

# MALIBU HIGH SCHOOL

## MONDAY MESSAGE – DECEMBER 18, 2023

\*\*\*\*\*

### This Week's Schedule:

M – Regular Schedule

Tu – Regular Schedule

W – Minimum Day – Periods 1 and 4 Finals – 1:35 dismissal

Th – Minimum Day – Periods 2 and 5 Finals – 1:35 dismissal

F – Minimum Day – Periods 3 and 6 Finals – 1:35 dismissal

## PRINCIPAL'S MESSAGE:

*Dear MHS Families,*

*I shared this a few years back that was originally shared by a colleague/friend Deanna Sinfield. I think they are helpful and practical reminders during this time of the year.*

**Managing Holiday Stress:** The holidays can be very stressful. Here are some tips for managing stress during this time of year.

- 1. Manage your own stress.** Not only are you setting an example, there's just no way to stop your children from sensing your stress and being affected by it. It's kind of like the safety message we hear every time we get on an airplane: if you are flying with a child and the oxygen masks drop, you should put yours on first and then put on the child's. You're no good to anyone if you can't function. Try to be self-aware. Set aside time for yourself. Create code words that your partner and friends can use to let you know when you are starting to act like a snippy, crazy person. Practice self-care. Get enough sleep. Speaking of sleep...
- 2. As much as possible, keep routines the same.** Kids do best when routines are predictable — and healthy. This is particularly true for sleep. As tempting as it may be to let kids stay up late and sleep late throughout the holidays, try to stay within an hour of usual times, except for special occasions (like New Year's Eve). We all do better when we stick to our sleep routines. Same goes for mealtimes (be sure your kids get three healthy meals a day, preferably with you and not in front of the television). As you think about how your children will spend the holidays...
- 3. Manage expectations.** My youngest child has a way of getting incredibly excited for Christmas, expecting that he will get that incredibly expensive and hard-to-find Lego set, and that we will spend every day of vacation visiting museums and doing other activities, preferably with his friends — and then getting sad when he gets something slightly

different and has to amuse himself some days. This is true for lots of kids, and is very preventable. Up front, let kids know what they can and can't expect. You don't have to give away the surprise, but you could, as a family, say that everyone gets one big but not break-the-bank gift (and otherwise set parameters on gifts). And you can sit together, look at the calendar, and let your kids know what you can and cannot pull off when it comes to vacation activities. As you think about activities...

4. **Keep kids active.** Speaking of television, sitting in front of it (or a gaming console or an iPad or phone) all day isn't good for anyone, and exercise is a known stress-buster. Kick them outside. Go to the park. Take advantage of free swim time at the local Y. Go for walks together. That together part is key...
5. **Spend some time together.** Real time, where you are sharing an activity. Going to the movies or having a family movie night is fine (and a nice way to end a crazy day), but try to do things that involve actual interaction. Play games together. Visit a museum together. Bake cookies. Which is a good example of how you can...
6. **Build some family holiday rituals, if you don't have them already.** Whether it's holiday baking, or making homemade gifts together, or a particular concert you always attend, or some friends you invite every year, create things you can do together every year that are meaningful and fun. There are plenty of things you *have* to do. Make your family rituals things you *want* to do. And as you build your rituals...
7. **Choose something to do as a family that helps others.** Choose toys for a toy drive. Go through clothes in the closet and bring gently used ones to a shelter or clothing drive. Donating money to causes is always great, but look for things that your children can actively participate in, preferably that you can do as a family. Try not to think of it as another family chore. Instead, think of it as a way to not only teach kindness, but to keep perspective on the holidays — and on what's way more important than presents or parties.

That's a perspective we all need — and the perspective that could save all of us a lot of stress.

*Patrick Miller, Principal*

## SCHOOL NEWS AND INFORMATION:

**TOY DRIVE:** Participate in the Love to Share Foundation America nationwide Holiday Toy Drive by dropping off new or lightly used toys from **December 18<sup>th</sup> – 22<sup>nd</sup>**. The drop-off box will be located in the MHS/MMS Attendance office. [Flyer:](#)

**MASQUE AUDITIONS:** Students! Do you have a talent? Can you sing or dance, juggle or crack a joke? Did you always want to put a band together? If so, start getting it all together to audition for Masque, our school Talent show! Auditions are in January, so start getting ready now so you're at your best!

**LOST AND FOUND:** Please remind your student to check the Lost and Found near the lunch area for missing water bottles, lunch box, clothing items. Items will be donated at the end of the school day on **Friday, December 22nd**.

**CHECKING PROGRESS REPORTS/REPORT CARDS: AERIES PORTAL VIDEOS (STUDENT & PARENT):** These videos help explain to students & parents/guardians on how to access their portals and check grades. [Student Portal](#) [Parent Portal](#)

**SMMUSD DISTRICT CALENDARS:** The Board of Education previously approved the District Calendars for the 2023-2024, 2024-2025 and 2025-2026 school years. These include the start and end dates for the school year as well as holidays which will allow you to plan ahead for your family travel. All calendars are available [HERE](#).

**PARENTS OF SENIORS-** The FAFSA has not been released yet but to prepare for it, here's a checklist: [Helpful FAFSA Checklist for students:](#)

1. Identify who will be contributors\* on the student's FAFSA form.
2. Create studentaid.gov accounts. Student and all contributors will need individual accounts.
3. Gather [information needed](#) to complete the FAFSA.
4. Complete the 2024-2025 FAFSA Form (which will be available by Dec. 31) by each colleges' deadline. We encourage submission as soon as possible after the FAFSA is available.

\*A "contributor" is a new term on the FAFSA and refers to anyone who is asked to provide information on the student's FAFSA form. For example, it could be the student and parents.

Scholarships are available on our website: <https://www.smmusd.org/Page/6648>

**SENIORS! GRAD ITEMS:** Make sure you order your cap and gown! [ORDER FORM HERE](#). Need specific questions answered? Call Jostens directly at (805)987-4147 or email [zavala.office@jostens.com](mailto:zavala.office@jostens.com).

**YEARBOOK:** It's never too early to start thinking about the Yearbook!

- **Senior Parents**, please go to this link to see all of the yearbook deadlines for [submitting your senior's photos HERE](#).
- **All Parents**, to purchase a yearbook or Senior Ad, at the best price, please order now! [ORDER HERE](#).

## THIS WEEK AT MHS:

**MHS SPRING MUSICAL AUDITIONS:** If you are interested in auditioning for the Spring musical, "MEAN GIRLS", the auditions are coming up! Auditions will take place after school on **Friday, December 15th and Monday December 18th**. Sign ups are outside the choir room door. You need to audition with a song from the show and a monolog of your choice. If you have any questions, please contact Ms. Leonard at [bleonard@smmusd.org](mailto:bleonard@smmusd.org)

**FINAL EXAMS/END OF GRADING PERIOD:** Final exams and culminating tasks are scheduled for **Wednesday, December 20<sup>th</sup> (Periods 1 and 4), Thursday, December 21<sup>st</sup> (Periods 2 and 5) and Friday, December 22<sup>nd</sup> (Periods 3 and 6) with dismissal at 1:35pm all 3 days**. It is the expectation that all students attend school all 180 days as specified on the district-approved calendar. All trips and vacations should be planned around these dates. If there are extenuating circumstances, it is the student's responsibility to coordinate directly with their teachers to plan alternate final exams/assignments. Please understand, given the

unexcused nature of most absences this time of the year, teachers are not obligated to accommodate these requests or provide credit for missed exams/assignments.

**WINTER BREAK:** Malibu High School and all SMMUSD schools will be closed starting **Monday, December 25, 2023 through Friday, January 5, 2024.**

## UPCOMING EVENTS:

**SECONDARY PUPIL FREE DAY: Monday, January 8<sup>th</sup>** is a staff work day for our secondary schools. While elementary school students at Webster and MES return on 1/8/23, this is a pupil free day for MMS and MHS students. MHS students return to school **Tuesday, January 9<sup>th</sup>.**

**SCHOOL RESUMES:** We get back to work, and start a new semester, on **Tuesday, January 9<sup>th</sup>, 2024.** *This is a fresh start for all students. It is a good time to remind your student that he or she gets a second chance. Any missteps first semester can be corrected and improved for second semester. I call upon teachers to take advantage of the new start and ask the same of students. Start the second semester off right by committing to being here every day, fully engaging in class, doing all assigned work out of class and seeking help when needed. One of the best things about school is that each term, and each day, affords one the chance to do better. Students – start the second semester off with a commitment to work hard and give your best. The right attitude is a necessity for success. Combine a great attitude with effective habits and you set yourself up to do your very best. Let's have a great spring semester!*

**PTSA REFLECTIONS AWARDS:** Please join us in the Parent Center on **Thursday, January 11<sup>th</sup> during lunch (12:00 – 12:45 pm)** when the PTSA will host the Reflections Awards. We look forward to congratulating all our students who participated and won!

**SMC MALIBU CAMPUS OPEN HOUSE:** MMS/MHS students, parents, and faculty are invited to a special event at the SMC Malibu Campus on **January 26<sup>th</sup> from 2:45 pm to 3:30 pm.** Instructors from SMC will be on hand to talk with students and parents and class demonstrations are planned. In addition, they will also be offering campus tours and give a general overview of life at Santa Monica College Malibu Campus. All Malibu High Students have the option of doing concurrent enrollment at SMC this Summer (Online, at Malibu campus, at main campus) for free!

## COMMUNITY INFORMATION:

**COMMUNITY SERVICE OPPORTUNITIES:** All MHS students are expected to complete 20 hours annually of service learning hours in our community. Students can self-select activities or participate in opportunities listed in the CSL platform, [www.csl.smmusd.org](http://www.csl.smmusd.org). Questions/Sign Ups, contact Kim, [kretts@smmusd.org](mailto:kretts@smmusd.org). Some upcoming events include:

1. Meals on Wheels, Community Care Packages. \*Contact [margaret@mealsonwheelswest.org](mailto:margaret@mealsonwheelswest.org)

2. Malibu Public Library, 3 hours/week working in the bookstore. \*Contact [harrietpollon@yahoo.com](mailto:harrietpollon@yahoo.com)
3. Malibu Little League, gearing up for Spring, help with field maintenance, snack shack, coaching assisting and swag table.
4. Malibu Methodist Bake & Share, bake at home and deliver on Monday (earns 3 hours).

## BOYS AND GIRLS CLUB OF MALIBU TEEN CENTER:

*The Boys & Girls Club of Malibu aims to provide a fun, safe, and creative environment for all Malibu youth to thrive, find support through positive mentorship, develop important life skills, and receive social and emotional support. We are currently offering programs for teens to use as a social, developmental, and supplemental tool. Current offerings include:*

- **BGCM Membership Enrollment is LIVE.** Enroll at [BGCMALIBU.ORG](http://BGCMALIBU.ORG) Available for incoming grades 6th-12th. Programs will include: service learning trips, field trips, social emotional wellness, outdoor activities & more! [Enroll Here](#) | [Inscribirse Aquí](#)
- **BGCM Winter Registration is Now Available.** BGCM will be open from January 2 to January 5, 2024, the Teen Center will be open from 8:30 am to 5 pm. To secure a spot for your teen, please use this link to complete the registration process. [Register Here](#) The deadline for registration is December 18. Please email Violet with any questions at [violetway@bgcmalibu.org](mailto:violetway@bgcmalibu.org)
- **ALL BGCM Clubhouse Sites will be CLOSED Dec 25-Jan 1** in observance of the upcoming holidays. We are wishing you and your families a wonderful winter break.
- **Third Space is OPEN at Malibu Village!** Third Space is a storefront, gallery and an innovation space for youth to be mentored and inspired. A project of the Boys & Girls Club of Malibu, made possible by many generous community contributors. A percentage of all store purchases benefit the Boys & Girls Club of Malibu:
  - Safe spaces after-school
  - Mental health services for youth, families and aging population
  - Drug and alcohol prevention programming
  - Innovative and inspiring opportunities for youth
  - Regenerative systems and educational initiatives

Here, in our vibrant community, we value care, connection, and creativity. We offer youth, families, and visitors of all ages the chance to explore products from local, sustainable and social entrepreneurs. To learn more, visit [thirdspacemalibu.org](http://thirdspacemalibu.org) Follow us on IG/FB: [@thirdspacemalibu](https://www.instagram.com/thirdspacemalibu)

- **BGCM Scholarship Opportunities:** BGCM offers scholarship opportunities tailored to support graduation goals, mental health advocacy, and fostering a positive Club environment through kindness. If your teen is interested in applying for these opportunities, kindly email Violet at [violetway@bgcmalibu.org](mailto:violetway@bgcmalibu.org). This opportunity is open to 12th graders only.
- **Goals for Graduation** for grades 9th-12th. Monthly workshops to support college and career readiness. Meetings will take place on the school campus, once a month, on Monday's during lunch. Students do not have to be Club members in order to participate. The next meeting is on 1/8. To sign up, please email [violetway@bgcmalibu.org](mailto:violetway@bgcmalibu.org)
- **Brent's Club** is an incentivized social-emotional wellness program focused on racial justice, youth advocacy, drug prevention, and building peer support by connecting with other Brent's Clubs and youth from diverse communities. Meetings are bi-weekly on

Mondays, during lunch, on the school campus. Lunch will be provided every meeting! Email [violetway@bgcmalibu.org](mailto:violetway@bgcmalibu.org) for more info.

- **Wellness Center & Social Support Offerings** The Boys & Girls Club of Malibu Wellness Center operates remotely and also in-person to provide no-cost social support & mental health counseling to all in the community. Visit <https://bgcmalibu.org/wellness-center/> to learn more or to request services for you/your teen. There is currently NO WAITLIST for services. PSA: Parents! If you've missed any parent workshops, they are available on our website at <https://bgcmalibu.org/wellness-center-resources/>

*\*To contact the Club please call [310-457-1400](tel:310-457-1400) (Admin) or [310-241-3675](tel:310-241-3675) (Programs)  
Email [info@bgcmalibu.org](mailto:info@bgcmalibu.org) For updates on Club news & events, subscribe to BGCM E-Newsletter [Here](#)*