

PONY EXPRESS

Character Leadership Attitude Scholarship Service

Principal Mrs. Celeste Scallion

WEEK AT A GLANCE:**April 28:
A Day****April 29:
B Day****April 30:
A Day - Late Start****May 1:
B Day - Office Hours
Principal's Advisory Meeting****May 2:
A Day
Choir Concert****UPCOMING EVENTS:****May 3:
Broncotorial****May 5:
AP Testing Begins****May 17:
Cars & Culture****May 19:
C.L.A.S.S. Awards****MESSAGE FROM THE PRINCIPAL**

Dear Bronco Families,

What an incredible week it has been here at Vista Murrieta High School!

We are bursting with Bronco Pride as we reflect on the amazing events and milestones our students and staff have experienced this week.

We kicked things off with Scholarship Night, a truly inspiring evening where we celebrated the achievements of our outstanding seniors and the dreams they are boldly chasing. It was a powerful reminder of what makes our Bronco community so special – your unwavering support, encouragement, and belief in our students. Thank you for being a part of their journey and helping them reach for the stars!

As we approach the final stretch of the semester, please note that grades have been posted in the AERIES Parent Portal. We encourage you to take a moment to review your student's progress and have those important conversations as we make our final push to the finish line.

To support our students in finishing strong, our last Broncotorial of the semester is happening on Saturday, May 3. With teacher permission, students can use this time to make up tests, complete coursework, or even form their own study groups. Let's take full advantage of this opportunity to wrap up the semester on a high note!

Tomorrow night, we're bringing the energy and excitement of "A Night in Rio" to life at our 2025 Prom from 7:00 to 11:00 PM! It promises to be an unforgettable evening full of color, music, and memories. Please be sure to review all venue guidelines ahead of the event for a smooth and enjoyable experience.

This week, our campus also engaged in the Every 15 Minutes program, a powerful and emotional experience designed to raise awareness about the dangers and life-altering consequences of drunk driving. We are deeply grateful to our community partners, local agencies, and volunteers for their dedication to our students' well-being and for helping us share this important and impactful message.

As we head into the weekend, we want to wish all our Bronco families a safe, restful, and joyful few days. And don't forget – Monday is a regular school day for all students.

Thank you for being such an essential part of our vibrant Bronco community. We're proud to be on this journey together – and we're not done yet!

With gratitude and Bronco Spirit,

Mrs. Scallion

Mrs. Celeste Scallion

Principal

Vista Murrieta High School

BNN Announcements: [April 21](#) | [April 22](#) | [April 24](#) | [April 25](#)

America's Most
SPIRITED HIGH SCHOOL

**Assistant Principals**

Brianna Burow
Lloyd Dunn
Carl Galloway

Rosa Velardez
Tammy Waddleton

Assistant Principal Athletics

David Smola

Activities Director

Shannon Kush

Useful Links:[VMHS Website](#)

REMINDERS

A/B CALENDAR

A/B Schedule for April 28 - May 2

28	29	30	1	2
A	B	A	B	A

April 30 - Late Start
May 1 - Office Hours

MVUSD

ARTWALK

CELEBRATING ARTISTIC EXCELLENCE BY MURRIETA STUDENTS

MAY 1ST
5-9PM

24810 WASHINGTON AV.
MURRIETA, CA 92562

EVENT HELD IN CONJUNCTION
WITH MURRIETA MARKET
NIGHTS



MVUSD
CHILDREN'S
Day

APRIL
25, 2025
5PM

Murrieta Valley High School
42200 Nighthawk Way
Murrieta, CA 92562

- Ballet
- Folklorico
- Student Performances
- Food
- Music
- Crafts & Games
- District & Community Resources

CARS AND CULTURE



COMING SOON!

MAY 17TH
[CLICK HERE FOR](#)
CAR REGISTRATION

PROM 2025

A NIGHT IN RIO

PROM NEWSLETTER & REMINDERS

- Check in: 7 P.M.
- Doors close: 8:30 P.M.
- STUDENTS MUST BRING STUDENT ID.
- Small clear purses only. The venue security detail will conduct a thorough search of all attendees. Any attempt to bring in weapons, alcohol, or other illegal substances, including marijuana and its derivatives, will be referred to the Arcadia Police Department.
- Guests must show Picture ID and arrive with accompanying VMHS student.
- Students will not be allowed to leave before 10 P.M. without parent permission via phone call with VMHS Admin.
- Event ends at 11 P.M.
- *PARENTS, PLEASE PICK UP YOUR STUDENTS ON TIME, as the venue closes at 11 P.M. *
- Free parking
- Enter the park through Gate 5 from Huntington Dr. Follow the signs to the Santa Anita Clubhouse.
- Tickets will NOT be sold at the door.
- VMHS students riding the Prom Party Bus must report to the bus loop by 4:45 P.M. The Party Bus will depart at 5 P.M. and will return at approximately 12:30 A.M.

BRONCOTORIAL

BRONCOTORIAL

MAY 3, 2025
CHECK-IN TIME 7:30 A.M.



Permission slips in the East Hall Counseling Office



Please pick up permission slips with Mrs. Hill in
the East Hall Counseling Office



Return all signed forms by April 30, 2025
to Mrs. Hill in the East Hall Counseling Office

TUTORING SCHEDULE

Need help with homework or an upcoming
test? Free tutoring services are available.
Check out the schedule for details.

[CLICK HERE](#)



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

2024-25



Mrs. Candaele
NCAA & Li - Or
West Hall



Mrs. Ponce
Os - Se
East Hall



Ms. Hill
Sh - Z
East Hall



Mrs. Burow
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

WELLNESS MONTHLY NEWSLETTER

WELLNEWS

A MONTHLY WELLNESS NEWSLETTER
MAY 2025 • ISSUE 6 • VOLUME 10



Mental Health Awareness

May is mental health awareness month so now is the time to take action for your own mental health! Mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

10 Journal Prompts to Spark Self-Reflection
Burnout:
Do you need a break?
Building Boundaries
Worksheet
May Wellness Tips
Calendar
Coloring Page
How can I improve my mental health on my own?
MVUSD Resource Links

Our physical health is linked to our mental health.

Find some time to move your body today in whatever way feels right for you.

SMARTPHONE APPS

- Calm Personal
- Zen Happify
- Pacifica
- SuperBetter
- Breathe2Relax
- How We Feel

APP

Create a "calm space" in your home.

Include things that help you relax, like your favorite blanket or book.

Use this space whenever you need time to yourself.

PREVENTING UNDERAGE DRINKING

PREVENTING UNDERAGE DRINKING:
A GUIDE FOR PARENTS & GUARDIANS

LEARN MORE



SENIORS



CLASS OF 2025

POST HIGH SCHOOL LUNCHEON

Are you headed to a University, Cal State, Community College, the Military or a Trade School? We want to celebrate you!

May 29th

When: During Lunch Time

Where: MPR

RSVP: [HERE](#) by May 2nd

You must show proof of acceptance or enlistment.

Graduation
Press Box Auction

BID NOW!



EXTRA
GRADUATION TICKETS

- Seniors receive 6 complimentary tickets.
- Extra graduation tickets are \$15 each, with a max of 10 extra per senior.

Purchase on [Webstore](#) or with a bookkeeper.
Available while supplies last!

Celebrate

YOUR SENIOR WITH
A DIGITAL GRADUATION
ANNOUNCEMENT!

ORDER NOW

MSJC HIGH SCHOOL SENIOR DAY

WEDNESDAY, APRIL 30, 2025
AND THURSDAY, MAY 8, 2025
2:30 PM - 6:00 PM ON ZOOM

INFORMATION AVAILABLE

- Application Help
- First Semester Planning
- Meet Your Pathway Counselor
- Allied Health Majors
- Technical Support
- Financial Aid Next Steps
- Career Exploration
- Student Resources

SAVE
-THE-
DATE

MVUSD
Job Fair

May 6
3 - 6 p.m.



From Boots to Books
USING ARMY PROGRAMS
TO AFFORD COLLEGE
April 29th @ 6pm



To join our Microsoft Team call,
[CLICK HERE](#)

CHARACTER. LEADERSHIP. ATTITUDE. SCHOLARSHIP. SERVICE.