MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



Keeping our families connected

NOVEMBER 2021

Letter From Our Principal

Dear Parents and Students,

We are quickly approaching the 12-week grading period for the first semester of the 2021-2022 school year. We encourage our students to take full advantage of our many interventions (Office Hours, before and after school tutoring). We have fewer days of school for students in November that I want everyone to be aware of. There is no school from November 22nd-26th to celebrate Thanksgiving. Additionally, November 1st is a Professional Development Day and November 11th is Veteran's Day. Staff members Major Tordai, 1st Sergeant Huckobey, Mr. Munn, and Mr. Santana all 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 as our Crimson Cadets have gotten off to a successful season. They received second place in their first tournament and have many more coming up. Our Choir performed their fall concert, and our Drama program is currently performing their first play of the school year, Halloween Screams. Our Robotics teams had great showings at their first competition of the year and had two teams reach the semi-finals out of 40 competitors. Our Leadership programs (ASB, Senate, Nighthawk Pride, PLUS and Link Crew) have worked hard to set a positive culture on campus. Our Red Zone was just named the most spirited student section of the week for all of Southern California. Our athletic teams have done a tremendous job. Boys' Water Polo and Football are competing for League Championships. 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





November 2021

MORE UPCOMING DATES TO REMEMBER

- 11/1 NO SCHOOL
- 11/6 & 12/4 SAT
- 11/4-6 HALLOWEEN SCREAMS IN THEATER
- 11/11 VETERANS DAY NO SCHOOL
- 12/3 BINGO!!
- 12/11 ACT

Congrats to our Nighthawk Student of the Month Jake Steele!! SUPPORT YOUR NIGHTHAWKS!!!



Nighthawk Shout Out!

- Please congratulate Seniors Brayden Connolly & Jeffrey Greuel, on being accepted to participate in the Southern California Regional Honor Choir. 353 exemplary students from all over Southern California auditioned and only 184 were accepted.
- Dance Team and Girls Basketball will be hosting Bingo on December 3rd in the gym. The cost is \$20 per person. There will be a raffle, silent auction and taco truck as well. Tacos are for purchase and not included in the ticket cost!!

• A message from your Guidance technicians~

Please check your Aeries account to confirm the correct spelling of your student's full legal name.....first, middle, and last. Diplomas will be printed using the name as it appears in Aeries. If your student's name needs to be corrected, please email one of the Guidance Technicians no later than December 12th.

bvelasquez@murrieta.k12.ca.us Betty Velasquez, Last names A-K vyoung@murrieta.k12.ca.us Valerie Y. Young, Last names L-Z



- AP KIP SHIPLEY <u>EMAIL</u>
- SECRETARY VERONICA RUIZ <u>EMAIL</u>
- <u>SENIOR CONTRACT- CLICK HERE</u>
- LOST MASK? PLEASE VISIT ROOM 814
- <u>STUDENT HANDBOOK PDF</u>
- CHECK OUT OUR PLUS PROGRAM HERE
- LOST AND FOUND IS IN ROOM 814



The Support Team staff would like to thank our families for your consistent support! Together we can keep our students on the right path towards a successful year!

DID YOU KNOW??

 Please be sure to keep an eye on your discipline records! Did you know that your disciplines do not fall off each year? They just keep rolling over and will keep you on the "No Go" list until you take care of them. Keep an eye on your status to avoid any unfortunate denials to school events. The next Wednesday morning detention is November 17th.

HELPFUL ATTENDANCE INFORMATION

• If your student is out for the day please call the 24 hour Attendance voice mail at (951) 696-1408 Ext 8743 to clear your students absence. If the message is received the morning of the absence it will avoid the parent reminder call/text/email that will otherwise alert you of their absence.



We love our Officer Miller!!





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

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November 2021

HTTPS://WWW.MURRIETAVALLEYNIGHTHAWKS.COM/

- Visit athletic website through the link above
- November 6th <u>Register here</u>
- ACT December 11th
- <u>NCAA Eligibility Center- Register your athlete here</u>

otin 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! November

GO TEAM!

- Our Boys' Water Polo team and our Varsity Football team both won outright Southwestern League Championships! If you see any of the players of these teams, please congratulate them. Like all of our teams, the players and coaches put in a tremendous amount of time and effort to work toward a league championship!
- If you are interested in joining the MV Swim Team, please Mrs. Hurley in room 630 during break or lunch.



Your Athletic Director is Mr. Mott- <u>Email him here</u>. Your Athletic Secretary is Karee Mason- <u>Email her here</u>.



FRIDAY, DECEMBER 3RD

Hosted by: Girls Basketball and Nighthawk Dance Team

DETAILS: \$20 per player Raffle - Cash Prizes - Door Prize Free snacks and water Taco Truck for purchase

DOORS OPEN AT 5PM PLAY BEGINS AT 6PM LOCATED IN THE MVHS GYM

For more information, email mromero@murrieta.k12.ca.us Sponsored by MVHS Crimson Cadets PLEASE BRING A NEW UNWRAPPED TOY FOR DONATION



NOVEMBER

For Website Activities page follow this link

MAHAS

DATES TO REMEMBER

Blood Drive – Nov. 10, in the Quad from 8-12:30 Gratitude week- Nov. 15-19 Through Nov.15- Canning Hunger Food Drive



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.

MESSAGE FROM YOUR ACTIVITIES DIRECTOR

We are having a food drive to collect for families in need from October 25th-November 16th. There will be a class competition in 5th period classes to see who can collect the most food! Remember, all non-perishable items are appreciated. These can include:

- Canned veggies, fruit, meat
- Refried beans
- Soup, Top Ramen, Cup of Noodles, Pasta, Spaghetti, Mac and Cheese
- Oatmeal, cereal
- Rice, tuna
- Juice, jelly, jam, peanut butter
- Raisins

Thank you so much for participating!! We can't wait to start collecting food.



Senate will be collecting items to fill shoe boxes for Operation Xmas Child until Nov. 4. This is open for all staff and students to participate.

Thank you for your giving hearts!



Shoe Box Gift Ideas STANDARD-SIZED SHOE BOXES ONLY! Try to transfer the heart for huge boxes into multiple standard-sized boxes.

Necessities

Toothbrush, Comb/Brush Bar Soap/Washcloth/Deodorant Nail clippers /File/ Drinking Cup T-shirts /Socks/ Underwear

School Supplies

Pens/Pencils/Sharpener/Erasers Mechanical Pencil (extra lead) Writing pad /Paper/ Coloring Book Crayons /Colored Pencil/ Marker Glue Sticks (no liquid glue) Pencil Box /Scissors /Rulers Solar Calculator /Stamp/Ink Pad

For Boys

Small Cars or Trucks Legos/Slap Bracelets Paddleball / Nerf-type balls Soccer ball with pump Baseball caps Wallet / Watch

General

Sunglasses, PlayDoh Flashlights with batteries Small picture books Travel games/Wind-up toys Stuffed animals, Slinky Stickers /Puzzles/ Marbles Etch-A-Sketch / Band-aids Toys that light up / make noise Musical instruments (flutes, harmonicas, kazoos) Small rubber balls Clothing

For Girls

Baby Dolls/Barbie/Accessories Toy Jewelry Sets Small Beauty Sets (comb/brush/ plastic mirror) Hair clip/Ponytail band/Bow/etc. Purse /Music box /Stationery Jump ropes / Jacks Please DO NOT include: ANYTHING THAT CAN LEAK, BREAK OR MELT** Rubber snakes & spiders

Glass or breakable items (mirrors, snowglobes, glass containers, etc.)

Medicines or vitamins (cough drops, chewable vitamins, etc.) Toothpaste

Candy or food of any kind

War related items – camo clothing (toy guns, knives, soldiers, etc.)

> Aerosol cans Used or worn items

Liquids (shampoo, lotion, glue, nail polish, etc.)

For more information about Operation Christmas Child go to www.samaritanspurse.org/occ OCC Southwest Riverside County, CA

Murrieta Valley High School Drama Presents... L. Don Swartz's Halloween Screams

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October 27th-29th @ 7:00 November 4th-5th @7:00 November 6th @3:00 & @ 7:00

Directed by Shilind Wheaton

With special permissions granted by Concord Theatricals







MVHS CLUB FOR ALL OF THE OFF ROADERS. TRACK OR TRAIL.

This club is for all of you interested in Bikes, Quads, Side-by-Sides, Rock Crawlers and simply anything with wheels that get dirty.

Whether you currently Race, Ride, Work on the machines, camp or just hang out with friends or would like to, this could be for you.

You don't need a bike, quad, side-by-side or really anything to join the club. If you're interested, that's enough.

Activities:

- Track days (Event and Private)
- Desert trips
- Work experience
- Maintenance & Repair support
- Club Focus meetings
- Discounts at local shops with membership
- Logo & Apparel design
- Contests & Competitions
- Pro/Am Support (seeking sponsors, media releases, social media)
- Give-a-Ways & Drawings

Sounds like a club for you? Come over to room 640 and see Mr. Everett for more info. Club meets every Tuesday at lunch.

reverett@murrieta.k12.ca.us



MVHS Virtual Enterprise Fundraiser

Monday, Nov. 22, 2021 Bear Creek Golf Club



EARLYBIRD*

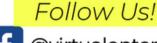
\$150 /Coller \$550*/Foursome Breakfast & Lunch Included *\$175/\$700 AFTER Nov. 1 Registration & Warm-Ups 9 a.m. Shotgun Start: 10 a.m Raffle & Contests Silent Auction<u>.</u>

Sponsorships Available :

Double Eagle "CEO": \$2,000 Eagle "CFO": \$1,000 Birdie "COO": \$500 Tee Box "VP": \$250 Family & Friends of VE: \$200 Register by Nov. 4. Donations Accepted!

Help Transform Today's Local Students into Tomorrow's Business Leaders







@virtualenterpriseMV

@mvhs ve



For More Information Reach Out to: Jlevin@murrieta.k12.ca.us



Congrats Mighthawks!

Currently, the Virtual Enterprise program is preparing for their competition season. Each department is working hard at their assigned tasks to be ready for their first competition on November 16.

KKHS Students of the Month for October 2021

Congratulations Nighthawks! **Alexandra Avila Enriquez Alejandro Beltran Ryan Conklin** Krista Karban **Randon Lane Cora** Leone Scarlett-Belle Martinez **Eliane Moenho Adam Najera Daniel Rodriguez Brandon Rose Alexandra Santana Gwyneth Wentzel**

MCJROTC NOV. NEWSLETTER



For Website JROTC page follow this link

MCJROTC November Newsletter



During the month of October our MVHS MCJROTC Cadets completed a Basic Leadership Course on the 23rd and promoted 4 Cadets on the 6th.

On the 6th of October our Cadet Company recognized the hard work and talents of Cadet Valencia, Cadet Rafaela, Cadet Heiligenman, and Cadet Guillen. These Cadets have shown exceptional leadership qualities and their dedication to the Company has been rewarded with a promotion.

On the 23rd of October the Cadet Company successfully hosted a Basic Leadership Course for our Second- and Third-year Cadets, including Cadets from Fallbrook High School. Led by our Senior Staff, our Cadets hosted a one-day event to build comradery and develop the skills of the junior Cadets. By the end of the event, all participating Cadets advanced their organizational and leadership strengths.

Upcoming Events

Marine Corps Ball - November 6th Candlelight Ceremony - November 10th Veteran's Day Parade - November 11th







UPCOMING IMPORTANT

DATES 11/1: NON-STUDENT DAY 11/11: VETERANS DAY 11/22-11/26: THANKSGIVING BREAK



<u>GUIDANCE ACTIVITIES</u>

11/2-11/12: 10th Guidance lessons & 1 on 1 Academic Planning Meetings thru Hist

NEED HELP WITH FAFSA or COLLEGE APPLICATIONS?

Come to Counseling during

OFFICE HOURS or LUNCH

Highlights of Counseling Activities:

1 on 1 Academic Counseling meetings completed

- 467 out of 568 Freshman
- 361 out of 528 Seniors
- 371 out of 615 Juniors

Total students thus far=1199

We will continue meeting with students thru makeup days

Parents: Join us for Virtual Lunch Q&A First Wednesday of every month Zoom Meeting Q and A with the Counselors 12:30-1:00 PM

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Join Zoom Meeting https://murrieta-k12-caus.zoom.us/j/6372298063

Meeting ID: 637 229 8063

B EXAM PAYMENT.

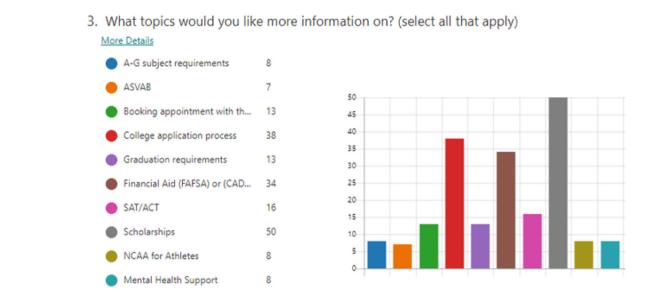


Payment Window 10/1-11/10 Please go to <u>totalregistration.net</u>

COUNSELOR CONNECTION: NOVEMBER 2021

RESULTS FROM SENIOR PARENT FEEDBACK FORM

Based on the Feedback from Senior Parents, we created the Senior Parent Page with helpful Video Tutorials to watch at your convenience including using the Counseling Website.



4. How would you rate your seniors academic progress? (1 poor grades to 5 excellent grades)





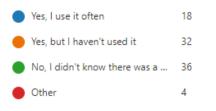
5. How would you rate the level of counselor engagement this school year? (1 low to 5 high)

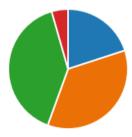
More Details 🛛 😵 Insights



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7. Are you aware of the Nighthawk Counseling Website? More Details





We were very surprised that half of the parents who responded to our survey did not know we had a Counseling Website. In order to increase this awareness, we will have monthly Zoom Lunch Meetings to help answer questions for parents



MVHS NOVEMBER 21



COMMUNITY SERVICE Opportunities

Thompson Middle School will start PAW (positive academic weekend-Saturday school) in September.

https://tinyurl.com/493dryhu

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.

HIGH SCHOOL VOLUNTHERS N JJJJJJJJJJJJJJJ

FRIDAY, OCT 29TH 3:30 PM TO 9:00 PM

for: Barnett Elementary School

Help needed with set-up, concessions, running booths & clean-up

REQUIREMENTS:

Must volunteer the <u>ENTIRE TIME</u> – 3:30 – 9:00 PM NO walk-ins accepted, Must email before 10/25/21 to sign up

If available or for more info, please email Jovy Salanga at

harvestfest@mybespt0.com

OCTOBER 2021

FIND THE RIGHT COLLEGE FOR YOU!

MURRIETA VALLEY HIGH SCHOOL

NOVEMBER LINKS <u>College search</u>

Scholarship search

<u>CSF (California</u> <u>Scholarship Federation)</u> <u>students tutoring</u> <u>support available on late</u> <u>start Wednesdays from</u> <u>7:30-8:20 in the library</u> <u>for tutoring support in</u> <u>all academic areas.</u>

A LOOK AT CAMPUS ORGANIZATIONS

SIXCOLLEGES.ORG

Six of the nation's top liberal arts colleges—Amherst, Bowdoin, Carleton, Pomona, Swarthmore, and Williams—are joining forces to offer you an opportunity to connect with our deans of admission to learn about the upcoming application season. sixcolleges.org

Navigating and Belonging: A Special Session for First-Generation and Low-Income Students

Monday, November 8 at 7 p.m. Eastern Time

CAL STATE apply application clinics Virtually – Find your future at Cal State San Marcos – Virtual Clinic Dates: November 18 & November 23.

For links see Mrs. Velasquez in the counseling dept.

The United States Naval Academy

Learn about Naval Academy life and

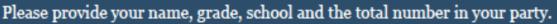
admissions requirements from an USNA Midshipman.



LEARN about the application process, nomination process and sources, important competitive factors, prep school options, and other admissions procedures. You will be able to hear from USNA Midshipmen about life as a Midshipman.

Seniors– this is a must attend event! Deadlines are approaching! Juniors– get the jump on next year's admission process! Sophomores & Freshmen– learn the requirements to have a competitive application! Parents– get your questions answered in an informal setting!

Wednesday
November 24, 2021Temecula Library
30600 Pauba Road Temecula, CA11:00 am-
12:30 pmRSVP by Monday, November 22, 2021, to Blue & Gold Officer:
Mary Walters at mary.walters@k23systems.com or by phone at (951)813-8369.11:00 am-
12:30 pm





United States Naval Academy | usna.edu | Annapolis, MD

2021-2022 EVENTS DSU OPEN HOUSES

We're bringing 'Blazer Nation to you! Open Houses provide an opportunity for students to learn more about DSU and our programs without having to travel all the way to campus. Students can also bring any missing materials to finish their application and be awarded a provisional scholarship on the spot.

October 27 - Las Vegas, Nevada October 28 - Anaheim, California November 3&4 - West Jordan, Utah November 9 - St. George, Utah November 16 - Pocatello, Idaho

DSU PREVIEWS

Want to get the full experience of the college life at DSU? Spend a weekend with us on campus for an overnight DSU Preview, designed specifically for high school juniors & seniors.

February 25-26, 2022 March 25-26, 2022

CAMPUS TOURS

Over 40 Student Ambassadors are waiting eagerly to provide you and your family or group an in-person, on-campus tour. Campus tours are available Mon-Sat, multiple times each day, excluding holidays.



To sign up for any events, register online at: explore.dixie.edu or call **435-652-7590**

DIXIE STATE UNIVERSITY

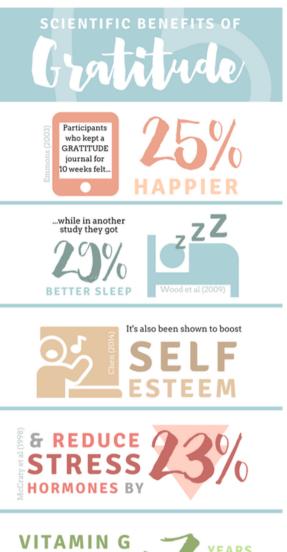
TRAILBLAZERS



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

NOVEMBER 2021 · ISSUE 1 · VOLUME 4



GRATITUDE

Research demonstrates that a practice of gratitude has many physical and mental health benefits. Practicing gratitude can increase happiness, boost your mood, decrease anxiety and improve relationships. By working at shifting our mindset to a place of gratitude we can improve our well-being and have a positive impact on others.

THE POWER OF GRATITUDE IS IN SHARING

Sharing and receiving gratitude feels good. This month share some gratitude. Spread the word. Let others know that you are grateful for them and share with them what they mean to you. Sharing gratitude helps build relationships, creates unity and can lead to positive connections.

has SO many psychological and physical health benefits that it is even predicted to



GRATITUDE HAS ALSO BEEN SHOWN TO INCREASE RESILIENCE AND POST-CRISIS

SMARTPHONE APPS

365 Gratitude Journal Gratitude Happyfeed Gratitude Garden How to Practice Gratitude

What Teens Are Thankful For

<u>Gratitude Meditation (Strengthen Happiness)</u>

Gratitude Exercises

Wellbeing & Crisis Resources

RESOURCES

NOVEMBER 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.

For your convenience! MVHS Covid Testing Schedule Testing Monday & Wednesday 7am- 1pm Testing is in portable room 93 on the East side of the parking lot. Near the pool. Phone ext. 5993 -Appt QR code & link below



<u>https://quicktest.labxchange.io/testentry</u> MVHS COVID Hotline 951-304-1578

Please visit our Health Services page by clicking here!

Or call us we are here to help!

Health Office is open between 7:30AM – 3:00PM 951-696-1408 ext. 5257, or 5292 for the school Nurse.

Medications at School Link: <u>Health Services / Welcome (murrieta.k12.ca.us)</u>

Medications normally are best administered at home, but there are times when medication must be administered at school. If your child needs a medication during school hours please view our medication policy and procedure on our Murrieta Valley High School website or contact our school Health Office

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!

AVID College Tutors

[Available to all MV students] AVID College tutors will be available <u>Monday through Friday</u> from 2:30-3:30pm in the Library.

California Scholarship Federation Tutors

[Available to all MV students] (CSF) student tutors will be available every <u>Late-Start Wednesday morning</u> from 7:30 to 8:30am in the Library.

Office Hours

Office Hours is a 30 minute block on most <u>Thursdays and Fridays</u>, designed for re-teaching, tutoring study groups, make-ups and enrichment. During this part of the day, all students may receive additional support from their teachers.

English Learners Program Tutors

[Available to all English Learners] (EL) Staff will be available <u>Mondays, Wednesdays and Thursdays</u> from 2:30-3:30pm in Room #622.

National Honor Society Tutors

[Available to all MV students] (NHS) student tutors will be available every <u>Tuesday and Thursday</u> from 2:30-3:30pm in the library.



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

> HWHL-Brochure-English.pdf (murrieta.k12.ca.us)



Mrs. Thornburg M-Q & IB

Counselors:

Mr. Lockwood A-D & SDC

Mrs. Castro R-Z & AP

Mr. Vandenburgh E-L, CTE & NCAA

Mrs. Mendoza Montoya AVID, EL, & 504

News

FROM OUR LIBRARY



Click here to visit our library website!

Students with a GPA of 3.85 may apply and they can find the information on the NHS portion of the school website. If they have any questions they can see me in room 710. Thanks! Ms. Erika Santa Cruz RSP Teacher c/o 2023 Advisor Murrieta Valley High School (951)696-1408

CSF (California Scholarship Federation) students tutoring support available on late start Wednesdays from 7:30-8:20 in the library for tutoring support in all academic areas.

OUR HOURS!

- Library is open on Mondays through Friday from 7:00am-3:30pm
- Wednesday late start mornings is open for Tutoring or quiet study only
- Devices are before/after school, lunch and break, ID card required Contact Mrs. Gaines
 <u>email: kgaines@murrieta.k12.ca.us</u>



Murrieta Valley 2021-22

CONTACT US:

<u>PRINCIPAL - RYAN TUKUA AP - STEPHEN DIEPHOUSE</u> A<u>P - AMY IRWIN</u> <u>AP - KIP SHIPLEY</u>

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:

<u>DARIN MOTT</u> KAREE MASON (SECRETARY)

ACTIVITIES: GENIEL MOON, ACTIVITIES DIRECTOR CINDY MUZIC (ACTIVITIES SECRETARY)

BOOKKEEPING: KATHY LEFIELL KAREN LAWRENCE

<u>HEALTH OFFICE :</u> <u>LUCY CARDENAS</u> (NURSE) <u>CRIS GORRIA</u> (HEALTH TECH)

NATALIE RIDDLE (SITE SECRETARY) LORIE PINCHOT (AP SECRETARY) VERONICA RUIZ (AP SECRETARY)



Go to our website for more info