



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 30th, 2020

## Message from the Principal

Happy Halloween Eve!

Thank you to our amazing PTSA, ASB and everyone who came out for the [Haunted Halloween Drive Thru](#) last night! Special thanks to PTSA board member John Quigley and his team of volunteers, for an incredible vision, and hard work that exceeded all expectations. In case you missed it, [here](#) are some pictures for you to enjoy. We will announce the winners of the car decorating and pumpkin carving contests next week.

I am excited to announce that CVMS will host school portraits by [Gerardy Photography](#) for all students and staff (in a safe drive through format) on November 18th. Please stay tuned for details as this will be the only opportunity to have your student's current picture in the 2020-2021 yearbook. This is already a school year to remember so if you haven't already, you can [purchase your yearbook here](#). Students, you can even send your parents a reminder with this [QR code](#)!

As previously mentioned CVMS wants to make sure our community is being taken care of. We have partnered with [VEBA Resource Center](#) to provide a number of self care opportunities for you. Students and parents, please complete this [Wellness Survey](#) to identify what classes you'd be interested in, and this [PTSA Survey](#) (parents only) to share what topics you want to learn more about with Dr. Sondoozi on November 4th.

I'm pleased to report teachers have been provided more flexibility in returning to their classrooms as of October 29th. I have walked several classrooms with staff members this week to consider their safety, technology, and general classroom needs. The district is now looking ahead to future dates (instead of November 9th) for a more measured approach for all students to be phased onto campus. Please see this morning's [Chat with Chuck presentation](#) for more information.

School reopening conversations are often confusing and stressful, believe me I know! I came across this helpful link (thank you Karen Infantino) so if you are

## Upcoming Events

11/1	<b>Science Olympiad Events Begin</b>
11/2	<b>Letter to the Troops Due</b>
11/2-11/13	<b>Holiday Basket Donation Drive</b>
11/11	<b>NO SCHOOL - Veterans Day</b>
11/4	<b>Parent Talk w/Dr. Sondoozi 7-8p</b>
11/12	<b>Chat w/Chuck - 6:30-8:30 p.m.</b>
11/16-11/21	<b>Wellness Week</b>
11/19	<b>Outdoor Movie Night</b> - details soon (doors 5:30, show 6:00)
11/18	<b>Science Distribution 7th Grade</b>
11/18	<b>School Photos!</b> details soon
11/23-11/27	<b>NO SCHOOL - Fall Break</b>

## General News & Information

### CVMS 2020 Give Back to the Troops - Last Call!

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.

**Student Clubs Are Here** - See the schedule [here](#).

### Instructional Calendar Oct 29 thru Jan 22

Please be sure to follow the Middle School [2nd Quarter Distance Learning Instructional Calendar](#) and the [Distance Learning Schedule](#) through at least the second quarter.

feeling stressed I encourage you to take a minute, [click here](#), and just breathe. 15 school days until Fall Break, but who's counting...

Sincerely,

Chuck Adams  
CVMS Interim Principal

## Message from the Assistant Principal

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

## Counseling Update

As we begin the month of November, it's a great time of year to remember to practice gratitude. In spite of all the turmoil of the last year, there is still so much to be thankful for and it is important that we help students develop a sense of gratitude and nurture it in ourselves as well. The attached [gratitude worksheet](#) has some great ideas about expressing gratitude in various aspects of our lives. We invite you to have family members fill it out individually or share with each other as a reminder of all the things we can appreciate about ourselves and our lives.

October 29th marked the end of the first quarter. Please check here next week for information on how to access grades via AERIES, as we do not mail grades home. This is also a great time to take stock of student progress and make any adjustments for the new quarter. Please reach out to one of us if we can help.

Your CVMS School Counselors,

Karen Infantino  
Carsen Murt

## PTSA News

**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.

Guest Speaker Dr. Sondoozi - November 4th

**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.*

## CVMS Yearbook

Halloween!- For this double-page spread, we are looking for photos of your child and Fall/Halloween activities. Please submit your photo [via this Halloween/Fall GoogleForm](#). We will accept these photos through 11/6. Also, don't forget to [purchase your yearbook!](#)

## CVMS Holiday Basket Donation Drive

This year CVMS is hosting a donation drive to help support the Holiday Basket Program run by The Community Resource Center. CVMS will be donating to the Encinitas division.

[Please click here for a wish list of items we are collecting.](#) All donations can be dropped off in the collection box outside the front office starting **November 2nd - November. 13th from 8:30am - 2:30pm.** Thank you for all your support and helping us help those in need.

## Science Bowl

Science Bowl is up and running. If you'd like to join the club code is **gzuh5o7**.

## Science Olympiad

Student event selections were completed October 28th and events can begin November 11th. Event coaches will send out online meeting invites for students assigned to a specific Science Olympiad Event.

## 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](mailto: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 10-23-2020](#)

[CVMS Weekly News 10-16-2020](#)

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

### Attendance Reminder

Attendance reminder for Parents: If your student is ill or not able to attend class, please email [cvattendance@sduhsd.net](mailto: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!

**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 for 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](mailto: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](mailto:ian.richards@sduhsd.net).

### 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](mailto: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 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](#)  
[Middle School Distance Learning Schedule](#)  
[CVMS 2nd Quarter Instructional Calendar](#)  
[BTSN Fall 2020 Health Overview](#)

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

Website: [cv.sduhsd.net](http://cv.sduhsd.net)  
Phone: 858-481-8221  
Fax: 858-481-8256