



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

November 6th, 2020

Message from the Principal,

Greetings CVMS Families,

On Monday, families will receive information and a survey regarding the SDUHSD Middle School Reopening Plan. As previously communicated in the [Superintendent's message](#), the new target date to return to campus one day a week is January 4th, 2021. The information going out on Monday, will give more details and allow interested students the choice to learn in the presence of their teacher on campus one day a week or remain learning from home. The survey will be open for a full week, is NOT first come first serve, and I will also include an opportunity for families to ask questions before completing the survey at the [November 12th Chat with Chuck](#).

Thank you to all the students who completed the Red Ribbon Week Pledge. I commend them all for your commitment to live a healthy lifestyle, and you can even see their [pledge videos here](#). A November full of opportunities to get involved and connect continues with [wellness week](#), school portraits, [movie night](#), and Fall Break! Please see the Upcoming Events calendar and General News section for details. In addition, be sure to visit the newly updated [CVMS Learning Commons Online Catalogue](#) designed by our very own Ian Richards. We hope this will help students find some new reading materials to help them relax and destress over the holidays. Finally, I'd like to remind everyone that there is no school this coming Wednesday(11/11) in observance of Veteran's Day.

Self care has been a theme in recent newsletters, so we are asking one more time to please complete this [PTSA Wellness Survey](#) to better understand how the CVMS PTSA can best support you. On that note, I will leave you with these strategies that are proven to be effective in working through the stress cycle: *Physical activity, breathing, positive social interaction, laughter, a hug, a cry, and creative expression.*

Upcoming Events

11/2-11/13	Holiday Basket Donation Drive
11/11	NO SCHOOL - Veterans Day
11/12	Chat w/Chuck - 6:30pm-8:30pm
11/16-11/21	Wellness Week Activities
11/18	School Photos! 8:00am-3:00pm
11/18	Science Distribution 7th Grade
11/18	Math Distribution 7th & 8th Grade
11/19	Outdoor Movie Night
11/23-11/27	NO SCHOOL - Fall Break

General News & Information

PICTURE DAY

CVMS will host school portraits by [Gerardy Photography](#) for all students and staff (in a safe drive through format) on November 18th from 8:00 a.m. to 3:00 p.m. Please see the Assistant Principal's message for a detailed description of this event.

SPIRIT WEAR CLOSE-OUT SALE!

CVMS green sweatshirt & sweatpants on sale now for \$10.00 each. **Size small available only.** New reversible CVMS sweatshirts for \$35.00 available on the [ASB webstore](#).

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.

Be Well,

Chuck Adams
CVMS Interim Principal

Message from the Assistant Principal

Our next large scale distribution day will be on Wednesday, November 18, running concurrently with our Picture Day activities from 8:00 AM to 3:00 PM. We will be encouraging teachers to set up an asynchronous work day to provide students with the flexibility they will need to come onto campus for pictures.

On 11/18, we will be distributing Math modules for all A/B classes and 7th grade Science materials. As you arrive on campus, please ensure that your student's name (last, first) and specific Math course is prominently displayed on the front window. Proceed up Mykonos Lane and turn right into the side parking lot where a staff member wearing PPE will approach the vehicle and place all Math materials in the trunk or backseat. Cars will then proceed along the access road around the back side of campus where 7th grade families will pick up Science materials near the Science labs. (Families of 8th grade students may bypass this line.)

All cars will then proceed to the asphalt basketball courts, where staff will invite students one at a time to exit the vehicle and begin lining up to have their picture taken in the gym. Students will remain masked and socially distanced at all times while in line. They may remove their masks only when prompted by the photographer. Students will then exit the gym at the front entrance.

Families should remain in their cars at all times while they wait for their students to have their picture taken. When your student enters the gym, you will be prompted to continue down the access road to wait for your student to exit the gym at the front of the building, where they will be directed to meet their families in the staging area on the access road near the Boys and Girls Club.

Please help everyone stay safe by observing all social distancing rules, remaining in your car at all times, and wearing a mask if you open the car window. Staff members from CVMS and Gerardy Photography will be on site to help direct students and parents to the appropriate staging areas.

Adam Bishop
CVMS Interim Assistant Principal

Wellness Week (Nov. 16-20)

Students please consider participating in our [wellness week](#) and enjoy [some activities](#) to help relax and relieve stress.

Movie Night

We are so excited to announce our 1st on campus after school student activity! We will be showing "The Nightmare Before Christmas" on Thursday, November 19th from 6:00-7:30. Click [here](#) for more information and to RSVP.

New Student Tour

Next Friday (November 13), we will be hosting the first round of on-campus tours during student support time. Space will be limited, so please be on the lookout for an announcement and sign up form early next week.

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.

CVMS Yearbook

Fall!- 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!](#)

PTSA News

This week we had a great information session with Dr Sondoozi where we learned about many practical tools to help support ourselves and our students, including the "[Chinese Farmers Story](#)". If you have ideas or other topics to learn about or suggestions for guest speakers please send us an email to the [PTSA](#).

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.

Counseling Update

First quarter progress reports are now able to be viewed via the "grade tab" on AERIES. We do not mail grades home, so please be sure to check AERIES and discuss current academic progress with your student. If you have a question regarding a specific grade, please contact the teacher via email, For more overall academic support, please be sure to email your student's counselor. If you are noticing a dip in your student's motivation level as we start the second quarter, here are some great tips from Common Sense Media as to [how to keep kids motivated during distance learning](#).

Please check out the [November Happiness Calendar](#) from the Greater Good Science Center at UC Berkeley. It has links to many videos, articles and activities about being thankful, mindful, practicing gratitude and living life with happiness that we hope you'll find useful.

As we are all looking for ways to instill the concepts of gratitude and thankfulness in our students, we wanted to share this article entitled, [10 Ways to Start Teaching Your Child Gratitude](#). It has some practical, simple things that we can all do regularly to promote and develop the attitude of gratitude in our teens and tweens. This is often a tricky age with working on gratitude skills because developmentally, it is a time of highs and lows and black and white thinking. If one thing is wrong, students may feel that EVERYTHING is wrong and that they have nothing to be thankful for. However, this is also the time when students are starting to see the bigger picture of the world around them, developing empathy skills and are really wanting to make an impact through volunteering or learning more about causes that are important to them. With our guidance and modeling, we can help them understand that and even in difficult times, there is much to celebrate.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

Repeated News

[CVMS Weekly News 10-30-2020](#)

[CVMS Weekly News 10-23-2020](#)

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

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

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!](#)

A journey
worth
remembering

BUY A YEARBOOK

Music Boosters

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*

Jr. Optimist Club

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.

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!

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 P.E. CLOTHING & SPIRIT WEAR NOW!

CLOSE-OUT SALE! Green CVMS sweatshirt & sweatpants \$10.00 each
New CVMS spirit wear sweatshirts on sale now for \$35.00!! 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
Phone: 858-481-8221
Fax: 858-481-8256