

# MURRIETA CANYON

## Counseling Newsletter



### COUNSELOR CONTACT INFORMATION

**Mr. Proffitt (9<sup>th</sup>-11<sup>th</sup> grade)**  
[eproffitt@murrieta.k12.ca.us](mailto:eproffitt@murrieta.k12.ca.us)

**Ms. Urbany (12<sup>th</sup> grade)**  
[murbany@murrieta.k12.ca.us](mailto:murbany@murrieta.k12.ca.us)

Please email if you would like to set up a phone conference. We look forward to staying in touch in the weeks to come!



### Hello Students and Parents,

The MCA Counseling team wanted to send you a quick note to let you know we're thinking of you and your families daily. This is an unprecedented and difficult time for us all. Please remember to take care of yourselves.

In addition to academic support, we have added some resources to provide support for your mental and emotional health as well. If you feel you need additional resources or support, please do not hesitate to reach out!



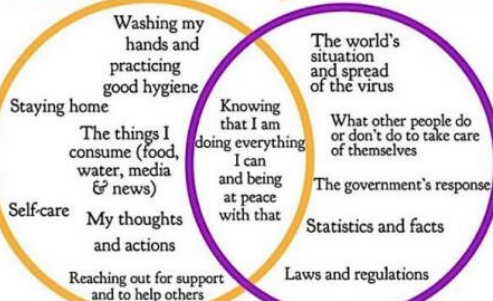
### OFFICE HOURS DURING DISTANCE LEARNING

**Monday – Friday  
10:30am-2:30pm**

We have set up office hours in order to facilitate your ability to stay in contact with us during school closure.

#### THINGS I CAN CONTROL

#### THINGS I CAN'T CONTROL



**Q: What if I can't get into my email/Haiku?**

**A:** Send an email to [mvusdinfo@mvusd.org](mailto:mvusdinfo@mvusd.org) and they will be able to assist with resetting your account.

**Q: How often should I be checking my school email/Haiku?**

**A:** You should check at least once a day. You might be getting text messages as well as emails, depending on how you've set up your Aeries Communication.

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# FREQUENTLY

# ASKED QUESTIONS

**Q: Can I use this time to make up missing work?**

**A:** YES! Please make up ALL missing assignments. Missing assignments can be found under your class grade book on Aeries. Please communicate with your teachers if you have any questions.

**Q: Can I continue with my APEX Credit Recovery courses?**

**A:** Credit recovery will continue as normal. Contact your teacher to unlock sections as needed.

*Daily:* Mr. Rothlein ([jrothlein@murrieta.k12.ca.us](mailto:jrothlein@murrieta.k12.ca.us)) *Independent Study:* Ms. Fritch ([mfritch@murrieta.k12.ca.us](mailto:mfritch@murrieta.k12.ca.us))

**Q: If I can't communicate with my teachers, who should I talk to?**

**A:** Counselors will be able to support students during Office Hours. Please email to set up an appointment.

**Q: What if I still have missing Community Service Hours?**

**A:** MVUSD understands these are very unprecedented times and have decided to waive community service requirements for Seniors.

**Q: What if I need a work permit?**

**A:** Work permits are issued after you have secured a job. The forms are available online through the [district website](#), under *Students*.

**Q: I'm worried about graduation because Aeries is showing I am failing some classes. What do I do?**

**A:** We are here to make sure students have a variety of ways to bring up grades. Let's work together!



**“Your mental health is just as important as your physical health.”**

## Mental Health Strategies During COVID-19

1. Maintain routines as much as possible.
2. Get up, shower, and get dressed.
3. Eat healthy meals and snacks.
4. Get outside. Fresh air and exercise are important.
5. Maintain communication with friends and family.
6. Video-chat so you can see their face and hear their voice.
7. Watch and read things that are comforting.
8. Keep up to date with news, but no more than 1 hour. Limit screen time as much as possible – this includes video games.

# Mental Health MATTERS!

## Mental & Emotional Health Support

It is especially important to take care of your mental and emotional health during times of uncertainty. Your mental health is just as important as your physical health

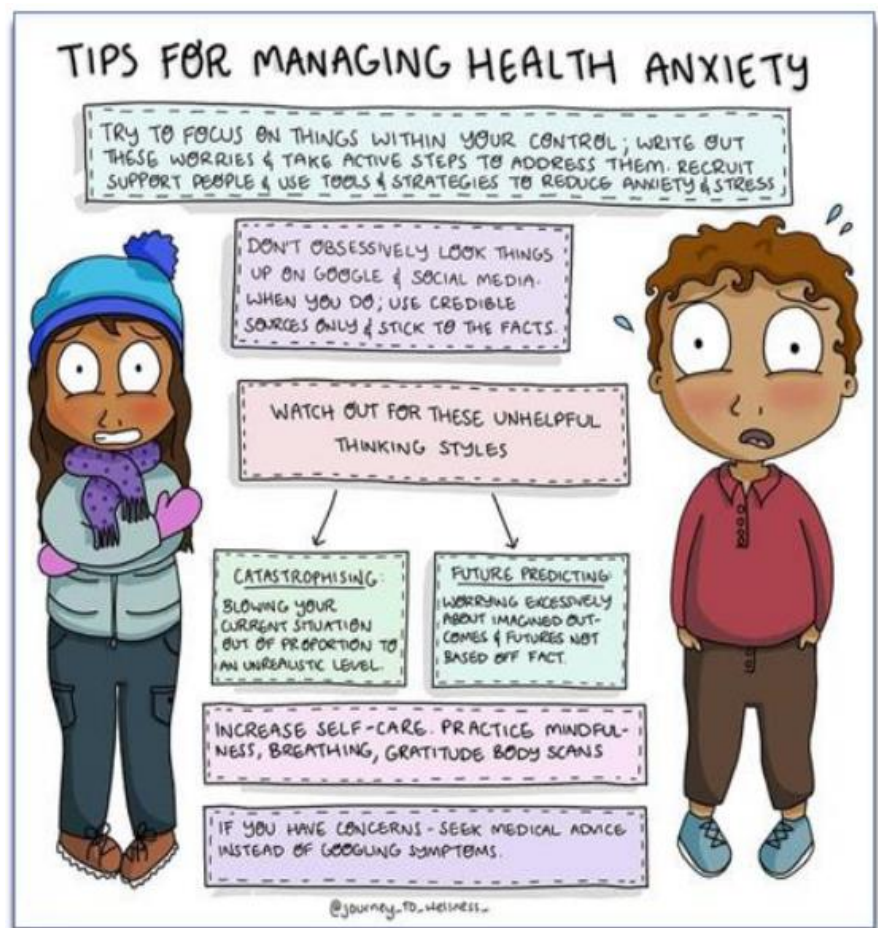
Below are some links to videos, as well as strategies, to help you during these stressful times. Please communicate with your family and friends. MCA counselors and staff are here to support you!

### Coping Strategies Videos

- [Seven Ways to Turn Your Day Around](#)
- [Stress Management Strategies](#)

### Coping with Stress Related to Coronavirus

- [Living with Worry and Anxiety Amidst Global Uncertainty](#)
- [Coronavirus Disease 2019 \(COVID-19\): Manage Anxiety & Stress](#)



# SENIORS...

## Let's Chat.

**Hello Seniors, Ms. Urbany here,**

I understand the stress of these uncertain times may be overwhelming, especially with graduation right around the corner. Please know that I am still here to help you cross the finish line however I can. I have received a lot of emails with Senior related questions, so here are some Senior updates:

1. **Credit Completion.** It is VITAL that you complete all missing assignments prior to the school closures. These assignments do not fall under the "optional" distance learning and will be factored into your final grades. If you have credit recovery, please continue working. New credit recovery classes will be added as needed. Pace yourself accordingly, **only 8 WEEKS remaining.**
2. **Community Service Hours.** Given the circumstances, the district has waived this graduation requirement.
3. **Junior Reflective Essay (JRE) and Senior Culminating Project (SCP)** are still graduation requirements. Please continue to work on both and complete as soon as possible. When you've completed your JRE, please email to Mrs. Beach ([mbeach@murrieta.k12.ca.us](mailto:mbeach@murrieta.k12.ca.us)). I am available to proofread as well. We are currently developing a plan for presenting SCP's – we will keep you posted with the finalized plan.
4. **Senior Portraits.** We will not have Senior portrait make-ups. You can schedule a photo appointment outside of school, through LifeTouch. If you would like to check out a MCA cap & gown for your photos, please email me ([murbany@murrieta.k12.ca.us](mailto:murbany@murrieta.k12.ca.us)).
5. **Graduation Ceremony.** As of now, no changes have been made for MCA's graduation. We are currently set to return to school April 30<sup>th</sup> and our ceremony is still scheduled for **June 2<sup>nd</sup>**.

