



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

September 25, 2020

## Message from the Principal

Greetings Bobcat Community,

I'd like to begin today's message by asking you to join me in acknowledging the outstanding work of the CVMS teaching staff. Six months ago, our teachers and entire staff were handed what seemed like an impossible situation with continually evolving unknowns. I am so proud of what our teachers have been able to deliver thus far. Our teachers' commitment to supporting students, and each other, has not wavered and I believe that it's shown.

I'd also like to acknowledge you as a parent - during this time, you've also undoubtedly been working to navigate these challenging times for yourself, your family, and your children.

To that end, I'd like to make a request, so that we can best support one another as a community:

Given our constant communication to bring our school to optimal function and support for all students, we are all experiencing a significant increase in email volume. This is absolutely understandable, but I'd like to encourage everyone to please be patient as our teachers are working diligently to address all student needs, especially with distance learning.

In order to maintain a healthy balance we're encouraging teachers, students and parents to utilize regular school hours as much as possible in order to communicate accordingly. If you'd like additional resources, please see the counseling section below for extra support to address what may be coming up for you and your family during this time.

September is suicide prevention month. During advisory on October 7th, our students will watch a short presentation by myself and counselor Karen Infantino discussing protective factors, warning signs, and how to get help. California State Assembly Bill 2246 requires this very important information be made

## Upcoming Events

9/28	<b>NO SCHOOL</b>
9/29	<b>Math Module Distribution 10-3</b>
9/29	<b>PTSA Speaker Event 6 pm</b>
10/19 -23	<b>Red Ribbon Week</b>
10/29	<b>CVMS Halloween Car Parade</b>

## General News & Information

### Halloween Drive-Thru Parade! 🎃

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. This will be a chance to see all of our CVMS families, dress up a bit, and do a drive-thru tour of some haunted scenes. For the adventurous out there, this is your chance to decorate your car in a Halloween theme and enter the decorating contest. The ASB will run the annual Pumpkin decorating contest earlier in the day and we will place all the entrants at center stage of the drive-thru. As we work our way through the year, this is one of the events we wanted to use to bring the Bobcats out and share some time together.

One key to this will be parent volunteers who can assist in the set-up, running the event, and returning all the Halloween items the next day. Stay tuned for information on volunteering.

### 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](mailto: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.

available, but if you prefer to opt out your student, please click [here](#).

One of the best protective factors is feeling connected to your school and community. That said, it's not too late to enjoy the [Welcome Week](#) activities created by the CVMS ASB and please see the important dates section above for future events!

Finally, the question remains: when will schools open? As superintendent Dr. Haley shared in the [second quarter update](#), we know that distance learning is an interruption to how we teach our students and how they learn. We know the toll this is taking on our families and communities. We know it is not ideal and we look forward to the day when we can return everyone to our campuses. We understand that some elementary schools have opened; however, among other things, the instructional delivery model with one teacher with one set of students, allows them to comply with the [CDPH guidelines](#). In networking with secondary schools across the state we have found that we are all facing the same barriers in trying to reopen in compliance with CDPH guidelines. Until the guidance changes we will continue prioritizing targeted student groups while exploring opportunities for on-campus student connectedness.

Remember - no school this Monday 9/28, so have an awesome three day weekend!

Respectfully,

Chuck Adams  
CVMS Interim Principal

## Message from the Assistant Principal

We will be distributing the next round of math modules to families on Tuesday, September 29<sup>th</sup> from 10:00 to 3:00. As you arrive on campus, please ensure that your student's name (last, first) is prominently displayed on the front window along with their math class (e.g. "Math AH"). There will be two lanes for distribution, one for all Math A students, and another for all Math B students. If you have students in both levels, please start in the Math A lane. Proceed up Mykonos Lane and turn right into the side parking lot. A staff member wearing PPE will approach the vehicle and place all materials in the trunk or backseat. 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.

Adam Bishop  
CVMS Interim Assistant Principal

## 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](mailto:cvyearbook@sduhsd.net). We will accept these photos by the end of 9/25!

## 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](mailto:patricia.pike@sduhsd.net) to coordinate pickup.

## Girls in STEM open to CVMS Students

[CCA Girls in STEM](#) is a free, after-school program based on our Java curriculum, which includes slideshows, step-by-step videos, and practice problems with online tools for a hands-on virtual experience. All the curriculum can be accessed [here](#). We are holding semi-weekly meetings based on this curriculum via Google Meet and Google Classroom. Meetings are held **every Monday and Friday starting next Monday, September 21st (9/21), from 3:00 PM - 4:00 PM.** [Sign Up Here!](#) *\*there is currently a waitlist*  
[Girls in STEM Schedule](#)

## 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.

## Rady Children's Hospital Presentations

[Kids, teens and social isolation amid COVID-19](#)  
[Adolescent and Anxiety Social Media](#)  
[Supporting Students with Autism during COVID](#)

## PTSA News

**Mark your calendars!**  
**September 29th will be a great learning experience combined with great food and no cooking!!**

**4pm to 9pm - Crack Shack**  
Encinitas will donate 15% of all sales to CVMS and they will give YOU 10% off your order!! Just mention Carmel Valley Middle School ;-) [Learn more here](#)



## Counseling Update

Balancing our life activities is crucial for all of us and a skill that our middle schoolers are still developing. One of the best ways we can teach them about life balance is to be positive role models so that can see what a healthy life balance looks like. Are we as adults, taking time for ourselves, getting all the sleep, exercise, good nutrition and balance of family and work time that we need? Too often, this answer is no. In this extremely stressful time, our modeling of life balance is more important than ever. Remember while our tweens and teens may not remember everything that we say, they rarely forget what we do. As Mr. Adams mentioned above, there are things we can do to help bring more of a balance to the school/home balance.

-Use AERIES to check grades rather than email teachers right away. If there is a pattern emerging, please contact your counselor.

-Remember that this early in the year, there may not be a lot of grades, so one missing assignment skews things negatively. This will be balanced out as more assignments and tests are completed.

-Be sure your student knows how to use Google Classroom calendars to track assignments. If you would like to know what assignments are, have students print out a copy of the calendar and post it where it is visible to everyone. All students were given a CVMS Agenda to keep track of assignments. We highly recommend students write assignments and other events, like sports, tutoring, family events, in their agenda so they can have all of this important in one place.

-Let Your student Advocate for Themselves. This is the age where students need to learn to self advocate. This is a skill they are learning and one that should be encouraged. If your student has questions, please have them use daily student support time or asynchronous class time to write questions or meet directly with their teachers. Often, this communication is what students need to clarify things and can then proceed to finish assignments. Please check [here](#) for the student support schedule.

Give Grace- to your student, school staff and yourself. We are all working hard for student success during a challenging time.

This Tuesday is the last day to change your math or English placement. Changes will be granted on a space available basis. Parents please email your student's

6pm to 7pm - Jean Twenge

**Parents Under Pressure:  
The Staggering Effects of  
the Global Pandemic on  
America's Mental Health.**

Registration Required :  
[Learn more here](#)



**It's thanks to your donations we can have great speakers!** 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..*

## 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](mailto:president@cvmsmb.org).

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

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 to contact their counselor..

Your CVMS School Counselors,

Karen Infantino

Carsen Murt

## Repeated News

[CVMS Weekly News 9-18-2020](#)

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

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

### September is Suidice Prevention Month

Did you know that suicide is the second leading cause of death for people ages 10-34? September is National Suicide Prevention month. Here are some resources on this important topic: [National Alliance on Mental Illness](#), [Suicide Awareness Voices for Education](#), [Suicide Prevention Lifeline](#).

### 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

### 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](#).

### 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](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](#).



## 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  
SDUHSD Middle School Distance Learning Schedule  
CVMS 1st Quarter Instructional Calendar  
BTSN Fall 2020 Health Overview

Carmel Valley Middle School  
3800 Mykonos Lane  
San Diego, CA 92130

Website: [cv.sduhsd.net](http://cv.sduhsd.net)  
Phone: 858-481-8221  
Fax: 858-481-8256