



Ramblings

Murrieta Mesa High School

March 2023

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A Message from

Mr. Richards—MMHS Principal



Dear Ram Parents and Students,

March is finally here, and with it, comes spring and the start of daylight savings time (Sunday, March 12th at 2am). Here are a few announcements and other items for this month:

1. The 6-week Progress Report grades have been entered. Please sign into your ABI Parent Portal accounts and check on your student's progress. These are the grades that determine eligibility in extra-curricular activities.
2. Open House/Spring Showcase is on Monday, March 13th.
 - We will kick off the evening in the Ram's Den for our Meet and Greet from 5:30-5:55 pm, followed by a pep rally in our quad and on our Santa Rosa stage from 6:00-6:30 pm. All students and their families (plus future students/families) are welcome! This is a community event, and we are excited to welcome everyone!
 - At 6:30 pm, we will start our "Open House" portion of the evening in the quad where you will be able to visit and get more information about classes, pathways, clubs, sports, post-secondary opportunities, and campus tours.
 - * More information will follow in our weekly communications.
3. Mesa's Into the Woods production opens on Thursday, March 2nd at 7pm in our GPAC theatre. The production can also be seen March 3rd, 4th, 9th, 10th, and the 11th at 7pm. Tickets are \$10 for adults, \$8 for student, our senior citizens and military. In addition, Saturday, March 4th is Senior Citizen Appreciation Night and tickets will be only \$2.
4. Spring sports has officially started. Please come out and support our amazing spring teams and student athletes!

Spring Break begins the week of Monday, April 1st. Students will return on Monday, April 10th.

Thank you for all you do in supporting Mesa!

Scott Richards Jr.
Principal



Activities

Saturday School

March 18th from 8-12:15

Sign up in Student Services with Mrs. Blancato

Detentions (Rams Den)

T/TH 7:45- 8:15

3:45-4:15pm

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 events

Bookkeeper will be closed Wed. 3/1-Fri. 3/3

Ram Shack will be closed Wed. 3/1-Mon. 3/6

You can still purchase your Ram Shack items online.

[Store](#) | [Featured \(myschoolcentral.com\)](#)

Cornhole Tournament

Partner up with a staff member and sign up for our Cornhole tournament.

Sign-ups start 2/21.

Available to the 1st 16 teams.

Tournament begins March 13th.

Rocky Club Applications

Open now through
March 8th

Scan the QR code to apply
for Rocky or Handler.



Class of 25 is hosting Talent Show

"Mesa Star Search"

Mandatory dates for meetings and rehearsals:

March 8th—after school

March 21st—rehearsal

March 23rd— dress rehearsal

March 24th—Show day—Call time 4:30pm

Click this link to apply! <https://forms.office.com/r/>



Want to join Leadership?

Now is the time to apply for next year's Leadership classes.

Applications will be available

March 1st and close on March 17th.

The applications will be on the MMHS website and in your communications.

Any questions please come to the Ram Shack.

USB - Plans Dances, Rallies, etc.

Renaissance - Students and staff recognition

Senate - Community Outreach

Beast - Student Section, Athletic Support



Rocky Shoutouts!

A special delivery by Rocky can be requested. Deliveries can be made at home Basketball Games, or on selected Fridays of the month at school! Special events, like Birthdays, Anniversaries, etc.

Only \$10 - Includes Poster and balloons.

MMHS Drama Proudly Presents
INTO THE WOODS

March 2-4, 9-11 @ 7:00PM

Tickets \$10 Adults,

\$8 Students, Seniors and Military.

Saturday March 4 is Senior Citizen Appreciation

Night with tickets only \$2.

Please see flyer on page 5

PROM TICKETS

Now on Sale

The MET

“A Night Amongst the Stars”

Location: Air and Space Museum
in San Diego

Feb./March - \$90 USB \$100 W/
O USB

April - \$100 USB \$110 W/O
USB

May - \$110 USB \$120 W/O USB

Guest Passes are \$120. Dead-
line May12

Make sure you are **not** on the NO Go list
and you must be a Senior or Junior to
purchase. Must have signed permission
slip to purchase at Bookkeeper or Ram
Shack.



Mesa's Month of Giving



Let's show our Mesa PRIDE as we are teaming up with Jersey Mike's for the month of March to raise funds for Cancer for College. Cancer for College is a non - profit organization that awards scholarships for cancer survivors to attend college. Donations will be collected in your 5th period classes. At the end of the month, the class with the most donations, will receive a party catered by Jersey Mike's. But most of all, we are in a friendly competition with Vista to see who can raise the highest amount.



Spirit Days for

our upcoming

Spring Rally March 24th

Dress Up days March 20th—March 24th

Monday – Sunglasses

Tuesday – Red White Blue

Wednesday – Converse Shoes

Thursday – Beach/Tacky Tourist

Friday – Camo (Freshman & Sophomores) vs. Denim (Juniors & Seniors)

Class competition! Dress up to earn your class points!

Mesa Showcase

Murrieta Mesa High School

13
March

Meet and Greet

Join us in the Ram's Den! Come meet our principal, Mr. Richards, and the Administration team!

5:30pm -
5:55pm

Pep Rally

Start building the excitement for the 2022/2023 school year, and experience what it is like to be a RAM. Located at the Santa Rosa stage in the Quad. For all students and parents.

6:00PM -
6:30PM

6:30pm -
7:30pm

Wander and Mingle (Middle of Campus)

Club Rush, Academic Departments (meet the teachers), Sports Teams (meet the coaches), Pathway Options and program opportunities.



Pop up Spirit Store - Flash Sale!

Sweatshirts, T-Shirts, and more. All your Mesa Gear needs!

Murrieta Mesa High School

24801 Monroe Ave., Murrieta, CA 92562

(951) 677-0568



Murrieta Mesa High School Drama Company
Proudly Presents...

INTO THE WOODS

March 2-4, 9-11, 2023 7:00p.m.

Gershwin Performing Arts Center
Murrieta Mesa High School
24801 Monroe Avenue, Murrieta

Tickets: \$10 Adults, \$8 Students, Seniors and Military
Saturday, March 4 is Senior Citizen Appreciate Night with tickets only \$2

Seniors - Class of 2023

Grad Night
May 25th
Six Flags Magic
Mountain
\$160 w/USB
\$170 w/o USB

Available now, online.
Bookkeeper, and Ram
Shack.



Price will include admission to park, charter bus transportation, Six Flags Grad Pass, Grad Night Glo Souvenir, and All You Can Eat Buffet. Tickets are limited and selling fast, so purchase early!

**Order your Senior items!
Cap & Gown, Class Ring, An-
nouncements, and more.**

**Early bird pick up—March 15th during
PRIDE** (for those that ordered before Dec. 31st)

**1-800-567-8367
(1-800-JOSTENS)**



Pathway Pin Applications

PATHWAY PIN APPLICATIONS AVAILABLE IN STUDENT SERVICES.

HURRY AS THEY ARE DUE BY MARCH 17TH.

GRADUATION TICKETS NOW AVAILABLE!

PURCHASE AT THE BOOKKEEPER OR THE RAM SHACK.
YOU CAN PURCHASE UP TO 14 ADDITIONAL TICKETS.

Senior Meeting Information:

Activities and Dates for the 2nd
semester Senior events!

Click [here](#) for the presentation.

Click [here](#) for the informational flyer.

Counselor News

Scholarship
information

Click [here](#)

Always check
out Mesa's
Counseling
page for the
latest updates.

**The Counselor One-on-One Schedule is
below by grade.**

**Juniors: February 28th - March 8th
Sophomores: March 9th - March 20th
Freshman: March 22nd - March 29th**

**If you have any questions please reach
out to your son or daughters School
Counselor.**

SENIORS

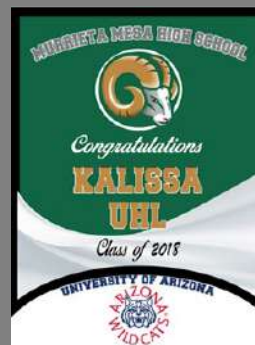
FAFSA IS DUE MARCH 2ND!

**REMEMBER WHEN YOU COMPLETE THE FAFSA,
YOU WILL GET A 6TH FREE TICKET
TO GRADUATION!**

MMHS Senior Banners

Purchase a banner to celebrate your senior's future plans! Whether your student is joining the military, going to a trade school, or headed to a college or university, these banners are a great way to honor your student's hard work! Each 18" X 24" banner is made of heavy-duty vinyl and costs \$20. Banners will be displayed on the back of the home stands of Rams Stadium through graduation and can be taken home at the end of the ceremony.

Head to the Ram Shack Online to pay \$20 and complete the Order Form . Deadline to order is May 13, 2023. Use this QR code to find the Ram Shack:





AP Exam Schedule

| Date | Report Time: 7:30 | Report Time: 11:30 |
|--------------------|---|---|
| Monday, 5/1 | AP Government: Library | AP Chemistry: Library |
| Tuesday, 5/2 | AP Environmental Science: Library | AP Psychology: Small Gym |
| Wednesday, 5/3 | AP English Literature: Small Gym | No Exams |
| Thursday, 5/4 | AP Human Geography: Library AP Macroeconomics: Small Gym | AP Seminar: Small Gym AP Statistics: Library |
| Friday, 5/5 | AP US History: Small Gym | AP Art History: Library |
| | | |
| Monday, 5/8 | AP Calculus AB & BC: Large Gym | AP Computer Science: Small Gym |
| Tuesday, 5/9 | AP English Language: Large Gym | No Exams |
| Wednesday, 5/10 | AP Spanish Language: Library | AP Biology: Library |
| Thursday, 5/11 | AP French: A115 AP World History: Small Gym | AP Physics: Library |
| Friday, May 12 | No Exams | No Exams |

CAASPP Testing Schedule

Testing is for 11th grade students only, however the modified bell schedule on March 16, 17, and 21st impacts all students.

MMHS CAASPP SCHEDULE

MAR/APR 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----------------|---|--------------------|---|---|-----|
| MAR | 13 ELA PT P1 | 14 ELA PT P1 | 15 | 16 MODIFIED BELL SCHEDULE ELA PT P2 | 17 MODIFIED BELL SCHEDULE ELA PT P2 | |
| | 20 ELA CAT | 21 MODIFIED BELL SCHEDULE ELA CAT | 22 ELA Makeups | 23 | 24 | |
| | 27 CAST | 28 CAST | 29 CAST Makeups | 30 | 31 | |
| APR | 24 MATH PT | 25 MATH PT | 26 MATH Makeups | 27 MATH CAT | 28 MATH CAT | |

PT: Performance Task - CAT: Computer Adaptive Test - CAST: California Science Test

MODIFIED BELL SCHEDULE

Period 1/2: 8:30 - 10:00 (90)

Period 3: 10:05 - 11:35 (90)

Break: 11:35 - 11:45 (10)

Period 4/5: 11:50 - 1:25 (95)

Lunch: 1:25 - 1:55 (30)

Period 6/7: 2:00 - 3:30 (90)

NOTES

- Students will test with their content area teacher.
- Students that are mixed level classes will be reassigned and given passes to test with a proctoring teacher.
- Students that are not enrolled in a content area will take their exam during scheduled makeups.

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MMHS CAASPP SCHEDULE

MAR 2023

16, 17, & 21

MODIFIED BELL SCHEDULE

Period 1/2: 8:30 - 10:00 (90)

Period 3: 10:05 - 11:35 (90)

Break: 11:35 - 11:45 (10)

Period 4/5: 11:50 - 1:25 (95)

Lunch: 1:25 - 1:55 (30)

Period 6/7: 2:00 - 3:30 (90)

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Murrieta Mesa High School

CAASPP INCENTIVES



Mathematics

SCORE OF 3 One Grade Bump

- 1 bump for 1 semester (Math I, Math II, or Math III)

STANDARD MET

SCORE OF 4 Two Grade Bumps

- 1 bump for 2 semesters OR
- 2 bumps for 1 semester (Math I, Math II, or Math III)

STANDARD EXCEEDED

ADVANCED MATH CLASSES

SCORE OF 4: ONE GRADE BUMP

- 1 bump for 1 semester (Adv Math I, II, or III)



Murrieta Mesa High School

CAASPP INCENTIVES



Science

SCORE OF 3 One Grade Bump

- 1 bump for 1 semester (Biology, Chemistry, or Physics)

STANDARD MET

SCORE OF 4 Two Grade Bumps

- 1 bump for 2 semesters (Biology, Chemistry, or Physics)

STANDARD EXCEEDED

Does not apply to AP or Adv courses

ATTENDANCE

Did you know?

- Missing too many days in a school year can make it difficult for students to stay engaged and be successful, it can also set them behind for graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with schoolwork, or facing some other difficulty.
- If your student is struggling with attendance, please reach out to their counselor.

Please remember to call and excuse your child's absence. Calling in and excusing the absence allows them the opportunity to make up work.

Attendance Office: (951) 677-0568

To excuse an absence or tardy, dial ext. 6482 or email: MMHS.Attendance@murrieta.k12.ca.us

To call for an off-campus pass/Dr. Appt./etc. ahead of time, dial ext. 6483

2023 Spring In-Person College Fair

Inland Empire (CA) National College Fair

Tuesday, April 25

9 a.m. – 12 p.m. & 6 p.m. – 8 p.m.

Ontario Convention Center

NACAC
National Association for
College Admission Counseling

*Connect with hundreds of
colleges and universities
in one place!*



REGISTER NOW!
nacacattend.org/fairs



Athletics

WELCOME TO MESA ATHLETICS!

PLEASE TAKE THE TIME TO CHECK OUT OUR ATHLETIC WEBSITE.

HERE YOU WILL SEE ALL THINGS SPORTS RELATED!

ATHLETIC INFO: [HTTPS://WWW.MURRIETAMESAATHLETICS.COM/HOME](https://www.murrietamesaathletics.com/home)

Please stop by our many booths for a meet and greet during Open House on March 13th! We'll have summer camp information and information on our annual clearance event on May 13th!

Also, come on out and support our spring sports! We have boys tennis, swim, baseball, softball, lacrosse, track, boys volleyball and golf (golf at the local golf courses). You can find the schedule for each team on our athletic website.

<https://www.murrietamesaathletics.com/>

From Boys Volleyball:

This season for Men's Volleyball we have our returners and new players that are working hard to compete! We have a lot of potential and going to be another great season! Come watch us at all our home games!

GO MESA!

BEAST PRIDE Games



- March 3rd- Softball @4pm
- March 10th– Boys Volleyball @530pm
- March 12th – Mount. Bike Team @ Vail Lake time TBD
- March 15th – Baseball @4pm
- March 20th —Boys Lax @ 7:30pm
- March 23rd –Track & Field
- March 28th—Stunt @ 5:3pm

Volunteers Needed!

Volunteers needed for Track and Field Home Meets: March 16th, March 23. Get community service hours.

Volunteer needed for swim: Home meets the following dates: 3/2, 3,6, and 3/22. We need volunteers for timing so if you need community service hours contact Coach Jenn (ramscoachjenn@gmail.com)

HELP SUPPORT SWIM ! Here are their current fundraisers

- ⇒ Cookie Dough: <https://app.moneydolly.com/fundraiser/12184/participant/178471/order>
- ⇒ Sees Candy: https://www.yumraising.com/secure/murrietamhs_murrieta_mesa_high_school_swim_te1/Kay_Spe3588/candy
- ⇒ Panda Express on 3/2. Order at <https://www.community-fundraiser.com/virtual-fundraiser/events/promotions/9b69261a->



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

MARCH 2023 • ISSUE 4 • VOLUME 8

SELF CARE



According to the National Institute of Mental Health, **self-care** means "taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact". It is vital to remember that "self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health".

-Source National Institute of Mental Health



Self-care is about giving what's best of you, not what's left of you
~ Katie Reed

SMARTPHONE APPS

[Happify: Science-Based Activities and Games](#)

Insight Timer - #1 Free Meditation App for Sleep, Relax & More

[Relational Agent for Mental Health](#) | [Woebot Health](#)

APP

If it makes you happy...
Do more of that.



**Dance
Team
Needs
You!**

**Save the dates !
Clinics May 8, 9, 10
Auditions May 11**





MORE THAN A MEAL



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



FUNDrive® Coordinator

Brian Spock
(760) 310-6667
brian@completeere.net

Our Goal: \$1000

200 Large Yard Bags (avg. 20 lbs.)
60 Medium boxes (household goods)

Fundraiser Dates:

01/16/2023 - 03/05/2023

Clean out your closets and cupboards for Murrieta Mesa High School Music Boosters!

Bag up your donatable items and deliver to the band room. Please bag clothing items and box up small household items.

We Are Collecting Clothes

men's, women's and children's clothes, coats, shoes, scarves, handbags, wallets, fashion accessories, ties, belts, backpacks, etc.

Household Textiles

bedding, comforters, blankets, sheets, towels, linen, tablecloths, curtains, pillows, etc.

Small Household Goods

kitchen items (such as pots/pans, dishes, silverware, glasses, serving pieces and hand-held appliances), home decorative items, knick-knacks, toys, games, and small electronics

Please use bags for clothes and textiles and tightly packed boxes for small household goods.

All items must be clean and in sellable condition.

***DONATIONS WILL BE
ACCEPTED UNTIL MARCH 5***

FUNDrive

FUNDrive® is an eco-friendly fundraiser for nonprofit organizations. Collect gently-used items in your community and FUNDrive® will buy them.

Visit <https://FUNDrive.savers.com> to learn more.

