Good Afternoon, Marauders.

Next week, the class of 2025 will be completing state testing. They will start their day by checking in with their counselor in the front of the Media Center, then they will head to their assigned testing location to complete the testing for that day before continuing on to classes as usual. **There is no Modified Monday on Monday - school will release at 3:30PM. Tuesday and Thursday are “Flipped Days” with the days starting with Period 6 and ending with Period 1.** Please plan accordingly.

Our spring athletes have been showing off their skills deep into the playoffs! Congrats to Badminton on securing a CIF championship! Congrats to Amari Sanders, Caleb Twyman, Nate Castillo, and Elijah Cato on medaling at the CIF Division I Track Finals. Congrats to Justin Santos on his amazing golf season. Congrats to Girls Lacrosse for making it to the playoffs. Baseball continues to battle in the playoffs - they won their play-in game and then won in both the first and second rounds and will play again today. Once again, these incredible student-athletes continue to amaze and inspire.

**It’s time for the 2024-25 LCFF Income Survey!** San Diego Unified launched the 2024-25 LCFF data collection on April 19 with an email survey, and we sent out paper copies of the survey on May 16th. The results of this survey are used to determine the Title I eligibility of the site - If you have questions, please contact Amanda Courtney at acourtney@sandi.net.

The Eric Paredes Save A Life Foundation is hosting a free youth heart screening for ages 12 to 25 at Miramar College on Sunday, June 23. Screenings include a cardiac risk assessment, ECG, consultation with a physician, and if indicated, a limited echocardiogram to find the 1 in 300 youth at risk for sudden cardiac arrest from an undetected heart condition. Participants also get a hands-on demonstration of what to do in a cardiac emergency by using CPR and an AED. Register at [https://epsavealife.org/get-screened/](https://epsavealife.org/get-screened/)

Have a great weekend, Marauders.

Thank you,
Principal Sabins
FREE Heart Screening For Ages 12-25
Hosted by Miramar College

Sunday, June 23 • Appointments from 9:30–2:30

• Standard well-child exams and sports physicals are not designed to identify undetected heart conditions that annually put thousands of youth at risk for sudden cardiac arrest

• Studies show EKGs more accurately detect abnormalities, given heart conditions often have unrecognized warning signs or risk factors

• Screening includes a cardiac risk assessment, EKG, cardiologist consultation and if indicated, a limited echocardiogram

• Youth at risk referred back to their own doctor for follow up

International guidelines recommend screening every two years through age 25

Screening will adhere to current COVID-19 Safety Protocol

Sudden Cardiac Arrest is the LEADING CAUSE OF DEATH on school campuses

#1 KILLER of student athletes

1 IN 300 YOUTH HAS AN undetected heart condition

40,000 youth screened since 2010

600 + YOUTH with undetected heart abnormalities

Click here to register or visit epsavealife.org/get-screened
Textbook & Calculator Return

12th - Tuesday, May 28
11th - Wednesday, May 29
10th - Thursday, May 30
9th - Friday, May 31

Senior Chromebook Return -
Monday, June 3

- Students may keep materials needed for a final and return them directly after school.

- Seniors return all Chromebooks/items by June 3rd.

CHECK YOUR RECORD

https://destiny.sandi.net/
Log in then click "My Info"
Return notes:

- 12 grade will return items with their Gov/Econ class.
- 9th-11th grade will return items with their English class.
- Seniors and students leaving the district turn in Chromebooks. Everyone else keeps them for next year.
- Log in at https://destiny.sandi.net/ and click “My Info” to see what you owe.
- Don't forget to return all small items like novels and calculators!
- MMHS Fines paid at the finance office by cash or check.

Last day to turn in items is June 6.
Counseling News

May is Mental Health Awareness Month

“No one would ever tell a cancer patient to ‘just get over it’. Why people think they can tell those with a mental illness as much is baffling.”
-Sara Ella Coral Tokyo Mental Health

SUMMER SCHOOL ENROLLMENT
Counselors have regained access to enroll students in summer school. Students can make up D/F grades, and there are also opportunities to take Integrated Math I, II, III and Spanish 1-6 for acceleration in an online format. Students can reach out to their counselor to sign up. Click here to visit our summer school page.

SUMMER WORK PERMITS
If your child gets a summer job, and they are not 18, they need a work permit. If they are hired before the last day of school, they will get their work permit processed at MMHS. If they are hired over the summer, they need to get the work permit processed at any of the high schools that are hosting summer school between 9:30-1:30. Visit this link for more work permit information.

COLLEGE COURSES - SENIORS
Seniors who took college classes or have college grades on their high school transcript will still need to reach out to that college to have transcripts sent to the college/university they plan to attend. MMHS cannot send out college transcripts. If they are attending Miramar, Mesa, or City College and those are the college classes and grades on their high school transcript, they do not need to have them sent. Seniors can request transcripts from Miramar, Mesa, or City College at this link.

COSMETOLOGY
If your child is interested in a cosmetology/barber career, we will host a guest speaker from San Diego City College’s Cosmetology program May 23 during lunch in the Counseling Office. All students are welcome.

SENIOR AWARDS
The Senior Award Ceremony is May 29th at 5:30 in the 700 Pavilion. Email invitations were emailed to the parents/guardians for the seniors we will recognize. If you have questions about the ceremony, please contact Mrs. Morales or Mrs. Blum.
SD CITY COLLEGE
COSMETOLOGY/ESTHETICIAN PROGRAM GUEST SPEAKER

PROGRAM DEPARTMENTS

- COSMETOLOGY
- ESTHETICS
- NAIL TECHNICIAN
- BARBERING
**PROGRAM
APPROVED BY BOARD
OF BARBERING AND
COSMETOLOGY

LEARN HOW TO GET LICENSED

RESCHEDULED: NOW MAY 23 @ LUNCH IN COUNSELING OFFICE
JOIN US ON:
Tuesday, May 21st

TO SUPPORT:
Mira Mesa High School
Class of 2025 PBO

BEST PIZZA & BREW
MIRA MESA

BRING FAMILY, FRIENDS & PIZZA LOVERS! SHOW THIS FLYER OR TELL YOUR CASHIER YOU ARE HERE FOR THE FUNDRAISER!

11 AM THROUGH 9 PM

@BESTPIZZAANDBREW

Doin’ Good in the Neighborhood
Applebee’s

Flapjack FUNDRAISER
SHORT STACKS FOR A TALL CAUSE

DATE: Saturday, June 1st
TIME: 8AM – 10AM
TICKETS: $12

Go to the link or scan the QR Code to purchase your ticket (tickets will not be sold at the door) https://bit.ly/mmhs2025pancakebreakfast

Tickets are valid for a delicious pancake breakfast (eggs, 3 pancakes, 2 sausages, and choice of coffee or orange juice).

Support Mira Mesa High School Class of 2025 PBO at your neighborhood Applebee’s located at 9480 Mira Mesa Blvd, San Diego

Class of 2025 Families!

NOW IS THE TIME TO GET INVOLVED AND HELP RAISE MONEY FOR OUR STUDENT’S SENIOR GRAD NITE!

UPCOMING FUNDRAISERS & VOLUNTEER OPPORTUNITIES:

• Tuesday, May 21st - ALL DAY - Restaurant Fundraiser at Best Pizza & Brew
• Saturday, June 1st - 8am - 10am - Applebee’s Flapjack/Pancake Fundraiser
• We need volunteers to help serve pancakes at our fundraiser. Please sign up at bit.ly/MMHSPancakeBreakfast or scan the QR Code!

Our next PBO meeting is at our Best Pizza & Brew Restaurant Fundraiser on 5/21 @ 5:30pm

SCAN HERE TO VOLUNTEER

Scan for Tickets

@mmhspbo2025

Have questions, email us at mmhs.pbo2025@gmail.com