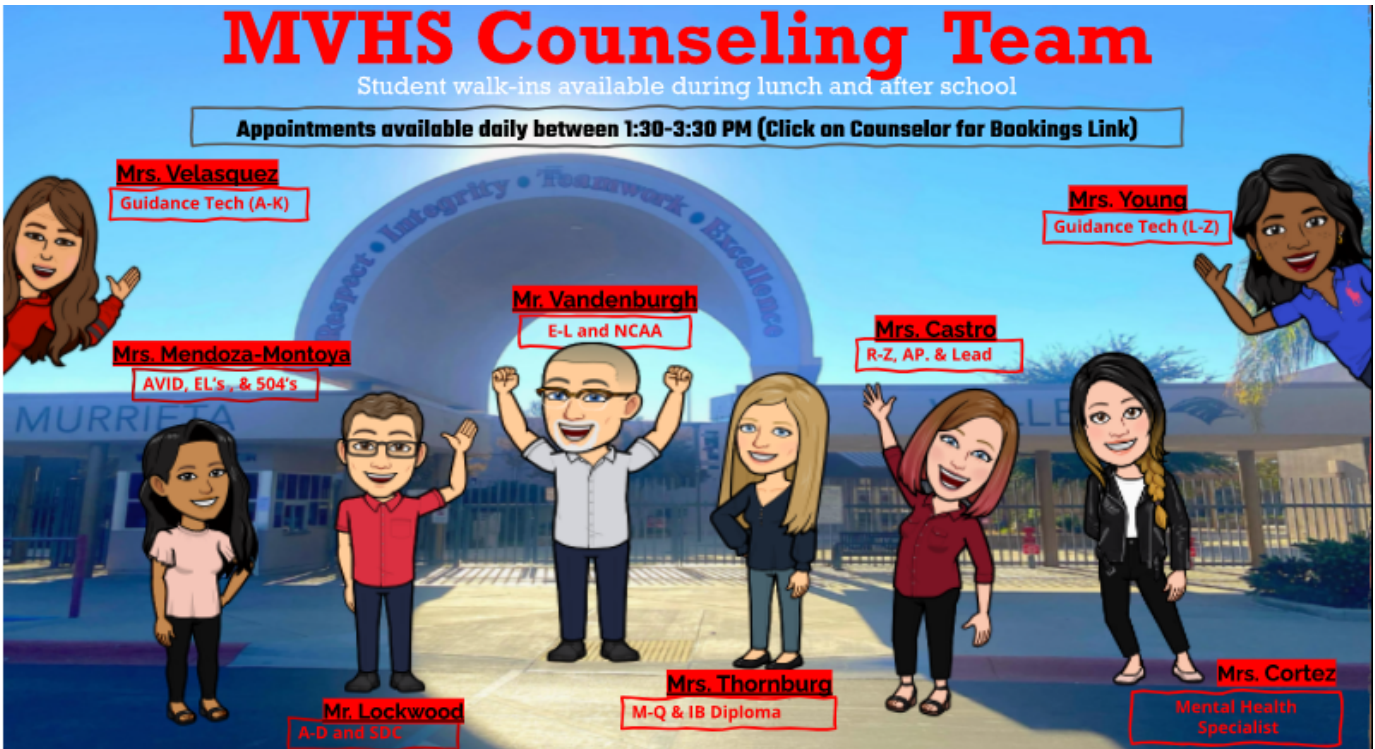
- « New student enrollments (we processed over 160 new students and transfers). MVHS is the PLACE to BE!
- « Transcript reviews to determine credit recovery needs
- « Course request changes (processed over 1,000 requests)
- « Class and Teacher Balancing
- « Retention meetings
- « Processing Pass/No Pass Grade Change Requests
- « Updating 504 accommodation plans and planning meetings
- « Aeries, Canvas, Microsoft 365 Student account support
- « Student walk ins that need immediate attention

## September

### **GUIDANCE ACTIVITIES**

9/1- Counselor Connection "C" Day: Counselors will be visiting classes with short announcements

Beginning 9/20: 1 on 1 Academic Planning Meetings with Guidance Lessons thru History



## ACT/SAT Testing Dates

- SAT test dates- Oct. 2 2021- Nov. 6 2021
- ACT test dates-Oct. 23 2021- Dec. 11 2021
- PSAT test dates Oct. 13, 16 & 26

**Make an appointment with your counselor!  
Just scan the QR code with your phone.**

Mr. Vandenburg  
(E-L)



Mr. Lockwood  
(A-D)



Mrs. Castro  
(R-Z)



Mrs. Thornburg (Q-R & IB DP)

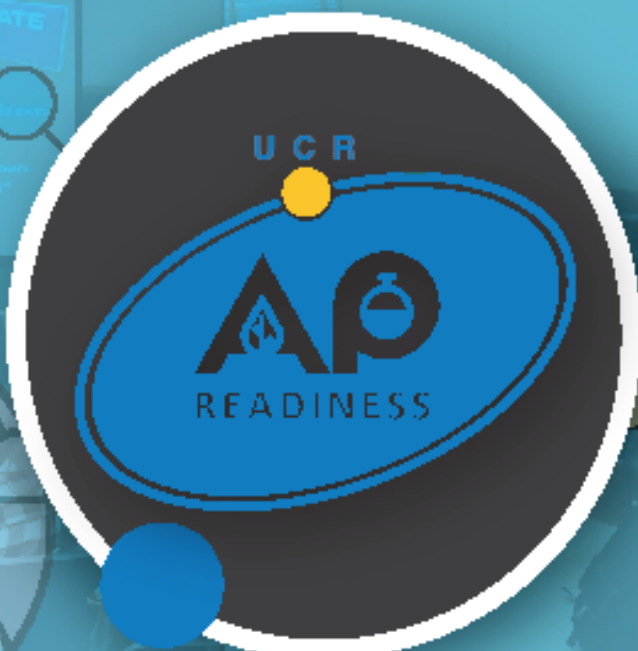


Mrs. Mendoza-Montoya  
(AVID, EL & 504)



Mrs. Cortez  
(Mental Health Specialist)





The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in the following courses:

- AP Biology
- AP Calculus AB
- AP Chemistry
- AP Computer Science Principles
- AP English Language
- AP English Literature
- AP Human Geography
- AP Physics
- AP Statistics
- AP US History
- AP World History

The APR program also provides high level professional development for current and potential teachers of AP courses in STEM and Humanities areas. AP teachers involved in APR will participate in course-specific professional learning that includes observing and interaction with master teachers and engaging in professional networking that promotes best practices and rigorous AP instruction.



## WHERE

Virtual

All sessions will take place via Zoom until further notice.



## WHEN

August 28, 2021	January 15, 2022
September 25, 2021	February 5, 2022
October 23, 2021	March 5, 2022
December 4, 2021	April 16, 2022

## TIME

8:30 a.m.-12:30 p.m.

## CONTACT

**JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM**  
**UC RIVERSIDE, GRADUATE SCHOOL OF EDUCATION**

- 📞 951.827.6058
- ✉️ [JKEIPP@UCR.EDU](mailto:JKEIPP@UCR.EDU)
- 🌐 <https://apreadiness.ucr.edu/>



A UCR & RCEC INITIATIVE





# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2021 • ISSUE 1 • VOLUME 2



[suicideispreventable.org](http://suicideispreventable.org)

## SMARTPHONE APPS

- [MY3](#)
- [What's Up Safehouse](#)
- [A Friend Asks](#)
- [Better Stop Suicide](#)
- [Suicide Safety Plan](#)

# APP

Everyone can play a role in suicide prevention by knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources. Follow the links below for additional information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideisPreventable.org](http://SuicideisPreventable.org)
- [Up2Riverside.org](http://Up2Riverside.org)
- [EachMindMatters.org](http://EachMindMatters.org)



## CRISIS RESOURCES

**Riverside County Crisis Helpline**

(951) 686-HELP (4357)

**National Suicide Prevention Lifeline**

(800) 273-TALK (8255)

Text TALKWITHUS to 66746

**Crisis Text Line**

Text HOME to 741741

**Trevor Lifeline**

(866) 488-7386 or

Text START to 678678

**CA Youth Crisis**

**Hotline**

(800) 843-5200





MVHS SEPTEMBER 21



# COMMUNITY SERVICE OPPORTUNITIES

Thompson Middle School will start PAW (positive academic weekend-Saturday school) in September. Please sign up through this link, and earn community service hours needed for graduation.

<https://tinyurl.com/493dryhu>

Here are the dates; they are also listed on the sign-up form linked above.

9/11, 10/16, 11/13, 12/11, 2/5, 3/12, 4/9, 5/21

**Requirements:**

Time: 8 a.m. to noon

**Expectations:**

Tutoring capability in one or more subjects: Math, Science, LA, and/or History

No cell phones out during the tutoring session

TMS dress code applies: no midriff, razor back, or low-cut tops, mid-thigh shorts. No weapons, drugs or violence portrayed on apparel, and no dropped arm-hole tank tops.

Bring a snack/drink if desired

A focus on TMS students, not on socializing with other tutors.

*Fly Nighthawks, Fly!*



# Epic Flight Academy

**AVIATION SCHOLARSHIP**

## **6th Annual Epic Flight Academy Aviation Scholarship Awards**

Welcome back to the 2021-2022 school year!

Do you have students whose heads are in the clouds? We invite U.S. high school students who are interested in flight training or aviation maintenance to apply for Epic Flight Academy's 4 aviation scholarships.

We are located in New Smyrna Beach, Florida and welcome applicants from all around the U.S.

Will you please join us in supporting students' dreams by sharing this scholarship information with interested students?

We are awarding \$65,000 to high school students this year!

- Open to current high school juniors and seniors for flight training and seniors for aircraft mechanics
- Awarding 4 scholarships (\$20,000 and \$5,000 for flight training; \$20,000 each for 2 aircraft mechanics)
- Deadline to apply is October 1, 2021
- Read about scholarship recipient Ryan Groel who completed his Commercial Pilot License just 7 weeks after graduating from high school!

Full details and links to the online application forms are available at:

<https://epicflightacademy.com/aviation-scholarship/>

# Elks National Foundation Programs

## 2021-2022 Most Valuable Student Scholarships:

- Open to any high school senior who is a citizen of the United States. Applicants need not be related to a member of the Elks. Must be seeking a 4-yr. college degree.
  - Applications available beginning August 1, 2021, on the website. [www.elks.org/enf/scholars/mvs.cfm](http://www.elks.org/enf/scholars/mvs.cfm) Deadline for entry Nov. 15, 2021,
  - Be sure to review the MVS “Frequently Asked Questions” to familiarize yourself with the requirements and applying instructions.
  - The ACT or SAT has been waived this year due to Covid-19.
  - You MUST answer the application questions precisely as asked; you are judged and ability to follow directions.
- Winners from the Lodge advance to District, District to State and State to National level competition.
- National level: There are 500 four-year scholarships, ranging from \$1000 per year to \$12,500 per year at National level. Examples are: Two first-place awards of \$50,000; two second-place awards of \$40,000; and two third-place awards of \$30,000. Fourteen will receive awards of \$20,000. The remaining 480 receive \$4,000.
  - All level judging is based on the following criteria.
    - Financial need, leadership, academic achievement and record, and community involvement.
- The completed application must be entered online on or before November 15, 2021.

Keep in mind that it does not matter where the student goes to school; it only matters where the student lives.

**Vocational Grant: California-Hawaii Elks Association Program** The program is open to anyone residing in California or Hawaii, who is a citizen of the United States of America and planning to pursue an eligible vocational/technical course resulting in a certificate or two-year degree and leading to employment opportunities.

The program is open to male and female applicants who will be judged on an equal basis. While graduating high school seniors may apply, it is not limited to high school students – in fact, it is open to all prospective students who require training or retraining to compete in the workplace.

- The Vocational Grant is for one academic year, with an option to renew for one additional year. This grant may be used only for usual and required costs of student’s course of study; that is, for tuition and fees, room and board (if living on campus) and books & supplies.

Payment will be made to the school. Awards will be between \$500 and \$2,000 for an academic year depending on length of course.

Students planning to transfer to a four-year school to pursue a Bachelor’s Degree are not eligible to apply

- Applications are available by downloading the form from the website.

- [www.chea-elks/youth-activities/scholar](http://www.chea-elks/youth-activities/scholar) Search down the page to CaliforniaHawaii Elks Association and click on the “Vocational Grant Application” hyperlink.

- Applications are judged on motivation, need, skills, grades, and overall brochure.

- The completed application is due to the Scholarship chairman, Exalted Ruler or Secretary of the Elks Lodge having jurisdiction in the area of the student’s legal residence.

- Apply 3 months to 6 months before the course begins

SEPTEMBER 2021

# MVHS HEALTH SERVICES

HEALTH ANNOUNCEMENTS FOR STUDENTS



## Student Immunization Records

You can access your student's school immunization record in your Aeries Portal during the school year, and print a copy for yourself. The school record contains immunizations required for school in California. A copy of your child's immunization record may be needed if you move out of the area or transfer to another school. Graduating seniors may need a printed record to take with them to college.

**Welcome back!**

**Looking forward to a great year with our students! Parents please be sure to keep your students home if they are under the weather. :)**

### **FYI**

#### **Access for Wheelchair and Crutches**

There are two elevators on campus. One is located in front of the gym for access to lower-level PE areas and locker rooms. The other is located in the two-story foreign language building. Both elevators require a key to operate, and keys can be checked out in the Student Services Office room 814.

[Please visit our Health Services page by clicking here!](#)

**Or call us we are here to help!**

in the Health Office between 8:00AM – 2:00PM during the week. 951-696-1408 ext. 5257, or 5292 for the school Nurse.

# News

FROM OUR LIBRARY



[Click here to visit our library website!](#)

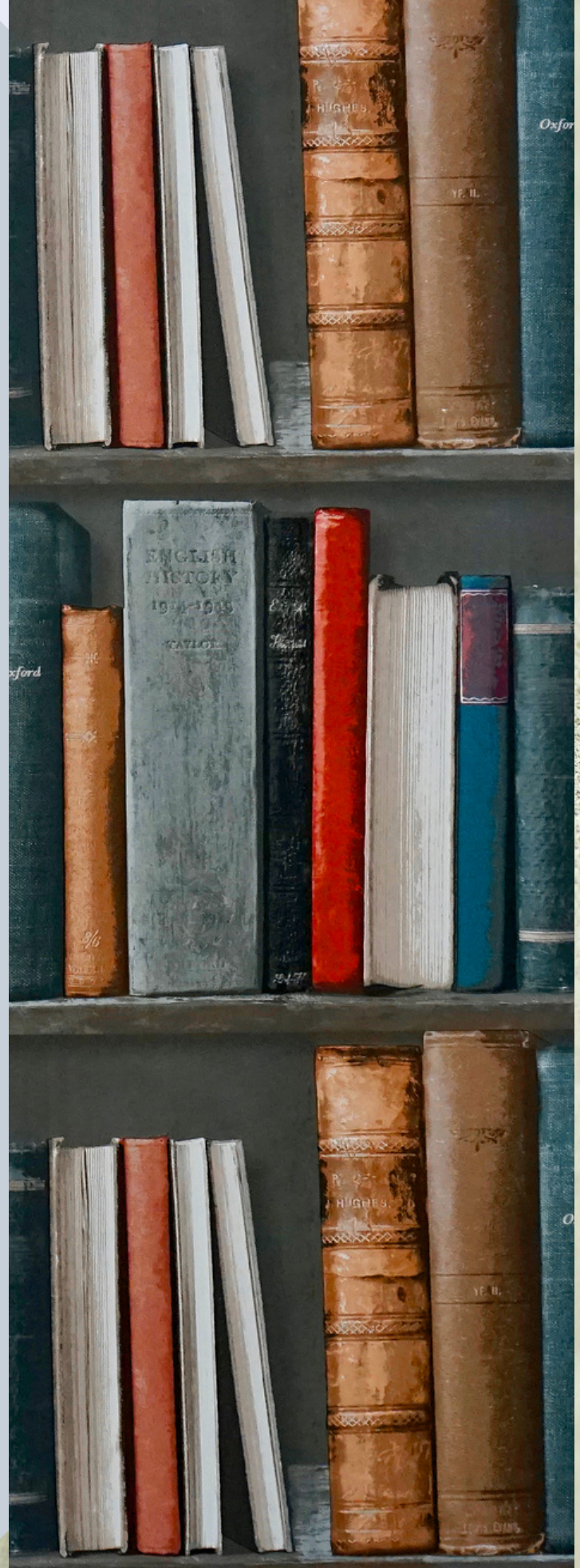
.....

Do you need a textbook for your  
Fall semester classes?  
Or need a device to  
start the year strong?

## ***OUR HOURS!***

Library is open on Mondays through  
Friday from 7:00am-3:30pm  
Please bring your signed agreement if  
you are picking up a device.

Contact Mrs. Gaines  
email: [kgaines@murrieta.k12.ca.us](mailto:kgaines@murrieta.k12.ca.us)



# Murrieta Valley 2021-22

## CONTACT US:

PRINCIPAL - RYAN TUKUA

AP - STEPHEN DIEPHOUSE

AP - AMY IRWIN

AP - KIP SHIPLEY

### COUNSELING:

RICK LOCKWOOD: A-D (SDC COORD)

JIM VANDENBURGH: E-L (NCAA/CTE COORD)

JULIE THORNBURG: M-Q (IB COORD)

NICOLE CASTRO: R-Z (AP COORD)

DINORA MENDOZA-MONTOYA: AVID, 504, EL

BETTY VELASQUEZ (GUID. TECH): A-K

VALERIE YOUNG (GUID. TECH): L-Z

### ATHLETICS:

DARIN MOTT

KAREE MASON (SECRETARY)

### ACTIVITIES:

GENIEL MOON, ACTIVITIES DIRECTOR

CINDY MUZIC (ACTIVITIES SECRETARY)

### BOOKKEEPING:

KATHY LEFIELL

KAREN LAWRENCE

### HEALTH OFFICE :

LUCY CARDENAS (NURSE)

CRIS GORRIA (HEALTH TECH)

NATALIE RIDDLE (SITE SECRETARY)

LORIE PINCHOT (AP SECRETARY)

VERONICA RUIZ (AP SECRETARY)



*Go to our  
website  
for more info*