



Mira Mesa HIGH SCHOOL

# Marauder Mask

A publication of news and upcoming events.

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## Principal's Message:

This week, our amazing ASB planned a great Winter Spirit Week for students and staff and wonderful memories were made. Thank you, ASB, for always working so hard to create memorable moments for the MMHS community.

To those of you who celebrate Christmas and Kwanzaa, we hope you have a wonderful time celebrating with those you love.

We hope everyone takes the next two weeks to rest and relax - you have earned it!

As 2021 comes to a close, I want to express my sincere gratitude to all of you who make up the MMHS community. I am truly honored to lead this school and be part of this amazing community. We always say Mira Mesa is a special place - and it's because of the community!

Your student should have received an at-home covid test kit for use over break. The idea is that your student will test on 12/31 (3 days prior to the return) and again on 1/3 (the morning we return). Testing is not required as a condition for return, it is simply provided as a courtesy.

We will see you all on Monday, January 3rd - it's a modified Monday so the day will begin at 9:37.

Happy Weekend and Happy Holidays.  
Principal Sabins

## SCHEDULE REMINDERS

◇Winter Break (School CLOSED):

Monday, December 20 - Friday, December 31

◇Monday: Modified Monday, Late Start (9:37am start)

◇Tuesday—Friday : Regular Day (8:35am start)

## Helpful Information/Links:

### MMHS WEBSITE:

<https://miramesa.sandiegounified.org>

### MMHS ATHLETICS:

<https://mmmarauders.com/>

### POWERSCHOOL STUDENT/PARENT PORTAL:

<https://powerschool.sandi.net/public/>

### ON-SITE COVID TESTING:

[https://www.sandiegounified.org/covid-19\\_status/covid-19\\_testing](https://www.sandiegounified.org/covid-19_status/covid-19_testing)

## Rose Parade

Don't forget to tune in on Saturday, January 1st as the Sapphire Sound marches in the iconic Tournament of Roses Parade.

Mrs. C, Mr. Mulvaney, the whole coaching staff, students, and parents/guardians have been working hard for over a year for this momentous occasion.

Be sure to tune in and cheer them on as they make their way down Colorado in Pasadena.

Way to go, Sapphire Sound!

You all make us so proud!

## Office Closure

We will be having an all-staff meeting on Monday, January 3rd which will require an office closure in the morning.

The office will open at 9:15AM on Monday, January 3rd.

# Counseling News

## **MINDFULNESS**

In the past two Masks, there were write ups about mindfulness and focusing on being present in the moment you are in instead of worrying about all of the what ifs in the world and what stresses you out. The strategies I mentioned were mindfulness breathing and journaling. Another mindfulness strategy is a very challenging one and that is a tech detox. Challenge yourself and your child to stay away from technology-no phone, no TV, no computer for moments throughout the day. Psychology Today reports that a study of over 1 million American teens who spend more time on screens and less time exercising, being with friends in person, or doing homework were psychologically worse off. When you and your child are with friends and family, put the technology away so you can give all of your focus to the people around you. When you are working out, in between sets, stay off your phone. When you go to sleep at night, charge your device somewhere else instead of right by where you are sleeping so you can get the rest your body needs. This will take practice, but I know you and your child can do this.

## **FINANCIAL AID APPLICATIONS**

Seniors should use the two-week break to complete their financial aid applications if they have not already done so. They are not due until March 2, but there are more financial aid opportunities available earlier in the application cycle for eligible students. Also, seniors planning to go to Miramar, Mesa, or City College should take advantage of the Promise Program where first time college students can attend community college for two years, tuition free. One requirement for the Promise program submitting a financial aid application. Students do not need to be eligible for financial aid; they just need to apply. Seniors with a social security number fill out the [FAFSA](#) and seniors without a social security number or are undocumented will likely fill out the [California Dream Act Application](#).

## **PSAT**

Students who took the PSAT in October should have received an email from CollegeBoard last week notifying them that their test results are in, and they should have received their test books this past week in their English class. Students can learn about getting their PSAT scores at this [link](#). If students have questions about how to access their PSAT scores or they did not get their test book, they should see Mr. Silva in the Counseling Office after the break.

## **SAIL - UCSD**

Student Advocates for Interdisciplinary Learning (SAIL) is a non-profit, undergraduate organization at UCSD designed to engage high school students in exploring a variety of real-world issues and their impact on health through interdisciplinary perspectives. High school students participate in the program from January through June.

As a high school student participating in SAIL, students will gain opportunities to:

Discuss current issues with other high school and undergraduate students

Apply their interdisciplinary understanding by engaging with their community through experiential learning activities

Conduct their own research surrounding their experiences and synthesize a project to showcase at a research symposium at the end of the year

Connect with other people in their community, including non profit organizations, undergraduate student mentors, a variety of professionals, and other high school students

Interested students can register [here](#).

# FINANCIAL AID APPLICATION WORKSHOPS

**DATES:**

**DECEMBER: 2, 7, 9, 14, 16**

**JANUARY:  
4, 6, 11, 13**

**UPPER LIBRARY  
DURING LUNCH  
BRING YOUR COMPUTER**

**SUBMITTING  
FAFSA? CREATE  
FSA ID PRIOR TO  
WORKSHOP AT:**





Ms. Bartels' class was tasked with creating a winter mood in a mini watercolor painting.

We hope you enjoy these incredible student creations.



The MMHS Art Department wishes you a wonderful Winter Break!



