

PONY EXPRESS

Character Leadership Attitude Scholarship Service

Principal Mrs. Celeste Scallion

**December 18 - January 8:
Winter Break - No School**



WEEK AT GLANCE:

**January 8:
No School**

**January 9:
A Day
Classes Resume**

**January 10:
B Day
Late Start**

**January 11:
A Day
Office Hours**

**January 12:
B Day**

UPCOMING EVENTS:

**January 18 - Grad Nite
tickets on sale!**

MESSAGE FROM THE PRINCIPAL

Dear Bronco Families,

As we approach the holiday season, I extend warm wishes to you and your loved ones. I hope this time brings joy, laughter, and cherished moments.

A friendly reminder that our students will resume the second semester on Tuesday, January 9, eager to continue their academic journey.

Parents, please mark your calendars for December 20th, when final semester grades will be available on the Aeries Parent Portal. Your involvement in your child's education is invaluable, and we appreciate your continuous support.

To our seniors, please take note of the upcoming Senior Culminating Project due date. This is a significant milestone, and your hard work is truly commendable.

As we all look forward to the Winter Break, I encourage everyone to embrace the spirit of the season, fostering a sense of gratitude and reflection on what we are thankful for. May your time be filled with fun, safety, and rest, preparing you for the exciting challenges and successes that lie ahead in the new year.

Wishing you all a happy and peaceful holiday season.

Warm regards,

Mrs. Scallion

BNN: December 11

America's Most
SPIRITED HIGH SCHOOL
★ ★ ★ ★ ★

Assistant Principals

Brianna Burow
Lloyd Dunn
Shane Sands

Rosa Velardez
Tammy Waddleton

Assistant Principal Athletics

Carl Galloway

Activities Director

Shannon Kush

Useful Links:

VMHS Website



COUNSELING

COUNSELING

VISTA MURRIETA HIGH SCHOOL *Counseling Team*



Mrs. Osorio
AVID & A - Ban
East Hall



Mrs. Padilla
EL & Bar - Cha
East Hall



Mr. Tyler
Che - Ge
West Hall



Mr. Peterson
GI - La
West Hall



Mrs. Candaele
Le - O
West Hall



Ms. Valenzuela
P - Se
East Hall



Ms. Hill
Sh - Z
East Hall



Mrs. Burrow
Assistant Principal
East Hall



Mr. Bennett
School Psychologist
Grades 10-11 / W115



Mrs. Mendoza-Biled
School Psychologist
Grades 9, 12 / W115



Mrs. Talarzyk
School Social Worker
West Hall



Mrs. Gonzalez
School Social Worker
West Hall

End-of-semester
grades will be available
on December 20, 2023
on your Aeries Portal

COMMUNITY OUTREACH



OVERDOSE PREVENTION VIRTUAL TRAINING

This free presentation will teach on the dangers of prescription and illicit opioids, how to recognize the signs of an opioid overdose, and how to have a conversation about opioid misuse.

CLICK TO REGISTER FOR 2024 DATES:

January 22

February 19

March 18

April 29

Winter Wellness

Brought to you by VMHS Counseling
and our Mental Health Team



As we approach the
holidays, it's very
common to feel added
stress.

The holidays can bring up a mix of feelings from happiness, worry, grief, and even sadness. Pay attention to your feelings and reach out for support. Some problems may need an adult's help (especially life-threatening ones), so reach out to a trusted adult in your family or community if you are in need.

Self-Care

Do things that you love to take
care of yourself. There's an app
for this too! See below.



GritX.org
(available on
iOS and online)



Happify
(available on
Android and
iOS)



Way we Feel
(available on
iOS)

MORE CARE TIPS
Choose a few to help
combat the winter blues:



Get Active



Connect
with Loved
Ones



Avoid Unhealthy
Coping
Techniques



Practice
Gratitude



Digital Detox



Feel your
Feelings



Prioritize
Yourself



In case of crisis, direct yourself or
a friend to these resources:

Riverside County Helpline: (951) 686-4357

National Crisis Hotline: Text/Call 988

Crisis Textline: Text "HELLO" to 741741

Perris Mental Health Urgent Care: 951-349-4195

85 Ramona Expressway, Suites 1-3, Perris, CA 92571

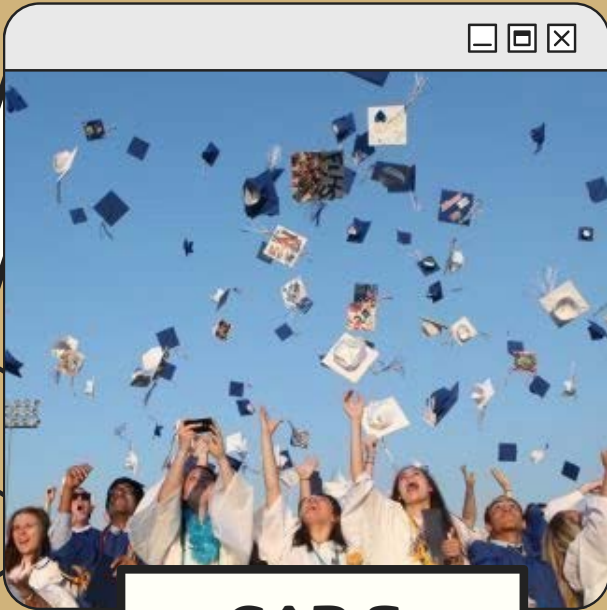


SENIORS

COMING SOON

CAP AND GOWN ORDER INFORMATION

Order online at [Herff Jones](#)



**CAP &
GOWNS**

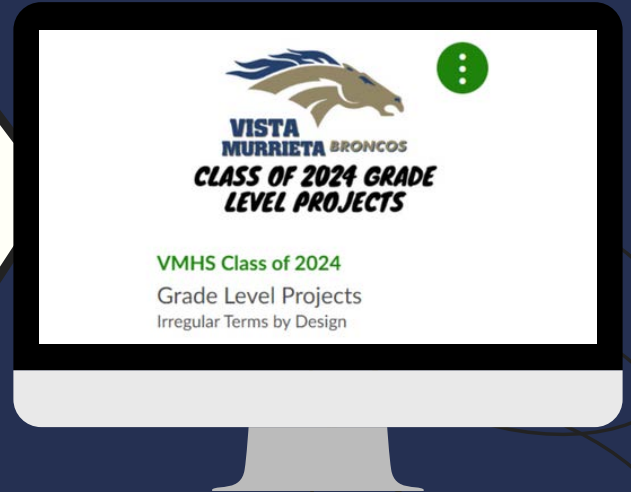
Vista Murrieta High School partners with Herff Jones as our graduation regalia vendor. Herff Jones will be on campus during lunch on January 24, 2024 to take orders in person.

All seniors must order their cap and gown units before February 1, 2024 to avoid a late fee.

Cap & Gown Order Site



Loaner Form



SENIOR CULMINATING PROJECT

The Senior Culminating Project is a graduation requirement.

Please make sure your senior student has the SCP tile (as displayed above) on their Canvas page.

The Canvas tile has detailed information and directions for the project. If you have any questions or concerns, please email Tammy Waddleton, Assistant Principal, at twaddleton@murrieta.k12.ca.us.

Winter Break is a great opportunity to work on this project that will be presented on February 5th and 6th, respectively.

YEARBOOK

94

Attention ALL Class of 2024 SENIORS... If you wish to have your formal senior portrait in the 2024 yearbook, you will need to schedule an appointment with STUDIO 94 in Murrieta before the end of Winter Break (Jan 8) to guarantee a spot in the book.

[Studio 94 Photography](#)

CHARACTER. LEADERSHIP. ATTITUDE. SCHOLARSHIP. SERVICE.

COLLEGE & CAREER CENTER

- Career Development (resume, interview skills)
- Scholarship Opportunities
- Community Service
- Work Permits
- MSJC Matriculation
- Military information and assistance
- ASVAB
- College search and application process
- Financial Aid application through FAFSA
- College Visits
- SAT / ACT Waivers

HOW TO CREATE A FSA ID

STUDENTS AND PARENTS WITH A SOCIAL SECURITY NUMBER SHOULD CREATE AN FSA ID. SAVE YOUR LOGIN INFO BECAUSE THE FAFSA NEEDS TO BE SUBMITTED EVERY YEAR THAT YOU RETURN TO COLLEGE!

- STEP 1: GO TO [FSAID.ED.GOV](https://fsaid.ed.gov) AND CREATE A USERNAME AND PASSWORD**
- STEP 2: ENTER YOUR NAME, DATE OF BIRTH, AND SOCIAL SECURITY NUMBER**
- STEP 3: ENTER YOUR PERSONAL EMAIL, PHONE NUMBER, AND MAILING ADDRESS**
- STEP 4: SELECT YOUR CHALLENGE QUESTIONS AND INPUT YOUR ANSWERS**
- STEP 5: REVIEW AND CONFIRM YOUR INFORMATION IS CORRECT**
- STEP 6: VERIFY YOUR PHONE NUMBER AND EMAIL, IF AVAILABLE**
- STEP 7: YOUR FSA ID HAS BEEN CREATED! SAVE YOUR INFORMATION BECAUSE YOU NEED IT EVERY YEAR TO APPLY FOR FINANCIAL AID.**

Need assistance? 1-800-433-3243 or [Help Center](#)

SAMANTHA GUTIERREZ

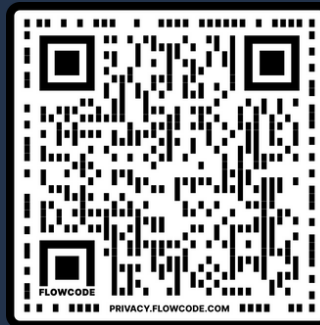
sgutierrez@murrieta.k12.ca.us

(951) 894-5750 x6589

COMMUNITY SERVICE OPPORTUNITIES

Community Service Hours

CLASS OF 2024: 20 HOURS
CLASS OF 2025: 30 HOURS
CLASS OF 2026: 40 HOURS



COLLEGE AND CAREER CENTER
QR CODE

NEED COMMUNITY
SERVICE HOURS?



ASVAB EXAM

January 31, 2024
8:00 a.m.

Student check-in begins at
7:30 a.m. in the PAC Foyer



Sign up here

The exam is exclusive to 60
VMHS Juniors and Seniors.

CHARACTER. LEADERSHIP. ATTITUDE. SCHOLARSHIP. SERVICE.