



# MURRIETA VALLEY HS NIGHTHAWK NEWS

DECEMBER 2020

*Keeping our families connected*

## Letter From Our Principal

Dear Parents and Students,

In December we have two weeks of school before our final exam week, December 14th through the 18th (schedule is in this newsletter). Our winter break will be from December 19th to January 10th, with our students beginning the 2nd semester on January 11th. On the original school calendar January 11th was set to be a non-student day and a teacher training day, but due to the need to have teachers set up online platforms in August, January 11th is the first school day of the second semester. Encourage your students to finish strong as we approach the end of the first semester.

-The tutorial service "Paper" can be accessed by following the information below: Go to Canvas Click on the free tutoring link (goes to paper.co) Select "trouble logging in" on the sign in page for a password reset (must use their 9 digit student ID email) Here is the link to our virtual learning page: <https://www.murrieta.k12.ca.us/site/default.aspx?PageType=3&DomainID=1416&ModuleInstanceID=5646&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=82306&PageID=7912>

- We encourage students to participate in Office Hours Tuesday through Friday from 1:15 to 2:30.
- Please encourage students to be in class with cameras on.
- The library remains open Mondays and Thursdays for student textbook and device checkout from 7:30 to 2:30.

Please stay safe during these crazy times. Have a wonderful family time and make memories during the three weeks off.

We are in this together. Together We Soar.

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

Instagram: <https://www.instagram.com/officialmvhs/>  
Facebook Page: <https://www.facebook.com/officialmvhs/>

Twitter: <https://twitter.com/officialmvhs>  
TikTok: @officialmvhs



# Counseling News

## Seniors!

Every student who completes their FAFSA will get a free Chick-fil-a sandwich.

Friday between Dec 4-March 5 we will be randomly picking 10 names of students who have completed their FAFSA to SPIN THE WHEEL OF FAFSA for a chance to win the following items:  
*Cap and Gown - Diploma Frame - College/Military Banner - Nighthawk Sock/Slippers - Sweatshirt - Swag Bag*

## ACT/SAT Testing Dates

ACT:

February 6th

April 17th

SAT:

March 13th

May 8th

Please click for more info or to register: [ACT](#)

Please click for more info or to register: [College Board](#)

# News

FROM OUR LIBRARY

Still need a textbook or a device?

Our library will be open on  
Mondays and Thursdays ONLY  
from 7:30am - 2:30pm.

Please bring your signed agreement if  
you are picking up a device.



## AP AND IB TEST REGISTRATION & PAYMENT

IF YOU ARE TAKING BOTH AP AND IB TESTS, YOU MUST REGISTER & PAY SEPARATELY

<p>PLEASE GO TO THE WEBSITE AND MAKE YOUR PAYMENT HERE:</p>		
	<p>CLICK HERE: <a href="https://totalregistration.net/IB/052073">TOTALREGISTRATION.NET/IB/052073</a></p>	<p>CLICK HERE: <a href="https://totalregistration.net/AP/052073">TOTALREGISTRATION.NET/AP/052073</a></p>
<p>QUESTIONS? AP MRS. CASTRO IB MRS. FIELDS</p>	<p><u>REGISTRATION:</u> SEPTEMBER 21ST–NOVEMBER 6TH <u>LATE REGISTRATION:</u> NOVEMBER 7TH–DECEMBER 15TH (\$40 LATE FEE PER TEST WILL APPLY)</p>	<p><u>REGISTRATION:</u> SEPTEMBER 21ST–NOVEMBER 6TH <u>LATE REGISTRATION:</u> NOVEMBER 7TH–DECEMBER 15TH (\$10 LATE FEE PER TEST WILL APPLY)</p>

**Last day to register/pay is Dec 18th!!**

Murrieta Valley High School  
2020-2021 1<sup>st</sup> Semester Final Exam Schedule

FINAL SCHEDULE (Modified Bell Schedule)		
Monday, December 14, 2020	Begin Time	End Time
1 <sup>st</sup> Period	8:55	9:40
2 <sup>nd</sup> Period	9:45	10:30
Break	10:30	10:45
3 <sup>rd</sup> Period	10:50	11:35
4 <sup>th</sup> Period	11:40	12:25
Lunch	12:25	12:55
5 <sup>th</sup> Period	1:00	1:45

FINAL SCHEDULE (Modified Bell Schedule)		
Tuesday, December 15, 2020	Begin Time	End Time
6 <sup>th</sup> Period	7:45	8:30
7 <sup>th</sup> Period	8:40	9:25
Break	9:30	9:50
5 <sup>th</sup> Period (FINAL)	9:55	11:45

FINAL SCHEDULE (Modified Bell Schedule)		
Wednesday, December 16, 2020	Begin Time	End Time
1 <sup>st</sup> Period (FINAL)	7:45	9:35
Break	9:35	9:50
7 <sup>th</sup> Period (FINAL)	9:55	11:45

FINAL SCHEDULE (Modified Bell Schedule)		
Thursday, December 17, 2020	Begin Time	End Time
2 <sup>nd</sup> Period (FINAL)	7:45	9:35
Break	9:35	9:50
4 <sup>th</sup> Period (FINAL)	9:55	11:45

FINAL SCHEDULE (Modified Bell Schedule)		
Friday, December 18, 2020	Begin Time	End Time
3 <sup>rd</sup> Period Final	7:45	9:35
Break	9:35	9:50
6 <sup>th</sup> Period Final	9:55	11:45

- Absences during exam week: Permission from an administrator is necessary for students to make-up a missed exam! *Students will not be allowed to take an examination early under any circumstance.* During these difficult times, if a student doesn't take finals at the regularly scheduled time then they need to work out with the teachers.
- All classes are expected to administer a semester exam.
- *Missed examinations will result in a zero being posted to the student's grade until the final is graded and a change of grade is submitted by the teacher of record.*

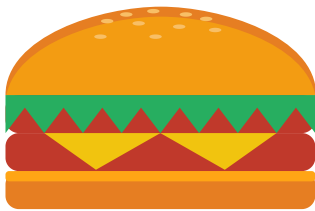


# Where can I go for updated information about the coronavirus?

The newest information can be found on the MVUSD website directly:

**MVUSD District Website**

**School lunches are available for free for all enrolled MVUSD students!**



For all information regarding nutrition services in the upcoming school year, please go to the District Nutrition page at:

<https://murrietaschoolnutrition.com/>

**Thursdays 12-6pm**

**Enter the lunch line from Fullerton**

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

The most up to date information from Murrieta Valley here:

**MVHS Nighthawk Website**

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



**NEED  
HELP?**

## **How Do I Get Help With:**

Class change/schedule, college/career info, forms,  
need to talk to someone?

### **Counseling**

Student email or Aeries account help?

### **Email Mrs. Gaines**

Information about student health, medications, immunizations, etc?

### **Health Office**

Information about clubs or activities?

### **ASB**

Purchases, late fees/fines, webstore, password reset?

### **Bookkeeping**

Sports, camps, practices, athletic clearances?

### **Athletics**

Contacting my student's teacher?

### **Teachers Directory**

## *Dr. P's Trivia*

1. WHAT IS THE LARGEST PLANET IN OUR SOLAR SYSTEM?
2. HOW MANY TIME ZONES IN THE CONTINENTAL US?
3. HOW OLD MUST SOMEONE BE TO RUN FOR PRESIDENT OF THE US?
4. NAME THE FOUR PRESIDENTS ON MOUNT RUSHMORE??
5. WHAT IS THE CHEMICAL SYMBOL FOR GOLD?
6. HOW MANY MINUTES ARE IN A DAY?
7. HOW MANY BONES DO SHARKS HAVE?
8. NAME ALL SEVEN DWARFS.
9. WHAT IS THE FIRST LETTER OF THE GREEK ALPHABET?
10. HOW MANY REINDEER DID SANTA HAVE? NAME THEM.

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

# SEL NEWSLETTER

## STRESS MANAGEMENT

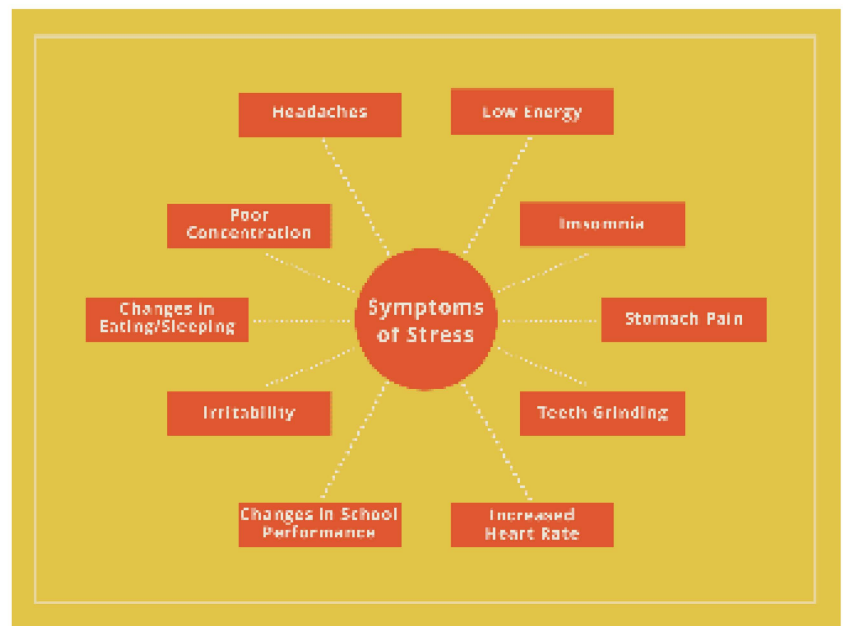
### What is Stress?

According to the American Institute of Stress, stress can be defined as “physical, mental or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual has to mobilize.” But not all stress is bad.

### Types of Stress:

**Eustress** – Healthy amount of stress that pushes us to our optimal performance level such as when getting ready for a recital, test, or performance. Stress in daily life that has positive connotations such as: graduation, marriage, promotion, winning, new friends, etc.

**Distress** - Stress in daily life that has negative connotations such as: divorce, punishment, injury, negative feelings, financial problems, work/school difficulties, etc.



### Stress Resources:

- [Video: What is Stress?](#)
- [Stress Management Tips](#)
  - [Stress Management](#)
- [Dealing with Tough Situations](#)
- [MVUSD Virtual Calming Space](#)

### Stress Management Apps:

- [Personal Zen](#)
  - [Happify](#)
  - [Pacifica](#)
- [SuperBetter](#)

## **CONTACT US:**

**PRINCIPAL - DR. MARK PETTENGILL**

**AP - STEPHEN DIEPHOUSE**

**AP - AMY IRWIN**

**AP - RYAN TUKUA**

### **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-L**

**VALERIE YOUNG (GUID. TECH): M-Z**

### **ATHLETICS:**

**DAREN MOTT**

**KAREE MASON (SECRETARY)**

### **ACTIVITIES:**

**GENIEL MOON, ACTIVITIES DIRECTOR**

**CINDY MUZIC (ACTIVITIES SECRETARY)**

### **BOOKKEEPING:**

**KATHY LEFIELL**

**KAREN LAWRENCE**

### **HEALTH OFFICE (NURSE):**

**LUCY CARDENAS (NURSE)**

**CRIS GORRIA (HEALTH TECH)**

**NATALIE RIDDLE (SITE SECRETARY)**

**LORIE PINCHOT (AP SECRETARY)**

**VERONICA RUIZ (AP SECRETARY)**

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

*Go to our website  
for more info*