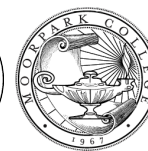
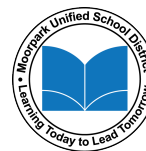




The High School at Moorpark College
7075 Campus Road, Moorpark, CA 93021



November 30, 2020

Good Evening,

Thank you for continuing along with us on our 2020-2021 school-year journey. You have my continued gratitude for all of your support and flexibility as we enter the final month of 2020. It continues to be our intention to keep you updated via weekly news updates, school website postings and updates to our social media. In each of these updates I will provide the most recent information related to our COVID19 response. At this point, cases continue to rise in Ventura County and our county indicator is back in “the purple.” This means that we will continue distance education longer than initially planned. **At this point, it is our intention to remain DISTANCE-ONLY at least through March 12 (the end of our 3rd academic quarter).** We intend to return under our blended model when we return for the fourth quarter in Late March/Early April. Certainly, things can change between now and March, and I will keep you updated as to the nature of those changes.

All students should now be registered for Moorpark College Courses for Spring 2021. If you are not registered or need help please contact our main office. We will be holding our next PSSA and SSC meeting this Thursday at 6PM (<https://meet.google.com/ftd-znqx-ztx>). We will be holding our next information session for transfers/applicants (for all grade levels) on Thursday, December 10th at 6PM via Google Meet. If you know anyone who is interested in attending HSMC, please share our information session information with them and ask them to sign-up on our website www.hsmc.mrpk.org. We have openings at all grade levels for both Spring 2021 and Fall 2021.

Finally, as we approach the end of the first semester, there are some important details related to our calendar. Picture day is tentatively scheduled for the afternoon on Thursday, December 17th (more details will follow with exact times/location). The first semester officially ends for HIGH SCHOOL COURSES on Friday, December 18th. The first semester officially ends for COLLEGE COURSES on Wednesday, December 16th. College finals will take place between December 10th and December 16th. High School finals/summative assessments will conclude on December 18th. Our Winter Break begins on Saturday, December 19th and concludes on Tuesday, January 5th. Our first day of HIGH SCHOOL COURSES for the SECOND SEMSTER is Wednesday, January 6th. The first day of COLLEGE COURSES for the SECOND SEMESTER is Monday, January 11th.

If you are trying to get ahold of us via phone, it is important to note that our school phone number has been updated. We can be reached at 805-378-6312. If we do not immediately answer, please leave a voicemail and we will return your call as soon as possible. Additionally, you can always reach us via email using the email addresses listed on the final page of this update. I will continue hosting weekly principal’s office hours for drop in questions on Wednesdays at noon meet.google.com/osg-aoam-cgh. I continue to be incredibly excited for all of our upcoming events this year. Thank you again for your support for the High School at Moorpark College. Have a great week!

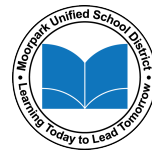
Sincerely,

Christopher J. Fennell Ed.D.

Principal - The High School at Moorpark College



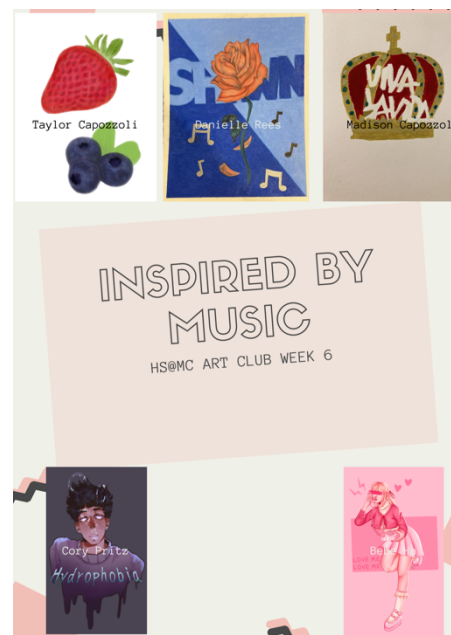
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Associated Student Government Updates

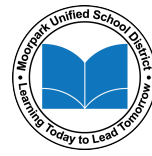
Mrs. Jessica Hendrix-Sandoval (jhendrixsandoval@mrpk.org)

- **Trivia Night winner!**
 - Congrats to the Carrington family for winning our Autumn trivia night! They have been awarded a \$15 gift card to In-N-Out. And a HUGE Thank you to our ASG Activities committee for hosting such a fun event!
- **See's Candy Fundraiser**
 - Thank you to all who participated in our See's Candy Fundraiser this year! We earned \$525.69 for student Spirit Gear! Here are our top selling students at each grade level:
 - 9th grade Lucia Lin
 - 10th grade Christian Meyers
 - 11th grade Cory Printz
 - 12th grade Haley Blain
- **Spirit Day Ugly Sweater Day December 3rd**
 - Thursday December 3rd is ugly sweater day! Wear your gawdiest ugly sweater or holiday sweater to all of your Google Meets! Don't forget to send your selfies to hsmcyearbook2021@gmail.com.
-
- **HSMC Art Club Fridays at 12:30pm**
 - Bring your artistic talents and passion for art and meet virtually with other artists and art lovers on Fridays from 12:30-1:30 at meet.google.com/eyw-otxs-sna.
 - For more information, please email the club's founder Emily Fisher at 5100307@mrpk.org.





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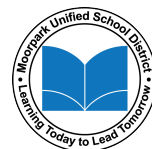
- **Jersey Mike's Fundraiser December 29th**
 - No energy to cook after the holidays? HSMC is holding a fundraiser at Jersey Mike's in Simi Valley on **TUESDAY DECEMBER 29TH from 10am to 9pm** to raise funds for spirit gear. Present the attached flyer in person or for phone orders and they will donate 20% to HSMC! Thanks for supporting our students.



- **Yearbook Information**
 - The yearbook team is already working hard to put together an amazing 2021 yearbook, but we need your help! Please send QUARANTINE HOBBIES, HALLOWEEN PHOTOS, baby photos, pet photos, friend photos, car photos, photos of hobbies and interests to hsmcyearbook2021@gmail.com
 - See attached yearbook information for customizing and ordering a yearbook.
- **Sr. Portraits due December 11th**
 - Seniors must submit a Senior Portrait to the yearbook gmail hsmcyearbook2021@gmail.com by **December 11th** in order for it to appear in the yearbook. Senior portraits do not have to be taken by a professional photography studio, but must be professional in nature. Please see the attached yearbook information for more details.
- **Social Media**
 - Do you **LOVE** The High School at Moorpark College? Let us know! Help us spread the word about this incredible and successful school. Please follow these links and tell us your experience with our wonderful school.
 - <https://www.facebook.com/Officialhsmc/>
 - [@officialhsmc on Instagram](https://twitter.com/OfficialHSMC)
 - YOUTUBE Channel Coming Soon



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- Yearbook website for customizing and ordering: www.treering.com (Please see the instructions below)
 - **Purchase price:** \$50
 - **Yearbook customization and purchase deadline:** April 9th, 2021
 - **HSMC Passcode:** 1014109872723234
 - 2 free customization pages for each student
 - One tree planted for every yearbook purchased
 - Quick delivery to HSMC
 - For any yearbook related questions, please do not hesitate to contact Jessica Sandoval at jhendrixsandoval@mrpk.org.

To Customize your Yearbook Pages:

Create Your Free Personalized Yearbook Pages For
 High School @ Moorpark College

1 Add Photos
 Add your favorite photos from your phone, computer or Facebook account, and have them printed in your copy of the yearbook.

2 Add Memories
 Answer questions about your year and capture your very best moments. You can even include a photo to go along with them.

3 Send Bling
 Send your friends Bling. Clever, full-color badges that contain expressions of friendship and humor.

4 Sign Books
 Make your friends smile by sending them a digital signature that includes a personal photograph.

5 Personalize Your Yearbook
 Add all of your memories to your two free personal pages that will be printed in your unique copy of the yearbook. Need more room? You can add more pages!

Capture Your Memories in this Year's High School @ Moorpark College Yearbook!



Add Photos & Memories to Your 2 Free Custom Pages

- » Add photos from your computer, Facebook & Flickr.
- » Add memories & photos from throughout the year. Share them with your classmates to include in their personal pages.
- » Send and receive Bling and signatures. A great way to share expressions of friendship!

To Purchase & Customize Your Yearbook*:

*Must be a parent or student 13 years or older.

- 1 Go to www.TreeRing.com/validate
- 2 Enter our school's passcode: 1014109872723234

Yearbook Price: \$45

Deadline: Apr 10

SENIORS ONLY

Senior Portraits:

- **Must be submitted by DECEMBER 11, 2020**
- Must have a 480x720 resolution quality
- Do not have to be taken by a professional photographer, but the lighting, quality, and content must be professional in nature

****Senior Dedication pages will be on sale in Spring 2021****

HSMC recommends the following photographers for Senior Portraits:

CornerStone Photography
 5352 Bonsai St. Moorpark, CA
 (805) 529-3187
www.imagesbycornerstone.com

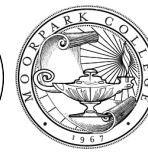
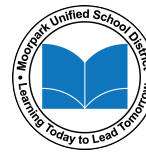
Evan Guston Photography
 9734 Variel Ave. Chatsworth, CA
 (818) 427-3615
www.egseniorphoto.com

O'Connor Brothers Photography
 58 Moreland Rd. Simi Valley, CA
 (805) 306-9542
www.oconnorbrosphtography.com

Please be on the lookout for information regarding Senior Dedication pages in the Spring!



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Counseling Corner

Mrs. Dyan McIntosh (dmcintosh@mrpk.org)

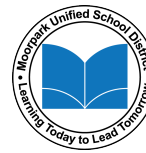


- Tell all your friends about our **HS@MC Information Night** Thursday, December 10 @ 6PM.
 - Please be sure to share the [Admissions Information Night form](#) to interested students/parents
- **College Application Information:**
 - **UC's:** Today is the deadline to submit your UC application.
 - **CSU's:** Dec. 4th is the deadline to submit your CSU application
 - **Private and out of state colleges:** Please check deadlines for application and scholarship submission. Make sure to let me know if you have a deadline coming up and your information hasn't been submitted.
 - **Transcripts:** Make sure to order your *official transcripts* from college and previous high schools to be submitted to the universities you are applying to when requested.
- **Scholarships:**
 - **WUE:** The Western Undergraduate Exchange is a regional tuition-reciprocity agreement that enables students from western states to enroll at participating two- and four-year public institutions at reduced tuition. Come learn from 15+ colleges that offer WUE and what it means to be eligible.
 - Webinar: Wednesday, Dec. 2nd
 - 5:30 - 6:30 PM Intro to WUE featuring up to 17+ participating universities.
 - 6:30-7:30 Q & A with participating universities
 - Click here to register:
<http://click.email.nau.edu/?qs=37ea5ad488b1beb2633d0642dd07b732771de301590e51172307a7f4a0c8c5d42e5c8f45d9b578355a6161b3f1b6b194647a390f0212f4b0>
 - **Ventura County Community Foundation: VCCF Scholarship**
 - Due Jan. 29th - over 80+ scholarships available -- Click below for information
 - <https://vccf.org/scholarships/>





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- **Stay Well both Mentally and Physically!**
 - Mental Health Resources from Give and Hour: Giving Help and Hope
 - [Give an Hour](#)
- Check out this Teen Guide To Mental Health and Wellness for some very useful information:

Taking Care of You and Your Friends' Mental Health

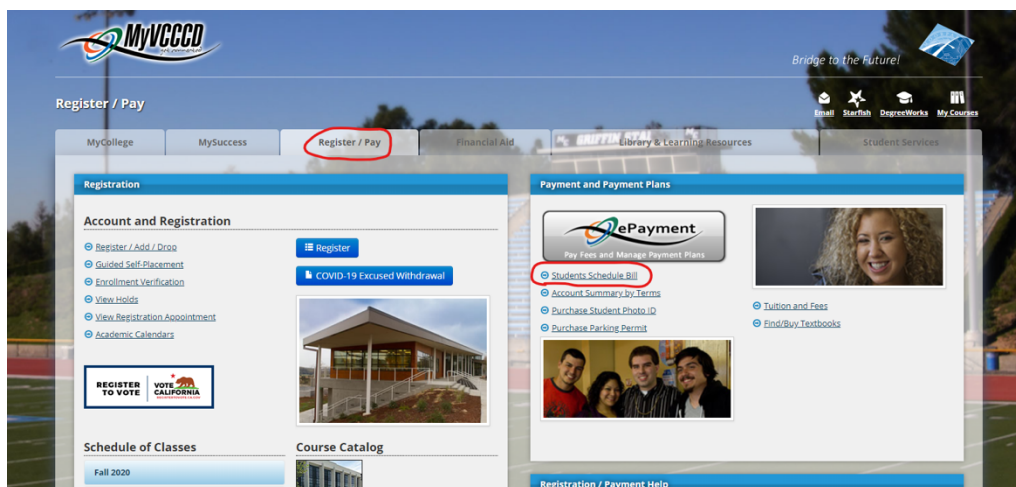
National Suicide Prevention Lifeline 1-800-273-TALK (8255)	National Domestic Violence Hotline 1-800-799-7233 • Text LOVEIS to 22522 Resources for teen dating abuse
Crisis Text Line Text TALK to 741741 to text with a trained counselor for free	Child Abuse Hotline 1-800-344-6000 (24/7) If you or a friend is being hurt or neglected
California Warmline 1-855-845-7415 available 24/7 A non-emergency resource for anyone seeking emotional support	My3 App Define your network and your plan to stay safe my3app.org
The Trevor Project TrevorLifeline: 1-866-488-7386 Text TREVOR to 1-202-304-1200 TrevorChat: Via thetrevorproject.org	MindShift App Strategies to help cope with stress and anxiety

10 SELF-CARE STRATEGIES FOR TEENS

- 1 It's OK to feel overwhelmed. Focus on what you can control, like your breathing and being in the present moment.
- 2 Spend time outside, even if you're avoiding crowds.
- 3 Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- 4 Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- 5 Reach out to whomever and whatever you know helps you.
- 6 Make a list of your favorite songs or movies, and share the list with your friends.
- 7 Challenge negative beliefs about change.
- 8 Find new ways to connect with your friends. Social distancing should not mean social isolation.
- 9 Make your space comfy and cozy.
- 10 Set boundaries with your media consumption.

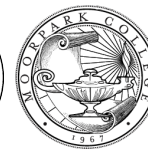
TEEN APPS FOR SELF-CARE

- **Freshman:**
 - Individual appointments with Mrs. McIntosh will be scheduled this week and next to discuss your educational plan. Information will be sent through your classes and email.
- **All Students:**
- Please send your **Student Schedule Bill** to Mrs. McIntosh ASAP
- The Student Schedule Bill is under the **Register/Pay tab** just beneath the ePayments button on the myVCCCD student portal (see image below).





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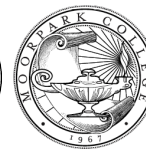


Moorpark College Free Tutoring

- The Learning Center at Moorpark College offers free tutoring to all MC students.
 - They offer sessions by (virtual) appointment, drop in or group Zoom meetings for various subjects.
 - Some tutoring sessions are unique to a specific CRN in the course catalog and students may be required to co-enroll in them when taking a certain course.
 - These are known as Course Embedded Tutoring (CET) & Peer Assisted Learning Sessions (PALS).
 - Students can visit their webpage, check their Professor's class syllabus or reach out directly to the Tutorial Services Specialists at 805-553-4839 or email Deb Brackley deborah_brackley1@vcccd.edu Emmanuel Guerrero emmanuel_guerrero1@vcccd.edu for more information on CET and PALS tutoring.
- For information on all other tutoring departments, please visit the links below and follow their instructions for setting up appointments or joining a session. When in doubt, *ask for help!*
 - COL M05 "Supervised Tutoring Across the Curriculum"
 - To use tutoring services, students will be enrolled in COL M05, "Supervised Tutoring across the Curriculum." COL M05 is a 0 unit course. It is not graded. It does not appear on transcripts. It is free to all currently registered Moorpark College students.
- **World Languages & English as a Second Language (ESL)**
 - Spanish Drop In Session Links
 - Tuesdays & Thursdays (12pm-3pm with Zoe)
 - <https://zoom.us/j/9913897078?pwd=RVdHMWhSVVpOa2ZDNWptSU11UzlpZz09>
 - Mondays & Fridays (3pm-5pm with Susana)
 - <https://cccconfer.zoom.us/j/93093264770>
- **French Drop In Session Links**
 - Mondays & Wednesdays (2pm-3pm with Faye), Fridays (4pm-5pm with Faye)
<https://zoom.us/j/7730531101?pwd=QXBpY2lEdkdYN1Z3MWhlbTB1cWFyZz09>



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- **Math & Science Center**

- Drop-in Tutoring Link
 - <https://vcccd.accudemia.net/?fwd=/private/virtualsign/join/ac74cb96-b3c9-43b9-b855-ac0801407016/elchydfqauxoqbhnabv/>
- Office Hours:
 - Monday - Thursday: 10am-7pm
 - Friday: Closed
 - Saturday: 11am-2pm
- Contact Us:
 - mcmc@vcccd.edu
 - 805-378-1556
- Coordinators/Faculty
 - Rena Petrello renapetrello@vcccd.edu
 - Esther Kim ekim1@vcccd.edu

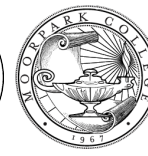
- **The Writing Center**

- Appointment Link (One-on-one, 45 minute sessions)
 - <https://mcwritingcenter.appointy.com/>
- NEW! Drop In Session Links(*Thursdays & Saturdays* only from 11am-2pm)
<https://www.moorparkcollege.edu/departments/student-services/the-teaching-and-learning-center/writing-center/make-an-appointment>
- Office Hours:
 - Mondays - Thursday: 9 am-6 pm
 - Fridays: 10-2 pm
- Drop In Hours:
 - Thursday & Saturday Only: 11am-2pm
- Contact Us:
 - mcwritingcenter@vcccd.edu*
 - 805-553-4850
- Coordinators/Faculty
 - Beth Gillis Smith egillissmith@vcccd.edu
 - Tracy Tennenhouse ttennenhouse@vcccd.edu

*NOTE: Please follow the instructions on the website prior to emailing any writing questions or submitting any written work for general feedback. You are not required to be enrolled in a Moorpark College English course to receive assistance, but you are still required to follow procedure same as all Moorpark College students.



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Front Office News

Ms. Mariana Gaeta (mgaeta@mrpk.org)

- **PLEASE DO NOT JUST “DROP BY” THE HSMC CAMPUS.** Our office is closed unless you have an appointment. Please call or email Ms. Gaeta to schedule a time to meet on campus.
- **Visitors will now be required to go through checkpoints at the College even if they are just picking up/dropping off.** The closest checkpoint will be by the Child Development Center on Campus Dr, just past the turn they would normally take to get to HS@MC. They will need to have the VCCCD app downloaded on their smartphone and select "visitor" in order to take the pre-screen survey. They will need to leave their device on the "Clear to be on campus" screen at the end of the survey and show that to the attendant at the checkpoint in order to get an all clear health pass on the app as well as a colored wristband(color will vary by day).
- Parents/Guardians **MUST** call us at (805)378-6312 ext. 7293 to report tardies or absences within 48 hours, 72 hours on Fridays or holidays (even students that are 18 or over, while they are attending HS@MC they are still considered a K-12 student and must have parent/guardian report for them for attendance purposes). Per District policy emails cannot be used.
- The Moorpark Unified School District Technology Office is providing support to our MUSD families with a technology support hotline which can be reached at **(805) 517-2100**. Live support will be available from 7:00 AM to 7:00 PM Monday through Friday starting Monday August 24th. Please be aware this IT number is only for technical issues with our Chromebooks.
- Any issues with Moorpark College Canvas or ConferZoom must be directed to the Moorpark College Canvas Support team at (805) 553-4858 or mconlinestudentsupport@vcccd.edu. Additional resources such as Canvas Tutorials, a live chat box(during business hours) and an after-hours phone line for Moorpark College students can be found on the [Student Online Support](#) page.
- Alternatively, we can continue to communicate by mail, email and phone. Anything mailed should be addressed to HS@MC to ensure it is placed in our inbox at the College's mailroom.



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The High School at Moorpark College Staff and Contact Information

School Phone Number:	805 - 378 - 6312	
Website:	www.hsmc.mrpk.org	
Brian Friefeld	English	bfriefeld@mrpk.org
Jessica Hendrix-Sandoval	Social Science/History	jhendrixsandoval@mrpk.org
Eric Hoobs	Social Science/History	ehoobs@mrpk.org
Melissa Pistone	English	mpistone@mrpk.org
Bryan Sudberry	Physical Education	dsudberry@mrpk.org
Kari Treese	Mathematics	ktreese@mrpk.org
Chris Fennell	Principal	cfennell@mrpk.org
Mariana Gaeta	Staff Secretary	mgaeta@mrpk.org
Dyan McIntosh	Counselor	dmcintosh@mrpk.org