

MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



Keeping our families connected

SEPTEMBER 2022

Letter From Our Principal



Dear Parents and Students,

We have had a great start to the 2022-2023 school year! Our first day of school was devoted to connecting with students, focusing on student social and emotional needs, procedures, and school spirit. Our school motto for the year is, "Catch the Spirit", as our mission is to build relationships with students and to impact their lives both academically and emotionally. Our staff has truly loved having students back on campus!

We held our Welcome/Expectations assemblies for all 9th graders during the first week of school and our students who are new as a 10th, 11th, or 12th grader are participating in the assembly this week. We began our "Office Hours," which is in-school intervention, the second week of school. Office Hours takes place on Thursdays and Fridays after the first block and students visit the teacher of their choice to receive additional academic support. Additionally, our AVID tutors are available to meet with any student needing support from 8:15 a.m. to 9:15 a.m. in the library on Wednesday mornings.

We encourage our students to get involved on campus. Students were given a survey the first day of school through the 5-Star App and the student interest feedback is being used to connect students with activities they enjoy.

Our Homecoming Dance is on Saturday September 24th from 7:00-11:00 p.m. and it is always the most attended event of the year.

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-continued

We held Club Rush last week and it was extremely successful. We have a variety of clubs for students to connect with and if your student has a desire to start a club have them visit the Hawk Rock.

Our academic programs include International Baccalaureate (IB) and Advanced Placement (AP) courses. Our 8 CTE pathways include: Foods, Photography, Business, Auto Mechanics, Engineering, Law Enforcement, Computer Programming, and Fire Science. We also have the Mount San Jacinto Community College annex on our campus where students can take classes for dual credit. If you are interested in any of our programs our counselors are a great resource.

Our academic competitions include Mock Trial, Virtual Enterprise, and Robotics. There is something for every student between our award-winning Performing Arts mixed with our successful Athletic Programs. We also have strong leadership programs on campus to allow our students to take ownership of our growing and engaging culture. Leadership classes include Marine Junior ROTC, Senate, ASB, PLUS, Link Crew, and Night Hawk Pride.

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

Go Nighthawks!

Ryan Tukua
Principal Murrieta Valley High School



MURRIETA NIGHTHAWK ATHLETICS!

GO TEAM!

September 2022

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

- Visit athletic website through the link above
- ACT test October 22nd, deadline to register is September 16, 2022
- SAT test October 1st, deadline to enter is September 2, 2022
- [NCAA Eligibility Center- Register your athlete here](#)



NIGHTHAWK HIGHLIGHTS!!!

Let's go Nighthawks!

**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.**

Families,

**We had our first Home football game Friday and it was a great
success! The turn out and support was fantastic!**

**We would like to remind you that all students are ready
with their ASB cards while in line at the gate, 5 Star App is not
accepted.**



**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.](#)



SEPTEMBER

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

Link Crew hosted a Red Zone Prep Rally on Friday night before the football game to teach our freshmen everything they needed to know about the Red Zone. From there we joined Nighthawk Pride as they hosted the first tailgate party of the football season. The entire Red Zone then ran through the breakaway banners and flooded the stands to kick off the football season!!!



"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



FUNDRAISER AT THE CAMP MVHS DANCE TEAM

Come support the
Nighthawk Dance Team



Workout With

**BRENDA
BACHMAN**

The Camp Trainer

**LIMITED SPOTS
AVAILABLE**

SUNDAY, 8AM

SEPT 11TH

\$20 per person

- ✓ HIIT Style Class
- ✓ Raffle Prizes!
- ✓ Donation to Tuesday's Children
- ✓ RSVP with Brenda

 **THE CAMP
TRANSFORMATION
CENTER**

41561 Date St.
Murrieta, CA
92562

RESERVE YOUR SPOT

 **951-834-2928**

A portion of funds raised will be
donated to Tuesday's Children charity



MCJROTC SEPT. NEWSLETTER



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

Despite it only being the start of the school year, our Cadet Company has already displayed its strength with the first Football Security. Cadets stood post, keeping watch and assisting guests when necessary to provide support for the staff that run the game. Here is our Big 4, who supervised the cadets working security.



Another event that has been a success is Back To School Night. It was exciting to see some familiar faces and even some not-so-familiar faces, making us look forward to this year with all our wonderful cadets and cadet families.

The completion of our biggest event for the beginning of the school year, New Cadet Orientation, looms in the air. Upon success, our new cadets will be seen around campus in their uniform. These cadets will wear their uniform with pride and immense care, as they were taught by their chain of command and instructors. They will also have gained knowledge about the Marine Corps values - honor, courage, and commitment - of which we live by within this Cadet Company.

On the 17th, our Colorguard will have their first competition at Ramona High School. Both our JV and Varsity team will be showcasing their abilities, making the Company proud, and instilling fear in the hearts of their competitors.

SEPTEMBER

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

MVHS ACTIVITIES



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!!

MESSAGE FROM YOUR ACTIVITIES DIRECTOR

Welcome back Nighthawks!!
Looking forward to a terrific year!



Make sure to get your waivers & guest
passes take care of early!:)
Don't wait until the last minute...
Let's go Nighthawks!!!



MVHS Drama



Join MVHS drama dept as they present the classical play,
Midsummer Night's Dream by William Shakespeare and
directed by Shilind Wheaton.

This Shakespearean comedy takes 2 sets of lovers on a ride
through the night that only a shift changing fairy could
create.

Show dates and times

Sept 28-30th @ 4pm and 7pm in the MVHS performing arts
center.

Call Ms. Wheaton for details 951-696-1408 ex t5906

swheaton@murrieta.k12.ca.us



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2022 • ISSUE 4 • VOLUME 2

Take Action for Suicide Prevention

Suicide Prevention Week: September 4-10, 2022

World Suicide Prevention Day: September 10

Thriving At All Ages



SMARTPHONE APPS

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

APP

By knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources everyone can play a critical role in suicide prevention. Click on the links below for additional information and guidance:

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

988
SUICIDE PREVENTION
HOTLINE

CRISIS RESOURCES

Riverside County Crisis Helpline

(951) 686-HELP (4357)

Crisis Text Line

Text HELLO to 741741

Trevor Lifeline

(866) 488-7386 or
Text START to 678678

CA Youth Crisis Hotline

(800) 843-5200

Suicide & Crisis Lifeline

Call **988**

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



NIH
National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 15-4295



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

🌐 www.apr.ucr.edu



UC RIVERSIDE

A UCR & RCEC INITIATIVE

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.

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!

HELPFUL ATTENDANCE INFORMATION

- Students arriving over 30 minutes late to school must have a parent/guardian clear their late arrival.
- Parents/Guardians have 3 options to excuse their students late arrival
- *walk their student up to the attendance windows
- *send student up with a note
- *call our 24 hour voice mail (951) 696-1408 x8743

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



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

Murrieta
Rotary
Club



OUR CURRENT PROJECT

**FIELD OF HONOR- MURRIETA TOWN SQUARE
SIGN UP WILL COME SOON FOR ALL
STUDENTS LOOKING FOR COMMUNITY
SERVICE.**

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!!

***** We are also in need of
volunteers**

**June 10th for the Murrieta City
Special Needs Prom!!!**

LEADERS DON'T
CREATE FOLLOWERS
THEY CREATE
MORE LEADERS



SEPTEMBER 2022

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.

Medications 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. Click on the link below for forms and information.

**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!

******Covid take home tests are available from the Health office at the END of the day.**

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.

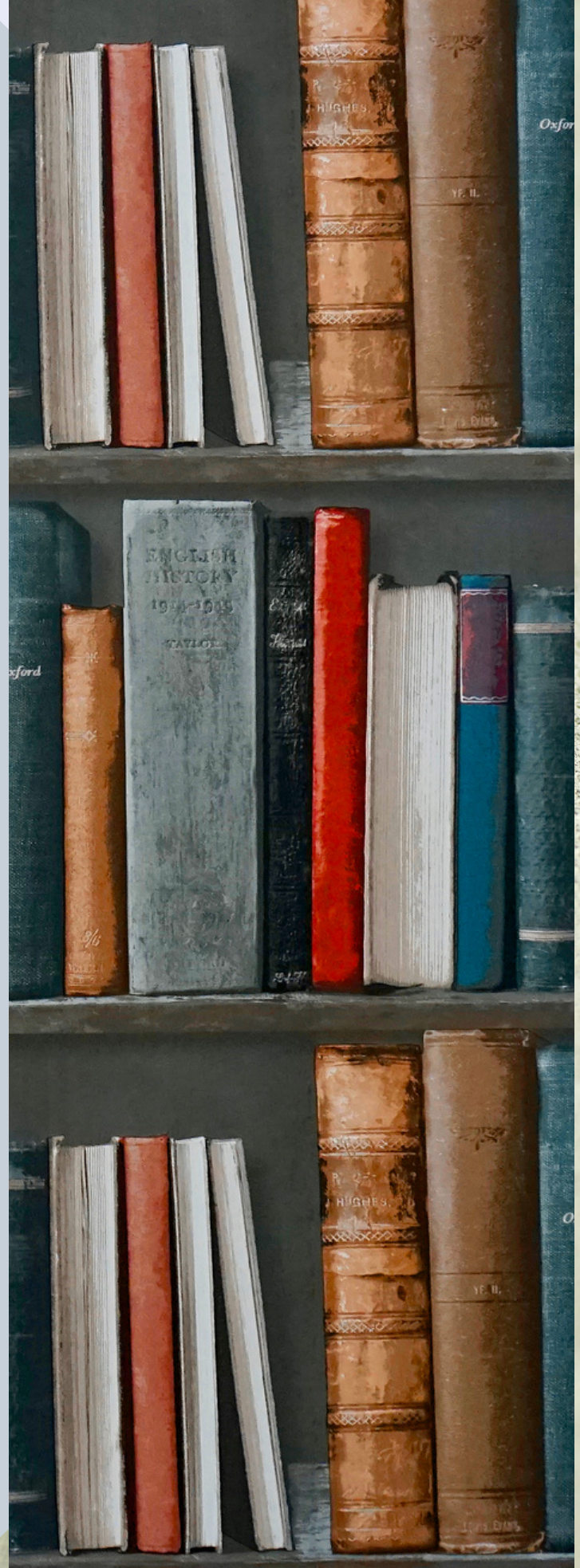
***BE SURE TO HAVE YOUR STUDENT ID WITH YOU.

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)

(AP SECRETARY)

ADELLE LYNTON (AP SECRETARY)

*Go to our
website
for more info*