



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

September 03, 2021

Message from the Principal

Dear Bobcat Families,

Thank you so much to all who attended our Back to School Night yesterday! We would like to extend special thanks to our PTSA who provided a delicious meal for our staff to enjoy before the class meetings.

My upcoming Coffee with the Principal on September 17 will be virtual. More details to come.

Wishing everyone an awesome long weekend...remember, no school on Monday!

Have a great weekend...Go Bobcats!!!

Vicki Kim
Principal

Assistant Principal's Message

Next week is Welcome Week at CVMS, and our ASB students have an exciting week of activities planned. Please see the ASB News section of this newsletter for details!

Counseling Update

September marks Suicide Awareness Month throughout the United States. We will be doing many different things throughout the month to help create inclusion and connection, two protective factors for suicide prevention. Later this month, we will speak with families and with all students about suicide prevention including both risk and protective factors for suicide. Our primary goal for students will

Upcoming Events

Mon 09/06	Labor Day - NO SCHOOL
09/07-09/10	Welcome Week
09/08	Club Day
09/09	Back to School Dance 5-7pm
09/09	PTSA Parent Ed Night - Virtual
9/10	Math League Info Night
Mon 09/13	Picture Make-Ups starting at noon
09/14	Schedule Change NO Assembly Schedule
09/14	Kick-off ASB Fundraiser
09/14	Science Olympiad Info Night
09/17	VIRTUAL Coffee w/Principal 8:45 a.m.
09/17	PTSA Association Meeting

General News & Info

[COVID Contact Tracing Information for Parents](#)

Schedule Change - There will **NOT** be an Assembly Schedule on Tuesday, September 14th. It will be a regular 0,1,3,5 day.

Math Tutor Hours

Do you need Math help? You can go to any of [these teachers](#) for any math course! (IM1H students may only go to Webb on Wednesday afternoons or by appointment during lunch.)

National PTA Reflections Art Program - Call for Student Submissions!

Is your student a visual artist? A dance

also be to share the concept of trusted adults, both on campus and in the community. Also embedded in the discussion is the idea of what secrets are safe to keep and what needs to be shared. This is often a hard concept for middle schoolers, as they feel a tremendous sense of loyalty to friends and sometimes are very reluctant to share concerns they may have. In reality, many students DO bring their concerns to us and we are able to help support everyone in need. You will get more information about the student presentation later this month. For anyone interested, the 9th District PTA is hosting their [3rd Annual Suicide Prevention Symposium](#) on September 18th from 8:45-2:45. This is a no-cost, virtual event, so please check out the link for registration and information. In partnership, we can work to reduce teen suicide.

We are very fortunate to have our Student Support Specialist, Ms. Ann Areeckal, and her Masters of Social Work Intern, Ms. Bailey Greene, to help support our students this year. They are currently putting together support groups that will run throughout the year that will touch on important topics, such as grief/loss, anxiety, social/emotional regulation, etc. If you feel your student could benefit from this type of support or you want more information, please email their counselor.

A reminder to please complete your data confirmation in AERIES. If you are not sure if it is completed, please log into AERIES and look under the Student Info Tab and look under the "Data Confirmation" drop down. If you have completed Data Confirmation, you will get a message indicating that data confirmation has been successfully completed. If data confirmation isn't complete by 9/7/21, your access to AERIES will be limited until it is completed.

PTSA News

We have just over 100 members in PTSA; what a great start! We'd love to double that number in September. Please join at www.cvmsptsa.com/ or click on this [qr-code](#).

FAQ about PTSA Membership: **If I join, do I have to volunteer or attend meetings?**
No! You may support us financially without

choreographer? A composer, writer, photographer, or filmmaker?

Then submit your work to the National PTA Reflections Art Program for a chance to win prizes, scholarships, and/or have your art included in the national Reflections traveling exhibition.

Your submission should be your artistic interpretation of this year's theme, "**I Will Change the World By...**"

The deadline for submissions is Tuesday, October 12, 2021. Pick up submission guidelines and an entry form in the Main Office.

For more information about past winners, selection criteria, prizes, and scholarships, visit PTA.org/Reflections/Awards.

SDUHSD is Hiring

The District is seeking candidates to fill positions in a number of areas. Many of these assignments are part-time and work well for parents who would like to follow a school schedule/calendar. For additional information or if you have questions, please contact the Human Resources Department at 760 753 6491 x5543. Links to postings for our greatest needs are:

Instructional Assistants Severe -

<https://www.edjoin.org/Home/DistrictJobPosting/1442061>

Instructional Assistants Non-Severe -

<https://www.edjoin.org/Home/DistrictJobPosting/1442064>

Substitute Instructional Assistants Special Education -

<https://www.edjoin.org/Home/DistrictJobPosting/1391232>

Nutrition Services Assistants -

<https://www.edjoin.org/Home/DistrictJobPosting/1319367>

Substitute Nutrition Services Assistant -

<https://www.edjoin.org/Home/DistrictJobPosting/1319654>

Health Technician -

<https://www.edjoin.org/Home/DistrictJobPosting/1458948>

Student Health Care Specialist (LVN/RN) -

<https://www.edjoin.org/Home/DistrictJobPosting/1385206>

Substitute Custodian -

<https://www.edjoin.org/Home/DistrictJobPosting/1316888>

[SDUHSD Superintendent's August Newsletter 2021](#)

ever attending a meeting, though we encourage parents to [volunteer](#) for one event per year. There's no better way to get to know the inner workings of CVMS and your child's middle school life!

Click [here](#) for information about our 9/9/21 Parent Education Night presentation:

Returning to a 'New Normal' (Will It Ever Be Normal?) [Click here to submit questions/topics](#) that you'd like our speaker to address on that night!

Seeking a "Techie" Parent to help us update info on our website each month (using WordPress). Contact [Seda Dogan](#) for more info.

Seeking a Special Ed. Parent to sit in on PTSA board meetings. Contact [Michelle Hoyt](#) for info.

First Meeting for General Membership: Friday 9/17 immediately following Coffee with the Principal. Come learn about our annual budget and upcoming events! Click to read the [tentative 9/17 agenda](#) and the [8/20 board mtg. minutes](#).

CVMS Science Olympiad - Mark your calendars! Science Olympiad Informational Night will be held at CVMS Performing Art Center on Tuesday, September 14th from 6-7:30pm. Interested students and parents, please join us! After the SO Info Night, all Science Olympiad related information will be delivered by email to a registered list of participants. To be in the loop: Visit and bookmark [CVMS SciOly website](#) for all related news,

- Fill out [SO student interest google form](#), for future updates,
- Sign up to [volunteer and coach an SO event](#) - the best support a parent could provide for their student.

See you on September 14th!

Yearbooks can be purchased through Jostens this year and all sales are on-line through the attached link at [Jostens](#). We've already sold 300, and only have 300 remaining to sell!



ASB News & Student Activities

Math Tutoring Available

Please click [here](#) to see our Math Tutoring Schedule.

CLUB DAY IS COMING on Sept. 8!

If a student is interested in starting a new club at CVMS this year, applications are located in the Administration office. Students must have a teacher or staff member as their club advisor for the entire school year. All applications must be turned in no later than September 3rd. If you have any questions please stop by the Administration Office.

Welcome Week (9/7-9/10)

Welcome Week starts on Tuesday! ASB has planned a lot of fun activities to welcome Bobcats back to CVMS including lunch activities and our **1st Dance Party** on Thursday 9/9/21 from 5-7pm. Dance will take place in the CVMS quad, masks will be required unless eating or drinking in the designated food area. Tickets are on sale now at the finance window for \$8.00 or \$10.00 at the door

Math League Information

CVMS Math League Information Night September 10th, Friday, 7:30 pm ~8:30 pm. Interested students and parents, please join us online:

Zoom Meeting:

Meeting ID: 860 3380 4057

Passcode: CVMSMath

[Math League Registration Form](#)

Repeated News:

PE Uniforms & Spirit Wear

If you have not yet purchased your PE uniform you still have time to purchase them on the CVMS web store or at the Finance Window. Stop by and see the many selections of Spirit Wear items this year. We accept cash or checks only but the ASB webstore will accept credit cards. Bring in your receipt to fill the order.

CVMS Attendance

If your student will be absent from school, leaving early or arriving late, please notify our Attendance Office IN ADVANCE by email or phone. To report an absence please be prepared with:

- Student's name (with spelling) and Student ID #
- Your name and relationship to student
- The reason for the absence
- The date of the absence
- A contact phone number

When emailing, please specify in the subject line "Absence" and include the above listed information. For absences related to illness, please contact the attendance office for each day your student is absent. For personal business absences, such as travel, one email is sufficient with the reason and dates your student is absent.

Email: cvattendance@sduhsd.net

Phone: 858.481.8221 x3011

Appointments During School

If your student is leaving early with an off campus pass, please provide the same info as above. Please state the reason, time and if they are returning. After you have done this, please ask your student to pick up their off-campus pass from the front office before school, passing period and lunch.

If your student is going to be picked up early from school by one of your emergency contacts, please inform the front office via phone or email ahead of time.

Student Medications - Students who take continuing prescribed or over the counter medication during school hours will need an [Authorization to Administer Medication form](#) filled out and signed by a parent and doctor. Turn in completed forms and medications to the Health Office. Please note that a new form is required for each new school year. **Students may NOT carry any medication on campus** (with the exception of asthma inhalers and Epipens, provided the required forms are on file with the Health Office).

ILL OR INJURED STUDENTS

If a student becomes ill or injured during the day, it is important they ask their teacher for a pass to the health office to check out from there. **Students should NOT make arrangements to go home by calling or texting their parent from class.** If it is determined that they need to go home, a parent, guardian, or emergency contact will be notified. Keep your student home for 24 hours after the following conditions: Fever has subsided (without fever reducing medications), vomiting has stopped, or starting antibiotics, including those for eye and skin infections. **For more information, contact CVMS Health Technician Susan Vieira, at 858-481-8221 X3014 or email her at: susan.vieira@sduhsd.net**

No Scented lotions/hand sanitizers

A gentle reminder to not use any scented lotions and/or scented hand sanitizers at school. What may be pleasant to one individual may be unpleasant to another, and in extreme cases, could cause an allergic reaction. We have unscented hand sanitizers at school available for student use.

Refillable Water Bottles

The water fountains on campus remain shut off for safety purposes. However, there are water

stations around campus for students to refill their bottles. Please help your student stay hydrated by providing them a fillable water bottle to bring to school. CVMS water bottles are available for purchase in the student store.

Traffic

Even over the short course of the first four days of school, traffic has improved during drop-off and pick-up times. Thank you to everyone who continues to pull up as far as possible to drop off and/or pick up your child. This absolutely helps the flow of traffic and makes it a smoother process for everyone. There may be times when a staff member motions you to drop your child off before the start of the drop-off zone, but please do not do this unless directed by a staff member.

If possible, please have your child exit the right-hand side of your car as this is the safest side for your child to exit. If your child is exiting your car on the outside lane, please remind them to stop and make eye contact with the driver of the car in the inside lane BEFORE they walk in front of said car.

As tempting as it is to come to school early to pick up your child, please try to avoid coming earlier than 2:50 to pick up your child. If you arrive early and park in the pick-up lane, we reserve the right to ask you to move and either find a parking spot in the lot or make another loop around to pick up your child (like they do at the airport when you're waiting too long for the person you're picking up :)). On a related note, we will always try to keep the outside lane clear until 2:50 to allow for any cars trying to get to the Boys and Girls Club or Montessori School.

Drop Off/Pick Up Times: Depending on your child's schedule, it can be confusing in determining what time your child is supposed to be dropped off and picked up from school each day. Below is a summary of suggested drop off and pick up times that includes most of the schedule scenarios our students have for the year:

Students who attend:	Drop off	Pick up
1st period through 6th period	by 8:20 am	after 3:05 pm
1st period with 6th period ISPE	by 8:20 am	Mon - after 2:10 pm, Tue & Thur after 3:05 pm; Wed & Fri after 12:40 pm.
Zero Period through 5th period	by 7:20 am	Mon - after 2:10 pm, Tue & Thur 3:05 pm; Wed & Fri after 12:40 pm.
Zero Period & 5th period ISPE	by 7:20 am	after 12:40 pm if leaving before lunch after 1:20 if leaving after lunch
*LATE START MONDAYS - see attached calendar for schedule	ALL Students: by 9:45 am	If the last class is: 6th period - after 3:05 pm 5th period - after 2:20 pm 4th period - after 1:35 pm

SPIRIT WEAR & PE Clothing

CHECK OUT THE NEW SPIRIT WEAR STORE IN THE ADMIN OFFICE!!

These can be purchased through the [ASB Webstore](#), or at the Finance Window.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

[Covid-19 Resources](#)

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