



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

November 20th, 2020

## Message from the Principal

Happy Almost Fall Break!

This is a reminder that if you have not done so already, PLEASE review and complete the [SDUHSD Middle School Reopening Survey](#). We ask that each family complete the survey for EACH SDUHSD student in their household (i.e. two students = do the survey twice). Please know that **there will be flexibility before any plans are finalized, and I will re-confirm all families' choices while creating student groups**. As of today, the survey results only represent 82% of the CVMS student population. We very much want to ensure all families are accounted for so we can make accurate, data driven decisions.

All schools sites are working closely with the SDUHSD Human Resources Department to support staff during this unprecedented time. If a teacher needs to be away from the classroom, a substitute teacher will be arranged. If a class needs to be quarantined, the distance learning model will be able to continue supporting all students learning. We are aware of the substitute teacher shortage in San Diego County and continue to actively work to recruit additional substitute teachers. Interested community members should visit [employment opportunities on the SDUHSD website](#) for more information.

A BIG thank you to Assistant Principal Adam Bishop, the front office team, and teachers for organizing our largest distribution effort to date. We were so pleased to see over 700 cars safely make their way around campus for school supplies and school portraits. It was such a treat to see so many students in person. Please see the upcoming events calendar for the pictures make up day on December 1st.

There is so much to be grateful for as is displayed on the [CVMS Tree of Thanks](#) and please check out the

## Upcoming Events

11/23-11/27	<b>NO SCHOOL - Fall Break</b>
12/1	<b>PICTURE MAKEUP</b>
12/10	<b>HOLIDAY GIFT DRIVE DEADLINE</b>
12/11	<b>CHAT WITH CHUCK</b>
12/21-1/1	<b>NO SCHOOL - Winter Break</b>

## General News & Student Activities

### PICTURE MAKEUP DAY

If you missed picture day at CVMS we will again be hosting school portraits by [Gerardy Photography](#) for all students and staff (in a safe drive through format) on December 1st, from 4:00 p.m. to 7:00 p.m. This will be your last opportunity to get your professional school portrait for the yearbook.

### 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 27.

[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!

[pictures from movie night](#) thanks to our very own ASB! I'm sure it will be a busy holiday season coupled with the stress of navigating school reopening scenarios, so as much as possible please try to unplug next week and put the screens away, I sure will be.

Have a happy, restful, and safe Thanksgiving everyone.

Chuck Adams  
CVMS Interim Principal

## Counseling Update

Happy Thanksgiving from all of us in the CVMS Counseling Department. We are so thankful to be able to work with all of our Bobcats and their families and thank you for your partnership throughout this school year.

Today marks the final day of CVMS Wellness Week. We hope that your student participated in many of the activities that took place. Though we are ending our wellness week, we should remember that wellness and emotional well-being need to be prioritized and strengthened every day. Please be in touch with us if you would like some additional help. The [SDUHSD Virtual Calm Room](#) has many activities and resources that can give your students tools to help as they focus on their wellness.

In this week when we are especially focused on all that we have to be thankful for, do you ever wonder exactly what your tween/teen is thankful for? The answer might surprise you. We hope you enjoy this heartwarming [video](#) of what happens when several teenagers are given the opportunity to express their appreciation to the people who are important to them. It really speaks to the power that we have to impact the lives of other people in ways that we may not even realize. It also shows the power of actually taking the time to express your thanks to the people in your life who have made a difference. During this time when many traditions have been upended, it might be a great time to start a new tradition and create and share your own videos and letters of gratitude.

Your CVMS School Counselors,  
Karen Infantino  
Carsen Murt

## 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!

## PTSA News

The CVMS PTSA is partnering with the Boys & Girls Club of San Dieguito to bring the spirit of giving to those less fortunate this Holiday season.



To help bring happiness to a child this holiday season click [here](#) to view the wish list and see how you can help!



Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the CVMS PTSA. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support your CVMS PTSA by starting your shopping at [smile.amazon.com](https://smile.amazon.com)

**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 11-13-20](#)  
[CVMS Weekly News 11-6-2020](#)  
[CVMS Weekly News 10-30-2020](#)

## 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!](#)



## 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](mailto: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](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](#).

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](mailto: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.

**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!**

**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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