Hello, Marauders.

It was great to see so many of you at Open House on Wednesday night. Having not been able to gather together for Open House since 2019, it was an especially wonderful evening. If you were unable to join us and are looking to connect with a teacher, please use the Contact Us tab on the website to access staff info.

I want to thank everyone who was willing to serve on SSC and am excited to welcome back Shelli Stinson (Parent/Guardian) and Debbie Raynor (Community Member) to the MMHS SSC for another 2 year term. We are so appreciative of all you do for our school community!

We have another M6 session tomorrow morning - this is the last M6 opportunity for students to make-up attendance ahead of the Homecoming Dance, which will be held on 10/8.

Speaking of Homecoming, we are excited to celebrate Homecoming all next week. ASB has worked hard - and has spent many hours planning and preparing - to make this a memorable week for all. Please encourage your student to participate in the Spirit Week days throughout the week (more info provided later in the mask). We hope you will join us for the Football Game on Friday night as we take on San Diego High School and we hope your students will join us at the dance on Saturday night - tickets are still available!

Next week, there are a lot of home competitions and we hope you will join us in celebrating and supporting our student athletes. Girls Tennis takes on UCHS on Tuesday and San Diego High on Thursday, Boys Water Polo takes on La Jolla Country Day on Wednesday, Girls Volleyball takes on High Tech High on Wednesday and OLP on Friday, and Field Hockey takes on Clairemont on Friday. All of these competitions are at home - so there are lots of opportunities to support here on site. Go, Marauders!

The office will be closing at 2:30PM on Monday, 10/3 so our office staff can hold their monthly staff meeting. The office will reopen on Tuesday morning at 7:15AM.

Have a great weekend, Marauders!
Mira Mesa ASB Presents

Enchanted Forest

Homecoming Spirit Week

Monday 10/3 - Friday 10/7

Pixie Dust Pouch Monday
Anything But A Backpack

Once Upon A Time Tuesday
Dress Like Your Younger Self

Woodland Wednesday
Wear A Flannel Or Wear Green/Brown

Trolls Thursday
Crazy Hair Day

Marauder Madness Friday
Class Colors

@MMHS.ASB
Counseling News

UPCOMING COUNSELING EVENTS
Reminder, counselors are hosting the following events next week for our students and their parents/guardians at 5:30 in the library:

- Junior Night Tuesday, October 4th
- Sophomore Night Wednesday, October 5th

FEE WAIVER
Juniors and seniors seeking a fee waiver for the SAT or ACT need to fill out a request at this link: https://forms.gle/gH4WVTpvw41HiUuf9. Similar to AP, parents will need to fill out the LCFF on their Power School Parent Portal in order for the district to determine eligibility for fee waivers. If you need help accessing your Parent Portal, please email our site tech, Mrs. Shirley Lemmon at slemmon@sandi.net. As a reminder, the UC and CSU college systems no longer factor in the SAT or ACT for admission purposes.

COLLEGE APPLICATION WORKSHOPS
Counselors will host college application workshops starting Tuesday, October 4th during lunch in the Library. See the flier below for dates seniors can get application help.

AP EXAMS
Students who are not enrolled in an AP class can still take an AP exam. This is referred to as exam only, and students would study on their own to learn the material and prepare for the test. If your child would like to take an AP exam as exam only, they can see Mrs. Blanchard in the Counseling Office before or after school.

STUDENT EQUITY AMBASSADORS
The district is looking for Student Equity Ambassadors to initiate projects in the district to improve our schools. See the flier at the end of the Mask for details.

SUICIDE AWARENESS AND PREVENTION MONTH
September is Suicide Awareness and Prevention Month. Did you know that people thinking about suicide may have warning signs such as talking about wanting to die, feeling like they are a burden to others, feeling hopeless or having no reason to live, withdraw from friends, give away important items, or take dangerous risks? These people often do not want to die, but they want their pain to end. Students who feel this way or have friends showing these warning signs should tell an adult on campus right away so we can help them get support. They can also text 988 for a Suicide and Crisis Lifeline. One simple text can save a life.
UC & CSU applications due Nov 30th

COLLEGE APPLICATION WORKSHOPS

BRING YOUR OWN COMPUTER

Lower Library during lunch
Must eat prior to workshop

October 4, 6, 11, 13, 18, 20, 25, 27
November 1, 3, 8, 10, 14-18, 28-30
COLLEGE NIGHT FOR JUNIORS

October 4th 5:30 PM Library

Learn what juniors should be doing now to prepare for life after high school such as getting ready to apply to college, trade school opportunities, military enlistment and more.

10TH GRADE NIGHT
OCTOBER 5TH 5:30 PM IN LIBRARY

Learn about graduation requirements, expectations for college-bound students, explanation of transcripts and how to request a copy, career and college planning, and more.

FINANCIAL AID NIGHT FOR SENIORS

LEARN ABOUT FAFSA, DREAM AID, AND RESOURCES TO HELP PAY FOR COLLEGE

***SUBMITTING A FINANCIAL AID APPLICATION IS NOW A GRADUATION REQUIREMENT***

OCTOBER 12 5:30 PM LIBRARY
WANT TO MAKE A DIFFERENCE IN THE DISTRICT?

STUDENT EQUITY AMBASSADORS

Student Equity Ambassadors (SEA) is a program that seeks to initiate projects within SDUSD and implement solutions on how to improve our schools. Are you a catalyst for change? Join the SEA today!

Our information meeting will take place on zoom on Monday, October 3rd from 4:30-5:30pm. Scan the QR code below to sign up for the first meeting!

Questions? Please email studentequityambassadors@sandi.net
WARNING SIGNS OF SUICIDE:
The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:
▷ Wanting to die
▷ Great guilt or shame
▷ Being a burden to others

FEELING:
▷ Empty, hopeless, trapped, or having no reason to live
▷ Extremely sad, more anxious, agitated, or full of rage
▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:
▷ Making a plan or researching ways to die
▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
▷ Taking dangerous risks such as driving extremely fast
▷ Displaying extreme mood swings
▷ Eating or sleeping more or less
▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline Crisis Text Line
Call or text 988 Text “HELLO” to 741741
Chat at 988lifeline.org

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 22-4316
MODIFIED MONDAYS
EARLY RELEASE

Modified Mondays started on Monday, 9/26

PERIOD 1 BEGINS AT 8:35AM
PERIOD 6 ENDS AT 2PM