



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 9, 2020

Message from the Principal

Happy Friday Everyone,

As we continue promoting student connectedness, I want to recognize the hard work our parents and guardians are putting in out there. Although this community has been nothing but patient and supportive as we endure distance learning, I know it's not always great and often far from perfect. We at CVMS, with the support of our PTSA, want to know more about what we aren't hearing or seeing. To all parents and guardians, please don't hesitate to tell us how the CVMS PTSA can best support you, [here](#). In the meantime, don't forget to take care of yourselves and visit the [SDUHSD Virtual Calm Room](#) and [COVID Resources](#) page for self care, stress management, and coping strategies.

In our continuing effort to build community, I hope you are all able to enjoy the variety of activities listed in the ASB and Student Activities section. Big thanks to our PTSA and ASB for helping organize so many fun community events. Please also see the [Learning Commons October Newsletter](#) to learn more about what our amazing media center technicians across the district have been up to!

For our students who have something interesting to share about themselves, fill out [this form](#), for a chance to be interviewed and featured by the ASB Spotlight Committee!

Yesterday evening I participated in the SDUHSD expanded reopening committee. It was an informative evening involving a multidisciplinary team of stakeholders who were engaged in conversation and planning for the remainder of the 2020-2021 school year. The community's input will be crucial throughout this process so please stay tuned for updates.

That's all for now, Bobcats!

Chuck Adams
CVMS Interim Principal

Upcoming Events

10/16 @ 8:45	Chat with Chuck (Interim Principal) (click here to sign up, the link will also be on the CVMS website the day of)
10/19 -23	Red Ribbon Week
10/28	1st Quarter Ends
10/29	Pumpkin Drop Off 8:30-Noon
10/29	CVMS Halloween Car Parade 6:15
11/18	School Photos (details to follow)

ASB News & Student Activities

RED RIBBON WEEK ACTIVITIES - October 19-23. With Red Ribbon Week quickly approaching 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 a preview of the RRW activities.

HALLOWEEN CAR PARADE -October 29. 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. Click [here to view the flyer](#) and [here](#) if you'd like to volunteer!

PUMPKIN CARVING - October 29. Click [here](#) for details on how you can participate in the CVMS pumpkin carving contest!

VIRTUAL COSTUME CONTEST - October 29. More details coming soon - click [here](#) for the contest guidelines.

LAST CALL TO FORM A STUDENT CLUB
We have extended the deadline for students who are interested in creating a club for the 2020-21 school year. Please complete and return the [Club Cover Sheet](#) and [Club Application](#) and send to

Message from the Assistant Principal

Next Wednesday, October 14th, CVMS students will be asked to participate in the CoVitality Survey during their Advisory period. If you would like more information about the survey, please see the SDUHSD email to students, [here](#).

Adam Bishop
CVMS Interim Assistant Principal

Counseling Update

The screencastify video of our [Suicide Prevention Presentation](#) is now posted on the Counseling Office Website. If your student did not view the presentation, or if you wish to view it yourself, please feel free to watch.

D and F notices for the first six weeks of school can now be viewed on AERIES under the "Grades" tab in the "grades" section. Here are some tips to help should your student's grades be lower than expected:

-Don't panic. Grades can often be skewed this early in the year by one or two lower test grades or lower than expected homework scores.

-Insist your student attend [student support time](#). This is a great way for students to check in with teachers as to their progress and get specific questions answered. Often, things that can normally be handled easily in an in-person class now have to be handled virtually, so please take advantage of this opportunity. If your student is unsure of what to ask, have them write 2-3 questions on a 3X5 card prior to meeting with their teacher.

-Pinpoint the cause of low grades and change the game plan. Are students not turning in work? Not studying properly for tests? Getting distracted by other things when they should be working? Not organized and unsure of what is being asked? Help students clarify what it is they need and then work to adjust habits and plans accordingly.

-Share this [CVMS Tips for Motivation](#) with your student to help them remember why their education is so important, even virtually, and some good ways to stay focused and connected, even at a distance.

-If you have overall concerns about your student's grades, please don't hesitate to contact us.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

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 cvyearbook@sduhsd.net. We will accept these photos through **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. Please see next week's newsletter for more details.

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.

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

Teacher & Staff Lunch This Week

On Wednesday the PTSA sponsored the first on [campus lunch](#) for our wonderful teachers and staff this week. 40 lunch boxes distributed to socially

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

Science Olympiad

The Science Olympiad is kicking off 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 was announced in the last newsletter and was held Tuesday October 6th. Thank you to Principal Adams and PTSA President Ray Weale for attending and supporting CVMS SO. Please check the CVMS Science Olympiad webpage Updates ([CVMS SO](#)) for up to date info on how to register for this year. Registration is expected to start Saturday Oct 10 and run through Oct. 17. However, we are still looking to fill two more coaches positions before registration can start. Email cvms.scioly@gmail.com if you are interested in coaching or have any questions.

distanced teachers. Everyone loved getting together and it was well appreciated. Plus many wore their "[You're on Mute - CVMS Campus life!](#)" t-shirts that PTSA purchased for them.

Reflections



It's still not too late to submit your students work to be considered in this year's Reflections competition. October 15th is the deadline. For more information go to:

<https://www.cvmsptsa.com/reflections/>

PTSA Association Meeting

Friday October 16th at 9:45am right after the Chat with Chuck please join the PTSA Association Meeting to learn more about who we are and what great programs we are looking to run with your support.

Math League

In the Fall Startup Event, CVMS placed first nationwide last year. In the AMC 8, the CVMS tied for first place with 5 other schools in the nation out of 1869 participating schools. In the California Math League High School contest, CVMS placed 3rd among area high schools. In Mathcounts, the team took first place in the chapter competition. This years' Math League will be chaired by parent volunteer Jing Wu. Please email her at cvms.ml.2020.2021@gmail.com to be added to the Math League mailing list. Registration will begin next week.

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 10-2-2020](#)

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

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

Rady Children's Hospital Presentations

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

[Adolescent and Anxiety Social Media](#)

[Supporting Students with Autism during COVID](#)

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 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](#)

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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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!