

# MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



*Keeping our families connected*

NOVEMBER 2022

## Letter From Our Principal



Dear Parents and Students,

The 12-week grading period for the first semester of the 2022- 2023 school year closed this past Friday. We encourage our students to take full advantage of our many interventions which include Office Hours on Thursday and Fridays and tutoring before school in the library. As we approach the holidays there are other non-student days to be aware of. Friday, November 4th 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 recently performed and continue to prepare for their Christmas performance. Drama is preparing for their second play of the year, Rudolph. Our Robotics teams had great showings at their first competition of the year and continue to prepare for upcoming competitions. Our award winning Virtual Enterprise program has two teams and prepare 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 1st in the female competition and 2nd in the male competition. Boys' Water Polo is playing in the league championship game for the 23rd year in a row. Girls Volleyball placed 2nd in league, boys and girls' cross country have placed extremely high and prepare for league and CIF, football is preparing for playoffs, along with girls tennis and golf. 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



# MURRIETA NIGHTHAWK ATHLETICS!

**GO TEAM!**

November 2022

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

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



## NIGHTHAWK HIGHLIGHTS!!!

Let's go Nighthawks!

**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.**

**Congrats to the MVHS Boys' Water polo team for their 24th consecutive league championship!!**



**GO FAN**  
**Buy MVHS Tickets Online**

**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.](#)





# 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



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!

## NO GO List

Time to be proactive! We have a Winter Dance coming up on January 27th!

Time to start checking into your NO GO status. DON'T wait until the last minute, we have limited Saturday schools before then so don't procrastinate and miss out! Wednesday Morning Det. at 8:30 am in room 812. Next Saturday School is December 10th.

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.*



<https://www.murrieta.k12.ca.us/Page/7953>



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

Murrieta  
**Rotary**  
Club



Contact Adelle Lynton in  
Student Support if you'd like  
to volunteer!

Alynton@murrieta.k12.ca.us



REMEMBER THE  
FIELD OF HONOR



# ... MURRIETA FIELD OF HONOR

- Volunteering Opportunity!
- 11/5/22, 11/11/22, and 11/13/22 until 12pm
- 25060 Hancock Ave, Murrieta, CA 92563
- Come set up/take down flags and support U.S. heroes!
- Sign up @ [tinyurl.com/y7xsx9fh](https://tinyurl.com/y7xsx9fh)

**Sign up!**

Murrieta  
**Rotary**  
Club



contact Mrs. Lynton at [alynton@murrieta.k12.ca.us](mailto:alynton@murrieta.k12.ca.us)





November 2022

# MVHS HEALTH OFFICE

***Medications at School Link: Health Services / Welcome ([murrieta.k12.ca.us](http://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.

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.



# MCJROTC NOV. NEWSLETTER



For Website JROTC page follow this link

With only a month and a half left of the semester, the MCJROTC program is finishing strong. Between football securities, color guard competitions, various community service opportunities, and our annual Raider Slayer competition, cadets have been extremely busy with planning and executing these events.

Speaking of the annual Raider Slayer competition, it was once again a major success on all levels. Hosting 19 teams is not an easy feat, though our cadets certainly made it seem so. Congratulations to the female team who took 1st place in the female category and male team #1 who took 2nd place in the male category!

The unit is extremely grateful for the efforts of all the volunteers and cadets who contributed their time to make this event run smoothly.



## Upcoming Events:

- Company Formation
- 247th Marine Corps Ball
- Veterans Day Parade
- Field of Honor
- Basic Leadership Course



Special permission granted by MTI. Inc  
**Murrieta Valley High School Drama**  
**Presents**  
Directed by: Shilind Wheaton

# RUDOLPH THE RED-NOSED REINDEER Jr.

**D&G 1-3, 2022 @7PM**  
**\$10 Gen. \$8 ASB/Senior**  
**\$5 for 10yr & under**

Written by: Robert Penola

Music & Lyrics by:

Johnny Marks

Arrangements by:

Timothy Splain

Orchestrations by:

William C. White

MVHS Performing Arts Center 42200 Nighthawk Way Murrieta, Ca  
Reserve Tickets 951-696-1408 ext. 5906





# Congratulations!

Sizzler Student of the Month  
Kaiya Archard

## MVHS

Students of  
the Month  
for  
October  
2022

*Magnolia Script*



*Congratulations  
Nighthawks!*

Aguilar, Sharon  
Aguirre, Seth  
Asham, Mareia  
Carranza, Danae  
Castaneda, Joseph  
Diaz, Bella  
Gordon, Jacob  
Hever, Aidan  
Hoze, Dorian  
Jakobsen, Klarity  
King Olszko, Kaya  
Orozco, Susana  
Reeder, Cole  
Salcedo, Erika  
Stenson, Sierra  
Taverrite, Dominic  
Vallejo, Isabella  
Wesolowski, Wes  
Xiang, Shutian  
Zambrano, Jared



### FIVE SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE



#### INCREASE YOUR HAPPINESS

Boost your happiness set-point 25%.

Dr. Robert Emmons, Ph.D., explains that your basic level of happiness is set at a predetermined point. Whatever happens to you—good or bad—you'll find yourself returning to that set-point. However, a practice of gratitude raises your happiness set-point, increasing your overall feeling of happiness.

#### GET BETTER SLEEP

Grateful people get better sleep.

A 2009 study found that grateful people sleep longer per night and have an easier time falling asleep. In addition, they feel more refreshed upon waking. Therefore, if you want to sleep soundly, instead of counting sheep, start counting your blessings..



#### BECOME MORE RESILIENT

Bounce back from disappointment.

An Eastern Washington University study showed that people who were asked to find something about an unpleasant experience that made them feel grateful were better able to let go of the upsetting experience and move on.



#### IMPROVE YOUR HEALTH

Gratitude makes you healthier.

Dr. Emmons also argues that gratitude has physical benefits. He and his colleagues studied over 1,000 people, from ages eight to 80. They found that people who practice gratitude consistently report a host of health benefits..



#### GAIN PEACE OF MIND

Gratitude leads to contentment.

Another of Dr. Emmons' findings is that people who exhibit an attitude of gratitude are more likely to be satisfied with what they already have. They tend to be less envious of others, and are less likely to judge their own success based on the amount of possessions they've accumulated.



DARINGTOLIVEFULLY.COM

### Gratitude

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, have good experiences, improve their health, deal with adversity, and build strong relationships. You can feel and express gratitude in multiple ways. You can apply it to the past by retrieving positive memories and being thankful for parts of childhood, the present by not taking good fortune for granted as it comes, and the future by maintaining a hopeful and optimistic attitude.

### Ways to Cultivate Gratitude

- Write a thank you letter expressing appreciation for that person's impact on your life.
- Thank someone mentally who has done something nice for you.
- Keep a gratitude journal of all the things you are grateful for.
- Use mindful meditation to focus on the present moment and the positive aspects of your life.
- Doing something kind for someone.



### Resources

[How to Practice Gratitude](#)

[What Teens are Thankful for](#)

[Gratitude Exercises](#)

### SMARTPHONE APPS

- [Gratitude](#)
- [Gratitude Garden](#)
- [Presently: A Gratitude Journal](#)
- [Delightful: Gratitude Journal](#)

APP

Choose  
TO BE  
GRATEFUL

**"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







## IMPORTANT DATES AND DEADLINES

- **Future Students**
  - **Oct 31: Registration Begins – Spring**
  - **Nov 7: Open Registration – Spring**
  - **Nov 11: Veteran's Day**
  - **Nov 24: Thanksgiving Break**
  - **Dec 1: Spring International Student Late Transfer Application Deadline For Future Students**

# COLLEGE INFO

NOVEMBER 3RD – UNIVERSITY OF PORTLAND  
PRESENT – 1:24-1:54PM-LIB

UNIVERSITY OF PORTLAND: A PRIVATE, LIBERAL ARTS UNIVERSITY. 40+ MAJORS ALONG WITH 36 MINORS FOR STUDY. PLUSES INCLUDE DIRECT ENTRY PROGRAMS, CLOSE ATTENTION FROM PROFESSORS & COMPETITIVE STUDY ABROAD OPPORTUNITIES!

NOVEMBER 7TH – UC SAN DIEGO UNIVERSITY. –  
10:06-10:36 AM – LIBRARY

UC SAN DIEGO WILL BE PRESENTING INFORMATION ABOUT THE CAMPUS, MAJORS, COLLEGES, AND THE UC APPLICATION. ASK AN ADMISSIONS OFFICER QUESTION ABOUT THESE TOPICS.

NOVEMBER 9TH – UNIVERSITY OF REDLANDS – 3:30  
PM – LIBRARY

JOIN US ON NOVEMBER 9TH TO LEARN MORE ABOUT OUR 40+ PROGRAMS OF STUDY, ROBUST FINANCIAL AID PROGRAMS, THE REDLANDS PROMISE, AND MORE. WE HOPE TO SEE YOU THERE!



# Pedal to the Metal: Murrieta Valley High School's Automotive Technician Program Primes Students for College and Career Success

Article from <https://news.readysetcareer.org>



Murrieta Valley High School CTE students aren't only building up their basics — they're laying a foundation for their future careers.

The CTE pathways within the Murrieta Valley Unified School District give students the opportunity to experience hands-on learning while paving a clear career pathway in critical regional industries. Students can then enter directly into workforce after graduating high school or move forward into high-powered programming at regional community colleges.

CTE pathways include pathways in transportation, engineering and design, hospitality, tourism and recreation, business and finance, health science and medical technology, and a newly added fire science and technology pathway.

Just last year, over 2,700 students partook in these comprehensive CTE courses within the Murrieta Valley Unified School District. In 2021, over 700 students left high school with valuable college credit under their belts.

The automotive service technician sector is available through the transportation CTE pathway. Students enrolled at Murrieta Valley's automotive service technician courses can earn valuable certifications by the time they graduate, setting students apart when it comes time to apply for jobs.

"I think all the more certifications ... the better off they are," says Murrieta Valley High School automotive instructor, Richard Slocum. "They're going to have to have something that shines, other than a high school diploma."

The automotive service technician courses provide a clear pathway to a career, college, or post-secondary program. With partnerships among regional community colleges, the courses help make students' transition into post-secondary programming seamless. For example, the automotive For example, the automotive and transportation program at Mt. San Jacinto College is articulated with the Murrieta Valley High School's automotive courses.

Mt. San Jacinto College's automotive instructor and program chair, Robert Pensiero, says students with a high school CTE background in automotive technology enter "much better prepared" than students without any educational background in the automotive industry. "If a student who has no high school training enters our college program, they often are hardly able to tell the hood from the trunk," jokes Pensiero. "Students, like [Slocum's], make much more successful candidates, have demonstrated interest in the field of study, and are much easier to train than someone who comes to us lacking that knowledge."

Ready with a strong foundation in the fundamentals, students enrolled in the automotive courses at Murrieta Valley High School come into the college-level programming ready to put their skills to work.

According to the California Department of Education, about 79 percent of high school CTE students are more likely to enroll in college or post-secondary programs within two years of graduating when compared to non-CTE students. These CTE students are helping provide a pipeline of ready, skilled workers to the region while moving forward into successful careers.

Murrieta Valley High School's automotive pathway focuses on essential skills students need to enter the automotive industry as technicians and mechanics. With the latest equipment, Slocum walks his students through the basics before working up to more advanced skills, like Snap-On training, meter reading, oil changes, and more.

"At the first level ... I teach a lot of safety, so they're aware of their surroundings and what they're doing ... And then they go right into lifting cars, putting them on jack stands, removing tires, and re-torquing them."

"I keep them busy," states Slocum proudly. "They're non-stop learning techniques."

With a detailed background on the basics, students tackle more advanced mechanics, including performing oil changes and learning about cooling systems, before moving into skillsets like electrical and circuit building.

With automotive service technicians and mechanics seeing over 7,500 projected annual job openings in California from 2018 to 2028, preparing the future workforce to thrive is vital. Slocum's teachings give an extensive framework and hands-on learning approach for students to gain the essential skills for becoming certified automotive mechanics and technicians.

Slocum explains some of his students even move from the classroom into full-blown careers right out of high school. "Last year, all my interns got hired," says the proud instructor.

Students who continue in the automotive program at Mt. San Jacinto College receive the opportunity to learn in the field through apprenticeship programs. The program offers students a chance for real-world learning, but also focuses on the importance of developing the interpersonal skills that originate outside the classroom.

"The apprenticeship program also imparts a number of 'soft' skills, including how to properly prepare a resume and succeed at a job interview," explains Pensiero. "By the time they are finished working through all of those steps, our students are about as well-prepared for success in the automotive aftermarket industry as we can make them."

And soft skills are essential in industries across the board. Examples of these skills include problem-solving, communication, leadership, and teamwork. These "softer" skills are developed through time spent working in the industry and can often get overlooked in the shadow of technical, or "hard" skills, while working in a classroom setting.

"To see [students] 'grow up' so to speak, at that level and then ... they're ready, they're mature," states Slocum. "They know what a job site is looking for ... you make them put their nose to the grindstone."

Slocum's students have what it takes to get behind the wheel in the automotive industry. As they work their way through the workforce, they develop the necessary experience for the future automotive technology industry.

To find Registration Forms and Our Golf Flyer please check out our website:  
<https://mvhsvirtualenterpr.wixsite.com/mvhsvirtualenterpris/golf-tournament>

8th Annual

# Golf Tournament

## MVHS Virtual Enterprise Fundraiser

**Monday, November 21, 2022**

**Bear Creek Golf Club**

**EARLYBIRD  
PRICING**

### Tournament Fees

\*\$175 / Golfer

\$650 / Foursome

Breakfast & Lunch

Included

\*\$200 / Golfer AFTER Nov. 1st

Check-In & Warm-Ups

9 a.m.

Shotgun Start: 10 a.m.

Scramble Format

Prizes & Contests

Silent Auction

### Sponsorships Available

Feature Sponsor: \$5,000

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**



**Follow Us!**



@virtualenterpriseMV



@mvhs\_ve



VIRTUAL  
ENTERPRISES  
INTERNATIONAL

For more information, reach out to: [Jlevin@murrieta.k12.ca.us](mailto:Jlevin@murrieta.k12.ca.us)

## Registration & Sponsorships

[mvhsvirtualenterpr.wixsite.com/mvhsvirtualenterpris](https://mvhsvirtualenterpr.wixsite.com/mvhsvirtualenterpris)





Project T.O.U.C.H.  
presents

# Shelter from the **STORM**

*A Vision of Faith*

Fun'raising Dinner

Saturday December 10th | 6p - 10p Temecula Creek Inn

**Be Part of Our Mission to End Homelessness!**

## **VOLUNTEERS NEEDED**

**December 10th**

**Volunteer Check-in 4p - 5p**

**Location: 44501 Rainbow Canyon Rd,  
Temecula, CA 92592**

**CONTACT: [info@projecttouchonline.com](mailto:info@projecttouchonline.com)**

**16 yrs and over.**

**Must act professional and well mannered.**

**Office: 951-677-9661**

**[ProjectTouchOnline.com](http://ProjectTouchOnline.com)**

Project T.O.U.C.H. is a nonprofit 501(c)(3) Tax ID: 73-1681483

## 2022-2023 AP Readiness Proposed Session Schedule



8:45 a.m.	Instructors will log in to the UCR digital platform and check technology for their assigned course section. Instructors will assign Participating Teachers Co-host or similar permissions so they can assist in moderating the class.
8:50 am (10 Minutes)	Instructor will open the AM Session and admit Students & Educators to the session. Instructor will share important logistics, norms, and attendance links with Students & Educators.
9:00 a.m. (35 Minutes)	AM Session Instruction Begins
9:35 a.m. (5 Minutes)	Five-minute Break
9:40 a.m. (30 Minutes)	Resume AM Session instruction.
10:10 a.m. (5 Minutes)	Five-minute Break
10:15 a.m. (30 Minutes)	Resume AM Session instruction.
10:45 a.m. (15 Minutes)	Class ends. 15 Minute Break prior to PM Instruction at 11:00 AM
11:00 a.m. (5 Minutes)	Instructor will open the PM Session and admit Students & Educators to the session. Instructor will share important logistics, norms, and attendance links with Students & Educators.
11:05 a.m. (35 Minutes)	PM Sessions Instruction Begins
11:40 a.m. (5 Minutes)	Five-minute Break
11:45 a.m. (30 Minutes)	Resume PM Session instruction.
12:15 p.m. (5 Minutes)	Five-minute Break
12:20 p.m. (30 Minutes)	Resume PM Session instruction.
12:50 p.m. (10 Minutes)	PM Session Class ends. Students are asked by the Instructor and Participating Teacher to complete a session survey. The survey link is broadcast in the Chat and directly to students using registration/attendance sign-in information.



# NOVEMBER

For Website Activities page follow this link

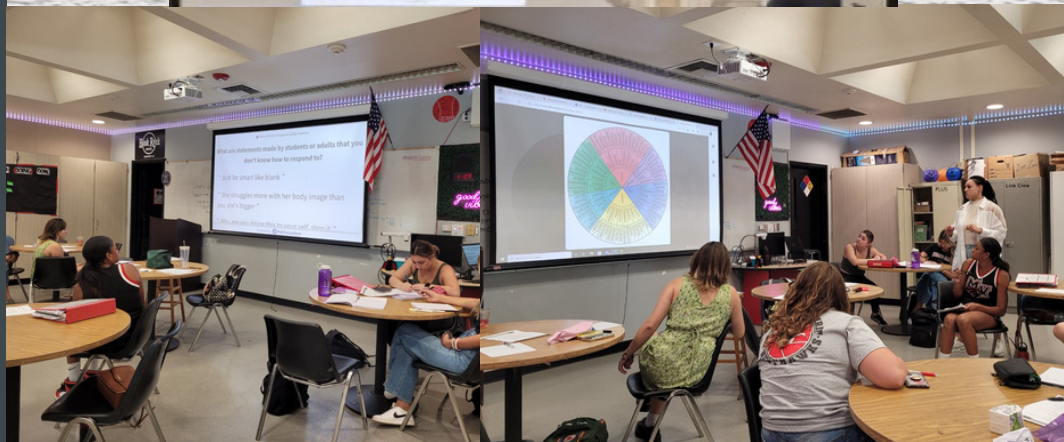


*Aimee Freemer*  
*Murrieta Valley High School*  
*Physical Education*  
*Link Crew Coordinator*  
*PLUS Team Advisor*  
*amfreemer@murrieta.k12.ca.us*

# PLUS

## PLUS & LINK CREW NEWS

We had Tamara Dewey from the District training leaders on conflict resolution. The students gained some valuable insight that they will be able to take into forums with our student body.





**MURRIETA VALLEY  
HIGH SCHOOL**

Dirty Wheels Club. Join and have some Fun. Whether you ride or not.  
There's something for everyone.

Your MVHS Dirty Wheels Club members are organizing an exciting ride  
up in Big Bear scheduled for Saturday October 15th.

The group ride will be a 50 mile 3–4-hour loop beginning at Pinnacle  
staging area in the beautiful mountains of Big Bear.

(You may take a shorter loop depending on rider  
preference/experience the day of)

Licensed and/or registered off road vehicles will be required whether  
two, three or four wheels.

The Club will be back to the Elsinore Motorsport Park MX Track  
as a group the first Wednesday of each month beginning  
October 5th. This is a potluck & bring the family event.

The Club is for anyone interested in the outdoors, off-roading,  
racing, Camping or simply being with friends & family.

The MVHS Dirty Wheels Club meets every Monday in room 640 during lunch.  
Come by and check it out. Get more information. Add to the Excitement



# 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](#)

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

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

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

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

# 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](mailto: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 (AP SECRETARY)

*Go to our  
website  
for more info*