



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

September 17, 2021

Message from the Principal

Dear Bobcat Families,

Thank you to everyone who attended Coffee with the Principal and the PTSA Association meeting that followed. [Here](#) is a recording of the meeting for all those who could not attend.

You may have read the recent communication from Interim Superintendent Lynch about certain TikTok challenges that encourage students to damage or steal school property such as soap dispensers, drinking fountains, etc. I am sad to report that CVMS has also been affected by this vandalism. This week, soap dispensers from three separate restrooms have been ripped from the walls and thrown in toilets. Every time this happens, the restroom is closed because there is no soap for students to use and it takes time to make the appropriate repairs. It also takes hours for administrators to investigate these events to try to identify the individuals responsible. At any given time, not having access to soap and restrooms is inconvenient; during a pandemic, it's dangerous. School vandalism and theft is taken seriously and will result in a school suspension for any student involved in these acts. We kindly ask that you remind your student to make good choices (we know most do) and to also encourage them to let us know if they have any information (or TikTok videos) that would identify the CVMS students involved.

As a friendly reminder, this Monday is a late start day. Have a great weekend...Go Bobcats!!!

Vicki Kim
Principal

Upcoming Events

9/20	Late Start - School starts at 10 am
9/27	Single Period Day
9/28	Turn In Day for ASB Fundraiser
9/29	Bobcat Brag Party during PAW

General News & Info

[Superintendent Search - Community Meetings](#)

[SDUHSD offers COVID testing](#) on-site at 6 different locations throughout the district. This testing is for SDUHSD students and staff.

[COVID Contact Tracing Information for Parents](#)

[COVID-19 Decision Trees](#)

ASB News & Student Activities

ASB Fundraiser

Thank you to all who have already supported the Step It Up, fundraiser! We can't do it without you! You can still sign up and help earn money for CVMS. [Sign up here](#).

Yearbooks can be purchased through Jostens this year and all sales are on-line through the attached link at [Jostens](#).



Assistant Principal's Message

The emergency drills this week went very well. Thank you to all the students and staff who participated and provided helpful feedback to increase school safety for all.

Adam Bishop
Assistant Principal

Counseling Update

On September 20th during PE classes, we will be speaking with students about suicide prevention. While this is often a very difficult, but very important topic, to be shared with students. Topics covered will be the difference between stress and distress, risk and protective factors for suicide, signs to watch for if a person may be suicidal and resources for support. We will also be talking with students about the concept of a trusted adult and that if they or someone they know has thought about suicide, it is something that should not be kept secret and help and hope are available. In order to keep the discussion going at home, you may want to ask your Bobcat things like:

- Who is your trusted adult at home and school?
- What were two or three important things you learned from the presentation?
- What would be some good responses/actions if a friend confided in you that they were thinking of suicide?
- Can we go through the Suicide Prevention slide deck that you saw and talk about it? (slide deck will be posted on the presentation tab of the counseling webpage on Monday)
- What are some resources you can use if you or a friend need to talk?

We will also be introducing the [SDUHSD Virtual Calm Room](#), a great resource for students dealing with stress, anxiety or just wanting to improve their self-care.

If you would like further information, there are two upcoming webinars that are focusing on suicide prevention specifically for parents/guardians; one by the [Ninth District PTSA](#) and one by the [California Dept. of Education](#). Please see the links for details.

PTSA News

Our first PTSA Association Meeting was earlier this morning. Thank you to all the volunteers who joined planning committees for upcoming events! Our next meeting will be Friday, January 28, 2022. Mark your calendars! [Click here to see our full schedule of meetings.](#)

Donations for Math League, SciOly and PTSA

Over 150 families attended the informational meetings for Math League and Science Olympiad in the past week! [Here is a tutorial document](#) to aid families donating to both ML/SO and PTSA. Visit the [PTSA's donation page](#) or click on this [qr-code](#).

Remember that October 12th is the deadline for all **Reflections project entries**. Encourage your student to fill out [an entry form](#) or click [here](#) to learn more about it together.

Did you know that the homepage of the PTSA's website is **updated weekly** with announcements about events? In the past 7 days, 5 different announcements have been posted sharing important info, links, recordings, etc. **Please bookmark www.cvmptsa.com and check our site every week!** We update the Carmel Valley Middle School PTSA Facebook page as well.

Repeated News:

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 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.

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.

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 Assts Sp. Ed. <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](#)

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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