



Weekly News



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

Timberwolf Families,

This is the final week of the 2019-2020 school year. Despite all the challenges, we made it! Enjoy your summer break and see you in August!

IMPORTANT INFORMATION FOR THIS WEEK:

8th Grade Celebration & Item Pick-Up/Drop-Off

Please review our [End of Year Drop-Off Information Page](#) for instructions and helpful videos regarding the process.

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

Summer Bridge Opportunity for 8th Graders!

MVUSD will offer a Virtual Summer Bridge Program for our current 8th 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 June 1st – 5th

• Connect with your counselor:

Mr. Anderson, 6th Grade

eaanderson@murrieta.k12.ca.us

(951) 304-1638

Mrs. Zanartu, 7th Grade

izanartu@murrieta.k12.ca.us

(951) 304-1617

Mr. Fravel, 8th Grade

ffravel@murrieta.k12.ca.us

(951) 304-1604

Mrs. Cortez, Mental Health Specialist

icortez@murrieta.k12.ca.us

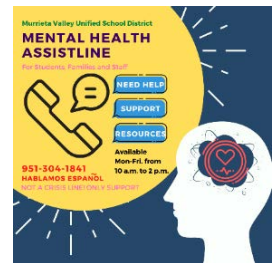
(951) 304-1606

• Resources:



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

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

You did it! You made it through the school year! It has been a unique year full of adventures and uncertainties. What is certain is that you have developed resiliency, which is the capacity to recover quickly from challenges. Resiliency involves behaviors, thoughts, and actions that can be learned over time. Here are some tips to continue to build resilience:

- Make connections
- Maintain a daily routine
- Take a break
- Work towards your goals
- Nurture a positive self-image
- Look for opportunities
- Accept change as part of life



Your perseverance will help you succeed.

As the school year comes to an end, try to maintain some communication with friends and peers. Here are some tips on staying connected:

- Join an online community
- Video chat
- Start an online course
- Send a letter or personal email



Videos:

[What is Resilience](#)
[Building Resilience](#)

Worksheet:

[Protective Factors](#)

App:

[The Resilience App](#)

Have a phenomenal summer! You deserve some fun. Try these activities during your break:

- ✓ Workout
- ✓ Learn a new skill
- ✓ Spend time with a pet
- ✓ Stargaze



Stay safe MVUSD families!