

MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



Keeping our families connected

MARCH 2023

Letter From Our Principal



Dear Parents and Students,

It is hard to believe it is already March and we are officially in the last 12 weeks of the school year. The resilience and hard work of our students to make this year great is appreciated by our staff. Thank you for your continued effort to be the best you can be each day.

This month our 11th graders will be taking the CAASPP (California Assessment of Student Performance and Progress). The CAASPP is an assessment given each spring to all 3rd-8th graders and 11th graders in California. The CAASPP began during the 2014 school year to assess Math and ELA (English Language Arts) and the primary purpose is to assist teachers, administrators, students, and parents by promoting high-quality teaching and learning through the use of a variety of assessment approaches and item types. During the 2021 school year the state created the CAST (California Science Test). The 11th graders will begin testing the week of March 13th in their Science class. The ELA portion of the CAASPP will be taken in your student's English class during the dates of March 16-March 23. The Math portion will be taken from April 18-April 21st. There are no adjustments to daily schedules and the assessments will be taken in class with their teacher. Our staff truly values the feedback the results provide and to encourage students to give their best effort we have some amazing incentives. **Please take a look at the incentive flyer attached!**

*All students who show proficiency in at least two of the subject areas testing will receive a free Homecoming Dance ticket to next year's dance (23/24).

*All students receiving the free Homecoming ticket will be placed into a drawing and 5 names will be selected to receive free a Prom Ticket during the 23/24 school year

*Math Grade Bump on transcripts- see flyer below for details

*English Grade Bump on transcripts- see flyer below for details

*Science Grade Bump on transcripts- see flyer below for details

Reminder:

Spring Break April 3- April 7

Doing it the R.I.T.E. Way (Respect, Integrity, Teamwork, & Excellence),
Ryan Tukua, Principal Murrieta Valley High School



2023 CAASPP / CAST INCENTIVES

#1: Earn Homecoming Tickets

All Juniors scoring 3 (Standard Met) or 4 (Standard Exceeded) on two of three tests (Math, English, Science) will receive a **FREE ticket** for the 2023 Homecoming Dance.

#2: Win 2024 Prom Tickets

All Juniors who meet #1 above will also be entered in a raffle. **Five students** will win **FREE** 2024 Prom tickets for Senior Year.

#3: Math - Transcript Grade Bump

With a proficient score of 3 or 4 on Math subtest, students can select any semester class of Math I, II, or III and apply a grade bump – F to D, D to C, C to B. Students may bump a B to an A with a score of 4. You must score 4 (Standard Exceeded) to bump a grade in an advanced course – Math I, Math II, or Math III.

#4: ELA - Transcript Grade Bump

With a proficient score of 3 or 4 on English subtest, students can select a semester of English 11 and apply a grade bump - F to D only. Grade bumps do not apply to advanced courses.

#5: Science - Transcript Grade Bump

With a proficient score of 3 or 4 on CAST Science test, students can select a semester of science and apply a grade bump - F to D only. Grade bumps do not apply to advanced courses.

*** All incentives sponsored by ASB ***



MURRIETA NIGHTHAWK ATHLETICS!

GO TEAM!

March 2023

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

- Visit athletic website through the link above
- [NCAA Eligibility Center- Register your athlete here](#)



Want to play your sport while you continue your education?
Start by following the link above to search schools that host your sport AND what you'd like to study.

GO FAN

Buy MVHS Tickets Online

NIGHTHAWK HIGHLIGHTS!!!

Girls Water Polo went to CIF and came home as Division 2 Champions!!
Moved forward to Regionals and are now your Runner up Regional State Champions!!



IF buying a ticket through GoFan make sure not to push the REDEEM ticket button, the ticket taker at the gate must do that.

Tickets that are screen shots from the app or redeemed prior to the gate will not be accepted.

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

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





MURRIETA NIGHTHAWK ATHLETICS!

GO TEAM!

March 2023

NIGHTHAWK HIGHLIGHTS!!!

PAGE 2

The Dance team competed at the National Dance Team Championship in Orlando! We took 3 dances, and our jazz dance advanced all the way to the finals. After 3 very long days of competing, we came home as 16th in the Nation for small varsity jazz. There were 80 teams in our division. The competition is an elimination/tournament style event. You must stay in the top half of your group each day to advance to the next round. We were one of 3 teams representing California in the finals.



Our Varsity Coed Competitive Cheer Team took 8th place at NHSCC (national High school cheerleading championship) in Orlando FL in the Varsity D1 Coed division!!





Nighthawk Showcase

Monday, March 6, 2023 – 6~8pm

PEP-RALLY (6-6:30)

Explore... Award-Winning Programs



& 2023-2024 Academic Courses

ENGINEERING

BUSINESS

PHOTOGRAPHY

CRIMINAL JUSTICE

BAND & COLOR GUARD

CERAMICS

COMPUTER SCIENCE

FIRE SCIENCE

AUTO TECHNOLOGY

FOOD & HOSPITALITY

CHOIR

MOCK TRIAL

N.E.S.T.

(Nighthawks Engaging Students Together)

WORLD LANGUAGES

USMC - JROTC

ROBOTICS

LEADERSHIP

DANCE

TV-DIG PRODUCTION

CHEER & STUNT

Welcome Incoming Students!

- Win prizes in our Nighthawk Scavenger Hunt
- Visit our 'Hawk Rock' for MVHS Spirit Gear
- Join Clubs and get connected
- Visit our V.A.P.A. & CTE Classrooms
- Meet our Administration, Teachers & Students

*Voted Best of the West Football
Student Section of 2021 at
StudentSectionReport.org/*



**Red
Zone!**

**42200 Nighthawk Way • Murrieta, CA 92562
(951) 696-1408**



Exhibición de los Nighthawks

lunes, 6 de marzo del 2023 – 6~8pm

ENCUENTRO DE MOTIVACIÓN en nuestro Gimnasio (6-6:30)

***Exploren...* Programas Premiados**



Y Cursos Academicos para el 2023-2024

INGENIERIA	CIENCIA DE FUEGO	IDIOMAS DEL MUNDO
NEGOCIOS	TECNOLOGÍA DE AUTO	USMC - JROTC
FOTOGRAFIA	COMIDA Y HOSPITALIDAD	ROBÓTICA
JUSTICIA PENAL	CORO	LIDERAZGO
BANDA Y ABANDERADOS	SIMULACRO DE JUICIO	DANZA
CERAMICA	N.E.S.T.	PRODUCCIÓN DE
INFORMÁTICA	(Nighthawks Involucrando A Estudiantes Juntos)	TELEVISIÓN/DIGITAL
		PORRISTAS Y ACROBACIA

¡Bienvenidos Estudiantes Nuevos!

- Ganen premios en nuestra Búsqueda del Tesoro de los Nighthawks
- Visiten nuestro "Hawk Rock" para Vestuario de MVHS
- Únanse a clubes y conéctense
- Visite nuestros salones de V.A.P.A. y CTE
- Conozca a nuestros Administradores, Maestros y Estudiantes

¡Votada La Mejor del Oeste - La Sección de Fútbol Americano del 2021 en StudentSectionReport.org!



**¡Zona
Roja!**

**42200 Nighthawk Way • Murrieta, CA 92562
(951) 696-1408**

STUDENT SUPPORT CENTER

- [AP MR. CALIFANO EMAIL](#)
- [SECRETARY ADELLE LYNTON EMAIL](#)
- [SENIOR CONTRACT- CLICK HERE](#)
- [STUDENT HANDBOOK PDF](#)
- [CHECK OUT OUR PLUS PROGRAM HERE](#)
- LOST AND FOUND IS IN ROOM 814



Please make an effort to stay on top of your disciplines, you don't want to miss any Spring activities!! Stop by the Student Support center if you want to see if your account is clear.

Seniors- Last day to purchase Knotts tickets is 3/14, last day to purchase Disneyland tickets is 3/17. Check your discipline asap!

March morning detentions on 3/1, 3/8, 3/15, 3/22 & 3/29.

Promptly at 8:30AM in room 812

March Saturday School 3/11 arrive promptly at 8:00AM
by the Welcome Center.

In case you aren't aware of the MVHS Cell Phone Policy....

Cell Phone Policy

1st referral = Phone confiscated until end of the day, warning.

2nd referral = Phone confiscated, Wednesday morning detention.

3rd referral = Phone call home, phone confiscated, and parent will need to pick. Saturday school & OCI for the remainder of the period.

4th referral= Same as 3rd, but an additional OCI, Saturday School or suspension can be implemented due to defiance.





Contact Adelle Lynton in
Student Support if you'd like
to join the Interact Club!
Alynton@murrieta.k12.ca.us

Murrieta Rotary's Special Needs Adult Valentines Dance Feb. 10th 2023

**MVHS Interact Club
prepped & served dinner to over 200 guests at the
dinner/dance!
Great Job, so proud!!!**



Meetings 1st Thursday of the month during office hours in room 812

ATTENTION HIGH SCHOOL SENIORS

GOSCH FORD TEMECULA LOCAL SCHOLARSHIP AWARDS

**APPLICATIONS
OPEN OCT. 1!**

Gosch Ford Temecula is in search of Temecula and Murrieta seniors who are looking to pursue continued education beyond high school. We will be rewarding fifty \$1,000 scholarships to the next generation of professionals in our community.

Entrants must first create a video explaining why you feel you should be awarded a \$1,000 scholarship from GOSch Ford Temecula and upload it to a video sharing platform (ex: YouTube or Vimeo). Then each student must enter online at <https://goschfordeducationfirst.com/local-scholarship-awards/> before March 31, 2023 to be in consideration for one of the scholarships. Only one application per student will be accepted, duplicate applications will be discarded.

After March 31, 2023, a panel of community judges will review all submissions and will choose the fifty (50) winners based on a variety of categories. The winners will be notified in May and provided with instructions on claiming their scholarship.

STEP ONE

Make Your Video and upload to a video sharing platform.

STEP TWO

Fill out the online Local Scholarship Awards application form before March 31, 2023.

STEP THREE

Fifty \$1,000 scholarships will be awarded. Plus, with the chance for one student to win an additional \$3,000 scholarship, you could win a total of \$4,000 toward your future education!

SIGN UP TODAY!

Log into WWW.GOSCHFORD EDUCATIONFIRST.COM to sign up.



BENNY ANDERSSON & BJÖRN ULVÆUS'
MAMMA MIA!
THE SMASH HIT MUSICAL BASED ON THE SONGS OF ABBA®



ITS FINALLY HERE, AFTER A THREE YEAR HIATUS DUE TO PANDEMIC AND SCHEDULING CONFLICTS, WE ARE PROUD TO ANNOUNCE THE OPENING OF OUR SPRING MUSICAL MAMMA MIA UNDER THE DIRECTION OF MS. SHILIND WHEATON

Mamma Mia is a romantic comedy, taking place on a small Greek island, Sophie our young ingenue dreams of the perfect wedding. Which includes her father walking her down the isle. The problem? Sophie doesn't know who he is? Through the magic storytelling of ABBA's music, we meet Donna, a feisty, independent single-parent, who doesn't need a man to make her life complete. Will these two strong woman find the answer they are looking for?

Find out in the MVHS spring musical opening March 22-25th

It takes a village to put on a musical.

Our cast and crew is filled with 60+ amazing people!

Joining the team are Alumni Wyatt Nagel, Aaron Rutledge, Nolan Dunn, Jeffery Greuel, Cassidy Hunt, and Randon Lane who were the original cast members from our 2020 cast. Mr. and Mrs. Dunn will be helping with special effects and Sheri Whitton has designed wigs and hair styles for the cast.

Cassidy Hunt, the original dance will choreograph and revive. What a talent. She has graced the stage of MVHS many times as an actress, singer and dancer.

In addition, Frit and Frat Fuller, artistic directors for the Los Angeles based Kin Dance Company have joined the team to choreograph. The two have worked around the world performing in film, television and are the producers/directors for the Mrs. American and Mrs. World Pageants. They have been featured in Dance Mogul Magazine. Frit and Frat received the NAACP Theatre Award for "Best Directors of a Musical" for their original work Down Around Brown Town, which they created, choreographed and directed. MVHS drama is excited to have such a talented team of artists to present this musical. It does take a village!!

Mr. Allen is our vocal director. Oceano Marshall is the vocal coach.



So come see the show! Ticket prices are \$12 general & \$10 with ASB and a Senior Citizen





MCJROTC MAR. NEWSLETTER



For Website JROTC page follow this link

Extremely happy to announce that our annual Squad Games was a blast for cadets! The 12 Squad Leaders came together and planned this event in its entirety, with the main goal of creating a competition for each squad to compete for the honor of winning the trophy.



Cadets can be seen taking a warm up lap (left) and competing in a round of tug of war (right). The winners of the event - 2nd platoon, 2nd squad - led by Sgt. Rodriguez can be seen lifting their hard earned trophy (middle).

Our seniors also planned and executed their Senior Leadership Camp, which went off without a hitch!

Our Raiders competed at the Fontana Raider Competition, with Mix Team 1 and the Male Team earning 3rd in the Endurance Challenge and the Female Team taking 2nd on Endurance Challenge and 3rd in the Rope Bridge Challenge.



Upcoming Events:

- Fontana Drill Competition (March 11th)
- IG (March 16th to 17th)
- Murrieta Mayhem (March 25th)
- BLC (TBA)

Congratulations Nighthawks!

MVHS

Students of
the Month
for
February
2023



*Congratulations
Nighthawks!*

Noah Agrelius
Noah James Bolias
Ava Chaput
Brianna Conklin
Aniyah Curry
Lancelot Delgado
Elianna Duarte
Zaira Huq
Elizabeth Johnstone
Nathan Leerar
Alexis Lopez Castro
Lauren Mole
Naomi Nakano
Alexander Nguyen
Addison Pennock
Ginger Ramsey
Katherine Schoffstall
Monique Sutterfield
Aubrey Sweetnam
Noah Trejo
Sarah Vali



CRIMINAL JUSTICE

MMHS CTE

These courses are made in partnership with Mount San Jacinto College. At the end of the course, an articulation exam will be offered for students to earn college credits.

**G-Certified
A-G Requirements**

**CONTACT MRS. CARLSON
kcarlson@murrieta.k12.ca.us**

**INTRO TO LAW ENFORCEMENT (1ST YEAR)
CRIMINAL INVESTIGATION/CSI (2ND YEAR)
EXPLORING CRIMINAL JUSTICE (3RD YEAR)**





WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

MARCH 2023 • ISSUE 4 • VOLUME 8



SELF CARE

According to the National Institute of Mental Health, **self-care** means "taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact". It is vital to remember that "self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health".

-Source National Institute of Mental Health

Active Minds - Changing the conversation about mental health

Small Ways to Practice Self-Care in Difficult Times | Andy Crisis Wisdom - YouTube

6 Simple Self Care Tips To Become A Better You - YouTube

RESOURCES

SMARTPHONE APPS

[Happify: Science-Based Activities and Games](#)

Insight Timer - #1 Free Meditation App for Sleep, Relax & More

[Relational Agent for Mental Health](#) | [Woebot Health](#)

APP

If it makes you
happy...
Do more of that.



Self-care is about giving what's best of you, not what's left of you
~ Katie Reed



March 2023

MVHS HEALTH OFFICE

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

Or call us we are here to help!

Health Office is open between 8:00AM – 3:30PM

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

WHAT TO DO WHEN YOUR CHILD IS SICK AT SCHOOL

If your student is not feeling well and texting you from school: Encourage your child to go to the health office where we can assist them or contact parents if needed. Students with a fever over 100.1 or if they are vomiting must go home within 30 minutes.

If you are coming to pick up your ill student, please call ahead to the Health Office (ext. 5257) to let us know, so we can locate them if they are not in the health office. It may take up to 15 – 30 minutes to locate them and release them out of class. We do not call into classrooms during instructional time unless there is an emergency, students are expected to ask their teacher to go to the health office when they are not feeling well, or we will send out a hall pass for them to come to the health office.

Ill students waiting to be picked up must wait in the health office. Students going home from the health office will be released to parent or designated adult at the Main Gate Welcome Center. We do not release students for non-emergency illness to siblings, grandparents, or emergency contacts without first having verbal parent permission. Students leaving early for appointments or personal reasons will be released through the Attendance Office. (ext. 8743)

Medication at School

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.

Link to our webpage for more info: [Health Services / Welcome \(murrieta.k12.ca.us\)](http://Health Services / Welcome (murrieta.k12.ca.us))

"Our mission is to support academic achievement, inspire personal growth, and provide a foundation for developing future educational and career goals."



MURRIETA VALLEY HIGH SCHOOL
COUNSELING



Mr. Lockwood
A-D



Mr. Vandenburg
E-L



Mrs. Thornburg
M-Q



Mrs. Castro
R-Z



Mrs. Mendoza-Montoya
Special Programs



Mrs. Cortez
Mental Health
Therapist



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](#)
[\(murrieta.k12.ca.us\)](#)



Counselors:

[Mrs. Castro](#) [S-Z & AP](#)

[Mrs. Thornburg](#) [M-R & IB](#)

[Mr. Lockwood](#) [A-D & SDC](#)

[Mr. Vandenburg](#) [E-L, CTE & NCAA](#)

[Mrs. Mendoza Montoya](#) [AVID, EL, & 504](#)

News

FROM OUR LIBRARY



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

Library Hours
8:00AM - 4:00 PM

If you have not yet checked out your books please do, before school, during lunch or after school.

***BE SURE TO HAVE YOUR STUDENT ID WITH YOU.

THANK YOU!

Make it a great year!

Contact Mrs. Gaines

email: kgaines@murrieta.k12.ca.us



Murrieta Valley 2022-23

CONTACT US:

PRINCIPAL - RYAN TUKUA

AP -- STEPHEN DIEPHOUSE

AP - AMY IRWIN

AP - ANTHONY CALIFANO



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:

MATT STRATTON, ACTIVITIES DIRECTOR

HEATHER KARBAN (ASB/ ACTIVITIES CLERK)

BOOKKEEPING:

KATHY LEFIELL

KAREN LAWRENCE

HEALTH OFFICE :

LUCY CARDENAS (NURSE)

CRIS GORRIA (HEALTH TECH)

VERONICA RUIZ(SITE SECRETARY)

LORIE PINCHOT (AP SECRETARY)

ADELLE LYNTON (STUDENT SUPPORT SECRETARY)

----- (AP SECRETARY)

*Go to our
website
for more info*