



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

November 10, 2022

Message from the Principal

Dear Bobcat Families,

Next week is Wellness Week and we are looking forward to the many activities that our ASB class has planned for us. On Wednesday, we will have our annual healthy foods/snacks fair and students will be able to travel to various booths set up around the quad to try out some samples of healthy foods and snacks. As a friendly reminder, we ask students with food allergies to ask about ingredients in the foods before they partake in any of it. All lunchtime activities are voluntary but we encourage our students and staff to participate as long as their participation promotes wellness within. We will end our Wellness Week with our TPHS PALS' presentation in PAW classes on tips for healthy mental health tips.

CVMS is closed tomorrow due to Veterans' Day. While it is a day off from school, it is a day where we celebrate and honor the sacrifice and service of all military veterans. Thank you for all that you do!

Have a fantastic three-day weekend, everyone! Go Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

E-Bike/E-Scooter Tags

All students that attended our E-bike safety presentation can now stop by the administration building to pick up their green CVMS bike tag. Tags have a registration number that will be associated with your students e-bike or scooter. Students will be

Upcoming Events

11/11	No School - Veterans Day
11/14-18	Wellness Week
11/21 - 11/24	Fall Break No School
11/28	Late Start
12/13 - 12/14	Winter Holiday Concerts

ASB News & Student Activities

Canned Food Drive Thank you to all who sent in cans!

Class Winners

3rd place with 72 cans= Vermilyea!!
2nd place with 82 cans= Webb!!
and 1st place with 614 cans our champ once again, Mr. SCALO!!! Way to go Mr. Scalos class!

Wellness Week Is Coming Next Week!

Nov. 14-18

Check out the fun activities ASB has planned [here](#).

Yearbooks: We only have 60 remaining to sell!!! Buy yours today before it's too late -all sales are online through the attached link at [Jostens](#).

Photo Submission- We are looking for photos of your Bobcat for our Hopes and Dreams page. Do you have a photo that showcases your student doing something that is a hope or dream for their future self? Contribute yearbook photos [here](#)! You can also email me photos at cvyearbook@sduhsd.net.

8th Grade Student Recognition- Parents of 8th graders - You may purchase a Yearbook Recognition Ad for your graduating Bobcat and it will appear in this year's yearbook. Guidelines and ordering details are found [here](#).

required to have a tag in order to be authorized to ride. Please see Mr. Neal and/or Mrs. Pike in the admin building.

Video Gaming in Class

Please remind your student(s) of the acceptable use policy for Chromebook use in the classroom. We have had a significant increase in video gaming in class. This practice is distracting to students and teachers alike and does not promote a suitable learning environment for all. Please support the effort to eliminate gaming in class by discussing the importance of following teachers' directions and acceptable Chromebook use in class.

Have a great 3-day weekend all!

Nathan Molina
Assistant Principal

Counseling Update

We are excited about Monday's advisory lesson! Pals for Pals is a program created by CVMS alum and current TPHS senior Cole Spector. This program creates awareness of ALS, also known as Lou Gehrig's Disease, and invites students and other civic groups to write and create cards and notes for people who have ALS. This is a great chance for our students to contribute to others in a fun, creative way. It is also a great activity for wellness week, as one of the best things we can do for our personal wellness is to help others.

Counselors will be out in 7th grade classes on Tuesday and Wednesday working on career exploration lessons. While this may seem early, we focus on helping students find their strengths and attributes, rather than narrowing down a specific career choice at 12 or 13! It is all about exploration and seeing what type of career may align with student strengths and interests. Students do have the option of sharing this information with you, so if you'd like to see what your student is doing, please remind them to check "yes" when the Thrively program asks them if they'd like to share this with you.

STEM Donations

Our CVMS STEM classes are looking for building sets. If you have any old Legos, Tinker Toys, Kinex, wooden blocks or other building type sets that you do not need anymore please consider donating it to CVMS STEM classes. We appreciate all your support!

PTSA News

PTSA Board for the 2023-2024 school year:

This year, the PTSA Executive Board majority consists of parents of 8th grade students. In order to build informed potential members for next year's board, we invite 7th grade parents to learn more about any of our board positions by "shadowing" our current board members for a few weeks this fall or winter. You would not be committed to taking that position next year. You are simply learning about the available positions and how that role on the PTSA works together with all the other roles. You could even try "shadowing" more than one position. You are not expected to attend this year's board meetings, though attending *one* is encouraged. If you are interested, please reach out to President Leila Currah at cvms.president@gmail.com, or feel free to approach any board member directly to ask about their role.

Reflections Art Contest Winners

Congratulations to the following students whose Reflections arts projects advanced from the school level to the council level of judging:

- Felicity C,
- Sophie C. F.
- Siddhi B.
- Seoyun O.
- Dylan G.
- Cielle C.
- Brynn W.
- Samia H. Z.
- Siri S. T.

Music Boosters

Volunteers: The CVMS Music Boosters are always looking for volunteers to assist in making instrumental music available to all CVMS students for years to come. If you are interested, please take a moment to complete this [volunteer form](#).

Thank you for attending this week's coffee concerts! We look forward to seeing you in

General News & Info

SDUHSD Virtual Parent Ed Night on Opioid Awareness:

Our district will be providing parent education with Rocky Herron, retired DEA agent. We have scheduled two parent nights, one in English and one in Spanish.

The sessions will be virtual:

English: November 15, 6:00-7:30 p.m.

Spanish, November 16, 6:00-7:30 p.m.

If you would like more information the flyers are below.

[English Flyer](#)

[Spanish Flyer](#)

December!

Upcoming Music events Please mark your calendars for the upcoming Coffee Concerts! 6 PM in the CVMS PAC (5 PM student arrival).

CVMS Orchestras, Tuesday December 13th

- Bobcat Orchestra
- Symphony Club
- Chamber Orchestra

CVMS Bands, Wednesday, December 14th

- Bobcat Band
- Jazz Band
- Advanced Band

Donate to CVMS Music Program and help us reach our \$20,000 Goal!: 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! [Click 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! For more info [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 Tamila Leychkis: treasurer@cvmsmb.org.

As always, if you have any questions or concerns about the CVMS Music Program, contact Mr. Patterson at alexander.patterson@sduhsd.net or if you have questions about the CVMS Music Boosters and how to volunteer, contact Robert Pisor at president@cvmsmb.org

Repeated News

Health Note: Cold and flu season is here!

Help keep your child and family healthy with these few tips:

*get a flu vaccine each year

*cover your mouth with a tissue when coughing or sneezing, or if no tissue, use upper part of sleeve

*wash your hands with warm soapy water often OR use hand sanitizer if no water/soap is available
*wipe doorknobs and surfaces with household disinfectant as flu virus can live on surfaces for 24 hours

***STAY HOME** when you are sick and if you have a temperature over 100 degrees. You must be fever free for 24 hours without the aid of fever reducing medication before returning to school.

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(s) 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: cv.healthoffice@sduhsd.net**

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.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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

Website: cv.sduhsd.net
Phone: 858-481-8221
Fax: 7858-481-8256