



EXPLORER EXPRESS

Antelope Hills Elementary
36105 Murrieta Oaks Ave, Murrieta, CA 92562
(951) 445-4110

Character COUNTS

Fresh cut grass, the smell of hot dogs, the roar of the crowd and the cracking of bats can only mean one thing...it's baseball season! Thousands of kids around the country are lacing up their cleats once again for yet another chance to run around the fields, acting like their favorite big leaguers, whose faces appear on baseball cards.

However, more than any sport out there, baseball and softball tends to bring out the worst in some adults. Whether it be coaches or parents, some kids must endure a full season of adults telling them what they did wrong each time they swung the bat or failed to scoop up a ground ball. For many kids, this baseball or softball season will be their last, as they will decide that they don't want to play again because of something said to them by a parent or coach. The interest or passion that they had for the game will be gone because of someone else.

Coaches and parents sometimes forget that they are also teachers in children's lives. Building character in kids can only be accomplished through positive teaching and role-modeling. Praise, encouragement and support needs to replace belittling, embarrassing, and putting-down. How can we expect our youth to develop good character (Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship), if we don't show it ourselves every single day.

So, the next time you see a child strike-out or let a ball roll through their legs, holler out words of support and encouragement, instead of correction and disappointment. Because no matter which words you choose, good or bad, you can bet they will have an impact. Baseball, softball, basketball, soccer and all the others make up a category called sports and games, and if I remember correctly, games are supposed to be fun.

Remember.....no matter where or when.....Character Counts



PURPLE UP DAY
WEAR PURPLE ON
FRIDAY, APRIL
18TH! 



**YEARBOOKS
ON SALE!**

Yearbook orders are
only available online.



ORDER NOW

ANTELOPE HILLS ELEMENTARY RECEIVES PURPLE STAR DESIGNATION FOR 2025!



We are excited to announce that Antelope Hills Elementary has been awarded the Purple Star School designation by the California Department of Education for 2025! This prestigious recognition is given to schools that demonstrate outstanding support for military-connected students and their families.

At Antelope Hills, we take pride in creating a welcoming and inclusive environment for all students, especially those who experience the unique challenges of military life, such as frequent relocations and parental deployments. As a Purple Star School, we are committed to providing resources, programs, and a strong support network to ensure that our military-connected students thrive academically, socially, and emotionally.

Our school's military-friendly initiatives include:

- ✓ Dedicated school staff to support military families
- ✓ Peer mentorship opportunities for new students
- ✓ Social-emotional learning programs that help with transitions
- ✓ Collaboration with local military organizations and resources

We are honored to receive this designation and will continue to foster a supportive and connected school community for our military families. Thank you to our staff, students, and families for making Antelope Hills a place where every child feels at home!

For more information about the Purple Star Program, visit the California Department of Education website or contact our school office.

COUNSELING

Connection

Antelope Hills Elementary School
Ms. Richardson , School Counselor
lrichardson@murrieta.k12.ca.us
951-445-4110 ext 3382

SUPPORTS & LINKS

CARE SOLACE: MENTAL
HEALTH CONCIERGE:
[CLICK HERE](#)

CARESPACE MENTAL
HEALTH
[CLICK HERE](#)

RCOE COMMUNITY
RESOURCE GUIDE
[CLICK HERE](#)

RESOURCES FOR MILITARY CHILDREN & FAMILIES

MVUSD MILITARY SUPPORT
INFORMATION
[CLICK HERE](#)

TUTOR.COM FOR MILITARY
[CLICK HERE](#)
SESAME STREET FOR
MILITARY FAMILIES
[CLICK HERE](#)

MILITARY KIDS CONNECT
[CLICK HERE](#)

Month of the MILITARY CHILD

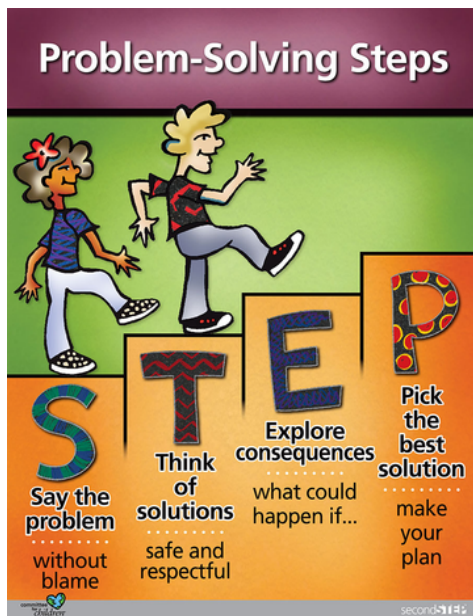


April is the Month of the Military Child, a time to recognize and honor the resilience, strength, and sacrifices of children in military families. Established in 1986 by former Defense Secretary Caspar Weinberger, this month highlights the important role military children play in the armed forces community. According to MCEC, there are approximately 1.6 million military children worldwide, with the average military child moving between six to nine times during their K-12 education. These frequent transitions can be challenging, yet military children continuously demonstrate adaptability, perseverance, and strength.

At Antelope Hills, we are proud to support and celebrate our military-connected students. This month we will be honoring our military children by:

- Wearing Purple on Purple Up! Day – Purple symbolizes the combined colors of all military branches. Join us on April 18th as we wear purple to show support and appreciation for our military students.
- Recognition at Friday Flag – We will take time during our Friday Flag Salute to acknowledge and honor our military-connected students.

Thank you to all our MVUSD military families for your service and sacrifice. This month and every month, we honor you!



SECOND STEP FOCUS: PROBLEM SOLVING SKILLS

In Second Step, students are learning how solve interpersonal problems. Students have practiced how to calm strong emotions as an integral part to problem solving. Students are learning how to describe a problem, identify the wants and needs of others, think of solutions, explore the outcomes of potential solutions, and finally picking the best solution. This unit's content helps students ask, listen, and empathize with all parties involved during problem-solving.

FINANCIAL LITERACY: HELPING CHILDREN BUILD SMART MONEY HABITS

April is Financial Literacy Month, a perfect time to start teaching children about money! Financial literacy is an essential life skill that helps children develop responsible habits around saving, spending, and making smart financial choices. By introducing these concepts early, parents can help their children build a strong foundation for future financial well-being.



Ways to Teach Financial Literacy at Home

Parents play a crucial role in helping children become financially literate. Here are a few simple ways to introduce these important concepts:

- Use a Piggy Bank or Jars: Help younger children learn about saving by setting up labeled jars for saving, spending, and giving.
- Involve Them in Small Purchases: Let children help compare prices and make decisions at the store.
- Give an Allowance with Guidelines: If you provide an allowance, encourage children to save a portion for future goals.
- Play Money-Related Games: Board games like Monopoly can make learning about money fun.
- Set Financial Goals: Encourage children to save for something special to teach patience and delayed gratification.

By making financial literacy a part of everyday life, parents can empower their children with the skills they need to make smart financial choices in the future. Let's take this opportunity to build strong money habits that will last a lifetime!



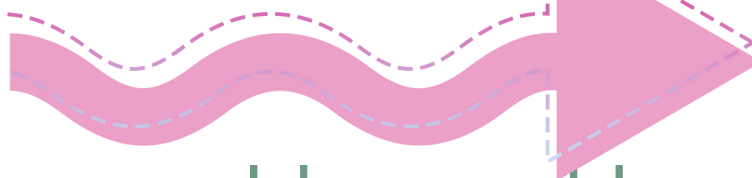
April 2025 Important Dates



APR 1

Spring
Break

APR 2



APR 3

APR 4

APR 7

#yearbook

pre-order
now!!

APR 8

APR 9

**Early Release
Day @ 1:20pm.**
Grades 1-5

APR 10

APR 11



**Flag Salute
8:00am**

MILVET DONATION DRIVE

APR 14

APR 15

APR 16

**Early Release
Day @ 1:20pm.**
Grades 1-5

APR 17

APR 18

**Flag Salute
8:00am**

MILVET DONATION DRIVE

**PURPLE UP
DAY!
WEAR PURPLE
TODAY**

APR 21

APR 22



APR 23

**Early Release
Day @ 1:20pm.**
Grades 1-5

APR 24

APR 25



**Flag Salute
8:00am**

For more information

<https://www.murrieta.k12.ca.us/ANTELOPE>



April 2025 Important Dates

APR 28

APR 29

APR 30

**Early Release
Day @ 1:20pm.
Grades 1-5**

For more information <https://www.murrieta.k12.ca.us/ANTELOPE>

APRIL

ELEMENTARY LUNCH MENU

1- FREE LUNCH PER STUDENT PER DAY.

Salad Bar Entrée

Includes choice of Protein & Grain

*Hard Boiled Eggs w/crackers

*Hummus Cup w/pita chips

*String Cheese w/crackers

Monday

Tuesday

Wednesday

Thursday

Friday



1

No School

2

No School

3

No School

4

No School

7

Cheese Pizza
Crunchers

8

Beefy
Nachos

9

Chicken
Drumstick
w/ Texas Toast

10

Teriyaki
Chicken Bowl

11

Cheesy Garlic
Toast



*Cookie Day

14

Cheesy Bread
Bites
w/ Marinara

15

Cheeseburger
Sliders
& Potato Smiles

16

Chicken
Nuggets

17

Rotini
w/meat sauce
& Texas Toast

18

Mozzarella
Cheese Sticks

*Rosati Icee

21

Mac
&
Cheese

22

Cheesy
Chicken Burrito

23

French Toast
Sticks
w/ Chicken
Sausage Patty

24

Orange Chicken
w/ Brown Rice

25

Galaxy
Cheese Pizza



*Cookie Day

28

Mozzarella
Cheese Sticks

29

Corn Dog

30

Chicken
Nuggets

31

Offered Daily

*PB&J Uncrustable

*Turkey & Cheese
Sub Sandwich

*Turkey Sub Sandwich

Lunch Includes

Unlimited Daily Salad Bar,

String Cheese

Goldfish Crackers, 100%

Fruit Juice &

1% White Milk or

Non-Fat Chocolate Milk

This Institution is an equal opportunity provider.

Menu subject to change without notice.



Create your 2 free custom yearbook pages for ANTELOPE HILLS ELEMENTARY SCHOOL

treering



Add Photos

Add your favorite photos from your phone, computer, Instagram, Facebook, Google or Dropbox account, and have them printed in your copy of the yearbook.



Sign Books

Make your friends smile by sending them a message (can include a photo or sticker) that they can add to their custom pages or ask them to send you one!



Add Memories

Answer questions about your year and capture your very best moments. You can even include a photo to go along with them.



Design Your Page

Add all of your memories to your two free personal pages that will be printed in your unique copy of the yearbook. Need more room? You can add more pages!

To Purchase & Customize Your Yearbook

Must be a parent or student 13 years or older.

1 Go to: www.treering.com/validate

2 Enter your school's passcode:
10173698298113

Regular price: **\$24.30**

Create Custom Pages by: **Apr 16**

Need help? Contact

www.treering.com/help





SUPPORT DEPLOYED SERVICE MEMBERS

MVUSD is proud to partner with Milvet. Milvet is a 501c3 Nonprofit that supports deployed men and women monthly. Care packages are filled with snacks, nutrition, toiletries and letters of support.



Donations Requested:

- ✓ Beef Jerky
- ✓ Protein
- ✓ Bars
- ✓ Cookies
- ✓ Trail Mix
- ✓ Body Wash
- ✓ Chapstick
- ✓ Toothpaste
- ✓ Letters of Support

Drop Off Information:

All MVUSD school sites including the District Support Center

Donation Drive from April 8th-21st, 2025

QUESTIONS? ☎ 951-902-9681 ✉ info@milvet.org 🌐 www.milvet.org

MVUSD & TVUSD PARTNERED WITH MSJC PRESENTS

Find Joy in the Journey

TRAILBLAZING TOGETHER:
UNITING WITH OUR COMMUNITY RESOURCES

*April 16, 2025
4pm-6pm
MSJC - Temecula
41888 Motor Car Pkwy
Temecula, CA 92591
2nd Floor Elevator access*

Join us along with local and county-wide vendors offering incredible programs and services designed to support students with special needs of all ages. A fun evening of music, snacks, activities and raffle prizes!



MURRIETA VALLEY
UNIFIED SCHOOL DISTRICT



REGISTERED FAMILIES
RECEIVE FREE PARKING.
PLEASE REGISTER WITH QR
CODE BELOW.

PARKING PASS for MSJC Event





TK & KINDERGARTEN

Signing Day

Saturday, April 26th 2025

11:00 am - 2:00 pm

Town Square Park & Amphitheater

**Crafts
Inflatables
Food Trucks**

TK & Kindergarten students will have the opportunity to meet teachers, their principal, and possibly even their school mascot! The highlight of the day? Each student will officially pledge their commitment to MVUSD with their very own handprint, marking the beginning of their educational journey.



MVUSD Student Performances



Community Resources & Partners



On-Site Registration Support for Full and Part Day Programs