

MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



Keeping our families connected

OCTOBER 2022

Letter From Our Principal



Dear Parents and Students,

As we approach the middle of the first semester, I hope you have felt valued and connected to our Nighthawk community. It has taken a collective effort from parents, staff, students, and our community to create a school where we want all students to feel embraced. We appreciate the collaboration and focus on doing what is best for kids!

The excitement students have shown on campus, at events, rally's, in the classroom, and in the Red Zone at football games has been inspiring. We had 1,800 students at the Homecoming Dance and close to 90% of our students are involved in something outside the classroom. The average school GPA for the 6-week grading period was a 3.15 and more than 50% of all juniors and seniors are taking an AP or IB course.

During September students took benchmark assessments for Reading and Math. The academic levels are monitored and assessed throughout their time as a student in MVUSD. Teachers use the feedback to guide instructional needs and planning within their departments. Our teacher's ability to utilize the data is an important part of increasing learning and academic development.

Thank you for everyone's support of MVHS and helping us be the best school we can.

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

Ryan Tukua, Principal
Murrieta Valley High School

School Spirit

MURRIETA NIGHTHAWK ATHLETICS!

GO TEAM!

October 2022

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

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

CollegeBoard

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.

GO FAN
Buy MVHS Tickets Online

PLAYER OF THE GAME 1/3
Week 5 vs. San Clemente



PLAYER OF THE GAME
Week 5 vs. San Clemente



NIGHTHAWK OF THE WEEK
Week 5 vs. San Clemente



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.](#)



OCTOBER

For Website Activities page follow this link

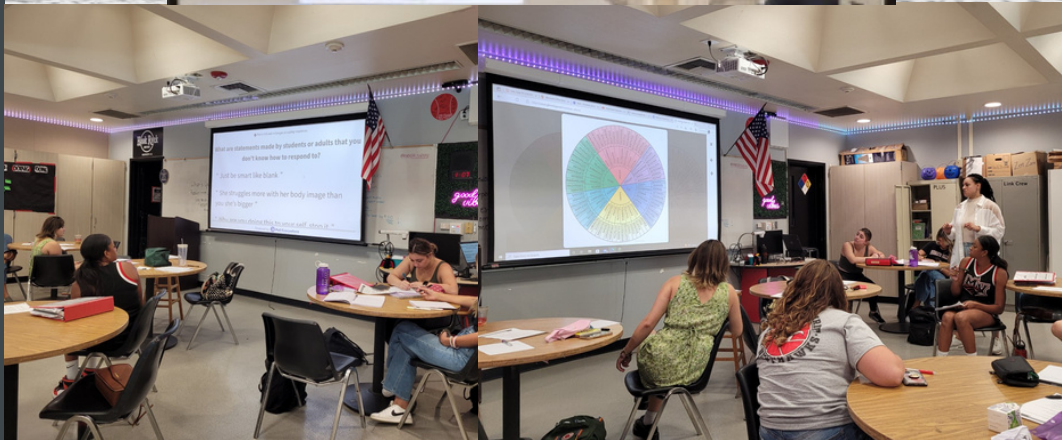


PLUS

PLUS & LINK CREW NEWS

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

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.





October 2022

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.

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.

All 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.

OCTOBER

[For Website Activities page follow this link](#)

MVHS ACTIVITIES

Homecoming was a HUGE success!!

Here a few photos...



Mr. Stratton
Activities Director
Murrieta Valley High School
951-696-1408 ext. 5259
mstratton@murrieta.k12.ca.us

ASB Clerk
Heather Karban

IT'S A GREAT DAY TO BE A
NIGHTHAWK!!



"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



STUDENT SUPPORT CENTER

- [AP MR. CALIFANO EMAIL](#)
- [SECRETARY VERONICA RUIZ 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!

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.



MCJROTC OCT. NEWSLETTER



[For Website JROTC page follow this link](#)

New Cadet Orientation from September was a total success, as predicted! Below are instances of the new cadets having mass amounts of fun as the older cadets display exactly what makes this program work.

Seen below: cadets displaying their canteens for hydration purposes (left), 1stSgt Huckobey imparting valuable knowledge to cadets (right), cadets throwing water balloons in acts of gratitude toward c/Capt. Davis, c/1stLt Broe, c/1stSgt Heiligenman, and c/GSgt Farrar for such a fun weekend (bottom).



Murrieta
Rotary
Club



OUR CURRENT PROJECT

**FIELD OF HONOR- MURRIETA TOWN SQUARE
COMMUNITY SERVICE OPPORTUNITY- SIGN
UP HERE!**

**FIELD OF HONOR EVENTS-
SIGN UP GENIOUS LINK**



If you'd like to be a part of the Interact club stop by the front office to see Adelle Lynton
Alynton@murrieta.k12.ca.us

JOIN INTERACT!!

LEADERS DON'T
CREATE FOLLOWERS
THEY CREATE
MORE LEADERS





**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

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

Registration & Sponsorships

mvhsvirtualenterpr.wixsite.com/mvhsvirtualenterpris

CSUSM

DISCOVER CSUSM

October 15, 2022

DISCOVER ALL THERE IS TO LOVE AT CSUSM!

Join us for a day of info sessions, student life & academics expo, application workshops, campus tours, check out campus housing and more!

JOIN US TO DISCOVER:

Guided Walking Tours of our 304-acre hillside campus

Campus Housing Open House including room tours

Mock Academic Lectures to get the CSUSM classroom experience

Information Sessions on financial aid, next steps after admission, and more!

Application Workshops with financial aid and admissions

Student Life Expo where you can meet over 60 student clubs & orgs, student services, and academic departments

Student & Parent Panels

REGISTER AND LEARN MORE AT [CSUSM.EDU/DISCOVERCSUSM](https://www.csusm.edu/discovercsusm)

BE A COCA-COLA SCHOLAR!

HIGH SCHOOL SENIORS

We're giving \$20,000 college
scholarships to 150 change agents
across the country.

Apply Online

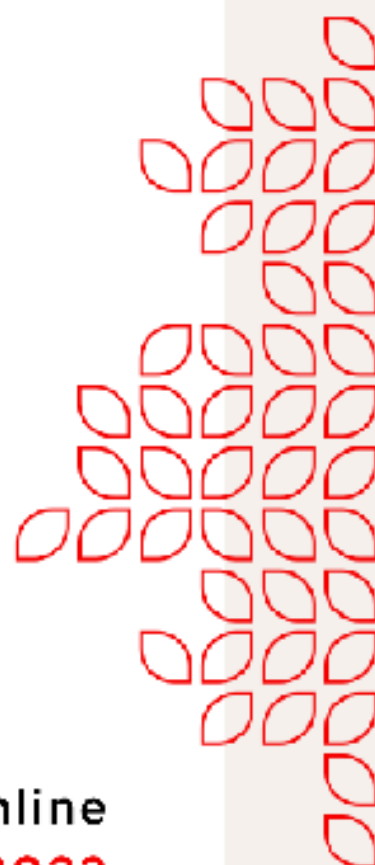
CokeURL.com/Apply2022

August 1 - October 31, 5pm EDT

Learn more at coca-colascholars.org



COCA-COLA
SCHOLARS
FOUNDATION



College Information



**Northern Arizona University Presentation -
October 5th @ 1:32p - 2:02p in the Library**

LNAU will be doing a PowerPoint presentation, is bringing giveaways, and will discuss the "WUE:" Western Undergraduate Exchange large tuition discount NAU has for all admitted CA residents

**October 25th - UC Merced College Presentation
@ 1:16p in the library.**

To talk about all that UC Merced has to offer!

**October 12th - COLORADO MESA UNIVERSITY-
8:30-9:20 AM- LIBRARY**

Casey Temple from Colorado Mesa University will be coming on October 12th to talk about all that CMU has to offer! Come chat over donuts and take home some swag!



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

OCTOBER 2022 • ISSUE 4 • VOLUME 3



Substance Use & Mental Health

October is National Substance Abuse Prevention Month. Young people face a variety of life challenges that can affect their mental health and abuse of alcohol and other drugs. Let's raise awareness around substance use prevention and the promotion of positive mental health. Together we can reduce the impact of mental health and substance use disorders in our community.

There is hope and help available to support recovery. Teens are resilient. Mental health and substance abuse conditions are treatable. Check out some interactive tools and resources to help you better understand your treatment options.



RESOURCES

[Drugfree.org](https://www.drugfree.org)

[Smart Recovery-Teens](#)

[How to Respond to an Opioid Overdose](#)

RUHS Substance Abuse Program:
951-955-2105

California Resource Center:
1-800-879-2772

SMARTPHONE APPS

- [Sober Grid](#)
- [Nomo](#)
- [Sober Tool](#)
- [We Connect](#)
- [Headspace](#)
- [Talk. They Hear You.](#)

APP

988
SUICIDE
& CRISIS
LIFELINE

[CLICK HERE](#) for More
Information & Resources



The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in the following courses:

- AP Biology
- AP Calculus AB
- AP Chemistry
- AP Computer Science Principles
- AP English Language
- AP English Literature
- AP Human Geography
- AP Physics
- AP Spanish Language (new)
- AP Statistics
- AP US History
- AP World History

The APR program also provides high level professional development for current and potential teachers of AP courses in STEM and Humanities areas. AP teachers involved in APR will participate in course-specific professional learning that includes observing and interaction with master teachers and engaging in professional networking that promotes best practices and rigorous AP instruction.



WHERE

Virtual

All sessions will take place via Zoom until further notice.



WHEN

September 24, 2022	January 14, 2023
October 22, 2022	February 4, 2023
November 5, 2022	March 18, 2023
December 10, 2022	April 22, 2023

TIME
9:00 am - 1:00 pm

CONTACT

**JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM
UC RIVERSIDE, GRADUATE SCHOOL OF EDUCATION**

📞 951.827.6058

✉️ [JKEIPP@UCR.EDU](mailto:jkeipp@ucr.edu)

🌐 www.apr.ucr.edu



A UCR & RCEC INITIATIVE



REGIONAL OPEN HOUSE

October 4th, 6-8pm

Southern California
Moreno Valley Conference Center

Register Today:

<https://apply.utahtech.edu/register/california>



Bringing Campus
to you!

Attendees will have the
chance to win a \$500
scholarship!

A banner with a blue-tinted background showing two technicians working on a car. The text "WE'RE GROWING" is in large, bold, white letters, with "MORE OPTIONS = MORE OPPORTUNITIES" below it. At the bottom, there are five logos: Universal Technical Institute (a 'U' in a circle), MIAT College of Technology (a stylized 'MIAT' with a wing), Motorcycle Mechanics Institute (MMI in a circle), Marine Mechanics Institute (MMI in a circle), and NASCAR Technical Institute (the NASCAR chevron logo).

On October 12, your students are welcome to join our Virtual National Open House at 4:30 p.m. & 7 p.m. to learn about our programs and view our facilities—all from the comfort of home or anywhere with an internet connection.



Entry Form

How to Enter

Use the arts to share your personal Reflections on this year's theme: _____

Submissions are due to _____ by _____

Experienced artists will review your work for interpretation of theme, creativity and technique. We look forward to celebrating your artistry and achievement in the arts! Save the date for this year's Reflections Celebration _____

Dance Choreography

Solo and ensemble works of all dance styles are accepted. Entrant must be the choreographer and may also be the performer, or one of the performers. If background music is used, cite it on the entry form. **Video file must not exceed 5 minutes** in length and 1,000 MB (1,000 megabyte) in file size and be in MP4 or AVI format.

Film Production

Accepted short film styles include: Animation, narrative, documentary, experimental or media presentation. Use of PowerPoint is prohibited. Entrant must be the screenwriter, cinematographer, editor and producer. If background music is used, cite it on the entry form. **Video file must not exceed 5 minutes** in length and 1,000 MB (1,000 megabyte) in file size and be in MP4 or AVI format.

Literature

Accepted forms of fiction and nonfiction include: Prose, poetry, reflective essay, screen play and play script, narrative, and short story. Entrants may write in their primary language as long as an interpretive English translation is also attached. Use of copyrighted material is prohibited. **Writing must not exceed 2,000 words** and may be handwritten or typed. Accepted formats: Single-sided print on 8 1/2x11" paper, PDF file.

Music Composition

All music styles and combinations of instrumentation are accepted. Entrant must be the composer and may also be the performer, or one of the performers. Use of copyrighted material is prohibited. **Audio recording must not exceed 5 minutes** in length and 1,000 MB (1,000 megabyte) in file size. Accepted audio file formats include: MP3 and WAV. Notation (score/tabature) in PDF format is only required for middle and high school divisions.

Photography

Photo must be a single print/digital image. Collages and collections of photos are not accepted. Entrant must be the photographer and may use a variety of digital editing techniques including but not limited to, multiple exposure, negative sandwich and photogram. Use of copyrighted material is prohibited. **Print image dimensions must be no smaller than 3x5 inches and no larger than 8x10 inches.** Accepted print formats: Mounted on mat or poster board no larger than 11x14 inches. Framed prints are not accepted. **Digital image dimensions must be at least 640x960 (pixels) and 300 dpi (resolution).** Accepted file formats: JPEG, JPG, and PNG.

Visual Arts

Works of both fine and design arts are accepted, including but not limited to: architectural drawing and models, ceramics, collage, computer generated images and graphics, crafts, drawing, fashion clothes and jewelry, fiber work, mixed media, painting, printmaking and sculpture. Use of copyrighted material is prohibited. **2D artworks must be mounted on sturdy material and no larger than 24x30 inches with matting.** Framed entries are not accepted. Include one digital image of artwork with your submission. **3D artwork submissions must contain 3 digital images of artwork at different angles.** Image(s) are used for artwork identification, judging and exhibition purposes. Accepted file formats: JPEG, JPG, and PNG.

Special Artist

Students who identify as having a disability and may receive services under IDEA or ADA: Section 504 may enter in the Special Artist Division **OR** grade division most closely aligned to their functional abilities. **See Official Rules** for details.



Entry Form

Official Rules

By submitting an artwork to the "National PTA Reflections Program," entrants accept and agree to be bound by the official rules for participation as well as the entry requirements for their specific arts category and division. Additional state program requirements may apply. Any violation of these rules may, at PTA's discretion, result in disqualification. All decisions of the reviewers regarding this program are final and binding in all respects. (The "PTA" referred to in these rules include all PTAs reviewing the submission).

- 1. ELIGIBILITY.** Students must participate through a local PTA/PTSA. Each student's eligibility is determined by the state and local PTA/PTSA. A student may develop an entry inside or outside of school.
- 2. ARTS CATEGORIES.** There are six arts categories—dance choreography, film production, literature, music composition, photography and visual arts. Students may enter the National PTA Reflections Program in one or more arts categories. See each arts category rules for additional entry requirements.
- 3. GRADE DIVISIONS.** Students may enter in the appropriate division for their grade (Primary: Preschool-Grade 2; Intermediate: Grades 3-5; Middle School: Grades 6-8; High School: Grades 9-12; Special Artist: All grades welcome).
The Special Artist Division welcomes students from all grades and abilities and offers non-artistic accommodations (e.g. adaptive technology; transcribing; holding a camera) for students to participate fully in PTA Reflections. Assistants must refrain from being involved in the artistic process (e.g. developing an artist statement, choreography, music lyrics, storyboards, etc.) Student recognition and awards are announced as part of the Special Artist Division.
- 4. HOW TO ENTER.** Entrants must submit their artwork and student entry form to their local PTA/PTSA program according to local and state PTA procedures. Entrants must follow requirements and instructions specific to each arts category and division. Contact local PTA programs for deadlines and additional information.
- 5. ENTRY REQUIREMENTS.** (All participants must also follow arts category and if applicable, Special Artist Division rules)
 - Only new pieces of artwork inspired by the current year's theme may be submitted.
 - Each entry must be the original work of one student only. An adult may not alter the creative integrity of a student's work. Because the program is designed to encourage and recognize each student's individual creativity, help from an adult or collaboration with other students is not allowed except in the Special Artist Division. Other individuals may appear in or perform a student's work, but the work itself must be the creative product of one student only. Only one student may be recognized as the award recipient for each entry. See the specific arts category rules and special artist division rules for details.
 - Each entry must contain a title and all entries must include an artist statement. The artist statement communicates what inspired the work, how it relates to the theme, and the content of the work. The statement must include at least 10 words and not exceed 100 words.
 - Use of copyrighted material is prohibited, except for background music in dance choreography and film production entries. If used in dance choreography and film production entries, background music must be cited on the entry form. Plagiarized entries will be disqualified. Use of PowerPoint templates are prohibited.
- 6. FINALIST SELECTION AND NOTIFICATION.** Entries are reviewed at local, regional, state and national levels. Each PTA determines its own reviewers for the program. Entries will be reviewed primarily on how well the student uses their artistic vision to portray the theme, their originality and creativity. The National PTA Reflections® program makes no restrictions on content or subject matter in artwork submitted by the local, regional or state levels. National PTA reserves the right to use its sole discretion in selecting the submissions to be recognized at the national level. Under no condition may parents or students contact a reviewer to dispute the status/score of any entry. Each PTA in its sole discretion will select finalists for exhibition and provide awards/prizes. Awards are announced per local and state procedures. National awards and events are announced May 1, 2021 at PTA.org/Reflections.
- 7. OWNERSHIP AND LICENSE.** Ownership in any submission shall remain the property of the entrant, but entry into this program constitutes entrant's irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes. PTA is not responsible for lost or damaged entries. Submission of entry into the PTA Reflections program constitutes acceptance of all rules and conditions.
- 8. PARTICIPATING ENTITIES.** This program is administered by the National Parent Teacher Association (PTA) and PTA affiliates. Parent groups not affiliated with National PTA are not eligible to sponsor this program.



Entry Form

To be completed by PTA before distribution.

Local PTA _____ Local PTA ID _____

Local Program Chair _____ Email _____ Phone _____

Council PTA _____ District PTA _____ Region PTA _____ State PTA _____

Member Dues Paid Date _____ Insurance Paid Date _____ Bylaws Approval Date _____

Student Name _____ Grade _____ Age _____ Classroom _____

Parent/Guardian Name _____ Email _____ Phone _____

Mailing Address _____ City _____ State _____ Zip _____

Ownership in any submission shall remain the property of the entrant, but entry into this program constitutes entrant's irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes. PTA is not responsible for lost or damaged entries. Submission of entry into the PTA Reflections program constitutes acceptance of all rules and conditions. I agree to the above statement and the National PTA Reflections Official Rules.

Student Signature _____ Parent/Guardian Signature _____

Grade Division (Check One)

- Primary (Pre-K-Grade 2)
- Intermediate (Grades 3-5)
- Middle School (Grades 6-8)
- High School (Grades 9-12)
- Special Artist (All Grades)

Arts Category (Check One)

- Dance Choreography
- Film Production
- Literature
- Music Composition
- Photography
- Visual Arts

Title of Work _____ Details _____

If background music is used in dance/film, citation is required. Include word count for literature. List musician(s) or instrumentation for music. List dimensions for photography/visual arts.

Artist Statement (In 10 to 100 words, describe your work and how it relates to the theme)

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.

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 (AP SECRETARY)

*Go to our
website
for more info*