

PONY EXPRESS

Character Leadership Attitude Scholarship Service

Principal Mrs. Celeste Scallion

UPCOMING EVENTS

Dec 23 - January 13:

No School

Winter Break



January 13:

PD Day

No School

January 14:

Classes Resume

A Day

January 15:

B Day - Late Start

January 16:

A Day - Office Hours

January 17:

B Day

MESSAGE FROM THE PRINCIPAL

Dear Bronco Families,

As the holiday season approaches and the first semester draws to a close, I want to take a moment to express my heartfelt gratitude for your unwavering support of Vista Murrieta High School.

Together, we have navigated a semester filled with growth, learning, and unforgettable moments, and your partnership has been vital to our success.

To our students, we are so proud of your hard work and determination in finishing the semester strong. Your dedication to excellence, both in and out of the classroom, exemplifies what it means to be a Bronco.

As we transition into winter break, I want to remind everyone that our school offices will be closed beginning December 23 and will reopen on January 13. This time is an opportunity for all of us — students, staff, and families alike — to recharge, reflect, and prepare for the exciting semester ahead.

Final semester grades will be posted in the Aeries Parent Portal by Friday, December 27. I encourage all families to review your student's progress and use this as an opportunity to set goals for the new semester. Together, let's continue to support our students in their pursuit of success.

On behalf of the staff and administration at Vista Murrieta High School, I wish you a safe, healthy, and joyous holiday season. May your days be filled with warmth, laughter, and cherished time with loved ones.

Thank you for being an integral part of our Bronco community. We look forward to seeing everyone refreshed and ready for another outstanding semester in the new year.

Happy Holidays,

Mrs. Scallion

Principal

Vista Murrieta High School

BNN Announcements: [Dec 16](#)

America's Most
SPIRITED HIGH SCHOOL
★ ★ ★ ★ ★

Assistant Principals

Brianna Burow

Rosa Velardez

Lloyd Dunn

Tammy Waddleton

Carl Galloway

Assistant Principal Athletics

David Smola

Activities Director

Shannon Kush

Useful Links:

[VMHS Website](#)



REMINDERS

A/B CALENDAR

A/B Schedule for January 13 - 17

13	14	15	16	17
NO SCHOOL	A	B	A	B

January 13 - No School

January 15 - Late Start

January 16 - Office Hours



HOLIDAY OFFICE HOURS

Our offices are closed
for Winter Break -
Monday, December 23
through Friday, January 10.
Students return on Tuesday, January 14.

WITHDRAWALS

If you are aware of an upcoming withdrawal for the Spring 2025 semester, please contact **Michelle Morris** (students A-K) at mmorris@murrieta.k12.ca.us, or **Debra Rausa** (students L-Z) at drausa@murrieta.k12.ca.us.



ATHLETIC CALENDAR

Winter sports are currently in full swing and will continue throughout the break. You can access the athletic calendar below and purchase tickets through GoFan.



**ATHLETIC CALENDAR
HERE**

CONCEPTUAL MAP OPTIONS SURVEY

Please click the link below to participate in the redistricting survey and share your preferences regarding the available options.

COMMUNITY SURVEY



Need more Information? Visit the project website managed by Woolpert, District Demographer.

CLICK HERE



GOFAN TICKET SALES

CLICK HERE

**EVENT
AND
ATHLETIC
TICKETS**

ONLINE PURCHASES



Stay informed about ticket availability for upcoming events, including sporting events, through GoFan by clicking the icon above.



WASC PARENT PANEL

Bronco Parents, as we prepare for our Western Association of Schools and Colleges (WASC) accreditation visit in February, we invite you to take part in a unique opportunity! If you're interested in joining a virtual symposium on Monday, February 10, at 6 PM, please follow the link below.



Parent Panel Interest Form



CHARACTER, LEADERSHIP, ATTITUDE, SCHOLARSHIP, SERVICE.

COUNSELING



Ms. Valenzuela
AVID & A
East Hall



Mrs. Padilla
EL & B - Cal
East Hall



Mr. Tyler
Cam - Ger
West Hall



Mrs. Osorio
Gi - Lew
West Hall



Mrs. Candaele
NCAA & Li - Or
West Hall



Mrs. Ponce
Os - Se
East Hall



Ms. Hill
Sh - Z
East Hall



Mrs. Burrow
Assistant Principal
East Hall



Mr. Bennett
School Psychologist
Grades 10 - 11 / W115



Mrs. Mendoza-Blid
School Psychologist
Grades 9 & 12 / W115



Mrs. Talarzyk
School Social Worker
A - L / W112



Mrs. Gonzalez
School Social Worker
M - Z / W121

2024-25

COPING RESOURCES

The holiday season can be both joyful and challenging, especially for those navigating stress, anxiety, or loneliness. Below are some helpful coping strategies to ensure your well-being during this festive time:

[CLICK HERE](#)



FAFSA

Students planning to enroll in Summer 2025 courses at a college AFTER graduation must submit the 2024-25 FAFSA application to receive Financial Aid, in addition to the 2025-26 FAFSA for Fall 2025 courses.

If your student intends to commence courses in Fall 2025, they will only need to apply for the **2025-26 FAFSA that is NOW OPEN. Apply now!**

[APPLY](#)



FAFSA/CADAA PRESENTATION

Seniors, if you missed the FAFSA/CADAA presentation from our counselors, the presentation is available for viewing on our [VMHS website](#).

LIONS SCHOLARSHIP



**\$21,000
SCHOLARSHIP**

California Lions Club will be awarding a \$21,000 scholarship to the best Student Speaker. Open to all California students, grades 9-12.

PHASE ONE:

January 28, 2025 at 7:00 PM

27070 Sun City Blvd., Menifee, CA 92586

Questions? Call Linda at 951.259.5935

[MORE INFORMATION](#)



CLASS OF 2025 INFORMATION

IMPORTANT SENIOR DATES

- Jan 8 Dollars for Scholars Application opens
- Jan 22 Cap & Gown Orders - Herff Jones at both lunches
- Feb 3 & 4 Senior Culminating Project



SENIOR RESOURCES



2025
class of

Order your cap and gown unit online anytime at www.moongradservices.com. Deadline to place your order is rapidly approaching! Don't be late the deadline to process an order is January 31, 2025.

CHARACTER. LEADERSHIP. ATTITUDE. SCHOLARSHIP. SERVICE.

Coping Plan During the Holidays

1. Establish a Routine

Daily Schedule: Create a daily schedule that includes time for waking up, meals, activities, and bedtime. Consistency can provide a sense of stability. **Exercise:** Incorporate physical activities like walking, yoga, or any sport you enjoy.

2. Emotional Support

Journaling: Write down your thoughts and feelings. This can be a great way to process emotions. **Support Network:** Identify trusted adults or friends you can talk to if you feel overwhelmed.

3. Engage in Positive Activities

Hobbies: Spend time on hobbies you enjoy, such as reading, drawing, or playing an instrument. **Volunteering:** Participating in community service can provide a sense of purpose and connection.

4. Mindfulness and Relaxation

Meditation: Meditation or deep-breathing exercises help manage stress. **Relaxation Techniques:** Activities like listening to music, taking warm baths, or practicing mindfulness can be very soothing.

5. Academic Support

Study Plan: Create a study plan to keep up with schoolwork without feeling overwhelmed.

6. Healthy Lifestyle

Nutrition: Practice healthy eating habits and eat nutritious meals. **Sleep:** It is important to get enough sleep each night.

7. Fun and Recreation

Movies and Games: Plan movie nights or game sessions to provide fun and relaxation. **Outdoor Activities:** If possible, plan outings to parks or other safe outdoor spaces.

8. Coping Strategies

Problem-Solving Skills: Break down problems into manageable steps and find solutions. **Positive Affirmations:** Use positive affirmations to build self-esteem and resilience.

9. Professional Support

Counseling: Connect with your therapist (if applicable), ensure you continue your sessions during the break.

Hotlines:

Suicide & Crisis Lifeline: 988
Crisis Text Line: Text HOME to 741-741
Youth Crisis Hotline: (800)843-5200

