

# Newsletter

## Murrieta Valley High School

Keeping our families connected

### Letter from our Principal

The 12-week grading period for the first semester of the 2023- 2024 school year closed this past Friday on October 27. We encourage our students to take full advantage of our many interventions which include Office Hours on Thursday and Fridays, along with tutoring before school in the library. As we approach the holidays there are non-student days to be aware of. Wednesday, November 1st is a Professional Development Day and November 10th is Veteran's Day. MVHS staff members 1st Sergeant Huckobey and Mr. Santana both served in the military, and we thank them for their service. Thank you to all our parents and family members who also served this great country.

Our marching band season is in full swing and our Crimson Cadets did well in their first competition. Drama will perform their first play, "And Then There Were None" from Wednesday November 1st-4th. Our choir recently performed and continue to prepare for their Christmas performance. Our Robotics teams had great showings and continue to prepare for upcoming competitions. Our award winning Virtual Enterprise program is working hard in preparation for state and national competitions. Our Leadership programs (ASB, Senate, Nighthawk Pride, PLUS and Link Crew) have worked hard to set a positive culture on campus. ROTC held their Raider event at MVHS in October and placed 2nd in the female competition. Boys' Water Polo is playing in the league championship game for the 23rd year in a row. Girls Volleyball, boys and girls' cross country, Girls Golf, Girls Tennis, Football, and Water Polo are all competing in the CIF playoffs. We have had a great beginning of the year, as our teachers work to challenge our students and build positive relationships. Encourage your students to end the semester strong as we approach the end of the first semester.

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

**Ryan Tukua, Principal Murrieta Valley High School**



follow us:



*November 2023*

# HAPPY VETERANS DAY



THANK YOU FOR  
YOUR SERVICE,  
COMMITMENT,  
SACRIFICE AND  
SELFLESSNESS.

*"Learning about grave  
and monumental events  
in history is important,  
but seeing your face  
impacts us on a whole  
other level."*



Honoring  
1st Sergeant Huckobey  
Mike Santana  
Dustin Nagy

Spouses of  
Nelly Ann Alvarez  
Suzanne Cacanindin  
Beatriz Velasquez  
Kati Spry

## AND TO ALL WHO SERVED

### MVHS JROTC

For our JROTC company this past month, we had a company formation where multiple cadets were promoted or recognized for their contributions to the unit as a whole. Their loyalty, determination and dedication to the unit was recognized after our Murrieta Valley Raider Slayer Competition on the 30th of September. Their actions, which included being guides for other schools, constantly helping out and looking out for the welfare of their other cadets led to them being promoted and/or honored.

Our JROTC program helped support the Varsity Football team with two security augments and two color guards. This past football game, our graduating class of cadets conducted a flag detail for the last time. This senior march on was a way to honor the seniors and all the work that they had put towards the success of the company and community overall.

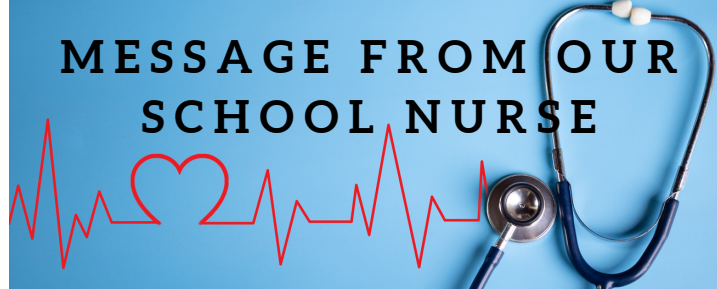
Upcoming in the month of November, our JROTC unit will be in the Veterans Day Parade to honor those who have served in our country's military.





2023  
MVHS  
ACTIVITIES

# NOVEMBER



SUN MON TUE WED THU FRI SAT

			1 PD DAY	2 DIA DE MUERTOS ALTAR	3	4
5	6	7	8 SENIOR KNOTT'S TRIP	9 LINK CREW FALL FEST 3:30-5	10 NO SCHOOL	11 VETERANS DAY
12	13	14	15	16	17	18
19	20 NO SCHOOL	21	22	23	24	25
26	27	28	29 HERFF JONES @ LUNCH FOR SENIORS	30		

If your student has health concerns or a chronic health condition that needs accommodation at school

please contact our school nurse, Lucy Cardenas MSN, RN to discuss.

[lcardenasgomez@murrieta.k12.ca.us](mailto:lcardenasgomez@murrieta.k12.ca.us)

Our Health Office is staffed with a full-time health technician and a district school nurse.

Contact during regular school hours:  
951-696-1408 ext 5257

Is your child texting or calling from school to let you know they are not feeling well? All students leaving school due to illness must be signed out through the Health Office. The Health Office will contact parent/guardian for pick-up arrangements or permission to send them home as a student driver. Messages left on the attendance line regarding ill students needing to leave school early, including student drivers, are forwarded to the Health Office.

Medications normally are best administered at home, but there are times when medication must be administered at school. If your child needs medication during school hours please view our medication policy and procedures on our Murrieta Valley High School website or contact our school Health Office. Medications and completed forms should be brought to the health office.  
Health Services / Welcome  
([murrieta.k12.ca.us](http://murrieta.k12.ca.us))

If your student is on crutches, a knee scooter, or wheelchair, there are two elevators on campus. One is located at the front of the gym for access to lower-level PE areas and locker rooms. The other is located at the two-story language arts building. Both elevators require a key to operate, and keys can be checked out in the Student Support Office, Room 814. Please contact the school nurse, Lucy Cardenas MSN, RN if your student needs specific accommodations at school.

Alli Frye  
Andreja Phillips  
Andrew Juarez  
Annabelle Deven  
Christopher Huerta  
Clay Yarbro  
Dante Macaranas  
Dayton Shipp  
Declan Montez  
Seth Benson  
Sierra Stenson

*Students of the Month*

Gracie Anolin  
Hope Crouch  
Janet Huang  
Joseph Ghossain  
Kayleen Escamilla  
Madelyn Sammon  
Marco Cabebe  
Noah Trejo  
Sarah Marie Lee  
Siitia Faoliu  
Masa Mustafa

CONGRATULATIONS

*Student of the Month*  
November 2023

BREANNA WILHELMI

# Where Can I Go For Tutoring or Extra Support?

MVHS has many options that offer help for all MV students! See the lists and times below; then choose what will work for you!

## College Tutors

[Available to all MV students]  
College tutors will be available  
Wednesdays  
From 8:30 - 9:20am in the **Library**.

## English Learners Program Tutors

[Available to all English Learners]  
(EL) Staff will be available  
Monday, Tuesday, Thursday  
from 7:30-8:20am in **Room #622**.  
Wednesday Late Start  
From 8:30-9:20am in **Room #622**

## California Scholarship Federation Tutors

[Available to all MV students]  
(CSF) student tutors will be available  
Monday, Tuesday, Thursday & Friday  
in the **Library** 7:45 - 8:20am

## National Honor Society Tutors

[Available to all MV students]  
(NHS) student tutors will be available  
Monday, Tuesday, Thursday & Friday  
in the **Library** 7:45 - 8:20am

## Office Hours

Office Hours is a 30 minute block on most  
Thursdays and Fridays, designed for  
re-teaching, tutoring study groups, make-ups  
and enrichment. Students are required to  
attend Office Hours to seek support in one  
of their academic courses.



Phone tutoring available through  
Harvey Mudd College  
Monday - Thursday, 6:00-9:00pm  
1(877)8ASKHMC (827-5462)

[HWHL-Brochure-English.pdf](#)  
([murrieta.k12.ca.us](http://murrieta.k12.ca.us))

## Counselors:

Mrs. Castro S-Z & AP & SDC Mrs. Thornburg M-R & IB  
Mr. Luevno A-D & MSJC Mr. Vandenburgh E-L, CTE & NCAA  
Mrs. Mendoza Montoya AVID, EL, & 504



# WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

NOVEMBER 2023 - ISSUE 5 - VOLUME 4

## Gratitude



Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. Feeling grateful and recognizing help relieves stress and pain. Gratitude can help re-wire our brain to recognize the small wins.

Gratitude contributes to our individual wellbeing and physical health. The Greater Good Science Center at the University of Berkeley describes gratitude as the "social glue", to nurturing strong relationships.

As we enter November, we can choose to practice gratitude in our day-to-day practice.

## Gratitude Jar

The Gratitude jar is a simple exercise that can have a profound effect on your wellbeing and outlook. It only requires a few steps to get it started:

Step 1: Find a jar and decorate it to your liking.

Step 2: Think about 1 thing you are grateful for that day (it can be small like getting coffee in the morning, to spending the day with a loved one).

Step 3: Write it down on a piece of paper and put it inside the jar. Encourage each member of the family to do the same.

Step 4: Repeat daily and read the messages as a family at the end of the month



## SMARTPHONE APPS

[Gratitude](#)  
[Presently](#)  
[Delightful](#)  
[Grateful](#)

# APP

- [Gratitude and the Brain](#)
- [Action for Happiness](#)
- [13 most popular gratitude exercises & activities](#)

## Resources

Visit [mindful.org](http://mindful.org) to learn more about the science of gratitude and ways to practice.



Murrieta Valley High School

# Attendance Newsletter

Volume I | Issue No. 3 | November 2023



Dear Families,

We are thankful for you!

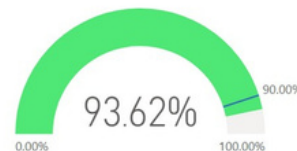
As we prepare to take time off from school (Nov. 20- Nov. 24) for the Thanksgiving break, we are grateful for everyone who has helped to restore a routine for showing up to school. Daily routines are essential for reducing stress and creating a sense of security, especially after the chaotic transitions experienced over the last few years.

MVHS has resources available for students and families struggling with attendance. Please contact your student's counselor to get connected to resources.

## Absences Add Up!

Missing just 2 days a month means a student misses 10% of the school year.

When students improve their attendance rates, they improve their academic prospects and chances for graduating.



Help us reach our goal of 95% or higher attendance rate.

Please encourage your child to show up to class when school is in session. Every day of school is an important opportunity for students to learn as well as connect to peers and their teachers.

## Why excuse an absence?

Calling in and excusing the absence allows your student the opportunity to make up work. For additional school attendance information, please [click here](#).

**To report an absence, dial:**  
(951) 696-1408 Ext. 8743  
or email:  
[laustreng@murrieta.k12.ca.us](mailto:laustreng@murrieta.k12.ca.us)  
[kmckee@murrieta.k12.ca.us](mailto:kmckee@murrieta.k12.ca.us)

If you are planning on picking your student up early, please call 30 minutes prior to picking them up. This allows us sufficient time to deliver a call slip to have your student released from class.

# AP & IB Exam Reminder



**NO LATE FEE DEADLINE**

**Begins September 25th  
until November 5th**

Registration  
Date

Registration  
Information

**AP**  
<https://www.murrieta.k12.ca.us/Domain/4241>  
**IB**  
<https://www.murrieta.k12.ca.us/page/9435>





**PLEASE SEE MR. VANDENBURGH IN THE COUNSELING OFFICE  
TO SIGN UP OR FOR MORE INFORMATION**

\*Arrive at 5:00  
for a mocktail and appetizer  
while listening to one of our fabulous  
singers and visiting with some of those that  
were invited to the island

BRING PICTURES OF YOUR LOVED ONES  
 CARDS WILL ALSO BE PROVIDED TO WRITE  
 THEIR NAME

**A-K** Betty Velasquez [bvelasquez@murrieta.k12.ca.us](mailto:bvelasquez@murrieta.k12.ca.us)  
**L-Z** Cara Finch [CLFinch@murrieta.k12.ca.us](mailto:CLFinch@murrieta.k12.ca.us)



# 2024 FOUR-WAY SPEECH CONTEST

You can pick up an application from Adelle Lynton in Student Support or download from the Counsleing page on the website.

**ROTARY CLUB OF MURRIETA**  
Presents the  
**2024 Marsha Hall Brown Memorial  
4-Way SPEECH CONTEST**  
6 PM Wednesday, January 31, 2024  
Entry Deadline: Wednesday, January 15, 2024  
Location: Murrieta Valley Unified School District  
Headquarters, 41870 McAlby Court, Murrieta CA 92562  
Prizes: Club Level: First \$350; Second \$250; Third \$150.  
The Murrieta Rotary's first place winner will compete in the  
District 5330 Finals: Sat. March 2, 2024 - 4-Way Test  
Speech Contest Finals @ 9:00 am at the Beaumont  
Presbyterian Church located at 702 Euclid Avenue,  
Beaumont CA, 92223.

Sat. March 16, 2024 - The District contest winner will give  
their speech at the Paul Harris Society and Polio Plus dinner  
which will be held at the Victoria Club in Riverside, CA.

District finalists will compete for cash prizes of First  
place-\$700, Second Place- \$600, Third place-\$500, Fourth  
place-\$400.



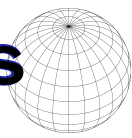
# MURRIETA FIELD OF HONOR IS LOOKING FOR VOLUNTEERS! PLEASE SIGN UP HERE OR WITH ADELLE LYNTON IN ROOM 814

<https://www.signupgenius.com/go/10C0E4EAE72DA0FCC61-murrieta>

- 11/4/23 - This day we will helping set up 2000+ flags in Murrieta Town Square.
- 11/11/23 - Rotary is looking for students to carry flags in the Veterans Parade.
- 11/12/23 - Striking the feild, this day we take down all of the flags to place in storage for the year.



# COLLEGE PRESENTATIONS 2023



NOVEMBER 8

NOVEMBER 9

**UCR**

8:30-9:15AM

Library

<https://forms.office.com/r/XNX1KLpi6H>



**SUU**

10:00-10:45AM

Counseling Office

<https://forms.office.com/r/XNX1KLpi6H>



NOVEMBER 16

NOVEMBER 30

**CSUF**

10:00-10:45AM

Library

<https://forms.office.com/r/KpAEumVpGA>



**Whittier College**

10:00-10:45AM

Library

<https://forms.office.com/r/NQsiaH27Au>



**GARDEN**  
Club

The Murrieta Valley Garden club was thrilled to do a presentation on Milkweeds to Murrieta's The Colony retirement communities Petal Pushers club. The members of the MV garden club provided a brief talk on the importance of milkweeds and how to care for them, highlighting the fact that monarch butterflies rely on milkweeds for survival.



The group also discussed the best growing practices for milkweeds and the optimal time to plant them. Afterwards, members gave away more than 50 milkweeds to the seniors who were excited to receive them. The MV Garden club hopes their efforts will bring many monarchs to the Colony's Petal Pushers!

