



October 23, 2020

Message from the Principal

Good afternoon CVMS Families,

My goal for today's newsletter is twofold. First, to summarize for you, as effectively as possible, where things stand in regards to school reopening status. Second, to celebrate the number of fun events we have planned for our students and community next week! Lastly, upon reflecting over the last week I feel it would be beneficial to hold another live (virtual) Chat with Chuck next Friday October 30th, to ensure consistent and transparent communication continues between myself and our community. I hope to see you there.

To begin, it is important to remember that the recommendation that all students be phased back onto campus in November is still pending board approval. The date when this will be voted on is still to be determined. Last night, the expanded reopening committee considered possible schedules for this approach if needed, but please know there are no set plans (or dates) at this time in regards to all students returning to campus.

We are currently planning for all certificated teachers to return to work on campus by Thursday, October 29, as was voted on and approved by the school board at the October 14th meeting. As the instructional leader on campus, my team and I are working with each staff member as needed to carry forth this directive. Despite the variety of opinions and emotions surrounding this topic, I want to thank our teachers and parents for feeling safe enough to express how they are feeling in such an honest, but always professional manner.

It is hard to believe we are about to slide into yet another holiday season, and during a year none of us will forget for quite some time. It is important to anticipate the stressors that typically present themselves this time of year, especially since they will be coupled with the continuing challenges of school reopening scenarios. Relying heavily on the following

Upcoming Events

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
10/30	Chat with Chuck 8:45am (sign up here)
11/4	Parent Talk w/Dr. Sondoozi 7-8p
11/18	School Photos (details to follow)

🍊 ASB News & Student Activities 🍊

👻 HALLOWEEN WEEK ACTIVITIES 👻

ASB has created a week full of activities for students to participate in during the week of Oct. 26-30th. [Check out the fun here.](#)



OCTOBER 29th Events



HAUNTED DRIVE THRU - Click [here to view the flyer](#) and [here](#) if you'd like to volunteer! 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!

PUMPKIN CARVING - Details [here](#).

VIRTUAL COSTUME CONTEST - Details [here](#).

VOLUNTEERS FOR HAUNTED DRIVE THRU - We still have many slots that need to be filled to help with set up and/or take down for the Haunted Drive Thru. Please click [here](#) if you are available to help! Thank you!!

guiding principles has allowed me to navigate a challenging scenario, while maintaining positive and productive relationships with everyone involved. I encourage everyone to employ these same strategies in their day to day interactions as well.

Actively listen to all perspectives.
Demonstrate empathy and patience.
Always be kind.

Finally, don't forget to take advantage of the Halloween themed opportunities to safely connect with the your Bobcat community next week. You do NOT have to decorate your car to attend the [haunted drive thru parade](#), please come and enjoy with your families. The 10/29 deadline is fast approaching for the [pumpkin carving](#) and [costume contest](#), and the ASB has organized yet another [fun week of activities!](#)

Have a restful weekend,

Chuck Adams
CVMS Interim Principal

Message from the Assistant Principal

Just a reminder that as we continue to engage in our "Single Period Wednesday" schedule, students need to ensure that they are checking in during every class period. During these shortened periods, some teachers may choose to assign independent (asynchronous) work to ensure that students have enough time to complete their assignments. Even though there may be no live class meeting, the students are expected to complete all assigned work, often including an attendance form, during that period to indicate that they were "present" and "engaged." Students who fail to complete the assigned tasks during the class period will be marked absent.

Over the next few weeks, we will be having some small scale distribution times for individual teachers/classes. Mrs. Nelson will be distributing materials to her English classes on Wednesday, October 28 from 9:30 - 1:30. Please check your email for an announcement from Mrs. Nelson to see if this distribution might apply to your student.

Save the Date: Our next large scale distribution day will be on November 18, running concurrently with our Picture Day activities. Please check back in the coming weeks for more detailed updates.

Adam Bishop
CVMS Interim Assistant Principal

Student Clubs Are Here - Schedule [here](#).

Science Bowl A

Science Bowl is up and running. If you'd like to join the club code is [gzuh5o7](#).

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!](#)



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

Attendance Reminder

Attendance reminder for Parents: If your student is ill or not able to attend class, please email cvattendance@sduhsd.net. If your student is leaving for an appointment or being picked up early, please use the same email. Please come to the administration office with your ID. Please call in advance. Thank you!

Counseling Update

This week during advisory, your students watched a [presentation](#) regarding stress and coping skills. Stress is a common concern among middle schoolers and we can often help them by giving them “tools” for their toolbox when dealing with stressful situations. Please refer to the presentation (also posted on the counseling office website under “presentations”) for a host of ideas and suggestions. This is a very important conversation to have with students as coping skills help develop a sense of calm, foster resilience, and are tools that students will use for a lifetime and in a variety of situations. We need to help students understand that a certain amount of stress CAN be a positive- it’s what drives you to practice so you play well or study for a test so that you will hopefully earn the grade you want. When stress is overwhelming or not dealt with correctly (or at all), problems can arise. Students under stress will often be stuck in “fight or flight” mode, instead of the “rest and digest” mode that enables learning and other typical activities to occur.

As we wrap up Red Ribbon Week, we should be mindful that often, students are using alcohol or other drugs as unhealthy coping mechanisms and outlets for their stress. One of the ways we can counteract this is to help students develop healthier strategies so that turning to alcohol or other drugs is not the first or only option.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

PTSA News^A

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PTSA Parent Wellness Survey - click [here](#).

What are some topics that you would like to learn more about or need support in? The CVMS PTSA and Leadership Team have partnered with VEBA Wellness and we want to hear from you to determine future event and presentation topics to best meet our communities needs.

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 10-16-2020](#)

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

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

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.

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 or for extra class P.E. points!
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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