



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 2, 2020

Message from the Principal

Good Afternoon CVMS Families,

In recent weeks, the SDUHSD leadership team has received a variety of opinions from our stakeholders regarding school reopening plans. Despite many divergent views, I do believe we all share goals in the following areas:

- Health and safety for everyone.
- High-quality instruction and learning for students.
- Resources and professional development to ensure staff can successfully engage and support students.
- Opportunities for academic intervention, social emotional-support, student connectedness, and mental/physical health.
- Safely return ALL students to our campuses.

The Board of Trustees' [September 17th decision](#), though not popular with everyone, was prudent, and it affords us the opportunity to continue with the quality of teaching and learning our students are receiving in a distance learning environment.

The Board's decision also allows us to embrace their directive to provide on-campus supports for targeted student populations in addition to exploring ways for students to engage in extracurricular activities that support their passions beyond the classroom. These supports and student connection activities will go a long way toward helping students not only be successful in distance learning, but support their social-emotional well-being.

While small groups continue to be phased onto campus, we recognize that this does not benefit ALL students. Therefore, as Superintendent Dr. Haley shared in yesterday's [community message](#), the SDUHSD will reconvene an **expanded reopening**

Upcoming Events

10/5	Learning Commons Book Collection (see Asst. Principal message for details)
10/9	Harry Potter Quiz (join here)
10/16 @ 8:45	Chat with Chuck (Interim Principal)
10/19 -23	Red Ribbon Week
10/28	1st Quarter Ends
10/29	CVMS Halloween Car Parade

General News & Information

CVMS Student Clubs - Last Call!

If you are a CVMS student interested in creating a club for the 2020-21 school year please complete and return the [Club Cover Sheet](#) and [Club Application](#) to patricia.pike@sduhsd.net by **today**. All applications will be reviewed for approval by Interim Principal Adams and the ASB president.

CVMS Yearbook

DISTANCE LEARNING SPACE- For this double-page spread, we are looking for photos of your child in their distance learning set-up. Please email your photo with your student's name/grade to cvyarbook@sduhsd.net. We will accept these photos through 10/9.

Halloween Drive-Thru Parade!

CVMS, ASB and the PTSA will host a Halloween Drive-Thru parade on Thursday, the 29th of October from 6:15 to 8:00 PM. This will be a chance to see all of our CVMS families, dress up a bit, and do a drive-thru tour of some haunted scenes. For the adventurous out there, this is your chance to decorate your car in a Halloween theme and enter the decorating contest. The ASB will run the annual Pumpkin decorating contest earlier in the day and we will place all the entrants at center stage of the drive-thru. As we work our way

committee. This committee will review a variety of distance learning, hybrid, and in person instructional models from across the county and state in order to determine options for a safe increase in student access to our campuses.

I remain optimistic for the opportunities to collaborate and to share recommendations about which models may be viable, and a good fit for our schools given the prevailing health conditions, current data, and CDPH guidance as we approach 2021.

Have a restful weekend,

Chuck Adams
CVMS Interim Principal

Message from the Assistant Principal

I am happy to announce that we are going to begin to allow students to come check out books from the Learning Commons beginning next week, on Monday October 5th! As part of our plan to gradually re-engage students in on-campus life, we will have a mobile collection of books available at the front of the school for students to browse from 2:00pm to 3:00pm (Mon, Tues, Thurs). Students may also choose to enter the Learning Commons to browse the full collection, if they wish. To enter the Commons, students 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.

Also, next Friday (10/9) the Learning Commons Google Classroom will be hosting a Harry Potter quiz which is open to all interested students. Students can join the learning commons with [this link](#), or by entering the join code: **rjxfhg**.

Adam Bishop
CVMS Interim Assistant Principal

Counseling Update

During advisory on October 7th, our students will watch a short presentation about suicide prevention by Mr. Adams and counselor Karen Infantino. We will be covering protective factors, warning signs, and how to get help for yourself, a friend or family member. California State Assembly Bill 2246 requires this very important information be made available, but if you prefer to opt out your student, please click [here](#).

Please take some time on October 7th to discuss this

through the year, this is one of the events we wanted to use to bring the Bobcats out and share some time together.

One key to this will be parent volunteers who can assist in the set-up, running the event, and returning all the Halloween items the next day. Stay tuned for information on volunteering.

ASB Pumpkin Carving/Decorating Contest

More information coming in next week's newsletter. It will also be posted in the Learning Commons google classroom

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.

PTSA News

Up2SD - The *It's Up to Us San Diego* campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. <https://up2sd.org/>

Saturday October 3rd All Day

Panda Express will kindly donate **28%** of all orders to CVMS. **Come show your support** and help fund our school programs!



If you missed **Jean Twenge** last week no worries as the video has been archived [here](#)

(*passcode: X5+aX5s*). The most important take-away was that

we really need to take better care of ourselves!

Please Note, you will have to register and enter the passcode in order to view the video.



It's thanks to your donations we can have great speakers!

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.

important topic with your student. Help them identify the trusted adults in their lives and who they see themselves going to for help both in and out of school. In the presentation, we also talk about how important it is to NOT keep things secret should a friend or family member share that they are having suicidal thoughts. This is an idea that you can help reinforce at home. Often, we are able to intervene at school and literally save lives because students shared concerning things that other students had sent to them via text, email, or in social media posts. While this is never an easy topic to discuss, it is critical that our students know what to look for and how to help someone in need. We can help prevent suicides by working together and encouraging open and honest dialogue. Please reach out to your counselor if your student expresses a desire to hurt themselves or shares that they are concerned about someone else.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

Science Olympiad

The Science Olympiad is kicking off for the 2020-21 season. Science Olympiad can be best explained as a club that students can join to learn about science and technology subjects not taught in school and to compete with other kids in their knowledge about these subjects. For this upcoming season, all coaching and competition will be done remotely through online meetings as well as online assessments. The kickoff meeting will be Tuesday October 6th at 8PM. Please register for the Kickoff Meeting here - [Kickoff Meeting Registration](#) and an online meeting request will be sent to you. Attending the kickoff meeting is not a requirement for signing up for the Science Olympiad, but will be very helpful as we will be discussing how to sign up and how this season will be organized. Updates will be posted on the CVMS Science Olympiad website ([CVMS SO](#)) so please check the website for up to date info. Email cvms.scioly@gmail.com if you have any questions.

Due to the new online format, San Diego Regional is hosting an informal online practice tournament on Saturday, October. 3rd. No medals will be awarded for this practice event and this event will not count towards anything. The sole purpose is to get students familiar with the new online test system. If interested, please sign up for practice tournaments [here](#).

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! 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

Repeated News

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

[SDUHSD Second Quarter Update 9-23-2020](#)

[CVMS Weekly News 9-18-2020](#)

Rady Children's Hospital Presentations

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

[Adolescent and Anxiety Social Media](#)

[Supporting Students with Autism during COVID](#)

Girls in STEM open to CVMS Students

[CCA Girls in STEM](#) is a free, after-school program based on our Java curriculum, which includes slideshows, step-by-step videos, and practice problems with online tools for a hands-on virtual experience. All the curriculum can be accessed [here](#). We are holding semi-weekly meetings based on this curriculum via Google Meet and Google Classroom. Meetings are held **every Monday and Friday starting next Monday, September 21st (9/21), from 3:00 PM - 4:00 PM.**

[Sign Up Here!](#) **there is currently a waitlist*

[Girls in STEM Schedule](#)

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

Need Headphones for Google Meets?

The amazing CVMS PTSA would like to purchase headphones for students. If you are in need, please complete this [short survey](#).

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](#).

BUY YOUR SPIRIT WEAR NOW!

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](#)

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