Principal’s Message:
We hope you enjoyed your week off last week and were able to spend time with the ones you love. To our Jewish community members, we hope you are having a wonderful Hanukah season.

Fall Sports have all wrapped up, with many teams making it far into playoffs. We are so proud of our student athletes and all they accomplished this year. Winter Sports are in full swing with competitions happening almost daily. Be sure to check the Athletics Website for the most up-to-date information about athletic events.

Our incredible Theatre Department is presenting their Fall Play this weekend with performances on Friday and Saturday evenings. Contact Daniel Kriley for more information.

The Sapphire Sound continues to work hard in preparation of their participation in the 2022 Tournament of Roses Parade. Be sure to tune in to see them marching in Pasadena!

We have officially finished the first week of the last grading period of Semester 1. That being said, the end of the semester will be here before we know it. Please encourage your student to stay the course and to reach out to their teacher(s) if they are in need of individualized or extra support.

Happy Weekend and Happy Holidays.
Principal Sabins

SCHEDULE REMINDERS
◊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/c_o_v_i_d-19_testing

Progress Reports
Friday, November 19th was the end of the second grading period.
Grades have been processed and are available for viewing in PowerSchool Student and Parent Portal.

Progress Reports were distributed on Thursday in Period 4 classes.

Please review grades with your student to ensure your student is on track and has the necessary tools to succeed.

Do you need help accessing or creating an account?
Contact Shirley Lemmon at slemmon@sandi.net
https://powerschool.sandi.net/public/

San Diego Education Fund Teach/Lead SD
Are you a current Senior, thinking about pursuing a career in Education? The SDEF and Teach/Lead is a great resource for you and they will be on site at MMHS on Thursday, 12/9 during lunch in the Media Center.
Check out the included flyers.
FINANCIAL AID APPLICATIONS
Financial aid applications are open, and counselors are striving for 100% of our eligible seniors attending any level of college and those planning to take a “gap year” to submit a financial aid application. Students starting at Miramar, Mesa, or City College, submitting a financial aid application is required for the Promise program where students can attend community college for up to two years tuition free. Counselors are hosting Financial Aid Application Workshops Tuesdays and Thursdays in the upper library during lunch to help students. It would be a more productive workshop if seniors submitting the FAFSA completed their FSA ID at this link prior to the workshop. Students and parents can find more help with financial aid at this link.

CAL STATE UNIVERSITY
The California State University college system extended their college application deadline. Most CSU applications are now due December 15th. Click here for a listing of deadline dates. Seniors needing college application help can attend our Financial Aid Application Workshops to get help on both college applications and financial aid applications.

AT-RISK SENIORS
Counselors will meet with seniors who are currently in jeopardy of earning a diploma this June. During the meeting, a letter will be signed indicating the areas of concern, and the letters will be mailed and emailed home. If you are concerned about your child’s progress in a class, contact your child’s teacher because the teacher can readily tell you your child’s strengths and areas of concern. If you need access to the PowerSchool Parent Portal to view your child’s grades, attendance, and get teacher email links, contact our site tech Mrs. Lemmon at: slemmon@sandi.net.

WORK PERMIT
Students who are under 18 and get a job must have a work permit. Students also need to have a 2.0 GPA and good attendance to get it. The work permit can be downloaded here. The completed work permit needs to be given to Mrs. Lemmon in the Counseling Office before or after school or during lunch. Students can see Mrs. Blum for Mrs. Lemmon in the Counseling Office if they have questions about the work permits.

VIRTUAL CALMING ROOM
The past two years have been extremely stressful, and the holiday season can add to that. One way to decrease stress is by practicing mindfulness. Simply put, mindfulness is a way to stay in the present moment and be aware of where you are and what you are doing. This is a practice similar to an athlete practicing to perfect their game. They don’t just show up on game day and expect to be exceptional. One key component is mindfulness breathing. Students can find links to mindfulness breathing exercises to enhance their practice on the Virtual Counseling Center’s Virtual Calming Room.

PARENTING WORKSHOPS
See the fler below for parenting workshops with very relevant topics.  
Wellness Wednesday  
College Thursday
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:

[QR Code]

[FAFSA Logo]
An office of the U.S. Department of Education

[Dream Act Logo]
Program for Parents and Families
Dr. Beatriz Villarreal

“PARENTS LEARNING TO BE BETTER PARENTS”

The San Diego Unified School District and Carlsbad Unified School District invite you to participate in a series of workshops where you will receive up to date information about what happens in our community, helping you raise young people who are successful in school and life in general.

Sponsored by:
San Diego County Office of Education,
Student Support Services Department, PASS AmeriCorps Program

This workshop will be presented in Spanish (English interpretation will be available)

The topics will be:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Date</th>
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<tbody>
<tr>
<td>Power is in education</td>
<td>January 6</td>
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<tr>
<td>Limits: Positive discipline</td>
<td>January 13</td>
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<tr>
<td>A sickness in the family: Toxic families/Healthy families</td>
<td>January 20</td>
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<tr>
<td>The truth about drugs: Marijuana and vaping</td>
<td>January 27</td>
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<tr>
<td>Prevention/education about bullying and domestic violence</td>
<td>February 3</td>
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<tr>
<td>Mental health: Emotional intelligence, suicide prevention, depression</td>
<td>February 10</td>
</tr>
<tr>
<td>Dangers of the Internet: Grooming, sex trafficking, apps</td>
<td>February 17</td>
</tr>
<tr>
<td>Graduation</td>
<td>February 24</td>
</tr>
</tbody>
</table>

These workshops will be presented virtually Zoom.
Zoom Link
Meeting ID: 878 1978 7303
Passcode: Parents

Thursdays 5:30pm to 7:30pm from January 6 to February 24, 2022

For all families in San Diego and Carlsbad Unified School Districts! Interpretation in English available.
For technical issues, contact Agueda Takeuchi at 619.395-5626.
Programa para Padres de Familia
Dra. Beatriz Villarreal

“PADRES APRENDIENDO A SER MEJORES PADRES”

El Distrito Unificado de San Diego y el Distrito Unificado de Carlsbad los invitan a participar en una serie de talleres donde recibirán información actualizada de lo que pasa en nuestra comunidad y también con el propósito de ayudarles a poder formar jóvenes que tengan éxito en la escuela y en la vida en general.

Patrocinado por:
Oficina de Educación del Condado de San Diego
Departamento de Servicios de Apoyo al Estudiante, Programa PASS AmeriCorps

This workshop will be presented in Spanish (English interpretation will be available)

Estos talleres se presentarán en español (Se facilitará interpretación al inglés)

Los temas serán:

<table>
<thead>
<tr>
<th>Tema</th>
<th>Fecha</th>
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<tbody>
<tr>
<td>En la educación está el poder</td>
<td>6 de enero</td>
</tr>
<tr>
<td>Límites: Disciplina positiva</td>
<td>13 de enero</td>
</tr>
<tr>
<td>Epidemias familiares: Familias tóxicas/Familias sanas</td>
<td>20 de enero</td>
</tr>
<tr>
<td>La verdad sobre las drogas: Marijuana y vaping</td>
<td>27 de enero</td>
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<tr>
<td>Prevención/educación sobre bullying y violencia doméstica</td>
<td>3 de febrero</td>
</tr>
<tr>
<td>Salud mental: Inteligencia emocional, prevención del suicidio, depresión</td>
<td>10 de febrero</td>
</tr>
<tr>
<td>Peligros del Internet: Grooming, tráfico sexual, aplicaciones</td>
<td>17 de febrero</td>
</tr>
<tr>
<td>Graduación</td>
<td>24 de febrero</td>
</tr>
</tbody>
</table>

Estos talleres se ofrecerán en formato digital por Zoom.

Zoom Link:  
Identificación/Meeting ID: 878 1978 7303  
Clave/Passcode: Parents

Los jueves de 5:30pm a 7:30pm  
del 6 de enero al 24 de febrero, 2022

Para problemas técnicos, comuníquese con Agueda Takeuchi al 619.395-5626.
Future Educators SCHOLARSHIPS AVAILABLE

Teacher Scholarships
Minimum Requirements:
High School senior in the San Diego Unified School District (including charter schools)
Plan to pursue a career in teaching (e.g., Special Education, Single Subject, Bilingual certification)
Plan to attend a community or four-year college in San Diego County
Agree to teach school within the San Diego Unified School District
Demonstrate financial need

Application Period:
November 1, 2021
February 26, 2022

STEM Scholarships
Minimum Requirements:
High School senior in the San Diego Unified School District (including charter schools)
Plan to pursue a career in teaching (e.g., Special Education, Single Subject, Bilingual certification)
Plan to attend a community or four-year college in San Diego County
Agree to teach school within the San Diego Unified School District
Demonstrate financial need

For more information and an application go to
www.sdef.org

About San Diego Education Fund
The San Diego Education Fund, established in 1994, provides scholarships, mentoring and counseling to first generation, culturally diverse college students to become teachers, scientists, technologists, engineers and mathematicians in San Diego. SDEF is a 501(c)(3) charitable organization and relies on grants and the generosity of individual and corporate donors for funding. Scholarship awards are renewable annually based on satisfactory academic progress towards an undergraduate degree.

About TEACH-LEAD San Diego
TEACH-LEAD San Diego is San Diego Unified’s “grow your own” educator pipeline program dedicated to supporting individuals become teachers and leaders in our schools and communities. TLSD is committed to recruiting, selecting, nurturing and maintaining diverse individuals aspiring to become educators and leaders in our school system. Our goal is to foster homegrown educators and leaders reflective of the diverse student population we serve and work with whom our students can identify.
MMHS ASB PRESENTS

Winter Spirit Week
DEC 13 - DEC 17

Long Winter's Nap Monday
Pj Day

Baby, It's Cold Outside Tuesday
Winter Attire

Color Block Wednesday
Red Vs Green

Ugly Sweater Thursday
Ugly Sweaters

Winter Wonderland Friday
Whiteout
MIRA MESA HIGH SCHOOL 2022 PBO

HOLIDAY GIFT WRAPPING EVENT

LOCATED BETWEEN TARGET & HOBBY LOBBY

DECEMBER 18 - DECEMBER 24

THE 2022 PBO IS LOOKING FOR VOLUNTEERS TO HELP WRAP PRESENTS. PLEASE SIGN UP & HELP US SPREAD SOME HOLIDAY CHEER THIS YEAR!

WE ARE ALSO COLLECTING SUPPLIES IF YOU CAN DONATE! ITEMS NEEDED INCLUDE: GIFT BOXES (ALL SIZES), BOWS, GIFT TAGS, RIBBON, TISSUE PAPER, DOUBLE SIDED WRAPPING PAPER AND TAPE. ITEMS CAN BE DROPPED OFF AT THE FRONT OFFICE OR IN ROOM 405
Disney Grad Nite

Mira Mesa High School Class of 2022

Depart MMHS on Saturday, June 11 at 9:00am
Return to MMHS on Sunday, June 12 at 5:00am

Cost: $160.00

(price includes round-trip transportation, full day admission to California Adventure and the Grad Night Private Party Experience)

PRE-REGISTRATION IS AVAILABLE NOW

Ticket Sales and Payment will be collected starting December 6, 2021 until March 25, 2022

 Cinderella Castle

CASH or CHECK

A PBO member will be available during lunch in front of the attendance office to collect payment. Please follow our social media accounts to find out when we will be on campus!

Please do not call the front office with questions about Grad night. View our Grad Night FAQs or send us an email: mmhs.classof2022.pbo@gmail.com