



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 16, 2020

Message from the Principal

Good afternoon CVMS Families,

Since September 14th, CVMS has successfully on-boarded over 40 students across several priority groups who were in need of on campus learning supports. I am extremely proud of this accomplishment and grateful to all of the staff members who helped make it happen.

As mentioned in yesterday's [community message](#), this return of students will continue in quarter one. In anticipation of expanding on campus access for students, at yesterday's meeting, our Board of Trustees adopted a resolution that directed all certificated teachers to return to work on campus by Thursday, October 29, 2020.

Target date(s) were recommended for students to return to campus in quarter two and I will continue to update the CVMS students and families about how we are moving forward. Please know that as we plan for a return to on campus instruction for all students, a distance learning option for those students who cannot access campus will remain available, for quarter three. The middle school leadership team is also planning a second survey to help the community better understand the proposed instructional model, prior to making a choice for in person learning.

Thank you to all the parents who have reached out to me this week with words of encouragement and support. My focus is always on the wellbeing of our students and staff, but I appreciate the reminder that our community stands behind the leadership at CVMS. As always your support is recognized, and appreciated.

Finally, I hope you are all able to enjoy the number of activities that have been planned for our students and community in the coming weeks! Our [student clubs](#) are up and running, [Red Ribbon Week](#) is about to kick off, and you have a number of fun [Halloween events](#) (see the ASB and student activities section) to look forward to!

Upcoming Events

10/19 -23	Red Ribbon Week
10/22	Dr. Kakaiya - 6-7pm (See Details under PTSA)
10/28	1st Quarter Ends
10/29	Pumpkin Drop Off 8:30a-12p
10/29	Haunted Drive-Thru 6:15p - 8p
10/29	Car Decorating Contest 6:15p - 8p
11/18	School Photos (details to follow)

ASB News & Student Activities



STUDENT CLUBS ARE HERE



Click [here](#) to view the club schedule and join!



RED RIBBON WEEK ACTIVITIES



October 19-23 - Red Ribbon is approaching so what better time to sign and return the San Dieguito Alliance Parent Pledge ([English](#) and [Spanish](#)) which states that - "All events for youth in my home will be chaperoned and free of alcohol, tobacco, marijuana, and other drugs." Click [here](#) for the RRW activities.



HALLOWEEN HAUNTED DRIVE THRU



10/29 - Click [here to view the flyer](#) and [here](#) if you'd like to volunteer! Hosted by our own PTSA & ASB. Come as you are or decorate your car, but you won't want to miss out on CVMS's Haunted Drive-Thru featuring a 25 foot King Kong. Let's not forget there could be treats. It's Halloween after all. Click [here](#) for the car decorating contest guidelines.



PUMPKIN CARVING



10/29 - Click [here](#) for details on how you can participate in the CVMS pumpkin carving contest!

With Gratitude,

Chuck Adams
CVMS Interim Principal

Counseling Update

This is often the time of year where our Bobcats are ready to step up and be more active participants in their own learning. Relationships with teachers have been established, students have gotten down class routines and can now become much better self advocates. As the adults in their lives, there are many ways we can help support our students as they learn this important new skill.

1- Don't step away completely. Students are still learning how to be self advocates and need our help to learn this skill. The idea of first we do it together, then I watch you do it and then you do it on your own, from Dr. Julie Lythcott Haims, is a great guide as we try to figure out exactly how much support to give our students.

2- If your student isn't a self-advocate, help them practice. Role playing important conversations is critical so we can help our kids develop the right words. Even starting out with something as simple as ordering their own meal builds confidence and the normalcy of doing things for themselves.

3- Be a coach, not a player. Set the expectation that they will communicate with teachers (play) while you guide them from the sideline (coach). Make students responsible for emailing teachers, seeking out help at support time and printing out and checking their grades on AERIES. If your student is reluctant, explore what may be going on to cause their perception and coach them through it.

We are here to help students learn to self-advocate,, so please reach out if you need us.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

Music Boosters

Love Music? Put your appreciation of the arts into action. **We NEED You.** CVMS Music Boosters Board has ALL Board positions open for the 2020-2021 school year. This program can only continue with your help. We encourage community members to join and bring fresh new ideas, individual talents, and passion to our group!



VIRTUAL COSTUME CONTEST



10/29 -Click [here](#) for instructions and guidelines.

CVMS Yearbook

BOBCAT FRIENDS- For this double-page spread, we are looking for photos of your child perhaps staying connected with other CVMS students during these rather isolated times. Please submit your photo via this [Bobcat Friends Google Form](#). We will accept these photos through **10/23**.

Yearbook Sales! The 2020-2021 Yearbook Staff is pleased to launch online sales for this year's book. Prices will increase in January, and we have dropped our order count and will sell out of books.

[Order yours today!](#)



JR. OPTIMIST CLUB- Coming soon!

For the past 4 years CVMS has had a successful [JOI Club](#) sponsored by the Del Mar/Solana Beach Optimist Club. There is no charge [to be a member of this club](#). Mr. Gary Wilson is our Optimist Advisor. We have had [successful activities](#) designed by our CVMS JOI Club, such as beach cleanups, feeding the homeless at Father Joe's Villages, Donating coloring books to Rady's Children's Hospital, making over 200 lunches or Father Joe's Villages, and volunteering for the Miracle League at San Dieguito Park. If you have additional questions or would like to join our Optimist JOI Club at Carmel Valley Middle School, please contact Gary Wilson at 858 864-3491, or email him at GWilson872@aol.com. More information to follow soon.

Learning Commons Book Checkout

We are happy to announce that the Learning Commons book collection will now be open **every day** (Monday - Friday) to students from 2:00pm to 3:00pm. If students would like to enter the Learning Commons to browse the full collection, they will be required to wear a mask and maintain social distancing guidelines. Should students wish to request a particular book in advance, they can email Mr. Richards at: ian.richards@sduhsd.net.

This is open to *all* CVMS parents, not just those with music students.

Board positions of President, Vice President, Secretary, and Treasurer are elected positions. To get involved, contact Lili Hamra by email: president@cvmsmb.org.

For heights and depths no words can reach, music is the soul's own speech. --Author unknown

Science Olympiad

Registration for the Science Olympiad 2020-21 season has kicked off. Science Olympiad is like an academic track meet. There are 23 events related to science and technology that students compete in. Students pick which of these events they want to participate in, get coached, and compete January and February of next year. Please find more information here: [CVMS SO Home](#). Registration has already started and ends Monday Oct. 19.

We are also still looking for one volunteer to coach Mousetrap Vehicle. Email cvms.scioly@gmail.com if you are interested in coaching or have any questions.

PTSA News



October 22nd 6pm-7pm

"Teens and COVID-19: Challenges and Solutions" - Dr. Kakaiya

The impact of a global pandemic on teens and families. What can we cultivate that allows us to develop resilience and adaptation in a challenging time. Importance of feelings, how to converse with your children. How is the brain getting affected by these times? Anxiety and depression among your teens.

Register for this live interactive session [here](#).

It's thanks to your donations we can run these great events! We want to host more great sessions so please donate to the PTSA. [Come join the PTSA!](#)

Double the impact of your donation (or more!) through your employer and an employee corporate matching program. Please check with your employer for details.

Repeated News

[CVMS Weekly News 10-9-2020](#)

[CVMS Weekly News 10-2-2020](#)

[CVMS Weekly News 9-25-2020](#)

Rady Children's Hospital Presentations

[Kids, Teens and Social Isolation Amid COVID-19](#)

[Adolescent and Anxiety Social Media](#)

[Supporting Students with Autism during COVID](#)

CVMS 2020 Give Back to the Troops

Each year CVMS participates in Candy for the Troops. Despite COVID-19 and the limited candy that will be handed out this year, we are excited to participate in the "November 2020 Give Back to the Troops." We have decided to focus on hand written cards and letters to the troops, however candy will still be collected if you have any you would like to donate. The deadline to dropoff cards, letters, and/or candy in front of the CVMS administration office is November 2nd. We hope you will join us in this wonderful effort.

Instructional Calendar

A friendly reminder of which school calendar to follow. The school issued agendas were ordered before COVID-19 and we did not want them to go to waste. The school and class period calendars within do not apply at this time so please be sure to follow the Middle School [Distance Learning Instructional Calendar](#) and the [Distance Learning Schedule](#) for at least the first quarter

School Meals

[Distance Learning School Meals Info \(Spanish\)](#)

[School Meal Pick Up Locations and Times](#)

Free and Reduced Lunch

The application deadline has been extended to October 7th, 2020. Families can apply [online](#) or download the application in [English](#) or [Spanish](#).

Donate to the CVMS Music Program today: The Music Boosters rely on parent donations to ensure that the art of music is available to all CVMS students for years to come. Thank you to everyone who has [donated](#) to our amazing music program at CVMS so far this school year! Your support enables students to have a robust music program like no other. Please consider donating [here](#).

Corporate Matching: Many companies in the area offer a corporate match for its employees' charitable contributions. Please consider inquiring whether your company may provide a corporate match to your tax-deductible 501c contribution to CVMS Music Boosters. For any questions please email: president@cvmsmb.org.

Shop at Ralphs and give to the CVMS Music Boosters: Ralph's is Giving Back to Our Communities! It's Easy... just shop, swipe your card & earn! To sign up, [click here](#). FAQs [click here](#).

CVMS Spirit Wear Now On Sale!

Please visit the [ASB Webstore](#) where you'll find lots of awesome Bobcat gear and items. Email Mrs. Pike directly at patricia.pike@sduhsd.net to coordinate pickup.

BUY YOUR P.E. CLOTHING & SPIRIT WEAR NOW!

Wear your CVMS P.E. clothing or Spirit Wear during your P.E. class to show your school spirit!
All items can be purchased through the [ASB Webstore](#)

RESOURCES

Social Emotional Supports

[Care Solace Local Counseling Referrals](#)
[Kids, teens and social isolation amid COVID-19](#)
[Adolescent and Anxiety Social Media](#)
[Supporting Students with Autism during COVID](#)
[Coping Strategies](#)
[Each Mind Matters - Mental Health Supports](#)
[Substance Abuse and Mental Health Services](#)
[National Alliance on Mental Illness](#)
[Suicide Awareness Voices for Education](#)
[Suicide Prevention Lifeline](#)

Technology & Instructional Resources

[Media Supports for Parents](#)
[Aeries Communications Troubleshooting](#)
[SDUHSD Tech Hub Page](#)
[The Essentials To Getting Started](#)
[SDUHSD Middle School Distance Learning Schedule](#)
[CVMS 1st Quarter Instructional Calendar](#)
[BTSN Fall 2020 Health Overview](#)

Carmel Valley Middle School
3800 Mykonos Lane
San Diego, CA 92130

Website: cv.sduhsd.net
Phone: 858-481-8221
Fax: 858-481-8256

Drive through treats!



Oct. 29th
6:15-8PM

Pumpkin Decoration Contest

Drop off @ CVMS side parking lot from 8:30 a.m. - noon

Most decorated car contest

CVMS Drive Thru Halloween!