

MAY 2020

# MVHS NIGHTHAWK NEWS

VOL. 2

*Keeping our families connected*

## Letter From Our Principal

Dear Parents and Students:

Thank you for partnering with us through this new adjustment for all of us, as we have transitioned into on-line education with your children. Just as we have dealt with continual adjustments in our personal and social actions, we have seen on-line education continually evolving, as we get guidance from the California Department of Education.

We know that on-line education can help to boost student grades, but due to equity issues it cannot cause a student's grades to drop. Teachers within their department determine the grading policies, but grades are based on participation, not performance. Our staff, behind the scenes, are calling all students that have not engaged in online learning consistently and have F's. One of our valued staff members, Mrs. Gaines, worked with teachers to create a more student/parent friendly distance learning web page. Our teachers have just been granted permission to utilize face to face teaching through Microsoft Teams. Our site and district staff are continuing to attend regular meetings on Teams.

A great deal of discussion has taken place about how we can acknowledge our students in the class of 2020 while following the County and State guidelines surrounding COVID-19. The state CAASPP testing, IB testing, the ACT and the SAT are all on hold. Mr. Bradley has worked with the 3-D computers in the engineering room to create masks for many of our local medical organizations. Many of our students are using their talents and creativity to contribute to the community.

We don't know what the 20-21 school year will look like. We only know that it will look different than normal. It is apparent that our educational system is transforming. My thoughts and prayers to all that are struggling through these challenging times.

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

Dr. Mark Pettengill, Principal

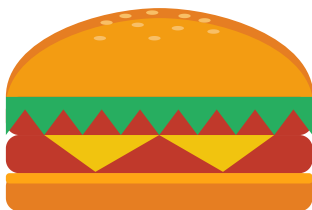
Murrieta Valley High School



## Where can I go for updated information about the coronavirus?

The newest information can be found on the MVUSD website directly: <https://www.murrieta.k12.ca.us/site/default.aspx?PageType=3&DomainID=1&ModuleInstanceID=39231&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=77209&PageID=1>

## Where can I go for information about school lunches?



FREE school lunches for students 18yo and younger are available Monday-Friday from 11am-1pm at the following locations:

**Thompson MS**  
**Shivela MS**  
**McElhinney MS**  
**Warm Springs MS**

Please wear your mask and have the student/s with you at pick-up.

## Where can I go for ALL of the information about distance learning, school updates, etc?

The most up to date information from Murrieta Valley, including **attendance check in, teacher email list, assignment links** here:

<https://www.murrieta.k12.ca.us/site/Default.aspx?PageID=36341>

**For tech help, please email**  
**[MVUSDinfo@mvusd.org](mailto:MVUSDinfo@mvusd.org)**

## MVHS Band & Color Guard Program - Join In the Fun!

Do you love music? Are you looking for a thrilling activity that will allow you to travel and meet lifelong friends? The MVHS Band and Color Guard Program is looking to expand its membership. Current, incoming and transfer students of MVHS are encouraged to join the fun and excitement offered through the Band Program by becoming a member of one of its ensembles. There are opportunities for students to perform on an instrument, or learn to dance and spin various pieces of equipment in the Color Guard. Interested students should speak with their Guidance Counselor as soon as possible, and contact Mr. Brad Pulverenti, Director of Bands, at [bpulverenti@murrieta.k12.ca.us](mailto:bpulverenti@murrieta.k12.ca.us).

## News

FROM OUR LIBRARY

Stay tuned for news about how and when to turn in your library books and textbooks. We expect a date in May. Meanwhile, if you have an overdue library book, there will be no late charges until the end of the year.



If your student has received a D/F and needs to make up a class, MVUSD is offering summer school online this year.

Please visit  
[MVHS Summer School](#)  
for more details –  
remember that classes do fill up  
quickly, so sign up today!





**CALIFORNIA STUDENT**  
MENTAL HEALTH WEEK

*For more  
information about  
mental health  
awareness, please  
go to:  
May Is Mental  
Health Month 2020*



The topic of mental health has never been more important than now. COVID-19 has turned our worlds upside down and the feelings of worry, isolation, loneliness, and anxiety associated with the pandemic are affecting us all. Our mental health is essential to overall wellbeing. Coping strategies can help us better deal with adversity.

Join us in raising awareness about mental illness and help reduce stigma by engaging in the Mental Health Week activities and coping skills below.



**Monday:** Listen to this [Spotify playlist](#) to lift your mood!

**Tuesday:** Follow this [ocean escape](#) guided meditation!

**Wednesday:** Try this [High-Intensity Interval Training](#) workout to release stress!

**Thursday:** Try these thought provoking [journal prompts](#)!

**Friday:** Learn about the art of coziness, the Danish way with "[hygge](#)"!

We are all experiencing an array of feelings regarding the current pandemic. Identifying those feelings can help you cope more effectively.

Completing this [Owning Your Feelings](#) worksheet can help you identify and express your feelings.



However,  
**EVERYONE**  
faces challenges in life  
that can impact their  
mental health.



## Dr. P's Trivia

1. WHAT IS A DUEL BETWEEN THREE PEOPLE CALLED?
2. WHAT WAS THE FIRST TOY TO BE ADVERTISED ON TELEVISION?
3. WHAT IS THE LOUDEST ANIMAL ON EARTH?
4. WHAT IS THE LARGEST COUNTY IN LAND SIZE?
5. WHAT IS BOANTHROPY?
6. WHAT IS THE MOST COMMON BIRTHDAY IN THE UNITED STATES?
7. WHERE WOULD YOU FIND THE SEA OF TRANQUILITY?
8. WHAT IS THE LONGEST RIVER IN THE WORLD?
9. WHAT CHESS PIECE CAN ONLY MOVE DIAGONALLY?
10. NAME THE THREE PRIMARY COLORS

FOR THE ANSWERS, PLEASE GO TO: DR. P'S MAY TRIVIA ANSWERS

# Senior Corner

**MVHS SENIORS & FAMILY:**

**WEDNESDAY, MAY 6, 2020**

CAP AND GOWN PICK UP FRONT OF  
SCHOOL IN CIRCLE DRIVE AT MVHS

**LAST NAME AND TIME**

<b>A - D</b>	<b>E - J</b>	<b>K - O</b>	<b>P - Z</b>
<b>8:00 AM</b>	<b>9:00 AM</b>	<b>10:00 AM</b>	<b>11:00 AM</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>9:00 AM</b>	<b>10:00AM</b>	<b>11:00 AM</b>	<b>12:00 PM</b>

MAKE-UP WINDOW: 12:00 PM— 1:00 PM

IF YOU STILL NEED TO MAKE A PURCHASE:

-COME DURING YOUR SCHEDULED TIME

-PAY \$45 FOR CAP & GOWN (Cash and Card only)

If you need to purchase one, you may go online to  
Herff Jones by May 4. <https://highschool.herffjones.com/secom/school/CA/Murrieta%20Valley%20High%20School/04009284000/4968/buildpackage/1>

~ CLASS OF 2020 ~

## VIRTUAL GRADUATION

CALLING ALL  
SENIORS

WE WILL BE SCHEDULING  
ALL MVHS SENIORS  
TO COME IN CAP & GOWN  
DURING THE WEEK OF  
MAY 18-20  
TO PARTICIPATE IN A  
GRADUATION CEREMONY  
TAPING.

PLEASE CHECK YOUR AERIES  
COMMUNICATIONS FOR  
YOUR SCHEDULED DAY AND  
TIME

**Remember:**  
**MVHS Senior Yard Signs**  
**are on their way!**  
**Be on the lookout in mid-late**  
**May for YOUR special sign.**

**Thanks, MVUSD!**

### **SENIORS:**

Remember to set up your  
Parchment account,  
and select  
"Hold Until Final Grades".  
This is how you order your  
transcripts, to be sent to  
college, trade school or  
for scholarships.

**PARCHMENT**

# California Scholarship Federation (CSF) Information



April 23, 2020

## **Congratulations to our Seniors – Class of 2020 !!!**

No words can express the heartache we feel for your high school experience and senior year concluding with school closures due to COVID-19, but the end is not here yet. We would love to see you join all the virtual celebrations. Let's finish strong !

**Senior Info:** I hope you and your families are doing well. Due to Covid-19 , Senior CSF Membership status will be based on all prior applications due for each semester, up to and including the December 2019 closed semester. In other words, you are only required to submit application/ grade check forms that were due by February 28, 2020.

Status **will not** include the 3<sup>rd</sup> CSF application required during senior year that is due near the 12 week grading period for your last semester. Instead, grades will be checked as of March 13 for continued qualification without the required form submission. If you have concerns, please let me know.

All community service involvement, including tutoring, is considered completed for all semesters. So, if you submitted your applications for all prior dates and grades are good at March 13 – you are good to go. If you have concerns or questions, please email me directly at [dsantelices@murrieta.k12.ca.us](mailto:dsantelices@murrieta.k12.ca.us).

Keep an eye out for upcoming information regarding the distribution of CSF Cords.

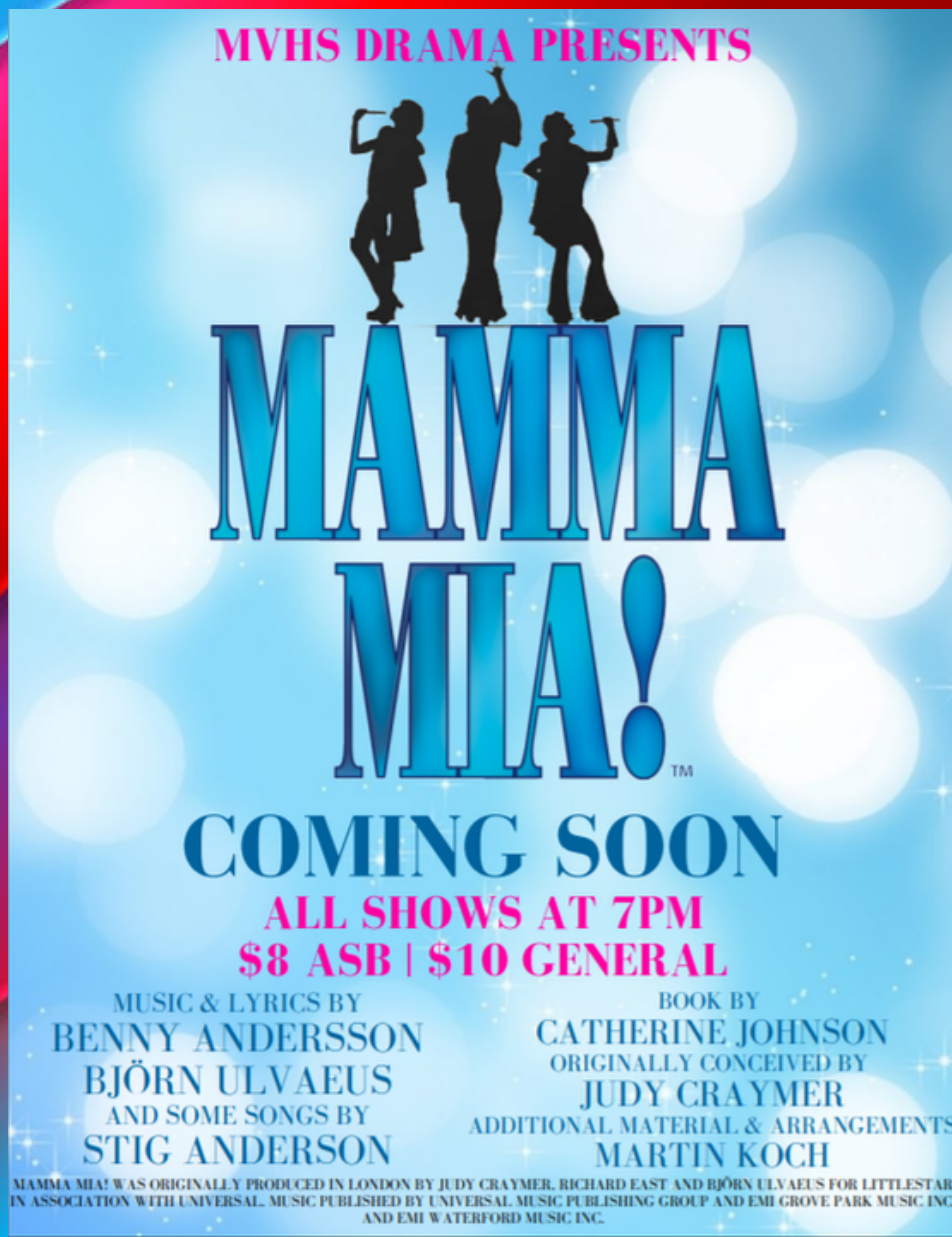
**All CSF members:** **NO** Community Involvement forms need to be submitted for this semester for tutoring or other community service. You are excused from this task. We will revisit community/tutoring participation requirements when we return from distance learning.

**Applications for new and returning members:** We will hold our annual Induction Ceremony and Celebration when we return from distance learning. The application deadline for membership is extended. All late applications will be accepted when we return from distance learning. Membership status will be evaluated when we return on an individual basis.

I hope this letter finds you all healthy and safe. These are unexpected times and we all hope this pandemic ends soon. Grace will be given for all CSF members, so do not worry. Take care of yourselves and keep in touch.

Blessings, Mrs. Santelices CSF Advisor





The MVHS drama dept is still committed to bringing to our community the fun and rockin' musical, Mamma Mia. Our over 65 artists are working on their own in living rooms and backyards to stay on top of their characters and will be thrilled to return to the stage when it is safe to do so. We hope that you will keep them in your thoughts, life them up and be there when we can perform for you. These talented artists have been dancing and one student singing to her horse... never giving up. We will be back so stay tuned and be well.

Ms. Wheaton - MVHS Theatrical Arts Program

## **CONTACT US:**

**PRINCIPAL - DR. MARK PETTENGILL**

**AP - STEPHEN DIEPHOUSE**

**AP - AMY IRWIN**

**AP - RYAN TUKUA**

### **COUNSELING:**

**NICOLE CASTRO**

**RICK LOCKWOOD**

**DINORA MENDOZA**

**JULIE THORNBURG**

**JIM VANDENBURGH**

**BETTY VELASQUEZ (GUID. TECH)**

**VALERIE YOUNG (GUID. TECH)**

### **ATHLETICS:**

**DAREN MOTT**

**KAREE MASON (SECRETARY)**

### **ACTIVITIES:**

**GENIEL MOON, ACTIVITIES DIRECTOR**

**CINDY MUZIC (ACTIVITIES SECRETARY)**

### **BOOKKEEPING:**

**KATHY LEFIELL**

**KAREN LAWRENCE**

### **HEALTH:**

**LISA VANRYZIN (NURSE)**

**CRIS GORRIA (HEALTH TECH)**

**NATALIE RIDDLE (SITE SECRETARY)**

**LORIE PINCHOT (AP SECRETARY)**

**VERONICA RUIZ (AP SECRETARY)**

**KELLIE GAINES (AP SECTY/GUIDANCE)**