



MURRIETA VALLEY HS NIGHTHAWK NEWS

NOVEMBER 2020

Keeping our families connected

Letter From Our Principal

Dear Parents and Students,

We have entered the final six-week grading period of the first semester. As we enter the home stretch, we strongly encourage students to participate in office hours from 1:15 to 2:30 Tuesday through Friday, get caught up on assignments and keep cameras on during online classes.

The registration window for second semester was bumped back until further notice. Our school district is working on a details to, hopefully, provide a hybrid option in January and want to present a very clear plan to families before they are asked to make a decision. As always, look to your Aeries Communications for the most recent information and updates.

Many of our students are flourishing with online schooling, but we know that many are struggling. Our teachers are working hard to make connections. Our management team has made personal contacts with more than 800 students to encourage them academically. We have made many home visits to support students who are struggling, and celebrating many students for their successes.

We currently have some cohorts of students accessing campus. The library remains open Mondays and Thursdays for student textbook and device checkout from 7:30am to 2:30pm.

We are in this together. Together We Soar.

Doing it the R.I.T.E. Way (Respect, Integrity, Teamwork, & Excellence),

Dr. Mark Pettengill, Principal

Murrieta Valley High School

Instagram: <https://www.instagram.com/officialmvhs/>

Facebook Page: <https://www.facebook.com/officialmvhs/>

Twitter: <https://twitter.com/officialmvhs>

TikTok: @officialmvhs



Counseling News

Save the Date:

Virtual Senior Family Night

November 5th, 6-7pm

Cap & gown, class rings, letterman jackets & much more...

ACT/SAT Testing Dates

ACT:

December 12th

February 6th

April 17th

SAT:

December 5th

March 13th

Please click for more info or to register: [ACT](#)

Please click for more info or to register: [College Board](#)

News

FROM OUR LIBRARY

Still need a textbook or a device?

Our library will be open on
Mondays and Thursdays ONLY
from 7:30am - 2:30pm.

Please bring your signed agreement if
you are picking up a device.



AP AND IB TEST REGISTRATION & PAYMENT

IF YOU ARE TAKING BOTH AP AND IB TESTS, YOU MUST REGISTER & PAY SEPARATELY

<p>PLEASE GO TO THE WEBSITE AND MAKE YOUR PAYMENT HERE:</p>		
	<p>CLICK HERE: TOTALREGISTRATION.NET/IB/052073</p>	<p>CLICK HERE: TOTALREGISTRATION.NET/AP/052073</p>
<p>QUESTIONS? AP MRS. CASTRO IB MRS. FIELDS</p>	<p><u>REGISTRATION:</u> SEPTEMBER 21ST–NOVEMBER 6TH <u>LATE REGISTRATION:</u> NOVEMBER 7TH–DECEMBER 15TH (\$40 LATE FEE PER TEST WILL APPLY)</p>	<p><u>REGISTRATION:</u> SEPTEMBER 21ST–NOVEMBER 6TH <u>LATE REGISTRATION:</u> NOVEMBER 7TH–DECEMBER 15TH (\$10 LATE FEE PER TEST WILL APPLY)</p>

Late fees apply after November 6th!

Congratulations to Our New National Honor Society Students

Class of 2021
Jocelyn Montanez

Class of 2022

Bolias, Daniel
Bordes, Tommy
Bordes, Zoe
Cross, Nicholas
Decker, Samantha
DeForest, Landen
Dugdale, Kailani
Fritzsche, John
Hamrick, Evan
Irwin, Cierra

Lass, Ashley
Lieu, Andou
Madalo, Carolina
Mahir, Cyrus
Mason, Hailey
Moe, Kacey
Selinger, Slater
Smith, Langley
Teolis, Gianni
Vali, Daniel



How Do I Get Help With:

Class change/schedule, college/career info, forms,
need to talk to someone?

Counseling

Student email or Aeries account help?

Email Mrs. Gaines

Information about student health, medications, immunizations, etc?

Health Office

Information about clubs or activities?

ASB

Purchases, late fees/fines, webstore, password reset?

Bookkeeping

Sports, camps, practices, athletic clearances?

Athletics

Contacting my student's teacher?

Teachers Directory

Dr. P's Trivia

1. WHO WAS THE ITALIAN EXPLORER WHO TRAVELED TO CHINA IN 1275 AND REMAINED TO SERVE KUBLA KHAN FOR 17 YEARS? HE WAS THE FIRST EUROPEAN TO CROSS ALL OF ASIA & RECORD HIS TRAVELS.
2. WHAT IS THE TOP DONUT STORE IN THE US WITH OVER 8,000 STORES?
3. WHAT ELEMENT ON THE PERIODIC TABLE IS NAMED AFTER A STATE, AND WHAT IS ITS NUMBER?
4. WHAT IS THE NUMBER ONE SELLING BRAND OF DIAPERS IN THE US?
5. WHAT IS THE SMALLEST BONE IN THE HUMAN BODY AND WHERE IS IT LOCATED?
6. WHAT WAS THE FIRST STATE?
7. WHAT ANIMAL DOESN'T HAVE VOCAL CORDS?
8. WHAT IS THE FIRST LETTER ON A KEYBOARD?
9. HOW MANY BONES DO SHARKS HAVE IN THEIR BODIES?
10. WHICH EMAIL SERVICE IS OWNED BY MICROSOFT?

FOR THE ANSWERS, PLEASE GO TO: DR. P'S NOVEMBER TRIVIA ANSWERS

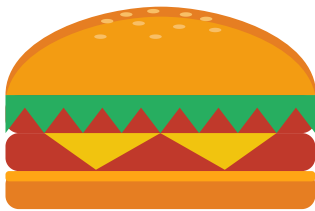


Where can I go for updated information about the coronavirus?

The newest information can be found on the MVUSD website directly:

MVUSD District Website

School lunches are available for free for all enrolled MVUSD students!



For all information regarding nutrition services in the upcoming school year, please go to the District Nutrition page at:

<https://murrietaschoolnutrition.com/>

Thursdays 12-6pm

Enter the lunch line from Fullerton

Where can I go for ALL of the information about distance learning, school updates, etc?

The most up to date information from Murrieta Valley here:

MVHS Nighthawk Website

For tech help, please email MVUSDinfo@mvusd.org

The Musical Adventures Of

FLAT STANLEY

Join Murrieta Valley High School's Drama Department as they perform *The Musical Adventures Of Flat Stanley Online Edition*, book by Timothy Allen McDonald. This virtual Zoom musical follows Stanley on his adventure around the world. Support the arts by purchasing a ticket code!

Online Edition!

TICKET INFO.

Ticket Codes: \$15 per code

Opening: November 12 at 8 PM

On Demand Show Dates: Nov. 13-16

Visit The Link Below To Purchase Tickets!

<https://www.showtix4u.com/event/s/murrietavalleyhighschoolodrama>

Click here for tickets

CUT ME OUT!

We're giving away 1 free ticket code! All you have to do is fill out this coupon, cut it out, and put it in the drop box of a Flat Stanley around town! Go to our Instagram, @mvhs_flatstanley for more info!

Name (First & Last!): _____

Phone #: _____

Are You Planng On Purchasing A Ticket Code?

Yes

No



Artwork By: Taylor Bell
Designed By: Morgan Delaney

CONTACT US!

Follow us on Instagram for more show information and updates at @mvhs_flatstanley

For more Murrieta Valley Drama Department updates, follow us on Instagram at @mvdramadepartment

Based on the book FLAT STANLEY by Jeff Brown. THE MUSICAL ADVENTURES OF FLAT STANLEY was originally produced by West Lake Middle School under license agreement granted by the Flat Stanley and Stanley Show Society. This musical is presented through special arrangement with the Flat Stanley and Stanley Show Society, and subject to their Society's International Flat Stanley Society, Inc. rules, regulations, and terms. www.flatstanley.com

Murrieta Valley in partnership with Kohl's encourages you to donate blood



COMMUNITY BLOOD DRIVE

Kohl's Department Store

Friday, November 13, 2020
12:00 pm to 5:00 pm

Parking Lot
24661 Madison Ave, Murrieta 92562

Make an appointment today

sandiegobloodbank.org/donate | (619)400-8251

**If you are a donor from Murrieta Valley High School,
please give your group code (MURH) when you check in
so your school gets credit.**

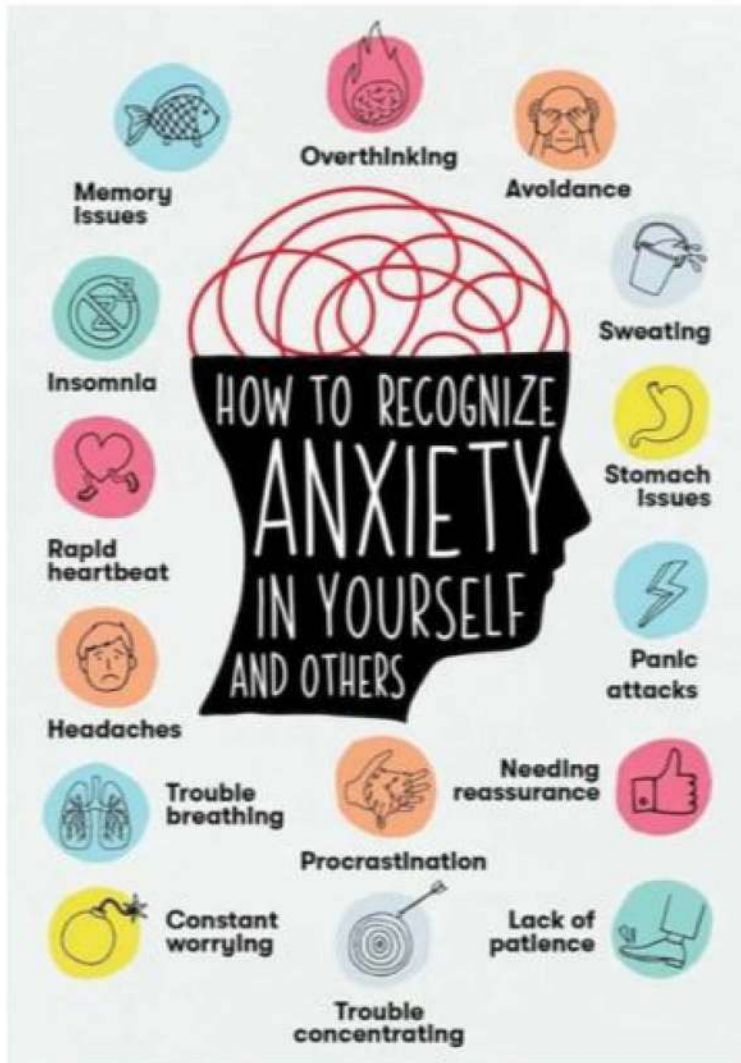
Appointment & Photo ID required.

Arrive hydrated.



SEL NEWSLETTER

ANXIETY



Anxiety is a mental and physical reaction to perceived threats in our environment. In small doses, anxiety can be helpful as it can protect us from danger. But when anxiety is too severe or occurs too frequently, it can become debilitating.

TYPES OF ANXIETY

Generalized: excessive amount of anxiety or worry in several areas

Phobias: very intense fear of a specific situation or object which is out of proportion to its actual threat

Panic: extreme anxious response where a person experiences a panic attack

CYCLE OF ANXIETY

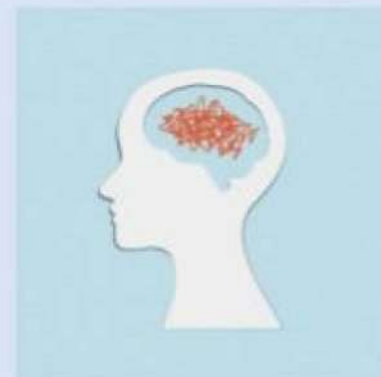
Anxiety drives people to avoid things that scare them. When a "scary" thing is avoided, there is an immediate but short-lived sense of relief. However, the next time a similar threat arises, it feels even scarier, creating a harmful cycle of avoidance and worsening anxiety.

Anxiety Resources:

- [Introduction to Anxiety](#)
- [Relaxation Techniques](#)
- [Panic Information Sheet](#)
- [Worry Information Sheet](#)
- [Video: Fight, Flight, Freeze – Explained for Teens](#)

Smartphone Apps:

- AntiStress Anxiety Relief Game [iPhone](#) [Android](#)
- Shine [iPhone](#) [Android](#)
- DARE – Break Free from Anxiety [iPhone](#) [Android](#)
- Breathwrk [iPhone](#)





The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in the following courses:

- o AP Biology
- o AP Calculus AB
- o AP Chemistry
- o AP Computer Science Principles
- o AP English Language
- o AP English Literature
- o AP Human Geography
- o AP Physics
- o AP Statistics
- o AP US History
- o AP World History

The APR program also provides high level professional development for current and potential teachers of AP courses in STEM and Humanities areas. AP teachers involved in APR will participate in course-specific professional learning that includes observing and interaction with master teachers and engaging in professional networking that promotes best practices and rigorous AP instruction.



WHERE

UC Riverside Campus

900 University Avenue
Riverside, CA 92521



WHEN

September 7, 2019 - December 14, 2019

October 5, 2019 - January 25, 2020

October 26, 2019 - February 22, 2020

November 16, 2019 - March 7, 2020

TIME

9:00 am-2:00 pm

CONTACT

JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM
UC RIVERSIDE, GRADUATE SCHOOL OF EDUCATION

📞 951.827.6058

✉️ JKEIPP@UCR.EDU

🌐 www.apr.ucr.edu



A UCR & RCEC INITIATIVE

YOU'RE INVITED!

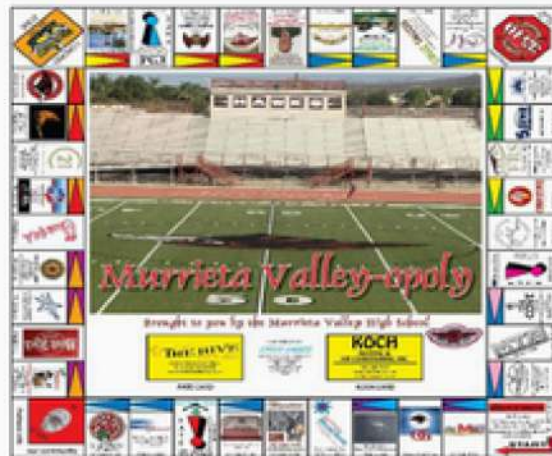


Murrieta Valley HS
Class of 2021
Senior Year Webinar
Thurs, Nov. 5th
6-7pm



Link to webinar will
be available on the
Murrieta Valley HS
website

MURRIETA VALLEY TOWNOPOLY GAMES PRE-ORDER FORM



Murrieta Townopoly is a customized game board with our local businesses on it created just for Murrieta Valley.

The proceeds from this game will go towards doing events for students once we are back to school.

For more information contact, Mrs. Muzic cmuzic@murrieta.k12.ca.us or by phone 951-696-1408, ext. 5275 Ms. Moon gmoon@murrieta.k12.ca.us

Games will be back by December.

Name	Email/phone	QTY	Price \$37.00	Total Price:

* You can print and use this form and email an image/scan to Mrs. Muzic (cmuzic@murrieta.k12.ca.us) or you can use this link and fill out the form online: <https://form.jotform.com/202386305009045>

Boards will be picked up sometime in December.

The link to buy online:

https://webstores.activenetwork.com/school-software/murrieta_valley_h7xd/index.php?l=product_detail&p=408#.X0f_wcipG70

CONTACT US:

PRINCIPAL - DR. MARK PETTENGILL

AP - STEPHEN DIEPHOUSE

AP - AMY IRWIN

AP - RYAN TUKUA

COUNSELING:

RICK LOCKWOOD: A-C, SDC

JIM VANDENBURGH: D-J, NCAA/CTE

JULIE THORNBURG: K-N, IB

NICOLE CASTRO: O-S, EL

DINORA MENDOZA-MONTOYA: T-Z, AVID

BETTY VELASQUEZ (GUID. TECH): A-L

VALERIE YOUNG (GUID. TECH): M-Z

ATHLETICS:

DAREN MOTT

KAREE MASON (SECRETARY)

ACTIVITIES:

GENIEL MOON, ACTIVITIES DIRECTOR

CINDY MUZIC (ACTIVITIES SECRETARY)

BOOKKEEPING:

KATHY LEFIELL

KAREN LAWRENCE

HEALTH OFFICE (NURSE):

LUCY CARDENAS (NURSE)

CRIS GORRIA (HEALTH TECH)

NATALIE RIDDLE (SITE SECRETARY)

LORIE PINCHOT (AP SECRETARY)

VERONICA RUIZ (AP SECRETARY)

KELLIE GAINES (AP SECRETARY/GUIDANCE)

*Go to our website
for more info*