



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

November 13th, 2020

Message from the Principal,

Greetings CVMS Families,

Thanks to those who joined me last night in our first evening addition of Chat with Chuck. Considering what often feels like a daily change in information, these live events foster transparent communication resulting in increased trust and patience among all stakeholders. I truly appreciate everyone's willingness to engage in these complex and often difficult conversations.

In case you missed it, here is the presentation I reviewed titled, [A Conversation Around Reopening](#), and if you have not done so already, please remember to review and complete the [SDUHSD Middle School Reopening Information and Survey](#) by November 16th. As of this morning we've received only 391 responses out of 898 students. **Please remember to complete the survey for each SDUHSD student in your household so we have an accurate count (i.e. a family with two students should complete the survey for each student).**

Also, please know that there is flexibility before anything is finalized, and I will re-confirm all families' choices at a later date if need be. Between now and January, we may expand our efforts in having more student groups on campus, while we continue to examine larger scale reopening options for all students.

Don't forget, school photos are next week on November 18th along with materials distribution. Special thanks to assistant principal Adam Bishop for organizing our largest scale drive through event to date. It should be a busy day on campus but we are excited to (safely) see you all!

Finally, in order to capture what will surely be a year to remember check out the [CVMS Time Capsule Project](#) in the General News and Information section!

One more week until a much deserved week off.

Have a great weekend everyone,

Chuck Adams
CVMS Interim Principal

Upcoming Events

11/2-11/13	Holiday Basket Donation Drive
11/16-11/21	Wellness Week Activities
11/18	School Photos! 8:00am-3:00pm
11/18	Math & Science Distribution
11/19	Outdoor Movie Night
11/23-11/27	NO SCHOOL - Fall Break

General News & Student Activities

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.

SPIRIT WEAR CLOSE-OUT SALE!

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

CVMS Holiday Basket Donation Drive

Thank you to all the families who supported our Donation Drive to the Encinitas Community Resource Center! We appreciate your help!

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 you may only attend if you [RSVP](#)

Message from the Assistant Principal

In the coming weeks, we will be inviting small cohorts of 7th grade students on campus to participate in campus tours led by our ASB students. As we work to solidify these dates, please check your email (and this newsletter) for announcements if you are interested in having your student participate.

Just a reminder that Wednesday, November 18, is CVMS Picture Day! We will be running a material distribution 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.

All vehicles should proceed up Mykonos Lane and turn right into the side parking lot and follow the signage to make sure you are in the correct lane. 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. We will be distributing Math modules for all A/B classes first, followed by Science and English materials to select students/classes. Not all students will receive all course specific materials, so please be patient as we ascertain each student's needs.

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 watching for signage, following the directions of staff, 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

CVMS 2020 Time Capsule

ASB would like to create a time capsule to capture the unusual events of this year. Students 10 years from now would see what CVMS school life was like during this unprecedented time! We are looking for items to represent the 2020-2021 school year and please click [here](#) for more information.

CVMS Yearbook

Dear Bobcat Community - The yearbook is finishing up its first deadline and we could use some of your photos! Please look through this list and submit to the pages that speak to you. Thank you again for your support. We will stop accepting photos for these pages on November 20.

[Who Lifts You Up?](#)

[Outdoors](#)

[One thing you can't live without](#)

[COVID and its impact](#)

[Bobcat Friends](#)

[Art Samples](#)

[Self-Taught](#)

Also, don't forget to [purchase your yearbook!](#) We have already sold 20% of the books we ordered!

PTSA News

Congratulations to 8th Grader Jessie Condliff for winning the 1st place prize for the best decorated car competition at our Halloween Drive thru! Big thank you to the Pacific Highland Trader Joe's for their generous donation of a gift basket full of candy and thank you from the PSTA to Mr. Adams and Mrs. Blank for personally delivering the prize!



Counseling Update

If your child is going to be attending a private school next year, please know SDUHSD middle school staff do not write any letters of recommendation for local schools. This policy was shared previously with all local private schools so they should be aware of this already. We are happy to provide transcripts, so please send any requests for records that may be included in private school enrollment paperwork to tracy.ngo@sduhsd.net. If your student needs a recommendation for an out of the area school, you will need to contact Tracy for a Release of Information form PRIOR to asking any teachers to fill them out.

We are starting to get word of families who may be leaving the area prior to the start of the new year. If you know that you will be moving, please email Tracy Ngo so that we can handle school check-out and ensure a smooth transition between schools.

Did you know that when you express or receive gratitude, dopamine is released in your brain? Dopamine is a neurotransmitter which is connected to experiences of pleasure. According to a 2009 study, when a person either expresses or experiences gratitude, dopamine helps make a connection between that behavior and pleasure. The more a person practices gratitude, the more dopamine is released and chances that the behavior will be repeated are heightened. Please read here for more information on the [science of gratitude](#). This can be very useful information in dealing with our tweens and teens who like to know and understand the "why" behind things or who may be more comfortable dealing with facts and science instead of sometimes vague concepts like "express gratitude" or "gratitude practices." Whichever way we look at it, science shows us that being grateful can have long lasting positive implications in many areas or our lives.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

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 11-6-2020](#)

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

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

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.

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](#)

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