



Principal:

Scott Richards

(951) 677-0568 x 6499

Assistant Principals:

Lorie Coleman

(951) 677-0568 x 6497

Theresa Butler

(951) 677-0568 x 6496

Jason Hamm

(951) 677-0568 x 6477

John Broussard

(951) 677-0568 x 6439

Counselors:

David Carrillo ~ A-D

(951) 677-0568 x 6489

Amanda Pesavento ~ E-L

(951) 677-0568 x 6475

Connie Kim ~ M-Re & EL

(951) 677-0568 x 6474

Kesha Andrews ~ Rf-Z

(951) 677-0568 x 6476

Lisa Amstutz ~ AVID, TBI

(951) 677-0568 x 6383

Site Secretary:

Jessica Walsh

(951) 677-0568 x 6498

MMHS Fax:

(951) 304-1895

Website: www.murrieta.k12.ca.us/Domain/2117

In this Issue

Principal's Message	1
Mesa	
Happenings	2-4
Seniors	5
Counselor News	6
Athletica	7
Flyers	8-15

Ramblings

Murrieta Mesa High School

September 2022

A Message from

Mr. Richards—MMHS Principal



Dear Ram Parents and Students,

I cannot believe that we are already in September. This year seems to be moving at light speed. Our school spirit has been amazing, with huge crowds at all our events so far. If your student is not going to events, please encourage them to go as they are missing part of the "high school experience." While academic success and preparing our students for the next steps in life remains a focus, we also believe it is important for our students to be involved, be a part of something bigger than just themselves, and to have fun in school.

For those of you who were able to come by our Back to School Night (BTSN) on Monday, August 29th, I hope you had a great time. For those of you that couldn't make it out to walk our campus, talk with teachers, and observe the different classrooms your students attend, there is still a link on our Mesa webpage that will take you to our teachers' BTSN videos. Mesa is an amazing place because of the support from our community, parents, and students. Thank you for being a part of our school!

Mark your calendars- Homecoming is in September this year! Our homecoming game will be on Thursday, September 29th, against Santiago High School, and our Homecoming Dance will be on Friday, September 30th, at Mesa. Tickets are already on sale at the bookkeeper or Ram Shack windows. Permission slips and guest passes can be found at the receptionist, the library, or at Student Services and must be turned in at time of purchase. As a reminder, to purchase a guest ticket, you must also purchase a student ticket. One guest per student. Looking forward to a fun Homecoming week!

Senior Fall Parent Night- we will host our 1st Senior Parent meeting of the year in our GPAC on Monday, September 19th at 6pm. Our seniors will also receive the same information on Wednesday, September 21st. During this meeting, we will share out pertinent senior items like FAFSA, college deadline dates, senior trips, and graduation regalia. Hope to see you there!

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

Scott Richards Jr.

Principal



Activities



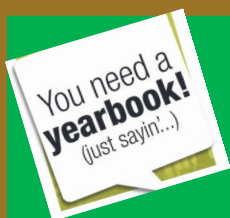
2022
Homecoming
Dance

Welcome to Athens



SEPTEMBER 30, 2022
DOORS OPEN AT 7.00PM

TIERED PRICING
PERMISSION SLIPS @ STUDENT
SERVICES/ LIBRARY/FRONT OFFICE
PURCHASE TICKET @
BOOKKEEPER/RAMSHACK
(MUST HAVE PERMISSION SLIP TO PURCHASE TICKET)
TICETS ON SALE 8/30/22



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



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

Saturday School Will be

Sept. 17th from 8-12:15

Sign up in Student Services with Mrs. Blancato

Last Call

Make Up picture day

Sept. 14th

8am -4pm

Library Lobby

Bookkeeper News!

- We have two areas payments can be made this year! The Bookkeeper window and the Ram Shack (Activities office). Lines will be long for Homecoming sales. To try an accommodate , we will open this month during PRIDE for the Golden Ticket holders. We also open 30 minutes before the bell and have NO lines in the am.
- No FEES, prices are same online or at the window, cash or card.
- Register for our new online store by clicking this link.

SchoolCashOnline.com: Welcome

Bookkeeper will closed

Sept. 19-22



Beast Activities

Beast Staff of the Month

Stephen Chitraroff



Lorie Coleman



UPCOMING BEAST EVENTS

**GIRLS VOLLEYBALL PRIDE GAME 9/14 – WELCOME TO THE JUNGLE
(SAFARI) THEME**

FOOTBALL 9/16 - MILITARY APPRECIATION (RED WHITE AND BLUE)

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 .



Counselors will be having one on one meetings with Seniors in September to review transcripts and post – graduation plans.

Save the Date for Fall Senior Meeting

- **Parents: Sept. 19th at 6PM in the GPAC**
- **Students: Sept. 21st during 3rd period in GPAC**



SENIORS ONLY!

Limited tickets, so hurry and get yours now!

FRIDAY SEPTEMBER 23RD

\$110—w/USB \$120 w/o USB

You can purchase online (until Sept. 16), at the Bookkeeper , or Ram Shack. Permission slips can be picked up in the Library, Student Services, or at the from Receptionist.

All permission slips will need to be turned in prior to event.

Check in will be 3:30pm

Senior Contract

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

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

Counselor News

Advanced Placement NEWS!

Exam order time is around the corner! Please make sure to get started on the following steps!

Step 1: Register each AP course in your College Board account. Each class section has a unique which your teacher can provide for you. Please complete this step ASAP!

Step 2: Beginning September 12th, log in to www.totalregistration.net/054357/ap to pay for your exam(s). Priority payment ends on October 31st, 2022.

- Exam Costs: \$101.
- AP Research and AP Seminar: \$151
- Families may make payments if they wish. In order to reserve an exam, a \$40 down payment has to be made by October 31st, 2022. All exams need to be paid in full by March 8, 2023.
- Beginning November 1st at 12:01 AM, a \$10 late fee will be added to each exam.
- Total Registration will be shut down on November 15th to allow us to finalize the exam order.
- Beginning November 16th at 12:01 AM, Total Registration will re-open. At that point, each exam will have a \$40 late fee added to it.

Each exam cancelled after November 15th will have a \$45 cancellation fee.

Financial Assistance is available, but only for students who have been approved for the National School Lunch Program for the 2022-2023 school year. Please click this link to see if you are eligible and to apply: <https://murrietaschoolnutrition.com/>

Community Service

Community Service hours will be required for graduation.

There is a Community Service Board in Student Services for anyone who needs volunteer hours.

Seniors - 10 hours

Juniors - 20 hours

Sophomores - 30 hours

Freshmen - 40 hours

College Presentations

- Friday 9/23 per 3 @ 10:15 University of Colorado, Colorado Springs
- Tuesday 9/27 per 5 @ 12:00 USC - University of Southern California

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



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!

Girls Basketball:

Tryouts for Girls Basketball will be on September 7th on Wednesday Morning at 8:00 am - 9:00 am. School is on a "Late Start" day. Obtain Athletic Clearance on the school website. If you can't make the tryout or need more info, contact Coach Gary Blate by text 559-760-3641 or email gtb@sti.net.

Boys Basketball:

Tryouts for Boys Basketball will be on September 1st and 2nd from 5:30am to 7am and on Sept, 3rd from 8am to 9:30am. Participants must attend ALL 3 days of tryouts and be athletically cleared. Upcoming practices will be on our home campus calendar as well as on Mesa boys' basketball calendar.

Boys Soccer is a Winter Sport. Tryouts are TBD and estimated to be around October. For the latest announcements, text "@acchh9" to the number 81010. See coach Mota in R-158, or e-mail at "emota@murrieta.k12.ca.us" if you have any questions.

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

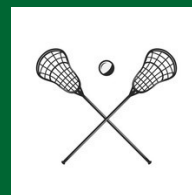
No Military Discount

Middle School Student w paid accompany adult: Free

Any freshmen girls interested in playing girls lacrosse! Please see Coach Sovacool immediately!

Room 458.

All boys interested in the sport please see Coach Sovacool and she will get you the information for the boys program!





MORE THAN A M E A L

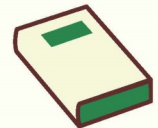


EVERY YEAR FAMILIES
must submit a new meal
application, even though
meals are free in California.
This is an eligibility of
services requirement.



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

**JOIN US FOR A VIRTUAL DISCUSSION ON
MENTAL HEALTH AND STIGMA
REDUCTION**

Stand
AGAINST
Stigma

**BE INSPIRED BY HEARING OTHERS SHARE THEIR
EXPERIENCE, STRENGTH AND HOPE WITH MENTAL ILLNESS**

Join Us!

Thursday, September 1st, 2022

10:30 am – 11:30 am

Zoom Link:

<https://ruhealth.zoom.us/j/89391665874?pwd=SlZGSjJUcUljQ3U5RWYrYmZROFlkdz09>

Meeting ID: 893 9166 5874

Passcode: 572803



ASL and Spanish interpreting will be provided



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2022 • ISSUE 4 • VOLUME 2

Take Action for Suicide Prevention

Suicide Prevention Week: September 4-10, 2022

World Suicide Prevention Day: September 10

Thriving At All Ages



SMARTPHONE APPS

- [MY3](#)
- [What's Up Safehouse](#)
- [A Friend Asks](#)
- [Better Stop Suicide](#)
- [Suicide Safety Plan](#)

APP

By knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources everyone can play a critical role in suicide prevention. Click on the links below for additional information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideisPreventable.org](#)
- [Up2Riverside.org](#)
- [EachMindMatters.org](#)

988
SUICIDE PREVENTION
HOTLINE

CRISIS RESOURCES

Riverside County Crisis Helpline

(951) 686-HELP (4357)

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

Text TALKWITHUS to 66746

Crisis Text Line

Text HELLO to 741741

Trevor Lifeline

(866) 488-7386 or

Text START to 678678

CA Youth Crisis

Hotline

(800) 843-5200

Call **988**

For Mental Health Help

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



NIH
National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 19-4316

BLACK EXCELLENCE GAME

UCLA VS. ALABAMA ST. // SATURDAY, SEPT. 10 // 2:00PM



[CLICK HERE FOR MORE INFORMATION](#)

Join UCLA Football at the historic Rose Bowl Stadium on Saturday, September 10 at 2:00PM as we welcome Alabama State in our first-ever matchup against a Historically Black College & University (HBCU).

Each of these exclusive ticket packages include a UCLA Black Excellence Game t-shirt and a ticket to enjoy the game. Click the buttons below to purchase the package or visit our landing page for more information.

UCLA FOOTBALL x BLACK EXCELLENCE GAME

JOIN OUR FUNDRAISER AT RAISING CANE'S!

**Mention the fundraiser at the register
and Cane's will donate 15% of sales to:**

Murrieta Mesa Band and Color Guard

DATE & TIME:

September 21, 2022 from 04:00 PM - 09:00 PM

LOCATION:

**24655 Madison Ave, Murrieta, CA 92562
+1 951-894-7732**



raisingcanes.com

[f RaisingCanesChickenFingers](#) | [t Raising_Canes](#) | [i @raisingcanes](#)

THIS EVENT IS SPONSORED BY THE MUSIC BOOSTERS

© Raising Cane's USA, LLC. "Raising Cane's" and the Raising Cane's Logo are registered trademarks of Raising Cane's USA, LLC.



If I Speak, Will You Listen?

Be bold, be heard at the 2022 Excellence Through Equity Conference!

Riverside County Office of Education is proud to announce a wonderful opportunity for students in grades 9-12 to showcase their original poetic works following our theme of "If I Speak, Will You Listen?" Four students will be selected to perform at our annual Excellence Through Equity Conference in Indian Wells, CA on Thursday, September 22, or Friday, September 23, 2022. Selected students, along with their parent/guardian, will receive a complimentary one-day conference registration.



Submission Window:
Monday, September 5, 2022, at 8:00 a.m. –
Sunday, September 11, 2022, midnight.
<https://forms.gle/CxcogJiNNkTzCjJA8>



Rules

- Scholars must complete the 2022 Call For Student Poets form and upload a one-minute video of their performance in order to be considered.
- Must be enrolled in high school at the time of submission.
- If selected to attend, the scholar's parent or guardian must fill out the Photo/Video Release Consent and Waiver of Rights form.
- Willing and able to travel to Indian Wells, CA to perform in front of a large audience.
- Parent or guardian will provide transportation for any scholar under the age of 18.
- Poems/performances may be in any style or form and are limited to 5 minutes. Please ensure to time the complete reading of your poem before submitting your entry to ensure you meet the performance limit.
- Poems must be the original creative work of the poet. Plagiarism will result in immediate disqualification from this and all future student poet opportunities.
- Single or double spaced, 12pt. Times New Roman preferred unless the poem's form dictates the format (example: blackout poetry, erasures, visual poetry, etc.).
- No gratuitous violent or sexual content. No hate speech. No slander. If you must ask, you probably already know the answer. (But if you're not sure, do ask.)



City of Temecula's

YOUTH INNOVATORS

JOIN TODAY!

WHO ARE WE?

**a student-run committee in
Temecula that plans and hosts
community based programs to
benefit City youth**

Youth Innovators is designed as an
internship with the Economic
Development/Community Services
Department, teaching students
leadership and management skills

APPLY HERE:



FIND OUT MORE AT:

temeculaca.gov/youthinnovators

MEETINGS: Wednesdays at 4:30 PM

**LOCATION: TVE2 (43200 Business
Park Dr.)**



Confirmation #

TEMECULA GREEK FESTIVAL VOLUNTEER APPLICATION FORM

Thank you for your interest in volunteering at the Temecula Greek Festival. We are a nonprofit organization 501 (c)(3) EIN #33-0469685. The Festival will be October 8th and 9th at Old Town Temecula Civic Center, 41000 Main Street, Temecula. The Deadline to volunteer is Thursday, October 6th.

All volunteers will receive free admission, bottled water, one drink (nonalcoholic) voucher and one meal voucher*.

Student Name: _____

Grade: _____

Student Email: _____

Student Phone: _____

Legal Guardian's Name: _____

I would like to volunteer during these days and times (choose one or more):

Saturday, October 8:	<input type="checkbox"/> 9:00am – 1:00pm <input type="checkbox"/> 1:00pm – 5:00pm <input type="checkbox"/> 5:00pm – 9:00pm	<input type="checkbox"/> 10:00am – 2:00pm <input type="checkbox"/> 2:00pm – 6:00pm <input type="checkbox"/> 6:00pm – 10:00pm
Sunday, October 9:	<input type="checkbox"/> 10:00am – 1:00pm <input type="checkbox"/> 1:00pm – 4:00pm <input type="checkbox"/> 4:00pm – 7:30pm* <input type="checkbox"/> 6:00pm – 10:00pm* (Closing**)	

Please rank preferred volunteer position 1 – 7, 1 highest (no guarantee you will get preferred choice):

___ Food Booth	___ Children's Area	___ Greeter/Clean-up	___ Runner
___ Bussing Tables	___ Floater/Breaker	___ Information/ Lost & Found Booth	

Please email completed Volunteer Application and Parent/Guardian Consent Form to:

GreekFestivalTemecula@gmail.com

Once approved you will receive a confirmation Number, present confirmation number at the entrance booth and proceed to the Information booth at your designated time to sign-in. Remember to bring your community service log so we can sign off on your hours.

* Sunday Closing Volunteers need to come early to use voucher before booths close.

**Closing volunteers must be able to lift and carry items up to 25 lbs.



Confirmation #

TEMECULA GREEK FESTIVAL PARENT/GUARDIAN CONSENT FORM

Thank you for your interest in volunteering at the Temecula Greek Festival.

Please email completed Volunteer Application and Parent/Guardian Consent Form to:
GreekFestivalTemecula@gmail.com

_____, a minor child, wishes to participate as a volunteer for the Temecula Greek Festival 2022. As the minor's parent or guardian, I hereby consent to their participation as a volunteer.

I am not aware of any physical or medical condition that would interfere with the minor's ability to participate. If the minor is injured or becomes ill and neither parent/guardian listed below can be reached, I give the Temecula Greek Festival permission to seek medical attention for the minor.

Student Name: _____

Grade: _____

Printed Parent/Guardian Name: _____

Legal Guardian's Signature: _____

I understand that the child may be photographed during the festival. I grant full and unlimited permission to the Temecula Greek Festival, and its agent and affiliates, to use the minor's name, photographs, or any other record of participation at the festival in any broadcast, telecast or other account volunteering at the Temecula Greek Festival for publicity purposes, without compensation, by initially here: _____

EMERGENCY CONTACTS:

Emergency Contact 1: Name: _____ Relationship to child: _____ Home Phone: _____ Mobile Phone: _____ Additional Phone: _____	Emergency Contact 2: Name: _____ Relationship to child: _____ Home Phone: _____ Mobile Phone: _____ Additional Phone: _____
---	---

Once approved you will receive a confirmation Number, present confirmation number at the entrance booth and proceed to the Information booth at your designated time to sign-in.

Remember to bring your community service log so we can sign off on your hours.