

MARAUDER MASK

Official Publication of Mira Mesa High School



Principal's Message

Good Afternoon, Marauders.

I want to thank Ms. Murray and Ms. Hughes for all their hard work leading Read Across America over the last two days. We were able to welcome kindergarten students from our feeder elementary schools for literacy fun. Thank you, Ms. Murray, Ms. Hughes, and students, for making the last two days so special for our future Marauders.

The Spring Musical, *High School Musical* opens on March 15th. The Spring Musical is always a must-see, so be sure to purchase your tickets early. More info on the next page.

Reminder: Please complete the California Healthy Kids Survey ASAP. Your participation is voluntary. It is also very important. The information you provide will help guide district and school efforts to promote safety, enhance learning supports, and improve student achievement.

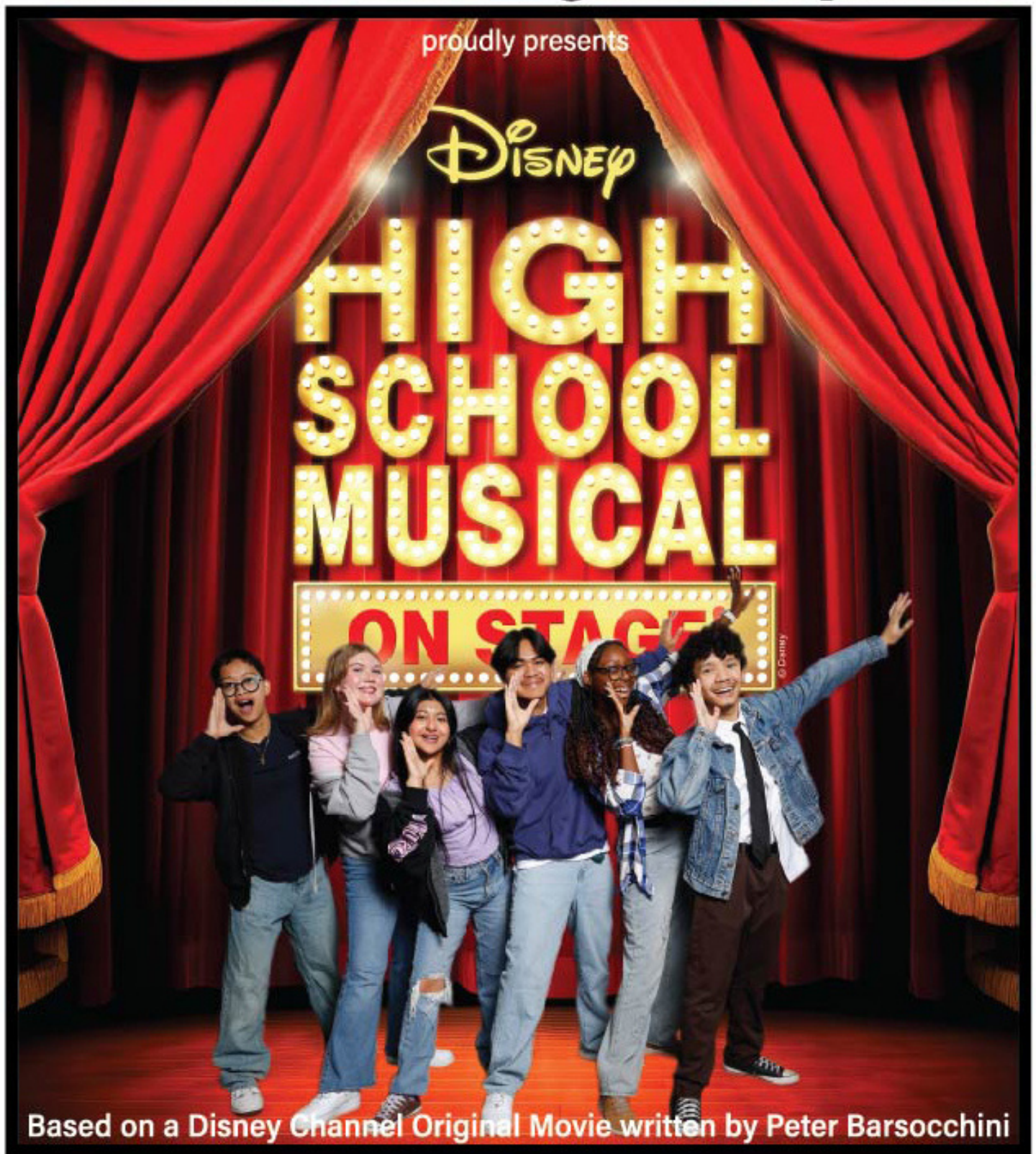
Save the date! Taste of Mira Mesa will be on Saturday, April 20th. You don't want to miss this event! Click [HERE](#) to see a video highlight of last year's event

Have a great weekend, Marauders.

Thank you.
Principal Sabins

[Bell Schedule](#)

Mira Mesa Performing Arts Department



For tickets or info visit us at: mmhsperformingarts.ludus.com

Tickets for this year's musical, DISNEY HIGH SCHOOL MUSICAL, are on sale!
They can be purchased online at mmhsperformingarts.ludus.com and
starting Monday, February 26th they can be purchased at the
Theatre Ticket Booth at lunch and after school.

MIRA MESA HIGH SCHOOL FOUNDATION

20
Years

THE ANNUAL TASTE OF MIRA MESA

Join us on

Saturday, April 20th at Veloce Motors' The Vault

9340 Dowdy Drive, Suite 102

5pm to 9pm

\$40 Pre-sale ends on March 8th

\$50 after March 8th

\$60 at the door

Price includes event admission and one drink ticket

Additional drinks will be available for purchase

(non-alcoholic beverages are complimentary)

Event Includes

Samplings from various restaurants, Drawdown auction,

Raffles, Online silent auction, and a Wine pull

There Will Also Be

A gift card pull and a special raffle exclusively for those in attendance

Admin Food Battle Fundraiser

Use your coins, dollar bills, and Venmo to vote for

The best tasting dishes served up by our own local administration

**Click here for more info and to
purchase tickets!**

Taste of Mira Mesa

Counseling News

"I know my worth. I embrace my power. I say if I'm beautiful. I say if I'm strong. You will not determine my story. I will."

- Amy Schumer, comedian and actor

CCAP NIGHT

If your child is going to take a dual-enrollment course with Miramar College in the 2024-2025 school year, please plan to attend our CCAP Night for Parents/Guardians and Students via Zoom Wednesday, March 6th at 5:30 pm. The event will be partnered with Miramar College and other local high schools. We will go over the enrollment process, what college classes are like, and how your child can be successful in them. Here is the Zoom link:

<https://sandiegounified.zoom.us/j/83537108442>.

PROMISE NIGHT SESSIONS

The San Diego Community College District will host Promise Night sessions to help families learn more about San Diego Promise. Promise is a two-year program for class of 2024 seniors who enroll full-time (12 units per semester) at San Diego Miramar, City, or Mesa College. It provides up to two years of free tuition to eligible students. Participation comes with a variety of benefits other than free tuition such as access to a peer mentor/success coach, specialized counseling and guidance support, and additional campus engagement opportunities. Their next info night is March 5. See the flier below to RSVP.

FINANCIAL AID SUPPORT

Thursday was our final formal financial aid application workshop. Students can still get application help from counselors, and we still have our Cal-SOAP college coach, Monique, who has been meeting with our seniors to help them. Applications are not due until April 2nd, but it is better to submit them sooner because there are more financial aid opportunities but with limited funds for qualified students.

MIRAMAR WORKSHOPS

Miramar staff will host their final workshop Thursday, March 7th at lunch in the library for our seniors planning to attend Miramar in the Fall. The workshop will cover campus resources and an orientation. These are steps needed for the Promise program as well. See Mrs. Blum or Mrs. Morales if you have questions about the workshop.

BRIGHTLIFE KIDS

The Department of Health Care Services recently launched two free behavioral health services applications - BrightLife Kids for parents or caregivers and kids 0-12 years old, and Soluna for teens and young adults ages 13-25. Click the link for more information: <https://www.calhope.org/>

MMHS Counselors



Last Names A-C
Mr. Schwartz
tschwartz1@sandi.net



Last Names D-Hut
Ms. Blanchard
dblanchard@sandi.net



Last Names Huy-M
& T-Tram
Ms. Blum
mblum@sandi.net



Last Names N-R
Ms. Morales
jmorales4@sandi.net



Last Names S & EL
Ms. Larsen
klarsen@sandi.net



Head Counselor
Last Names Tran-Z
Ms. White
twhite1@sandi.net

Virtual
Counseling Center

SAN DIEGO COMMUNITY COLLEGE DISTRICT



**SAN DIEGO
PROMISE**

CITY COLLEGE • MESA COLLEGE • MIRAMAR COLLEGE
COLLEGE OF CONTINUING EDUCATION

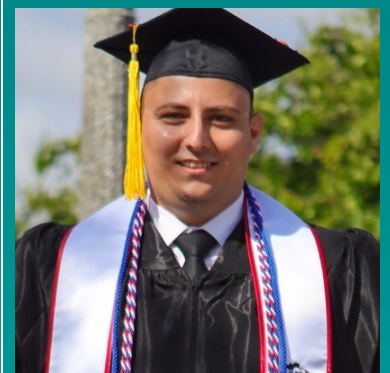
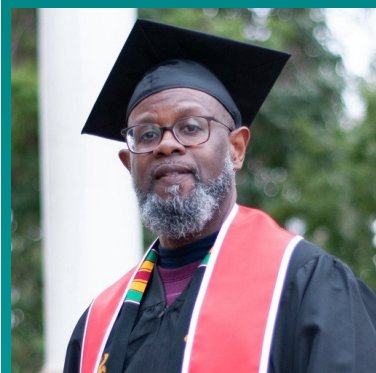
Learn about the San Diego Promise!



January 16, 2024 | 6pm to 7pm
February 13, 2024 | 6pm to 7pm
March 5, 2024 | 6pm to 7pm
April 16, 2024 | 6pm to 7pm
May 14, 2024 | 6pm to 7pm
June 14, 2024 | 6pm to 7pm

RSVP Today | www.tinyurl.com/sdccdpromise23

Join our virtual information session on the San Diego Promise program that offers up to two years of free college tuition, health fees, and grants for class materials for eligible students at San Diego City, Mesa, and Miramar Colleges.



SAN DIEGO MIRAMAR COLLEGE

ARE YOU A SENIOR PLANNING TO ATTEND MIRAMAR COLLEGE?

Join us for our series of workshops hosted on your campus! Our Miramar team will guide you through the enrollment process to help you transition to our college.

CHECK OUT THE TOPICS OFFERED

LEARN ABOUT
WHAT TO EXPECT IN
COLLEGE & HOW TO
ATTEND FOR FREE

2/6/2024

12:45pm - 2:15pm

RECEIVE HELP WITH
COLLEGE APPLICATION &
PROMISE APPLICATION

2/28/2024

12:45pm - 2:15pm

LEARN ABOUT
CAMPUS
RESOURCES
(ORIENTATION)

3/7/2024

12:45pm - 2:15pm



LOCATION FOR ALL DATES: LIBRARY



QUESTIONS ABOUT
MIRAMAR?
CONNECT WITH THE
OUTREACH TEAM!

SIGN UP HERE! →



Phone
619-388-7357



Email
mlraoutreach@sdccd.edu



THE BETTER FAFSA

What Students and Their Families Need to Know

Higher Education Opens Doors to Opportunity

The U.S. Department of Education is making transformational changes to the Free Application for Federal Student Aid (FAFSA®) form. The FAFSA form is an application that students and families need to complete to apply for federal student aid, such as federal grants, work-study funds, and loans. Completing and submitting the FAFSA form is free, and it gives students access to the largest source of financial aid to help pay for higher education.



The Better FAFSA is:

- » Simple and streamlined.
- » Easier to fill out—many people complete it in under 15 minutes.

Unlocking an additional
\$1.8 BILLION in aid.



610,000 more students

from low-income backgrounds will receive Federal Pell Grants.

Nearly **1.5 million** more students will receive the maximum Pell Grant.

All students will be able to access the maximum financial aid for which they are eligible.

Better FAFSA Timeline for the 2024-25 Award Year

NOW

- Students and families should complete and submit the 2024-25 FAFSA form

MARCH

- The Department begins transmitting FAFSA information to schools and state agencies for processing

THIS SPRING

- Colleges review FAFSA information for students who applied for admission
- Colleges start sending aid packages to students

JULY 1

- FAFSA award year starts

Note: Students and families should check critical deadlines for their institutions and states regarding scholarships and enrollment commitments.

MIRA MESA
HIGH SCHOOL

ROBOTICS

FUNDRAISER



ROBOT UPGRADES
ROBOT PARTS
TOURNAMENT FEES
T-SHIRTS

100%
TAX-DEDUCTIBLE

Made with PosterMyWall.com

FOR MORE INFORMATION PLEASE DM @mmhsroboticsclub



Mira Mesa High School Robotics 2024 Fundraiser

CORPORATE SPONSORSHIP OPPORTUNITY

We will be launching our Mira Mesa High School Robotics 2024 Fundraiser on 02/26/2024 and are looking for businesses to be corporate sponsors*.

Your sponsorship is a tax-deductible donation supporting both the program as a whole, and the individual fundraising goals of participants.

For a minimum donation of \$500 your business' name and/or logo will be featured on all fundraiser invite emails and webpages in multiple locations:



San Diego Council on Literacy
Financial Literacy Superheroes Competition
ENTRY FORM

(Deadline for receipt of Entries: Sunday, March 24, 2024)

Name of Youth Participant(s): _____

Age(s) of Youth(s) on 12/31/23: _____ Name of

Parent/Guardian Participant: _____

Main Contact Information

Address _____ City/State/Zip Code

_____ Contact phone number

_____ Contact email address

_____ Entry Category

Check one box only.

Ages 4-6 (one child, one parent)

Ages 7-10 (one child, one parent)

Ages 11-17 (one child, one parent)

Age 11-17, Teen Team of two (submit names of both participants in the above)

Age 11-17 Solo Entry, one teen only

What is the financial literacy lesson you are addressing in your art submission?

Parent Signature Giving SDCOL and Comic-Con Museum permissions:

1. To accept entry & use artwork for promotional purposes. (REQUIRED)

2. To use photos taken at the April 13, 2024, awards ceremony. Circle One: ACCEPT or DECLINE

Parent/Guardian Signature _____ Date of Signature _____

(This entry form must be submitted with the artwork.)

Competition Supporters



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Competition Supporters





The Princess Project San Diego

making prom dreams come true

Get a Free Prom Dress and Accessory!

Dress Giveaway Dates Begin March 27th and Continue Through May 4th!

Book Your Appointment Online:

PrincessProjectSD.org

LOCATIONS:

Mission Valley Mall: March 27, 29, 30, April 3, 5, 6, 7, 10, 12, 13, 14, 17, 19, 20

Valencia Park/Malcolm X Library Pop-Up: April 4th, 5th, 6th

Vista Library Pop-Up: April 20th

Borrego Springs Library Pop-Up: April 22nd

El Cajon Library Pop-Up: April 27th

Fallbrook Library Pop-Up: April 27th

Oceanside Library Pop-Up: April 27th & April 28th

Jacumba Library Pop-Up: May 4th



The Princess Project is a 100% volunteer run 501(c)3 non-profit organization that promotes self-confidence and individual beauty by providing free prom dresses and accessories to high school teens. Our efforts are made possible through invaluable volunteer, donor and community support.



Princessproject_SD



Princessproject_SD



FAMILY WELLNESS NEWSLETTER

MARCH

Your monthly source for SDUSD health and wellness insights



SCAN ME

WHAT'S INSIDE

- Theme of the Month
- Affirmations to Tell Your Student
- Recommended Resources
- Recipe to Try
- Conversation Starters
- Family Activities to Try

SDUSD FAMILY ENGAGEMENT DEPARTMENT WEBSITE!

HELLO MARCH!

This month, the San Diego Unified District Wellness Council will be focusing on the theme of "Nutrition." Children and adolescents are constantly observing and learning from the people around them. When adults model positive relationships with healthy foods, students are more likely to develop lifelong healthy eating habits. No one can eat perfectly healthy all the time, so if you are looking to change your habits, start small! Focus on eating a variety of whole fruits and vegetables, whole grains, healthy fats and proteins, and cutting back on processed foods. Small daily changes, combined with drinking lots of water, getting quality sleep, and moving your body, will help fuel your brain and body all day long!

NATIONAL NUTRITION MONTH

March is National Nutrition Month! This year's theme is Beyond The Table. Good health & nutrition go beyond what we eat to every area of life.

THEME OF THE MONTH

NUTRITION

QUOTE OF THE MONTH

"EATING THE RIGHT FOODS MAKE YOU FEEL GOOD FROM THE INSIDE OUT."

- ANONYMOUS

AFFIRMATIONS TO SAY WITH YOUR STUDENT:

- I am grateful for the food that fuels my day.
- Healthy eating is about balance.
- I can eat well without eating perfectly.
- It's fun to try new foods.



RESOURCES



Please save the number 760-334-7878 to your phone, and visit www.sandiegounified.org/hotline for more information.

As part of San Diego Unified's Wellness Initiative, every school has a designated school wellness coordinator who helps to coordinate health and wellness efforts for their school community. Get to know your school wellness coordinator!

BRINGING HEALTH AND WELLNESS HOME

RECIPE TO TRY!

Here is a fun recipe you can make with the help of your student!



Spicy Chicken Lettuce Wraps

Yields: 48 servings



Ingredients

- 576 1/16 pieces whole grain spicy popcorn chicken
- 24 cups crispy tortilla strips
- 8 lbs, 8 oz (144 pieces) romaine lettuce leaves
- 6 cups dried cranberries
- 6 cups black beans
- 6 cups corn
- 2 cups (2 tsp per drizzle) spicy chipotle dressing

Instructions

1. Arrange frozen spicy breaded popcorn chicken in a single layer on a sheet pan(s) lined with baking paper. Heat the uncovered pan of popcorn chicken in a preheated 350°F convection oven for 7-10 minutes or until the minimum internal temperature reaches 165°F and the breading is crispy.
2. Heat the black beans and corn to instructions.
3. To Serve: Arrange on a plate: 3-each romaine lettuce leaves, 12-each of the heated spicy popcorn chicken, 1/2 cup-each of the crispy tortilla strips, 1/8 cup-each dried cranberries, 1/8 cup-each black beans, 0.73 ounce-each corn (approx. 1/8 cup each).
4. Drizzle each plate with approx. 2 tsp Spicy Chipotle Dressing

DID YOU KNOW?

Evidence shows that eating frequent family meals is associated with increased self-esteem and school success in children and adolescents.



ADDITIONAL
INFORMATION

SCAN OR CLICK
FOR LINK TO
RECIPE



<https://bit.ly/>

Meaningful Meals:

Questions for connecting with your student at mealtimes



- What's a food that brings you comfort?
- What's a food that you want to try? Why?
- What does healthy eating look like to you?
- How do the different foods you eat affect your stomach, your mood, and/or energy levels?
- What food or meal reminds you of a happy memory?

FAMILY RELATIONSHIP BUILDING ACTIVITIES:

- Create a menu for the week together that incorporates fruits and/or vegetables of every color in the rainbow.
- Go shopping at the grocery store or local farmer's market together.
- Taste test new foods together. Rank them all to determine your favorites.
- Cook or bake something together as a family.



Donations needed for Taste of Mira Mesa fundraiser

MMHS27pbo is looking for donations to add to our
Taste of Mira Mesa baskets.

Please DM us if you have items to gift:

Gift cards

Self-care gift certificates

Amusement Park/Museum tickets

Family activities

We will receive 100%
of the proceeds to
help fundraisers for
Senior Night Events

Contact us here:



mmhs2027pbo@gmail.com



[@mmhs2027pbo](https://www.instagram.com/mmhs2027pbo)



[@MMHS27pbo](https://www.facebook.com/MMHS27pbo)



DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR MMHS CLASS OF 2026 PARENT BOOSTER ORGANIZATION

33% OF EVENT SALES GET DONATED TO THE CAUSE

TUESDAY, MARCH 5TH | 4-8PM
8250 MIRA MESA BLVD STE G, SAN DIEGO, CA, 92126

ORDER ONLINE FOR PICKUP USING CODE **HGN6AEK**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count toward the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.



**Class of 2024
PBO will
keep
40% of
sales!**

Celebrate your Graduate with a Ribbon Lei!



**\$15
each**



A Special Keepsake

Leis are made with school colors and come adorned with "2024" in glittery numbers and the MMHS logo.



Made in-house

Leis are made by MMHS PBO volunteers, so funds generated will stay right here at the high school.



Scan or click the QR code to complete your purchase online no later than April 30th.

If you would prefer to pay in cash, please email kristynpittenger@gmail.com