

# MMHS Counseling Department

Happy 2020-2021 school year, and a very warm welcome to all of our 9th grade Matadors!

We know this is a very unique time for all of our students. It is for all of us. It is additionally difficult as the counseling department is a safe place for you to drop in to see your counselor and ask questions or make appointments. With campus closed we wanted to give you some resources and share with you on how you can reach your counselor if you need to speak with him/her.

We are here to support the academic, social/emotional and college and career needs of all our students. Please know that we are in this together. We are Matadors, we are resilient, we will do all we can to support you while you are away from campus. Be sure to take care of yourself and each other. You matter to us and we are here for you. Parents and Students check out our [Matador Resource Center](#) for support in dealing with this unique time. Here are some resources to help you with your college and career planning and to some self-care tips: [Self Care During COVID](#)

## Isela Medina, School Counselor (Last Name A-Es)



Email: [imedina@guhsd.net](mailto:imedina@guhsd.net)

Work Hours: M-F 8:00am-2:30pm

Phone Appts Available: M-F 10am-12pm & 1pm-2pm

My Dearest Matadors, These are absolutely trying and challenging times and the best we can do is stick together and be united as ever. I am here to support you as we overcome these unprecedented challenges. I would be happy to connect with you via email for all questions, concerns, needs and doubts. The best way to reach me at this time is via email. Please be detailed in your email so I can answer your question accurately and efficiently. You might also want to scroll to the bottom of this page as we have put together a useful FAQ section for your use. Please follow our Instagram @mmhscounseling for the latest updates. I don't want you to miss out!

To schedule a phone appointment, please email me your ID #, your detailed question, the best # to reach you at, and the appointment times (see above) that you are available. I will respond to your email with a confirmation of our appointment time. Please be aware that I might be calling you from a private \*67 phone number.

\*A su servicio en Español

## Tiffany Naom, School Counselor (Last Name Et-L)



Email: [tnaom@guhsd.net](mailto:tnaom@guhsd.net)

Work Hours: 8:45am-3:15pm

Phone Appts Available: M-F 10am-12pm & 1pm-2pm

Hello Matador students and families! I am so excited to be joining the Matador family and look forward to serving you during these unprecedented times. I am hoping to meet some of you soon whether it be via phone, email or zoom! I am available on either platform to assist you with any and all needs! We will get through this together! Feel free to reach out to me with any questions, concerns or just to say hi! Below you will find a FAQ section that may be helpful for you. Also, please follow our Instagram @MMHSCOUNSELING for the latest updates and news.

To schedule a phone appointment, please email me your ID #, your detailed question, the best # to reach you at, and the appointment times (see above) that you are available. I will respond to your email with a confirmation of our appointment time. Please be aware that I might be calling you from a private \*67 phone number.

## Maria Garcia, School Counselor (Last Name Roe-Z)



Email: [mgarcia@guhsd.net](mailto:mgarcia@guhsd.net)

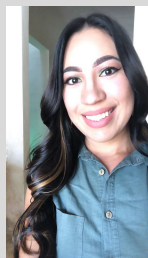
Work Hours: 8:00am-2:30pm

Phone Appts Available: M-F 10am-12pm & 1pm-2pm

Matador students and families, I am here to support you as we start the school year with distance learning. This can be a challenging time for all of us. One thing is for certain, we are Matadors! We are resilient, strong, and we don't give up! We will get through this together. Please know, I will be here to help you along the way. The best way to reach me at this time is via email. I'm happy to answer any questions, concerns, or be of assistance to you as best as I can. Below you will find a FAQ section that may be helpful for you. Also, please follow our Instagram @MMHSCOUNSELING for the latest updates and news.

To schedule a phone appointment, please send me an email, and please include ID#, your detailed question, your phone number, and the appointment times (see above) that you are available. I will then respond and send a confirmation email with our appointment time. Please be aware, I might be calling

## Adelita Famania, School Counselor (Last Name M-Rod)



Email: [afamania@guhsd.net](mailto:afamania@guhsd.net)

Work Hours: 8:45am-3:15pm

Phone Appts Available: M-F 10am-12pm & 1pm-2pm

Hi Matador Students and Families! I am so excited to be joining the Matador counseling team this year and being of service to the Matador community. It is unfortunate that we get to meet during these trying times but I know that we will all get through this. I am here to support you all in any way I can. If you have any questions, comments or concerns feel free to email me at the email listed above and I will get back to you at my earliest convenience. Below you can find our FAQ section that may answer some of your questions. Also, please follow our Instagram @MMHSCOUNSELING for the latest updates and news.

To schedule a phone appointment please send me an email including your student ID #, phone #, the appointment time you would like to be called (see availability times above). I will send you a confirmation email with our set phone appointment date and time.

\*A su servicio en Español

you from a private \*67 phone number. Be sure to take care of yourself and each other Matadors. Hope to see you all soon.  
\*A su servicio en Español

## Erin Edwards (GIS)



Email: [eedwards@guhdsd.net](mailto:eedwards@guhdsd.net) x

Work Hours: M-F 7:00am-3:00pm

Please contact with questions regarding online registration for the 20-21 school year and enrolling at MMHS. I can also assist with the Infinite Campus Student Portal and Parent Portal. I am pleased to be able to continue assisting students with scholarships via email.

\*A su servicio en Espanol

## Elia Ortega (GIS)



Email: [eortega@guhdsd.net](mailto:eortega@guhdsd.net)

Work Hours: M-F 7:00am - 3:00pm

Please contact with questions regarding online registration for the 20-21 school year and enrolling at MMHS. I can also assist with the Infinite Campus Student Portal and Parent Portal.

\*A su servicio en Español

## Lynn Zwick, Secretary



Email: [lzwick@guhdsd.net](mailto:lzwick@guhdsd.net)

Work Hours: M-F 7:00am-3:00pm

Please contact with questions regarding online registration for the 20-21 school year and enrolling at MMHS. I can also assist with the Infinite Campus Student Portal and Parent Portal.

## MariaEsther Hemmen, Mental Health and Resource Coordinator



Email:

[eizquierdo-hemmen@guhdsd.net](mailto:eizquierdo-hemmen@guhdsd.net)

Work Hours: M-F 8:00am - 3:00pm

[Matador Resource Center](#)

\*A su servicio en Español



## Things to Know...

- Please visit our [MMHS COUNSELING WEBSITE](#) for ALL Academic, College/Career, and Social/Emotional Resources.
  - [Matador Resource Center](#)
- Follow us on Instagram @mmhscounseling to stay updated with the latest information and news
- [Level 2 Return to Campus IMPORTANT FAQ's](#)- Level 2 reopening begins the week of September 28th. Here is the [Link to Bell Schedule for Level 2](#)

### Blended Learning Weekly Overview

--Students attend campus classes **ONLY on the day they are assigned (A,B,C, or D day)**. The other days, students are home. Your learning group is listed in your Infinite Campus Portal.

- Monday: Teachers share weekly goals and schedules. Students stay home.
- Tuesday - A day or Distance Learning
- Wednesday - B day or Distance Learning
- Thursday - C day or Distance Learning
- Friday - D day or Distance Learning

### Distance Learning ONLY Weekly Overview

-- Students remain home and do not attend any on campus classes. Students should log-in to their courses daily and complete the assignments for their classes. Please email teachers if your student needs help. We also have tutorial times available via Zoom.

- Monday: Teachers share weekly goals and schedule
- Tuesday - Distance Learning
- Wednesday - Distance Learning
- Thursday - Distance Learning
- Friday - Distance Learning

- **APPOINTMENTS WITH YOUR COUNSELOR:** Please email your counselor and request a phone appointment during available times. Please leave detailed information in the email and your counselor will return your email with an appointment confirmation.
- **CHANGE TO QUARTER SYSTEM FOR 2020-2021:** Our school district has decided to move to a modified alternating quarter system for this school year. Each term is only 9 weeks long. This means you will be issued final grades every 9 weeks and these grades will be reported on your official transcript. Here is a breakdown:
  - Quarter 1 (Periods 1, 3, 5, 7) - August 10, 2020 to October 9, 2020

- Quarter 2 (Periods 2, 4, 6) - October 12, 2020 to December 18, 2020
- Quarter 3 (Periods 1, 3, 5, 7) - January 11, 2021 to March 12, 2021
- Quarter 4 (Periods 2, 4, 6) - March 29, 2021 to June 7, 2021
- **QUARTER 1: PERIODS 1,3,5,7 General Weekly Overview:**
  - Monday: Teachers share weekly goals and schedule
  - Monday - Friday: Students work on activities, teachers provide feedback, messaging, chatting, etc.
  - Tuesday / Thursday: Live Class Schedule
    - Period 1: 10:00am - 11:00am
    - Period 3: 11:30am - 12:30pm
  - Wednesday / Friday: Live Class Schedule
    - Period 5: 10:00am - 11:00am
    - Period 7: 11:30am - 12:30pm
  - Teacher and student contact is expected each day through one or more of the following activities: class updates, delivery/collection of assignments, feedback on assignments, live whole class or small group meetings (Zoom or Google Meet), messaging with Google Chat, email, Campus Messenger, Remind or Schoology
- **RELEASE OF CLASS SCHEDULES:** Students will be able to view their schedules in their Infinite Campus Portal beginning August 7th at 4 pm. If you need help accessing your portal you can visit the [Infinite Campus Guide](#)
- **ACCESS TO INFINITE CAMPUS:** Please see our district's [Infinite Campus Guide](#) for more information and guidance on how to access your Infinite Campus portal.
- **PERCEIVED GAPS IN SCHEDULE:** When you access your schedule and you notice a hole or a "gap" in your schedule, please do not panic. If a student has classes periods 1, 3, 4, 5, 6, and 7 but is missing a class Period 2, this is NOT a gap. The reason is because we are in a quarter system and period 2 would be the first period of the day for that quarter. It just means you start later that day. 6 classes is considered a complete schedule.
- **ONLINE REGISTRATION for 20-21 school year:** Please complete these in your parent's Infinite Campus portal as soon as possible.
  - **New Students:** A video with desktop and voice instructions can be found if you [CLICK HERE](#).
  - **Continuing Students:** You must complete 20-21 online registration which can be found on our [school website](#) or can be updated in the Infinite Campus Parent Portal.
  - If you need assistance with online registration please contact a GIS or Counseling Secretary via email. Their contact information can be found above ^.
- **OFFICIAL TRANSCRIPT REQUESTS:** See school website for [Active Students](#) to request transcripts with Mr. Alan Garcia, Site Support Technician [ajgarcia@guhsd.net](mailto:ajgarcia@guhsd.net) all "in person" and "pick up" options are not available at this time as the school is closed.
- **CHROMEBOOKS:** GUHSD is a 1:1 District, where every student receives a device. The chromebook schedule is:
  - All Incoming 9th graders will pick up their computers on August 3rd or 4th, between 8am and 2pm at the front office.
  - Chromebook repairs are available Monday-Friday 9am-12pm in Room 201.
- **FREE COX INTERNET ACCESS:** COX Connect2Compete has affordable WiFi options and you can find more information about this program by going to their [website](#). The district has a small number of hotspots available for student use during distance learning. Please speak with Assistant Principal for internet assistance:
  - Randy Reid: [rreid@guhsd.net](mailto:rreid@guhsd.net)
  - Ernie Reyes: [ereyes@guhsd.net](mailto:ereyes@guhsd.net)

## Frequently Asked Questions

- **Can I still talk to my counselor about my classes?** Yes, you can email your Counselor above with questions, however we are not making schedule changes at this time.
- **Can I take my classes in the Learning Center for the remainder of the semester since we are doing distance learning anyway?** The Learning Center is for seniors to make up credits that they need to graduate. If you are a senior and feel you should be in the Learning Center, please contact your counselor.
- **I am a senior who needs this year's PE credits. Will I still be getting my PE credits to graduate since we are now doing distance learning?** PE will also be transitioning to online distance learning just like all other classes. Please communicate with your PE teacher directly and keep up with the online work in PE to ensure you earn a "D" or higher.
- **Last year the district announced a Do-No-Harm grading policy. Will that apply this year? Do grades this semester still count and do we still need 220 credits to graduate?** At this time, graduation requirements have not been adjusted. Unless we hear otherwise, letter grades and citizenship grades will still be issued at the end of every quarter. You will still need 220 credits to graduate.
- **I am feeling sad or overwhelmed and I need someone to talk to. Who can I go to for help?** Your counselor is a great resource and can be reached via email. We also have our Mending Matters team who can assist you. Our

[School Resource Page](#) has many resources for you to review while you wait for a call back from your counselor or Mrs. MariaEsther Hemmen our Mental Health & Resource Coordinator. You can also contact:

- Access & Crisis Line: 1-888-724-7240 or text HOME to 741741. You may also contact the National Suicide Prevention Lifeline : 1-800-273-8255 or if it is an emergency call 911.



[@MMHSCOUNSELING](#)

to stay updated with the latest information and news!

Check out our 19-20 Virtual College & Career Signing Week Video on YouTube! (click on pic)

