



MURRIETA VALLEY HS NIGHTHAWK NEWS

JANUARY 2021

Keeping our families connected

Letter From Our Principal

Dear Parents and Students,

We hope that our students have had a great opportunity to relax and spend quality time with their families over the holiday season. We look forward to welcoming our students back to school virtually on January 11th for a short month. They will have to make the adjustment to typing/writing 2021 on the top of their papers. We encourage our students to hit the ground running and stay up on their grades utilizing the many intervention programs that we offer. The Riverside County COVID numbers are very high, but there is a strong push at the State level for the return to school in hybrid mode. Our district is monitoring this very closely.

If students need to make-up any final exams from the first semester, they need to contact teachers to make up finals during office hours. Many student schedules have been adjusted for various reasons. Please check your child's schedule in Aeries to see if there have been any changes. If students have any scheduling issues they should contact counselors.

Mr. Lockwood: A-D & SDC

Mrs. Thornburg: M-Q & IB

Mrs. Mendoza-Montoya: AVID, English Learners & 504 students

Mr. Vandenburg: E-L & NCAA

Mrs. Castro: R-Z

Here is the link to our virtual learning page: [MVHS Virtual Learning](#)

Our picture days will be January 26th through the 29th. Our library will be open from 7:30-2:30 this week, Monday through Thursday. Please wear masks on campus. 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 State has consented for cross country, tennis, golf, track and swimming to resume while we are in the purple tier. We encourage all students with a desire to participate seek an activity to get involved in one of these sports. The guidelines for students to participate in co-curricular activities have been relaxed due to the passing of AB 908. Here is a link to our Nighthawk Athletics Web page: <https://www.murrietavalleynighthawks.com/>

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.

On Fridays 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

Info/registration:

ACT

Info/registration:

College Board

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.

News

FROM OUR LIBRARY

Do you need a textbook for your
spring semester classes?

Or need a device to
finish the year off strong?

January 19 - 22 (7:30am - 2:30pm)

LIBRARY BOOK RETURN / EXCHANGE -

Drop in basis all week - student may
return books or pick up new textbooks

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

.....
Best of wishes

to our librarian,

Mrs. Dominguez,

on her retirement!

*Thank you for your service to MVUSD.
Once a Nighthawk, always a Nighthawk.*



MVHS PICTURE DAYS

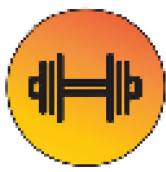
JAN. 26 – 29, 2021



9th-12th Grade Yearbook Picture Schedule by Alphabet

Tuesday, January 26	Wednesday, January 27	Thursday, January 28	Friday, January 29
1 pm – 1:30 pm Last Names: A - Appleby	1 pm – 1:30 pm Last Names: Echavez - Fisher	1 pm – 1:30 pm Last Names: Lindell - Maneafajja	1 pm – 1:30 pm Last Names: Rogers – Santoyo
1:30 – 2:00 Last Names: Arancibia - Basset	1:30 – 2:00 Last Names: Fitt - Galvan	1:30 – 2:00 Last Names: Monica - McChesney	1:30 – 2:00 Last Names: Sarcheshmeh - Simpson
2:00 – 2:30 Last Names: Batiz - Blenborn	2:00 – 2:30 Last Names: Gamarro - Gonzales	2:00 – 2:30 Last Names: McClellan - Meyer	2:00 – 2:30 Last Names: Sims – Steinman
2:30 – 3:00 Last Names: Blough - Burris	2:30 – 3:00 Last Names: Gonzalez - Hand	2:30 – 3:00 Last Names: Michoni - Morse	2:30 – 3:00 Last Names: Stenson - Timberlake
3:00 – 3:30 Last Names: Burton - Cass	3:00 – 3:30 Last Names: Hanks - Henry	3:00 – 3:30 Last Names: Morton - Nolan	3:00 – 3:30 Last Names: Timm – Van Desande
3:30 – 4:00 Last Names: Castaneda - Colson	3:30 – 4:00 Last Names: Henson - Hurtado	3:30 – 4:00 Last Names: Nolte - Parady	3:30 – 4:00 Last Names: Vandenberg - Warner
4:00 – 4:30 Last Names: Comstock - Cunniham	4:00 – 4:30 Last Names: Hutchinson – Jones-Dozier	4:00 – 4:30 Last Names: Pardue - Piedra	4:00 – 4:30 Last Names: Warsing - Williamson
4:30 – 5:00 Last Names: Cupid - Demary	4:30 – 5:00 Last Names: Jurarez – Kumbrock	4:30 – 5:00 Last Names: Pilotte - Roeder	4:30 – 5:00 Last Names: Willis - Z

Make-up times: 5:30-6:30pm every day



**CUSTOM
FITNESS
SOLUTIONS**



HAVLU

Virtual Enterprise

Virtual Enterprise is a simulated business that operates in a competitive environment with the goals of educating students with key knowledge needed with developing a business, experiencing the feeling of how a real business is developed and how one operates, and inspiring students to develop a better work ethic.

Custom Fitness Solutions (CFS) enhances the home fitness industry by specializing in meeting its customers' workout goals. *CFS* sells a variety of home gym equipment at trade shows and on a user-friendly website, which allows customers to find the exact equipment they need to work towards their goals.

Havlu promotes an environmentally sustainable lifestyle that benefits the consumer while restoring the health of our planet. *Havlu* achieves this by offering a wide variety of environmentally sustainable hygiene products and Turkish cotton towels, available in customizable bundles and monthly subscriptions.

In VE, each student competes in trade shows and multiple competitions. Usually, the trade shows are massive in-person events, but this year, it is done virtually. The students were still able to interact with other VE companies and judges. At first, there were many problems, as this was new to everyone; however, as they got smoothed out, both of the MVHS companies did phenomenally. Being able to learn about other businesses was an extremely rewarding experience for the students and everyone involved.

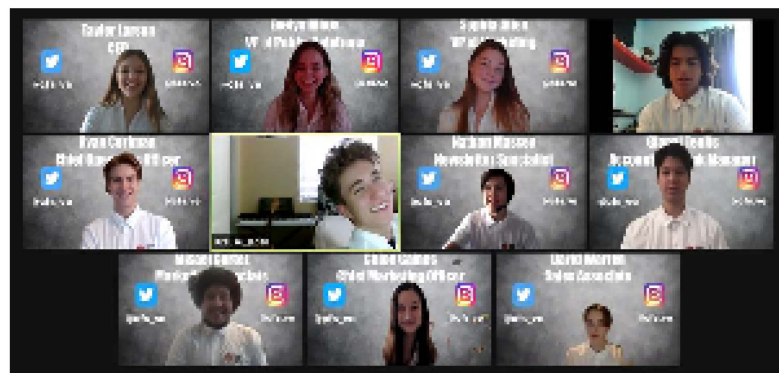
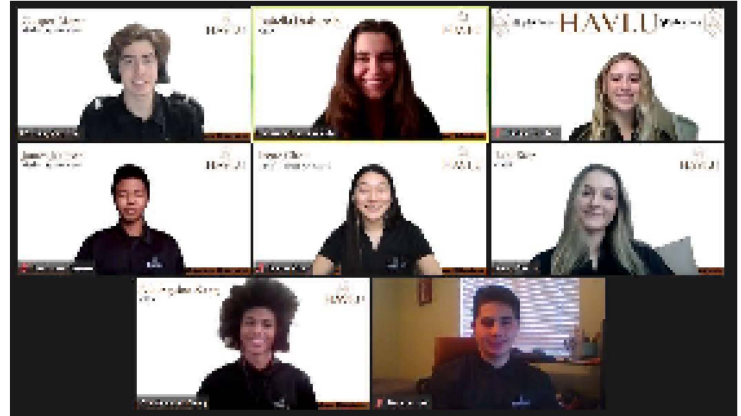
Awards:

Havlu: Gold (*Banner Ad*), Bronze (*Company Newsletter*), Bronze (*Radio Commercial*)

CFS: Silver (*Company Newsletter*), Silver (*Radio Commercial*)

"I had a great time learning how to sell, especially with the world we live in today I appreciated the opportunity VE gave us to better our business skills." Jeremy Aranda

"It was definitely something to remember! The trade show was an awesome experience, being able to connect with people over the computer, that we'd probably never be able to connect with in-person." Jaden Krause



SEL NEWSLETTER

DEPRESSION

What is Depression?

According to the American Psychiatric Association, depression is a common medical illness that negatively affects how a person feels, the way they think and the way they act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and decrease the ability to function. Fortunately, it is treatable!

Risk Factors for Depression:

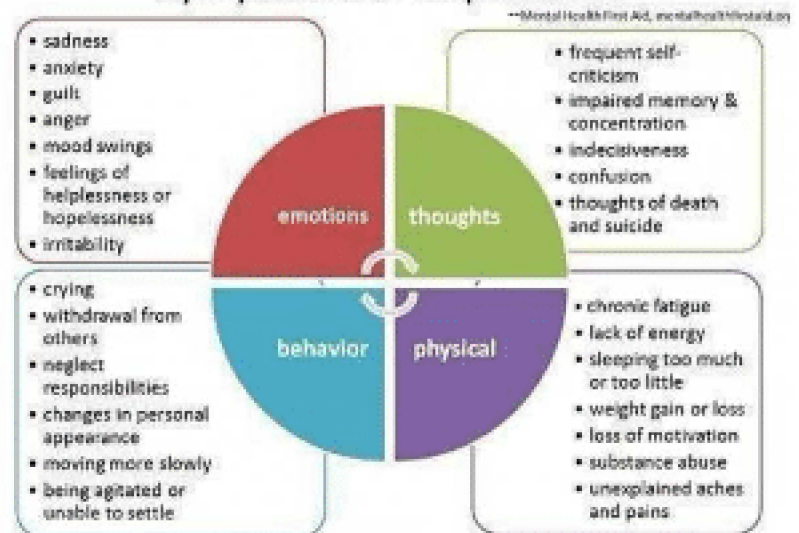
Biochemistry– Differences in certain chemicals in the brain may contribute to symptoms of depression.

Genetics – Depression can run in families.

Personality – People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.

Environmental Factors – Continuous exposure to violence, neglect, abuse, or poverty may make some people more vulnerable to depression.

Symptoms of Depression



Coping with Depression



Develop a strong support network



Improve your sleep



Develop good nutrition



Reduce your stress levels



Learn to curb negative thinking



Follow a routine



Avoid procrastination



Create a wellness toolbox



Increase physical activity



Go outside in nature

Depression Resources:

- [Video: What is Depression?](#)
- [Tips to Manage Depression](#)
 - [The Cycle of Depression](#)
 - [Depression Treatment and Management](#)
- [Depression Common Unhelpful and Helpful Thoughts Tool](#)

"There is hope, even when your brain tells you there isn't." ~

John Green

California Interscholastic Federation



EDUCATION-BASED ATHLETICS COVID-19 MODIFICATIONS

- Information is current as of January 5, 2021
- [CDPH Youth Sports Guidelines](#)
- CIF Guidelines will be adjusted weekly
- In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)
- Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician
- Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school

CIF Season 1 Sports (January - April):

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

**Please refer to respective CIF Sections for verification of seasons of sport*

WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/Snowboarding, Swimming & Diving, Tennis, and Track & Field.

SUBSTANTIAL

Sports allowed in this tier: Baseball, Field Hockey, Girls Lacrosse, and Softball.

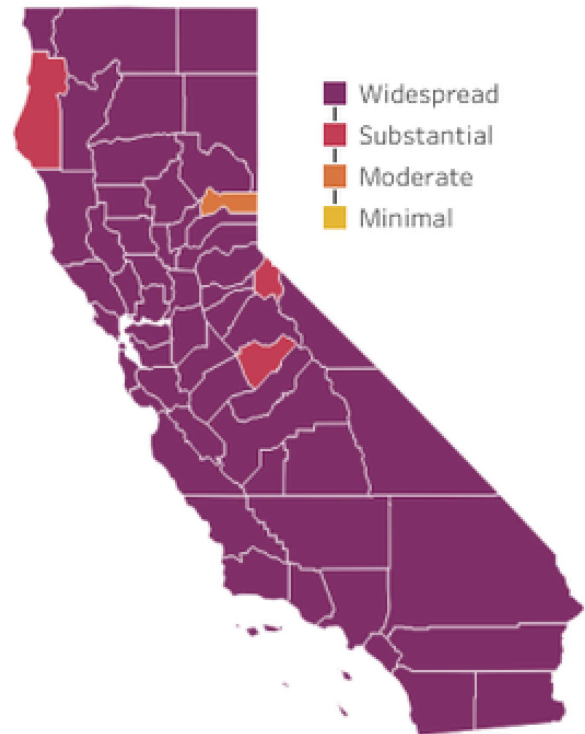
MODERATE

Sports allowed in this tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, and Water Polo.

MINIMAL

Sports allowed in this tier: Basketball, Competitive Cheerleading, and Wrestling.

January 5, 2021 County Tier Status



Physical conditioning, practice, skill building, and training that can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts are currently authorized for all sports regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. In counties under the Regional Stay at Home Order, only activities consistent with the sentence above are permitted, regardless of the county's tier status.

Competition between two teams will not be allowed in California until January 25, 2021, at the earliest. Once return to competition is allowed every participating school's county must also be in the authorized tier status for the respective sport in order to compete.



VALENTINES FOR VETS

Sponsored by Murrieta Valley High School PTSA



Help us say thank you to a Veteran by creating valentines between now and January 22, 2021.



HELPFUL TIPS WHEN CREATING CARDS



- Valentines of all shapes, sizes, and colors are welcome. However, valentines that are greeting-card size or smaller are preferred.
- Hand crafted cards make someone feel special. It's also okay to buy cards and write special messages inside. Making it personal is the goal.
- Envelopes are not necessary. If you do use them, do not seal them.
- Sign your first name only. You may include your age and school but not personal information such as your last name, address, or phone number.
- Do not include any images or phrases related to violence or death including terms such as RIP.
- Do not write the date or year on the valentines.
- Do not attach candy or anything perishable.



MESSAGE IDEAS



- Messages should be positive and encouraging.
- Tell them why you appreciate them.
- Thank them for their service, sacrifice and commitment to our country and citizens.
- Tell the Veteran why they are important, what you plan to do this year to remember our nation's proud military history, or the reason you want to wish them a Happy Valentine's Day.



THANK YOU FOR HELPING!

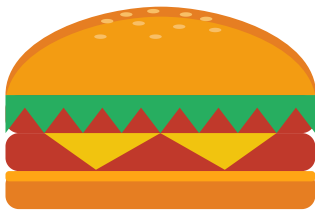


Where can I go for updated information about the coronavirus?

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



NEED
HELP?

How Do I Get Help With:

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

Counseling

Student email, Zoom 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, webstore password reset?

Bookkeeping

Sports, camps, practices, athletic clearances?

Athletics

Contacting my student's teacher?

Teachers Directory

Dr. P's Trivia

1. WHAT WAS THE FIRST TOY TO BE ADVERTISED ON TV?
2. WHAT IS THE MOST FREQUENTLY SOLD ITEM AT WALMART?
3. WHAT DOES PHD STAND FOR?
4. WHAT TWO LETTERS ARE ALSO SYMBOLS FOR 1,000?
5. WHO WAS THE FIRST DEMOCRAT AND FIRST REPUBLICAN TO BE ELECTED PRESIDENT?
6. WHO IS THE MOST FOLLOWED PERSON ON INSTAGRAM?
7. WHAT WAS THE MOST SEARCHED WORD ON GOOGLE IN 2020?
8. WHAT ITEM IS ORDERED THE MOST AT MCDONALD'S? WHICH IS THE LEAST?
9. WHAT IS THE LOWEST PRIME NUMBER GREATER THAN 100?
10. WHAT IS THE MOST USED WORD IN THE ENGLISH LANGUAGE?

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

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:

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HEALTH OFFICE (NURSE):

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CRIS GORRIA (HEALTH TECH)

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LORIE PINCHOT (AP SECRETARY)

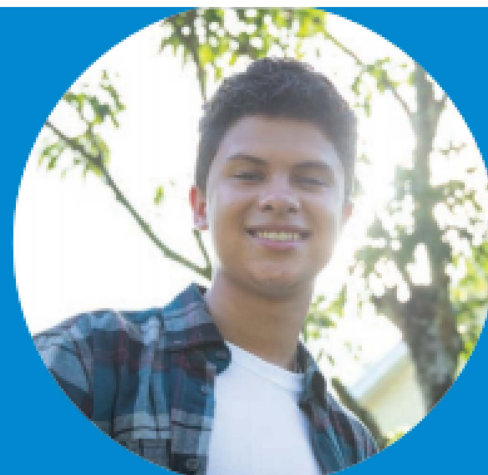
VERONICA RUIZ (AP SECRETARY)

KELLIE GAINES (AP SECRETARY/GUIDANCE)

*Go to our website
for more info*

College Board Opportunity Scholarships

Turn your efforts into scholarships.



The College Board Opportunity Scholarships program guides you through the college planning process and offers you a chance to earn money for college for each action you complete. The more effort you put in, the more opportunities you'll have to earn. It doesn't require an essay or an application, and it doesn't have a minimum GPA or test score requirement. Scholarships can be used at 2- and 4-year colleges. **Half of all scholarships are reserved for students with an annual family income below \$60,000.**

Learn more and get started at [cb.org/opportunity](https://collegeboard.org/opportunity).



1. Build Your College List: \$500

Get started by exploring colleges that interest you on Big Future.



2. Practice for the SAT: \$500

Use Official SAT[®] Practice on Khan Academy[®] to get ready for test day.



3. Explore Scholarships: \$500

Find scholarships and other aid to help you pay for college.



4. Strengthen Your College List: \$500

Make sure your college list on BigFuture has a mix of safety, match, and reach schools.



5. Complete the FAFSA: \$500

Fill out the Free Application for Federal Student Aid (FAFSA) to apply for financial aid.



6. Apply to Colleges: \$500

Apply to colleges you want to attend.



Complete Your Journey: \$40,000

Complete all six scholarship steps to be eligible for a \$40,000 scholarship.

BigFuture Days

SIGN UP FOR COLLEGE BOARD'S FIRST-EVER VIRTUAL COLLEGE FAIRS

Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture™ Days gives you a chance to get information about multiple colleges from college admissions officers and current college students.

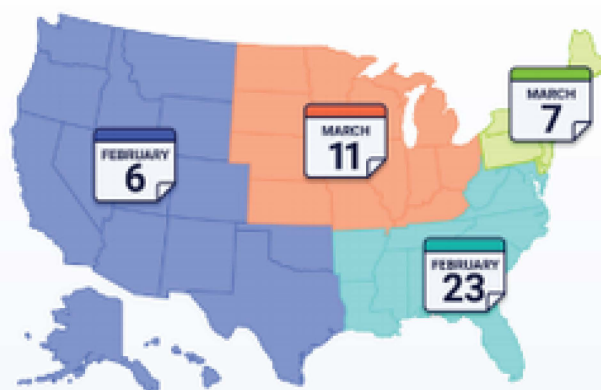
Here are five reasons to attend BigFuture Days:

- 1 Explore colleges in a way that's informative but not overwhelming.
- 2 Connect directly with colleges to get answers to your questions and show your interest in attending.
- 3 Hear from current college students who know what it's like on campus.
- 4 Take key college planning steps like searching for colleges and exploring scholarships.
- 5 Join these free events from a computer or mobile device.

Sophomores and Juniors: Save These Dates

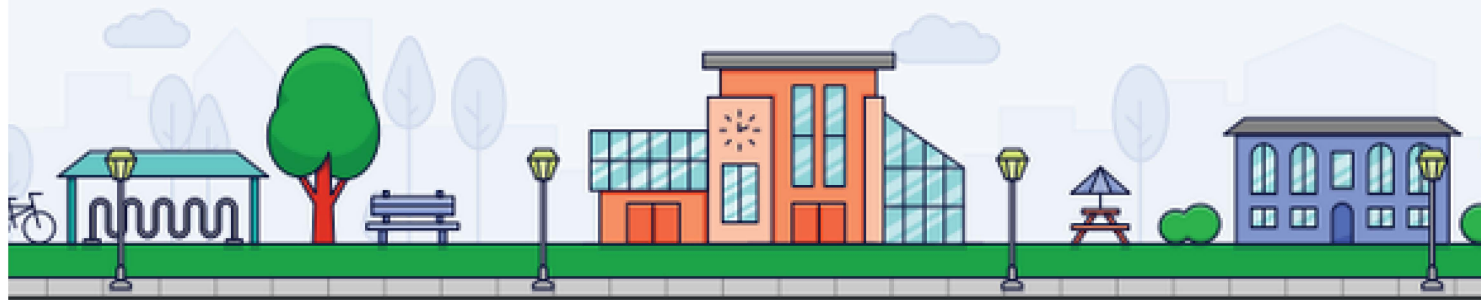
Explore your college options in each region—attend any or all of these events.

- **BigFuture Day West + Southwest**, Saturday, February 6
- **BigFuture Day Southeast**, Tuesday, February 23
- **BigFuture Day Northeast**, Sunday, March 7
- **BigFuture Day Midwest**, Thursday, March 11



Go to cb.org/bigfuturedays to register and learn more!

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AQUATICS SUMMER POSITIONS

HIRING WORKSHOPS



For All Ages (Parents are encouraged to attend)

Openings for:

▶ LIFEGUARD

▶ INSTRUCTOR

▶ SPLASH PAD

*Go to TemeculaCA.gov/jobs
for job descriptions*.*



Learn about
available
positions for
Summer 2021

Hear from
current
employees

Get insider tips
on how to
interview and
GET HIRED

Discover what
makes working
for Temecula
unique

*Hiring contingent upon Public Health Orders allowing aquatic activities.

REGISTER TO RESERVE YOUR SPOT

Register for one of the sessions below at TemeculaCA.gov/ICSD or use the QR code below to access the online catalog (found under Aquatics Programs)

January 13 Virtual Session on ZOOM

January 23 In-Person Session: CRC Amphitheater 30875 Rancho Vista Rd.

January 28 Virtual Session on ZOOM



City of Temecula Aquatics - 951-308-6396 - swimeTemeculaCA.gov

Are you interested in being a Temecula **LIFEGUARD?**

But not sure about the **tryout process**?
Ready? Nervous? We want to help!



Tryout Clinic | *Saturday, March 20 @ 1:30 p.m.*

Run through a practice tryout with current staff. Get help with skills and find out what you can improve to do your best. This event is for any potential employee (certified or not) to attend, participate and/or watch. *See tryout criteria at TemeculaCA.gov/swim.*

Practice Day | *Saturday, April 10 @ 1:30 p.m.*

The day before tryouts—this is your last chance to brush up on skills with current staff members and make sure you are prepared. Ask questions about the hiring process and working for Temecula.

Space is limited - Please register online at TemeculaCA.gov/TCSD

TRYOUTS

Sunday, April 11 at 1:30 p.m.

Community Rec Center - 30875 Rancho Vista Rd.

Apply to be a Lifeguard at TemeculaCA.gov/JOBS by April 12.
Must be an American Red Cross certified Lifeguard at time of tryouts.

*Hiring contingent upon Public Health Orders allowing aquatic activities.

City of Temecula Aquatics - 951-308-6396 - swim@TemeculaCA.gov