



# Weekly News



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

## Timberwolf Families,

We are almost at the finish line of another successful year at TMS! This past week, Mrs. Cody sent important messages via AERIES Communication to share information about upcoming events including the 8<sup>th</sup> grade End of Year Celebration and student pick-up and item drop off. Please review those emails and/or visit our [End of Year Drop-Off Information Page](#) to review those videos and instructions.

- **8th Grade** scheduled for Monday, June 1<sup>st</sup>
- **7th grade** scheduled for Tuesday, June 2<sup>nd</sup>
- **6th grade** scheduled for Wednesday, June 3<sup>rd</sup>

## Summer Bridge Opportunity for 8th Graders!

MVUSD will offer a Virtual Summer Bridge Program for our current 8<sup>th</sup> graders to learn skills to ease their transition to high school. Students who participate will earn a grade and 2.5 elective credits! Please review the flyer below and application for more information.

[Summer Bridge Flyer](#)  
[Summer Bridge Application](#)



## Stay Healthy,

TMS Administration Team

## Week of May 25<sup>th</sup> – 29<sup>th</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

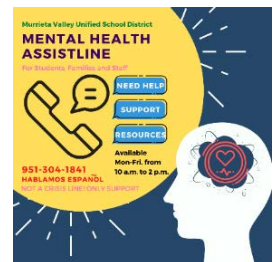
**Mr. Fravel, 8<sup>th</sup> Grade**  
[ffravel@murrieta.k12.ca.us](mailto:ffravel@murrieta.k12.ca.us)  
(951) 304-1604

**Mrs. Cortez, Mental Health Specialist**  
[icortez@murrieta.k12.ca.us](mailto:icortez@murrieta.k12.ca.us)  
(951) 304-1606

### • Resources:



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

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

Text HELLO 741741 to talk to a Crisis Text Line counselor

## Mental & Emotional Health Support

During this time of uncertainty and fear, many of us are stepping up to help others but sometimes when we focus on caring for others, it can be easy to forget to take care of ourselves. Prioritizing self-care is essential for overall wellbeing, especially during this time of crisis.



Below are links to a video, worksheet, and other resources to help you practice self-care during COVID-19 quarantine and beyond.



### Self-Care Video

[Self-Care while Social Distancing](#)

### Self-Care Worksheet

[My Self-Care in Emojis and GIFS](#)

### Self-Care Resources

[Virtual Hope Box App](#)

[GritX Self-Care Toolkit](#)