



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

September 18, 2020

Message from the Principal

Happy Friday Parents and Students!

We hope you enjoyed our first attempt at a virtual Back To School Night! Your feedback is welcome [here](#) to ensure we continue to grow best practices at CVMS. Apologies for any previous issues accessing Google Forms. We have since identified the issue and it should be resolved moving forward.

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.

Also be sure to visit the updated [SDUHSD Tech Hub](#) for support and troubleshooting tips. Additional content has been added since school began as we continue to learn how to best support educational technology in distance learning.

I'm pleased to announce our [Welcome Week](#) calendar will go live this Monday, September 21st. An email reminder will be sent as well to ensure all students can enjoy these fun activities designed by our ASB to build community and promote student connectedness.

The latest guidance, which SDUHSD monitors closely, requires cohorting of students on campus. This requirement presents significant logistical challenges for large public middle and high schools. Therefore, as previously shared, our focus remains on small, targeted sub groups as the first students to return since we are able to adhere to the cohorting requirement with them on campus. Once the guidance allows, we will plan for phased reopening options for the greater student population. Please know, I want nothing more than to see students back on campus, but we are

Upcoming Events

9/18	Chat with Chuck (Interim Principal) *click here to see the presentation
9/21-25	Welcome Week
9/28	NO SCHOOL
10/19 -23	Red Ribbon Week

General News & Information

ASB Welcome Week Sept 21-25

ASB is excited to welcome all students back to school with a variety of fun activities to get involved and get connected! See the [Welcome Week Calendar](#) for next week's activities.

CVMS Student Clubs:

If you are a CVMS student interested in creating a club for the 2020-21 school year please complete and return the [Club Cover Sheet](#) and [Club Application](#) to patricia.pike@sduhsd.net by October 2nd. All applications will be reviewed for approval by Interim Principal Adams and the ASB president. Examples of previous clubs are: Magic, Star Wars, Harry Potter, and Ukulele just to name a few.

CVMS Site Council

We are in need of two parents to serve on the CVMS School Site Council (SSS). The SSS meets 5 times a year (Oct, Dec, Feb and twice in May). If you have questions or are interested please email a half page bio to roberta.blank@sduhsd.net. If we have more parents apply that are needed we will hold an election prior to the first meeting.

Need Headphones for Google Meets?

The amazing CVMS PTSA would like to purchase headphones for students. If you are in need, please complete this [short survey](#).

simply limited in our ability to do so at this time. If and when this changes, you can expect to receive clear and consistent communication from CVMS. Thank you once again for your incredible patience, understanding, and support.

Forever Grateful,

Chuck Adams
CVMS Interim Principal

Message from the Assistant Principal

We are tentatively planning to distribute the next round of math modules to families on Tuesday, September 29 from 10:00 to 3:00. We are still in the beginning stages of our planning, so please be sure to check next week's bulletin for an update as we finalize our plans for this distribution.

Adam Bishop
CVMS Interim Assistant Principal

Counseling Update

If you weren't able to "Chat with Chuck," here is a link to the slides the counselors presented, entitled [Supporting Your Middle Schooler 2020](#). We discussed not only counseling services here at CVMS, but suicide prevention and awareness as well.

Did you know that suicide is the second leading cause of death for people ages 10-34? September is National Suicide Prevention month. Below are some resources that you may find helpful in understanding this important topic.

[National Alliance on Mental Illness](#)
[Suicide Prevention Lifeline](#)

As we delve deeper into distance learning, one of our important messages to students is to treat their distance learning time as if they are actually in a classroom. This helps establish the sense of normalcy and routine so vital to our tweens/teens that has been so disrupted by COVID-19. To that end, we need your help as families. Just as if you are not allowed to attend classes on campus unannounced, we ask that you try and be respectful of the same boundaries at home and please limit parental interruptions during class time. Please remember that anyone in a Google Meet is able to see and hear everything that is said and done on camera.

The chat box in a Google Meet and the Google Classroom Stream should be limited for student use

CVMS Yearbook

We are now looking for photos of summer travels (or stay-at-home-summer fun). Please email your photo with a brief description and your child's name/grade to cvyearbook@sduhsd.net. We will accept these photos by the end of today!

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.

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.

CVMS Fall Sports

The Boys & Girls Club is offering a "training only" season for girls volleyball, cross country, flag football, and golf. If you are interested please register before September 21st on the [Boys & Girls Club website](#).

PTSA News

In case you missed it watch the [Back To School Night PTSA Welcome Video](#) (starring Olly) to help illustrate all the great things we want to do for the school and how you can help.

TechHub! We hope you all have taken a look at the [SDUHS Tech Hub](#). This website will show students and parents how to navigate the technology needed for school.

Coming Soon! We will shortly be hosting some guest speakers on topics near and dear to your heart. If you have any suggestions of topics or have seen impactful speakers please let us know. Email your suggestions to rweale@gmail.com.

As always we still need your help! We only have 13% of our usual membership and funds to help support the school and our children. [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..

and are not the appropriate forum for parents to inquire about missing assignments, extra support time, student progress, or specific services. These, too, are visible to all members of the Google Classroom and we want to respect student privacy and allow students to use the Chats for their specific needs. We are happy to answer any questions, so please feel free to directly address questions or concerns with individual teachers, counselors and support providers via email.

Please email your counselor prior to September 29th to change your math or English placement. Changes will be granted on a space available basis. Parents please email your student's counselor directly if you need assistance or would like to request a meeting. Students should use the [counselor request form](#) which can also be found on the [CVMS counseling](#) page.

Your CVMS School Counselors,

Karen Infantino
Carsen Murt

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.

The Music Boosters rely on parent donations to ensure that the art of music is available to all CVMS students for years to come.

Donate to the CVMS Music Program today: 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](#).

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](#).

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: treasurer@cvmsmb.org.

*For heights and depths no words can reach,
music is the soul's own speech.--Author
unknown*

Repeated News

[CVMS Weekly News 9-11-2020](#)

[CVMS Weekly News 9-4-2020](#)

[CVMS Weekly News 8-28-20](#)

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](#).

Attendance Reminder

Just like during regular on campus instruction, if your student will be absent from a class or the entire day please email cvattendance@sduhsd.net in advance.

Current Chromebook Troubleshooting

If you are experiencing [connectivity problems](#) with your District issued Chromebook (i.e. losing connection while in a Google Meet) shut it down completely then power it back on. This should automatically install the required updates to get you back up and running. You should fully shut down the Chromebook each evening to ensure updates are automatically installed. If this does not resolve the issue please email ian.richards@sduhsd.net.

RESOURCES

Social Emotional Supports

[Care Solace Local Counseling Referrals](#)
[Coping Strategies](#)
[Each Mind Matters - Mental Health Supports](#)
[Substance Abuse and Mental Health Services](#)

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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