



# Weekly News



Inspiring students to Think, Learn, Create and Care on a Global Level

## Timberwolf Families,

As we finish the last few weeks of school, our team would like to share some gentle reminders about positive online behavior as students continue to work hard through distance learning. Here is a flyer from MVUSD with a guide to student online behavior expectations to help them be safe, respectful, and responsible. Linked below are also two videos that explain proper "Netiquette" to Students and Parents.

[Netiquette Tips for Parents Video Link](#)  
[Student's Guide to Netiquette Video Link](#)

Week of May 18<sup>th</sup> – 22<sup>nd</sup>

### • Connect with your counselor:

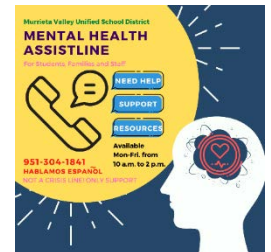
- Mr. Anderson, 6<sup>th</sup> Grade**  
[eaanderson@murrieta.k12.ca.us](mailto:eaanderson@murrieta.k12.ca.us)  
(951) 304-1638
- Mrs. Zanartu, 7<sup>th</sup> Grade**  
[izanartu@murrieta.k12.ca.us](mailto:izanartu@murrieta.k12.ca.us)  
(951) 304-1617
- Mr. Fravel, 8<sup>th</sup> Grade**  
[ffravel@murrieta.k12.ca.us](mailto:ffravel@murrieta.k12.ca.us)  
(951) 304-1604
- Mrs. Cortez, Mental Health Specialist**  
[icortez@murrieta.k12.ca.us](mailto:icortez@murrieta.k12.ca.us)  
(951) 304-1606

### • Resources:

**care-solace**

Calming the Chaos of Mental Health Care

Visit [Care Solace](#) to get referrals to trusted, local mental health resources



Call 2-1-1 or go [online](#) for resources such as housing/utility assistance, transportation, etc.

Download the What'sUp? SafeHouse App

CA Youth Crisis Line (24/7)  
1-800-843-5200

BoysTown National Hotline  
(for girls as well)  
1-800-448-3000

Trevor Project Lifeline  
(LGBTQ support)  
1-866-488-7386

National Suicide Prevention  
Hotline 800-273-8255

Text HELLO 741741 to talk to  
a Crisis Text Line counselor



Or text 844-204-0880 to  
speak to a trained counselor

## NETIQUETTE

A STUDENT AND PARENT GUIDE  
TO ONLINE BEHAVIOR EXPECTATIONS

### STUDENT EXPECTATIONS

- USE APPROPRIATE LANGUAGE
- BE KIND WITH YOUR WORDS
- BE PRESENT! NO MUSIC OR TV IN BACKGROUND
- NO RECORDING OR SCREENSHOTS OF CLASSROOM CHATS
- BE RESPECTFUL
- BE A LEADER
- DO NOT USE ALL CAPS
- NO MEMES OR TIKTOKS
- BE PATIENT
- STAY ON TOPIC

PARTICIPATE IN CLASSROOM DISCUSSIONS  
STARTED BY TEACHERS ONLY!



**Tools for Distance Learning Success**

### PARENT SUGGESTIONS

- Monitor Online Behavior
- Email/Contact your child's teacher
- Set Boundaries & Rules
- Support your child
- Expect Good Behavior
- Report Alarming Behavior or Chats
- Log-in and review teacher Haiku pages, websites, or emails at least once a week

MURRIETA VALLEY UNIFIED SCHOOL DISTRICT



[www.murrieta.k12.ca.us/distancelearning](http://www.murrieta.k12.ca.us/distancelearning)

Stay Healthy,

TMS Administration Team

## Mental & Emotional Health Support

The COVID-19 pandemic has created a new reality marked by grief and loss along with an array of strong emotions. The disruptions in our day to day lives contribute to the uneasiness and sadness that we are feeling. Not only are we mourning the loss of thousands of lives, but we are also mourning the loss of normalcy, seeing our loved ones to the potential loss of a traditional promotion ceremony for our 8<sup>th</sup> graders.

Each of us experience grief in our own way. Also, there is no right or wrong way to grieve!

**Below is a link to a video and a worksheet that can help you identify and cope with losses and grief resulting from the COVID-19 pandemic.**



GRIEF

can feel like  
many  
feelings

anxiety

loneliness

fatigue

sadness

numbness

yearning

insert your feeling right here

anger

boredom

pain

### Grief and Loss Video

[Grief and COVID-19: Mourning  
What We're Missing](#)

### Grief and Loss Worksheet

[My Grief Response and Plan](#)