

Newsletter

Murrieta Valley High School

Keeping our families connected

Letter from our Principal

Dear Parents and Students,

We have had a great start to the 2023-2024 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 staff has truly loved having students back on campus! We held our Welcome/Expectations assemblies for all 9th graders during the first week of school and our students who are new as a 10th, 11th, or 12th grader are participating in the assembly this week. 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. Additionally, our AVID tutors are available to meet with any student needing support from 8:15 a.m. to 9:15 a.m. in the library on Wednesday mornings. The 6-week grade period ends Friday September 15th and we are here to support you!



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 Homecoming Dance is on Saturday September 30th from 7:00-11:00 p.m. and it is always the most attended event of the year. We held Club Rush on August 22nd and it was extremely successful. 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, 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)

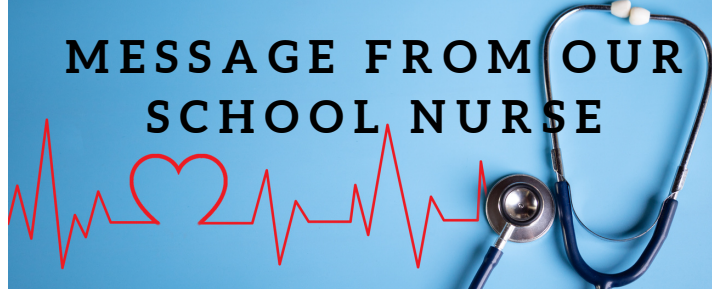
Ryan Tukua, Principal Murrieta Valley High School

follow us:



September 2023

SEPTEMBER



SUN MON TUE WED THU FRI SAT

					1	2
3	4 NO SCHOOL	5	6	7 FRESHMAN ELECTIONS BEGIN	8	9 SENIOR PARKING PAINTING 8-12
10	11	12	13 MAKE-UP PICTURE DAY	14	15	16
17	18	19	20	21	22 DEADLINE GUEST PASS FORM TO SSC	23
24	25 HOME-COMING RALLY	26	27 DEADLINE PURCHASE GUEST TICKET	28	29 HOME-COMING GAME	30 HOME-COMING DANCE



LIBRARY HOURS

Monday, Tuesday, Thursday and Friday
7:45 a.m. - 4:00 p.m.
Wednesday (Late Start Days Only)
8:30 a.m. - 4:00 p.m.

Student ID / 5 Star is required for all Library checkouts.
No food or drink allowed inside of the Library.
Library is for quiet study only.

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
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.

Murrieta Valley High School

ENGLISH LEARNER ADVISORY COMMITTEE (ELAC)

ELAC SUPPORTS OUR ENGLISH LEARNERS ALONG THEIR PATHS TO
LIFELONG LEARNING AND SUCCESS!

SAVE THE DATES AND JOIN OUR ELAC MEETINGS

MEETING DATES

SEPTEMBER 27, 2023 AT 5 PM

NOVEMBER 15, 2023 AT 5 PM

IN ROOM 622

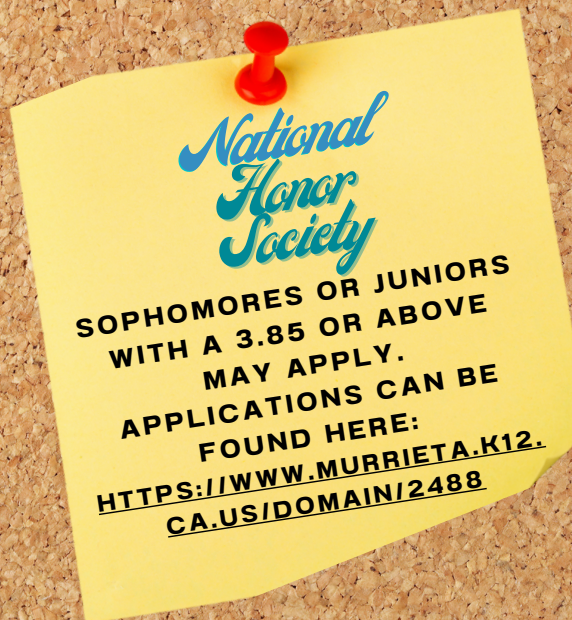
JANUARY 31, 2024 AT 5 PM

APRIL 17, 2024 AT 5 PM

AT MVHS LIBRARY



FOR MORE INFORMATION REACH OUT TO
LORENA LAILSON AT LLAILSON@MURRIETA.K12.CA.US
OR DINORA MENDOZA-MONTOYA AT
DMENDOZA-MONTOYA@MURRIETA.K12.CA.US



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2023 • ISSUE 5 • VOLUME 2



Share Hope Together FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

SUICIDE PREVENTION WEEK: SEPTEMBER 10TH - 16TH, 2023
WORLD SUICIDE PREVENTION DAY: SEPTEMBER 10TH, 2023



Murrieta Valley High School

COMITE ASESOR DE APRENDICES DE INGLES (ELAC)

¡ELAC APOYA A NUESTROS APRENDICES DE INGLES A LO LARGO DE
SUS CAMINOS HACIA EL APRENDIZAJE CONTINUO, Y EL EXITO!

GUARDE LAS FECHAS Y VENGA A LAS REUNIONES DE ELAC

FECHAS DE LAS REUNIONES

27 DE SEPTIEMBRE A LAS 5 PM

15 DE NOVIEMBRE DEL 2023 A LAS 5 PM

EN EL SALON 622

31 DE ENERO DEL 2024 A LAS 5 PM

17 DE ABRIL DEL 2024 A LAS 5 PM

EN LA BIBLIOTECA DE MVHS



PARA MAS INFORMACION COMUNIQUESE CON
LORENA LAILSON: LLAILSON@MURRIETA.K12.CA.US
O CON DINORA MENDOZA-MONTOYA:
DMENDOZA-MONTOYA@MURRIETA.K12.CA.US

SMARTPHONE APPS

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



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 and promoting local and national resources. Suicide is preventable and together we can make a difference! Check out the links below for more information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideIsPreventable.org](#)
- [Up2Riverside.org](#)
- [EachMindMatters.org](#)

CRISIS RESOURCES

**Riverside County
Crisis Helpline**
(951) 686-HELP (4357)

Crisis Text Line
Text HELLO to 741741

Trevor Lifeline
(866) 488-7386 or
Text START to 678678

**CA Youth Crisis
Hotline**
(800) 843-5200

**Suicide & Crisis
Lifeline**
Call 988