

MARAUDER MASK

Official Publication of Mira Mesa High School



Principal's Message

Good Afternoon, Marauders.

Thank you, ASB, for an incredible Spirit Week. Your hard work was noticed by all. The decorations around campus, lunchtime activities, and rally were all really amazing. Thank you for all you all do, seen and unseen, to make memorable moments happen for the Marauder community. We are all looking forward to the game tonight and dance tomorrow night.

Reminder: Students are not permitted to bring bags to the Football Game or Dance this weekend. A small clutch (smaller than 5x7) is allowed but is subject to search.

If you haven't already, please be sure to complete/submit the LCFF Data Collection and Federal Survey documents. These are of vital importance and we appreciate your help.

Have a great weekend.

Principal Sabins

[Bell Schedule](#)



ASB UPDATE

OCTOBER 20, 2023

MASB PRESIDENT'S MESSAGE

HELLO MARAUDERS AND PARENTS,

IT IS OFFICIALLY HOMECOMING WEEK here at Mira Mesa. We just had our Homecoming Rally today and will have our Homecoming Football game TONIGHT starting kickoff at 7:00PM. ASB will be there at the front to do face paint and hand out items to show school spirit. The theme will be class colors; Seniors are blue, Juniors are yellow, Sophomores are white, and Freshman wear black! Entry will be FREE with an ASB sticker and \$9 without. During halftime, we will be showcasing the floats that our class councils have worked hard on and our Sapphire Sound will be performing! We look forward to seeing you there!

Speaking of Homecoming, the dance will be on Saturday October 21st, from 7:00 PM - 10:00 PM and students will enter from the gate between the 600 building and the bungalows. Make sure to bring your Student ID and remember that there is NO RE-ENTRY once you've come into the dance! We will have multiple photo booths, drinks, snacks, a DJ, and even a movie waiting for you!

Please keep in mind that due to safety issues, any bags brought will have to be within 7in x 5in. This rule moving forward would apply to all home games and dances.

We wanted to thank everyone who had participated in our spirit week this week. We enjoyed seeing everyone's spirited outfits and participation in our lunch time activities! Speaking of spirit week, we will be having another spirit week coming up this month so check-in at our Instagram @MMHS.ASB for more updates!

That's it from us Marauders, we hope to see you THIS SATURDAY for our HOCOCHELLA DANCE!

Regards,
Indra Sai and Koda Keopithoune, your MASB Presidents

FUNDRADIERS & EVENTS



Counseling News

"Nations will rise and fall, but equality remains the ideal. The universal aim is to achieve respect for the entire human race, not for the dominant few."

Carlos P. Romulo Filipino Pulitzer Prize for Correspondence

AP PAYMENTS

AP payments are due October 31st at the Finance Office. Students who plan to take an AP exam this May must create an account in MyAP, add their class join code, AND make their payment before their exam can get ordered. For students seeking a fee waiver, no staff member at MMHS knows which students qualify. Mrs. Rachel Amato at the district's Advanced Studies Department is able to ascertain who qualifies. For now, students who request a fee reduction will pay \$5/exam, and if it is later determined that the student does not qualify, Mrs. Amato or Mrs. Blanchard will reach out to that student about a payment plan. Most AP questions can be answered here:

<https://sites.google.com/sandi.net/mmhscounseling/academic-information/testing-and-test-prep>

COMMON APP

Counselors hosted a presentation Wednesday during lunch for our students who plan to apply to a Common Application or private college/university. Click [here](#) to view the slide deck.

COLLEGE APPLICATION WORKSHOPS

We have had a solid turn out for our college application workshops. We will continue to host the workshops each Tuesday and Thursday during lunch in the Library. More dates are added for November since UC and CSU applications are due November 30th.

MMHS Counselors



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Check your grade level
Google Classroom to
sign up or scan the QR
code

CAREER GUEST
SPEAKER SERIES

INFECTIOUS DISEASE NURSE SURGICAL PREPARATION NURSE

2 local nurses will share how they
got licensed, what a typical day
as a nurse is like, answer your
questions, and more

**October 26
@ Lunch
in Library**

COLLEGE APPLICATION WORKSHOPS

UPPER LIBRARY @ LUNCH
UC & CSU APPLICATIONS DUE NOVEMBER 30TH



**OCTOBER 3, 5, 10, 12, 17, 19, 24, 26, 31
NOVEMBER 2, 7, 9, 13-17 & 27-30**

BRING YOUR CHARGED
COMPUTER

MUST EAT PRIOR TO WORKSHOP
B/C NO FOOD IN LIBRARY

Virtual
Counseling Center



2023 FIREFIGHTER CAREER EXPOS



**SATURDAY
OCTOBER 21**
FCTC Sacramento

2560 River Plaza Drive • Sacramento, CA 95833

**SATURDAY
NOVEMBER 4**
FCTC Carlsbad

6144 Innovation Way • Carlsbad, CA 92009

Both events are free and will be held from 10am to 1pm. Families are welcome.

START YOUR PATH TOWARD A CAREER IN THE FIRE SERVICE:

- Learn what it takes to become a California firefighter from fire department recruiters
- How you can start your path toward a career in the fire service
- Set up your profile for the FCTC Statewide Eligibility List
- Get hands on experience with the physical ability test
- And, much more!

Meet fire department recruiters and enjoy a free lunch

For information and to register, visit

www.CalJAC.org or
www.FCTCOnline.org



@becomingaff



Family Guide to Supporting Young People's Mental Health and Well-Being

INFORMATION, TIPS, AND RESOURCES

Promoting the mental health awareness and wellness of our K–12 families

This guide is for parents and other adult caregivers to get ideas about how to support the well-being of the children and teens in their lives.

The guide:

- Explains mental health terms
- Describes warning signs for when to consider getting professional help and where to seek help
- Offers conversation starters and strategies for supporting your child's wellness at home
- Covers related topics like bullying and how to safely use technology and social media.

This guide has a section of additional free online resources by topic.

Please see your school counselor or district website for local resources and organizations that can support your family.

If you or someone you know is struggling, please call or text the Suicide and Crisis Lifeline at 988 (en Español, envía "AYUDA" al 988).

Access the full guide and links to more resources at:

www.wested.org/CalWellFamilyGuide



“This is a really important topic, and as a young person I value how impactful it is to have parents in my life who care about my mental health.”

— California high school student

WHAT'S GOING ON WITH THE *MIRA MESA EPICENTRE?*

To date, more than 1000 surveys have been collected from Mira Mesa residents, representing more than 20 stakeholder groups from students to local businesses. According to this feedback, there is a community desire for a public multi-purpose center, and the County of San Diego has developed a design plan for this facility to match the current and future needs of the Mira Mesa community, with options for everyone and a focus on youth.

COMMUNITY INFO SESSION:
Mira Mesa High School, Media Center
November 1, 2023, 6:00 PM – 7:30 PM



FAQ's

Programming. In addition to providing a community space for teens to engage in programming after hours when schools need to close, the revitalized Epicentre will also have rooms and offerings available for the public to reserve during public hours.

Amenities. Preferred interior amenities include a lounge area, game tables and consoles, workstations, music room, fitness equipment, stage with AV equipment, demonstration kitchen, and multi-purpose space. Preferred exterior amenities include central gathering areas, open turf areas, garden areas, and sports courts.

Mira Mesa High School. In acknowledging requests for a larger arts venue in Mira Mesa, the City and County of San Diego support Mira Mesa High School's Phase 3 Site Modernization plan to build a new Performing Arts venue with over 600 seats that can be booked and utilized by the public.

Additional Resources

Outreach occurs continuously, and feedback is always welcome. To learn more, please visit bit.ly/MMEpicentre and bit.ly/EpicentreFactSheetCountyOfSanDiego.

To RSVP or for any questions, please contact JRocacorba@sanidiego.gov

PROJECTED BUILDING HOURS:

- Public Hours by Reservation: 7 days a week, 8 a.m. – 10 p.m.
- Weekday Youth Programming Hours: 3 – 7 p.m.
- Weekend Youth Programming Hours: 1 – 6 p.m.

Calling all 10th Grade Families!



DECEMBER
4TH THRU 10TH

Between Target & Hobby Lobby

Sign up online for
a volunteer shift
here



CLASS OF 2026 PBO's
**gift
wrapping
fundraiser**

(Pssst! This is one of our biggest
fundraisers of the year!)

Many hands make light work!

If you are a parent, family member, or friend of a MMHS 10th grader (or a student yourself!), we welcome and are grateful for your support.

**DON'T HAVE TIME TO WRAP
BUT STILL WANT TO CONTRIBUTE?**

(We're so glad you asked!)

Questions?

Email us at
co2026pbo@gmail.com

Scan the QR code to the right to purchase
items needed for the gift wrap table. Most
items on our Amazon wish list are \$20 or less.



**Find the Class of 2026 PBO on the Mira Mesa HS website!
Click on the Parents/Guardians tab and look for "PBO"**