

MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK NEWS



Keeping our families connected

FEBRUARY 2023

Letter From Our Principal



Dear Parents and Students,

As we enter February, we have a lot of exciting things planned at MV and much to be proud of. Robotics, Virtual Enterprise, Cheer, and Dance will all be competing at large competitions in and out of the state. We are entering the last week of Southwestern League for our winter sports and multiple programs will be headed to the C.I.F. playoffs. In our efforts to engage all students there are 285 students who are participating in track and field practice which began last week. Many spring teams and programs are still open to students wanting to participate. Club rush took place on January 30th where all students were able to view our 50+ active clubs. Visit the athletic office or your counselor if you are interested in joining a club, program, or sport. Get involved and follow your passion!

The 6-week grade period for the second semester ends on Thursday February 16th so make sure you connect with your teachers, attend Office Hours, or before school tutoring in the library for additional support. A quick reminder that February 17th and February 20th are non-student days because of Presidents Day.

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



MURRIETA NIGHTHAWK ATHLETICS!

GO TEAM!

February 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.



NIGHTHAWK HIGHLIGHTS!!!



Good luck MV Water polo girls! League Championships on Feb 1st, then off to CIF playoffs!

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!

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.

February morning detentions on 2/1 & 2/8 Promptly at 8:30AM

February Saturday School 2/11 promptly at 8:00AM

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.



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

Alynton@murrieta.k12.ca.us

Volunteers needed!

<https://www.signupgenius.com/go/10C0E4EAEA72DA0FCC61-special>



**Murrieta Rotary's Special Needs Adult Valentines
Dance**

Feb. 10th 2023

at the Murrieta Community Center

**Interactors- please sign up asap, I will need a few to arrive early to
start prepping food at 3PM.**

**All other volunteers are welcome, please sign up with the link above.
You can pick up community service hour sheets in student support.
You will receive more details before the event.**



MCJROTC FEB. NEWSLETTER



For Website JROTC page follow this link

With the start of the New Year, our cadets have a lot of events to look forward to. But before we get into all that, let's take a quick rewind to this past month!

Our Varsity Drill Team, commanded by c/Cpl. Nicholas Aguilar (pictured below), competed at the annual Desert Hot Springs Competition on January 14th. The team was supported by a multitude of cadets who showed up to motivate their fellow cadets, earning a solid 4th place in the Exhibition category.

Our Color Guard, consisting of Kenneth Cook, Adam Redmon, Mikai Skeete, and Andrew Cunningham (as seen left to right), also competed that day, gaining valuable experience.

The Top 5 of our program were invited to attend Vista Murrieta High School's Military Ball, where they loudly sang along to Wild Blue Yonder in celebration of the Air Force unit.

Thompson Kick Off was also a success and we thank those who were chosen to attend.



Upcoming Events:

- Squad Games (February 4th)
- Fontana Raider Comp. (Feb. 18th)
- Basic Leadership Camp (Feb. 24th-26th)
- Formation (March 1st)



February 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.

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. (ext. 8743)

Health Concerns Health Services / Welcome (murrieta.k12.ca.us)

If your student has health concerns or a chronic health condition that needs accommodation at school please contact our school nurse, Lucy Cardenas MSN, RN to discuss. 951-696-1408 ext. 5292 or email lcardenasgomez@murrieta.k12.ca.u



WELLNEWS

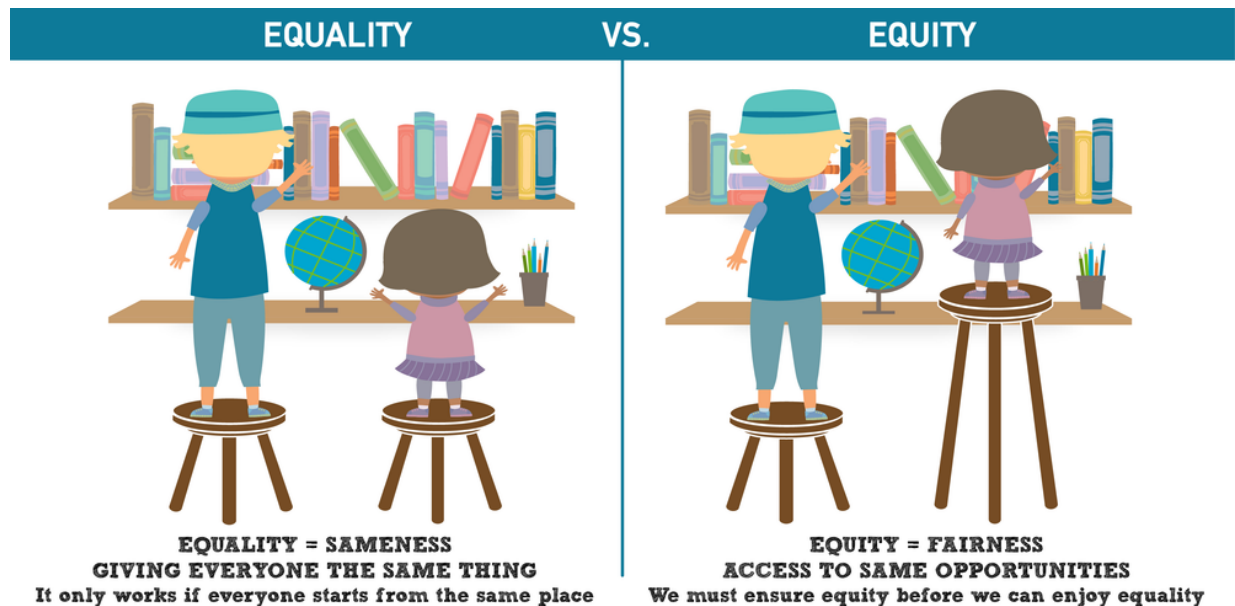
A MONTHLY WELLNESS NEWSLETTER

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EQUITY IN EDUCATION

Students come to school with diverse backgrounds, abilities, talents, and challenges. Schools ensure equity by recognizing, respecting, and acting on this diversity. A common misperception is that equity means that all students are treated equally in all situations. In fact, high-quality schools have the capacity to differentiate instruction, services, and resource distribution to respond effectively to the diverse needs of their students, with the aim of ensuring that all students benefit equally. In short, equity in education is "fair outcomes, treatment, and opportunities for all students."

-California Department of Education



HOTLINES

- **Disaster Distress Helpline**
 - Call 1-800-985-5990 or text TalkWithUs to 66746 to connect 24/7, 365-day-a-year, a national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- **Peer-Run Warm Line**
 - 855-845-7415
- **NAMI Helpline**
 - Call 1-800-950-NAMI (6264), text "Helpline" to 62640 or email us at helpline@nami.org

- **[Video: Equity & Equality](#)**
- **[Why Equity Matters in Education](#)**

RESOURCES



Drama is seeking students who
would like to attend the
Cosmetology Workshop on
Wednesday Feb. 1st in room 906
from 3:45pm - 4:30pm.
Workshop will be taught by a local
professional cosmetologist.
Don't miss this opportunity! You'll
be working on hairstyle for
Mamma Mia!





Dirty Wheels Club is back at the track. The new venue is at Cahuila Creek MX in Anza. The Clubmembers chose the first Sunday of the month for their "Day at the Track" & "Pot Luck". Winter hours are 9am to 3pm

Cahuila Creek MX offers more than the tracks their known for. The facility offers hundreds of acres for trail riding the Anza Valley to enjoy single track, exploring and technical challenges.



The Club is for anyone interested in the outdoors, off-roading, racing, camping or simply being with friends & family. The Club meets every Monday in room 640 during lunch. Come by for information

Upcoming Events:

Campus Clean-Up. February 4th

Activities:

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

This Club for you? See Mr. Everett. reverett@murrieta.k12.ca.us Rm 640.





*You're
Invited!*

IB Parent Night
Wednesday February 8th, for
10th grade students and
parents
who are interested in joining
the IB Diploma Program next
year.

Wed. February 8th
In the MVHS Library
6:00PM



Congratulations Nighthawks!

MVHS

Students of
the Month
for
January
2023



*Congratulations
Nighthawks!*

**Alanah Antillon
Cadence Axene
Cole Behrens
Nathan Davila
Luke Demary
Aidan Deschene
Taylor Devaney
Cadence Ebert
Lara Fernandes Andreu Guillo
Brenda Mendoza Guerrero
Declan Montez
Gina Namkung
Aleksandra Petrovski
Viktoria Petrovski
Liam Plunkett
Named Camila Riso Rozo
Bailey Smith
Erin Trajano
Mariana Vicencio-Mendiola
Chelsea Walsh**

"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*