



Ramblings

Murrieta Mesa High School

October 2022

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A Message from

Mr. Richards—MMHS Principal

Dear Ram Parents and Students,

We had a great Homecoming Week! Thanks for the great turnout for the game this past Thursday in which we beat Santiago High School! The halftime show was amazing, culminating with a magnificent laser light and fireworks show. The Homecoming Dance was equally as amazing, as we sold 1508 tickets this year! The dance had something for everyone that attended; a dance area, video game screens, caricatures, photos, carnival rides, glow-in-the-dark ping pong/foosball/shuffleboard/cornhole, a variety of desserts and appetizers, and more!

As we move deeper into the month of October, we move closer to the halfway point of the first semester. The 12-week grades come out at the end of the month. Please check your Aeries accounts to see your child's grades. If there are concerns, ask your student to explain their grades. I would also encourage your student to communicate with their teachers by opening the lines of communication to help find ways to be successful. Communication is the key. The best communication is directly with the teachers. Also, don't forget that we have free tutoring available. Please find the tutoring schedule on our school's website (under the counseling tab and then on the left side menu named "Tutoring Information"), or by [CLICKING ON THIS LINK](#).

Club Rush is on Thursday, October 6th. Mesa has over 65 clubs for students to join, meet new friends, and participate in areas that they enjoy or are passionate about. During Club Rush, students can walk around during lunch to see what each club has to offer and ask questions from the student representatives. This is a great way for **every** student to be involved in campus life!

October is Breast Cancer Awareness Month. Students and staff are wearing pink every Thursday of the month. Do you have a family member that is a survivor? An email was sent home to invite them to our Survivor Reception (light dinner) and Pink Out Football game on Friday, October 14th! They will be honored on the field just before the game! Wear your extreme pink!

From PSAT and ASVAB testing, student spike ball tournaments, a night rally, band and choir concerts, the production of Clue, and all the sporting events, there will be plenty to be involved in this month. Make sure to read the Sunday messages and stay on top of all the things happening at Mesa.

Again, thank you for all you do in supporting Mesa!

Scott Richards Jr.

Principal





Activities

SHARE THE HARVEST FOOD DRIVE

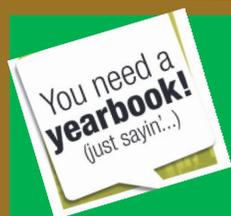


10/10-11/18

DONATIONS NEEDED:

- TURKEYS
- STUFFING
- CRANBERRY SAUCE
- CANNED CORN
- MASHED POTATOES
- GRAVY
- SWEET POTATOES
- FROZEN PIES
- CANNED GREEN BEANS

DROP OFF DONATIONS TO MURRIETA MESA HIGH SCHOOL



22/23 Yearbooks

Get yours NOW!

\$99

During registration bundle with USB card (\$50) for a total of \$143.

Please follow Yearbook on Instagram

@officialmesayearbook



Need some MESA Gear? The Ram Shack carries inventory on hand now! Come shop and show your MESA spirit! We also have hats and Socks in stock!

Here is the link to the online store. Items ordered online will be mailed directly to your home. Click here to shop!

Murrieta Mesa High School Spirit Wear Fall 22 | Stadium Designs | powered by OrderMyGear (itemorder.com)



Activities

**Murrieta Mesa High School Drama
Company Presents...**

CLUE

**Our Fall Play based on the board
game.**

October 26 7:00p.m.

October 27 7:00p.m.

October 28 3:45p.m. and 7:00p.m.

October 29 2:00p.m. and 7:00p.m.

**Tickets \$8 Adults, \$5 Students,
Seniors and Military. Tickets sold
at the door of each show:**

Cash only



**Do you have discipline
that needs to be
cleared? Make sure
you are not on the "No
Go" list so you can at-
tend the upcoming
football games, and
activities!**

**Saturday School
will be**

Oct. 15th from 8-12:15

**Sign up in Student Services with Mrs.
Blancato**

Detentions (Rams Den)

T/TH 7:45- 8:15

3:45-4:15pm

Wed. 8-9am

SPIKE BALL TOURNAMENT

OCTOBER 10TH

SIGN UPS START SEPT. 20TH

The link to sign up was sent through your
student email

The first 32 teams to sign up get to
participate. Teams of 2 players

Oct. 6th

**Come check
out all the dif-
ferent clubs**

**Mesa offers. Club Rush will be in
Quad during lunch.**



College Presentations

GCU Grand Canyon University Monday, Oct. 10th @
12 – Per. 4

CMU Colorado Mesa University Tuesday, Oct. 11th @
10:15 – Per. 3

Hope International University Tuesday, Oct. 11th
@2:00- Per. 7

Williamette University Monday, Oct. 17th @ 2:30 Per.
7

CBU Cal Baptist University Thursday, Oct. 27th
@11:30 Per. 5

These presentations are a great opportunity for students to hear about colleges in a small environment with someone from the college. Juniors and Seniors check your student email for information on how to sign up.



Mesa Blood Drive

Wed. Oct 12th

8am -1pm

Small Gym

Public is welcome

(please check into the front office)

Click [here](#) to register

October is Breast

Cancer Awareness Month

Beast is selling Pink Mesa Shirts for \$17 and PINK Spirit socks for \$20.
(Cash Only, while supplies last, Purchase in Room 154 or 156).



Think Pink Thursdays all of October - Wear your Pink
Pink out football game on Fri. Oct. 14th – Wear Extreme
Pink

Support Michelle's Place – A local cancer resource center.
By donating \$1, Senate will post a pink ribbon with your name or someone you would like to honor on the Ram's Den windows. You can make your donation at the Ram Shack.

Do you have a family member that is a survivor? An email was sent home to invite them to our Survivor Reception (light dinner) and Pink out Football game. They will be honored on the field just before the football game. <https://forms.office.com/r/yKYL50sJen>



Beast Activities

UPCOMING BEAST EVENTS

- **10/3: Boys Water Polo Pride Game 3:30pm at the pool (beach theme)**
- **10/13: Pink OUT Night Rally 7:30pm in Ovation Court (pink out theme)**
- **10/14: Pink Out Football Game & tailgate, tailgate at 6:00pm in Ovation Court**
- **10/21: Football Game & tailgate; tailgate at 5:00pm in ovation court (Your Future is Bright, neon themed)**
- **11/3 : Beast Athletic Talent Show**

BE THERE!!!!

**PINK OUT
NIGHT
RALLY**

THURSDAY, OCTOBER 13TH
@ 7:30PM

IN OVATION COURT

!WEAR PINK!

Ms. Popovich

Mrs. Boggs

Aubrey Olson

Jeremiah Ramirez

Beast Staff and Athletes of the Month

SEP. BEAST STAFF OF THE MONTH Ms. POPOVICH

SEP. BEAST STAFF OF THE MONTH Mrs. BOGGS

SEPTEMBER BEAST ATHLETE OF THE MONTH AUBREY OLSON

SEP. BEAST ATHLETE OF THE MONTH JEREMIAH RAMIREZ #4

Seniors - Class of 2023

Click here to order your Senior items! Cap & Gown, Class Ring, Announcements, and more.

You can also stop by the Jostens booth at the Senior Parent Meeting to order .



Senior Contract

All Seniors must complete this Senior Contract by October 28th.

Please click on this [link](#) to complete.



Grad Night
May 25th
Six Flags
Magic
Mountain

\$160 w/USB

\$170 w/o USB

Available now, online (schoolscash), Bookkeeper, and Ram Shack.

Price will include admission to park, charter bus transportation, Six Flags Grad Pass, Grad Night Glo Souvenir, and All You Can Eat Buffet. Tickets are limited so purchase early!

Senior Preferred Parking Painting Day

Oct. 8th

8am - 2pm

Make sure your drawings are turned into Mrs.

Chevalier room 172

Bring Broom, tape, paint, Ez Up, water, chalk.

Counselor News

AP EXAM Information

AP Exams have to be ordered in November, so it is time to begin the payment process for those exams. Please find directions to pay for exams below. Pay careful attention to the deadlines, as they are firm.

Total Registration is open! Students can go to www.totalregistration.net/ap/054357, log in to their account (or create one if this will be their first AP exam), and pay for each exam they are wanting to take.

Exam costs:

- Regular Exams: \$101 per exam (only for the AP Seminar and AP Research classes)
- Capstone Exams: \$151 per exam
- AP Fee Waiver: \$9 per exam (Students have to be approved for the National School Lunch Program in order to be eligible for the AP Fee Waiver. They can apply here if they feel they are eligible: [Murrieta Valley Unified School District - School Nutrition And Fitness \(murrietaschoolnutrition.com\)](http://murrietaschoolnutrition.com))

-If students use AP Fee Waivers for their exams, and they end up not taking any exam, they will be charged \$35 due to the \$40 cancellation fee that College Board will be charging again this year.

*Families have the option to make payments rather than paying in full initially; however, a down payment of \$40 per exam must be made by November 14th in order for any exam to be ordered. Please see more deadlines below.

DEADLINES:

1. October 31st, 2022: End of payment period without incurring a late fee.
2. November 1st-November 14th: \$10 late fee added to each exam (AP Fee Waivers will not cover any late fees.)
3. Total Registration will be shut down on November 15th to allow us to finalize the order.
4. When it reopens on November 16th, each exam will then cost \$141. (Capstone will be \$191.) (Again, AP Fee Waivers will not cover any late fees. Students will still be responsible for paying these, even if they are eligible for a Fee Waiver.)
5. Last day to receive partial refund for cancelled exam: March 8th. Cancellation fee will be \$45/exam between November 15th and March 8th.
6. NO refunds will be given after March 8th.

Please reach out with any questions you may have.

Mrs. Lisa Amstutz and Ms. Connie Kim
AP Coordinators

Counselor News

PSAT - Wednesday Oct. 12th @ 9am

MMHS Library

11th grade only

\$25 -Check student email for link to pay

**PSAT prep for students taking the PSAT on
October 12.**

StudyPoint will be hosting a PSAT webinar next Thursday, October 6th at 8:00pm ET / 5:00pm PT. In this free virtual event, our expert tutors will share why the test matters, how it's structured and scored, and their best test-taking strategies specific to the PSAT. You can learn more and register for the webinar here.

There are also a few more opportunities left to take a free virtual PSAT practice test before the official test date. To view the practice test dates and register, click here.

Whether your students are aiming to qualify for a National Merit Scholarship or hoping to gauge their readiness for future testing, getting familiar with the basic structure of the PSAT and recommended strategies will help set them up for success.

College Presentations

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10th @ 12 - Per. 4**

**CMU Colorado Mesa University Tuesday, Oct.
11th @ 10:15 - Per. 3**

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11th @2:00- Per. 7**

**Williamette University Monday, Oct. 17th @
2:30 Per. 7**

**CBU Cal Baptist University Thursday, Oct.
27th @11:30 Per. 5**

These presentations are a great opportunity for students to hear about colleges in a small environment with someone from the college. Juniors and Seniors check your student email for information on how to sign up.

ASVAB

(Armed Services Vocational
Aptitude Battery)

**will be held on campus
Wed. Oct. 19th.**

**Sign up with your
counselor or**

**Ms. Kim at
ckim@murrieta.k12.ca.us.**

**Only open to 11th and
12th grade.**

Mesa Counseling department will be holding FAFSA workshop every Wednesday morning in the career center 8:30-9:30am. October is FAFSA submission month! Launch FAFSA through CCGI www.californiacolleges.edu.

In the month of October, each junior student will be meeting with their counselor for transcript and graduation review. Students will have opportunity to discuss college/career plans.

CSU and UC applications are open. Students should launch their applications through CCGI (California Colleges Guidance Initiative). www.californiacolleges.edu



Athletics

WELCOME TO MESA ATHLETICS! WE ARE SO EXCITED TO START THE 2022/23 SCHOOL YEAR, AND HOPE TO SEE AT OUR ATHLETIC EVENTS CHEERING ON OUR STUDENT ATHLETES! PLEASE TAKE THE TIME TO CHECK OUT OUR ATHLETIC WEBSITE.

HERE YOU WILL SEE ALL THINGS SPORTS RELATED!

CLEARANCE: [HTTPS://WWW.MURRIETAMESAATHLETICS.COM/CLEARANCE](https://www.murrietamesaathletics.com/clearance)

ATHLETIC INFO: [HTTPS://WWW.MURRIETAMESAATHLETICS.COM/HOME](https://www.murrietamesaathletics.com/home)

Mesa Fall Sports is in full swing! Come on out and cheer on our student athletes for girls' volleyball, football, cross country, girls golf, girl's tennis and boys' water polo! We'd love the support!

Boys Soccer is a Winter Sport. Tryouts are Thursday Oct. 13th, Monday Oct. 17, and Friday Oct. 21st. 6am -8am in the Ram Stadium. For the latest announcements, text "@acch9" to the number 81010. See coach Mota in R-158, or e-mail at "emota@murrieta.k12.ca.us" if you have any questions.

Girls Soccer tryouts are on Thursday Oct. 6th from 4pm-6pm on the lower fields

REMINDER ON PURCHASING TICKETS:

Please use GoFan: <https://gofan.co/app/events/642249?schoolId=CA68673>

Varsity Football Ticket Prices:

General Admission: \$10
Student w/out USB: \$5
Senior Citizen: \$5
USB: FREE
No Military Discount
Middle School Student w paid accompany adult: Free

Freshman/JV Football Ticket Prices:

General Admission: \$6
Student w/out USB: \$4
Senior Citizen: \$4
USB: FREE
No Military Discount
Middle School Student w paid accompany adult: Free

Interested in Wrestling?



Pre-season practices: Mondays, Wednesdays, Fridays from 4-5:30 pm

Late night practice: October 21st after football game

First season practice:
October 24th @ 4 pm

Green & Gray Wrestling Showcase plus parent meeting: November 17th



MORE THAN A M E A L

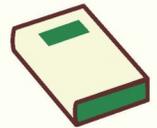


EVERY YEAR FAMILIES must submit a new meal application, even though meals are free in California. This is an eligibility of services requirement.



Household Size	Household Annual Income
2	\$33,874
3	\$42,606
4	\$51,338
5	\$60,070
6	\$68,802

Because of your application submission, we can ensure that our students receive their fair share of resources they deserve such as technology and school needs.



If your household income is less than or equal to the federal guidelines you may also qualify for free or reduced:



- COLLEGE APPLICATION FEES
- SAT, ACT, AP TESTING FEES
- TRANSPORTATION DISCOUNTS
- DISCOUNTS ON UTILITIES OR INTERNET
- P-EBT BENEFIT



Meal Applications directly impact the amount of funding our district receives under the Local Control Funding Formula.

SUBMIT AN APPLICATION TO QUALIFY FOR BENEFITS



APPLICATIONS CAN BE FOUND ONLINE AT:

WWW.MURRIETA.K12.CA.US OR

WWW.MURRIETASCHOOLNUTRITION.COM

CLICK "MEAL APPLICATIONS"

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



SHARE THE HARVEST THANKSGIVING DINNER AND FALL FESTIVAL



COME TO THE MURRIETA MESA HIGH SCHOOL RAMS DEN AND SHARE A FREE THANKSGIVING MEAL WITH COMMUNITY FELLOWSHIP. EVERYONE IS INVITED TO ATTEND. WE WILL BE SERVING: TURKEY WITH STUFFING, GREEN BEANS, CORN, MASHED POTATOES AND GRAVY, CRANBERRY SAUCE, SWEET POTATOES, ROLLS, DRINKS, AND DESSERT.

ACTIVITIES

GAMES

FACE PAINTING

ARTS & CRAFTS

THANKSGIVING MEAL BOX GIVE-AWAY THAT INCLUDES A FROZEN TURKEY AND ALL OF THE FIXINGS, HOWEVER, LIMITED TO ONE PER HOUSEHOLD WITH VALIDATION OF ADDRESS REQUIRED.

**SATURDAY NOVEMBER 19TH
12:00 - 4:00
@ MURRIETA MESA HIGH SCHOOL
24801 MONROE AVE.
MURRIETA, CA 92562**

**FOR MORE INFORMATION PLEASE CALL
MURRIETA MESA HIGH SCHOOL AT
(951) 677-0568
OR EMAIL MARCE@MURRIETA.K12.CA.US.**



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

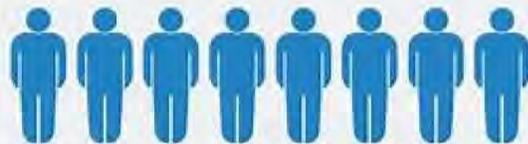
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Substance Use & Mental Health

October is National Substance Abuse Prevention Month. Young people face a variety of life challenges that can affect their mental health and abuse of alcohol and other drugs. Let's raise awareness around substance use prevention and the promotion of positive mental health. Together we can reduce the impact of mental health and substance use disorders in our community.

There is hope and help available to support recovery. Teens are resilient. Mental health and substance abuse conditions are treatable. Check out some interactive tools and resources to help you better understand your treatment options.



9 OUT OF 10

PEOPLE WITH SUBSTANCE PROBLEMS
STARTED USING BY AGE 18

RESOURCES

[Drugfree.org](https://www.drugfree.org)

[Smart Recovery-Teens](#)

[How to Respond to an Opioid Overdose](#)

RUHS Substance Abuse Program:

951-955-2105

California Resource Center:

1-800-879-2772

SMARTPHONE APPS

- [Sober Grid](#)
- [Nomo](#)
- [Sober Tool](#)
- [We Connect](#)
- [Headspace](#)
- [Talk. They Hear You.](#)

APP

988
SUICIDE
& CRISIS
LIFELINE

[CLICK HERE](#) for More
Information & Resources



NCAA INFORMATION NIGHT

**JOIN US FOR OUR NCAA ELIGIBILITY
INFORMATION MEETING.**

MONDAY, OCTOBER 10, 2022

Murrieta Mesa High School

GPAC

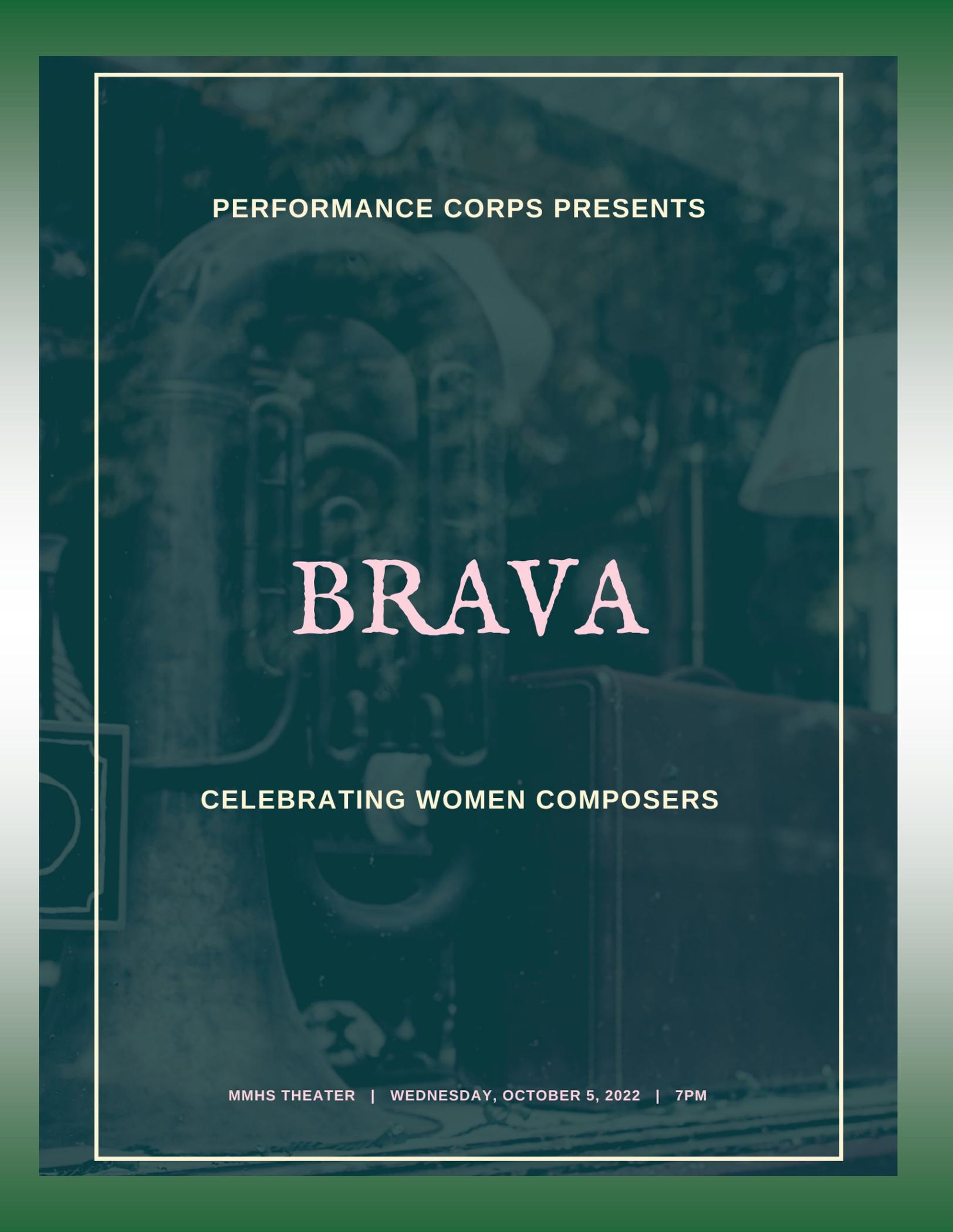
Time: 6:00-7:00pm

PRESENTED BY

MESA COUNSELING DEPARTMENT

COACH OSCAR MCBRIDE

MESA HEAD FOOTBALL COACH



PERFORMANCE CORPS PRESENTS

BRAVA

CELEBRATING WOMEN COMPOSERS

MMHS THEATER | WEDNESDAY, OCTOBER 5, 2022 | 7PM

WHICH WICH?
SUPERIOR SANDWICHES

FUNDRAISER

20%

of the proceeds will benefit

Murrieta Mesa Band

Monday October 24, 2022

4:00-7:00pm

Online Orders Apply to Fundraiser

<https://order.whichwich.com/menu/which-wich-madison-center>



TURKEY



FAVES *Philly*
CHEESESTEAK



ROAST BEEF



Sponsored by the MMHS Music Boosters
Which Wich Superior Sandwiches
24635 Madison Ave.
951.445.4035

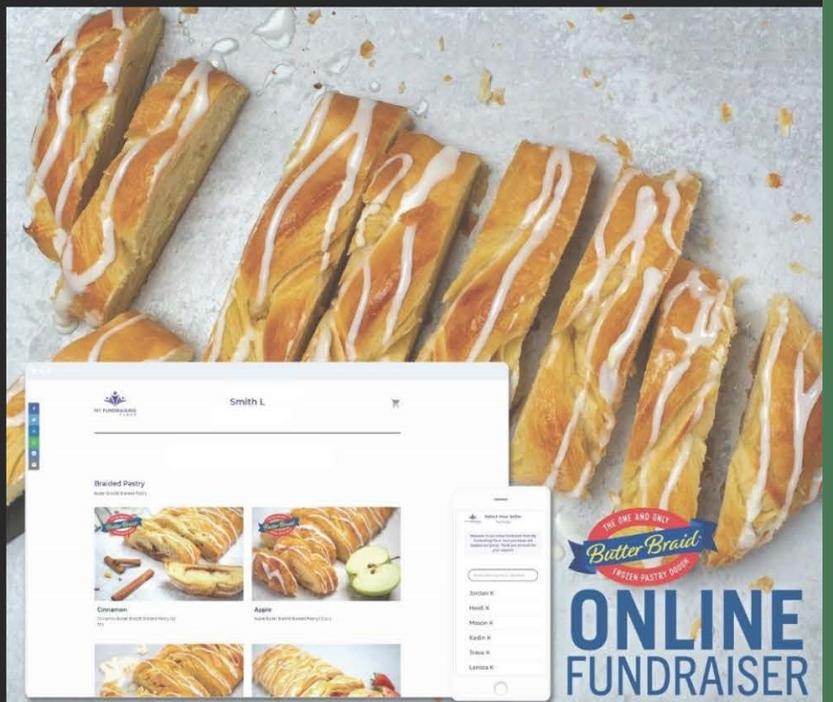




WE NEED YOUR HELP!



Murrieta Mesa Performance Corps is kicking off their fundraiser to raise money for Group Activities. The fundraiser will be running from 10/05/2021 – 10/15/2021. To order, please contact any member of Murrieta Mesa Performance Corps, or you can place an order online by clicking this link! Thank you for supporting Murrieta Mesa Performance Corps



ONLINE FUNDRAISER

Project TOUCH



Together Our Unity Conquers Homelessness



Time to Wrap!



Calling all Wrappers! get your crew together!



In Partnership with:



We'll be Gift Wrapping at
The Promenade Temecula
December 14th - 24th

We need your help!!
Call the office to schedule a day and time for your group to volunteer and have a blast! 951-677-9661

