



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

August 19, 2021

## Message from the Principal

Dear Bobcat Families,

What a great first week we've had at CVMS! It's been nice to have our campus full of kids again! This week, our CVMS staff focused on welcoming our students back to school, and our teachers committed class time to learn about our students. Our goal at CVMS is for every student on campus to feel safe, valued, and proud of being a Bobcat!

Another part of our welcome to school was to provide valuable information to our students about important behavioral expectations; we shared these through Advisory on the first day of school so that all students could have a good understanding of what was expected of them, their peers, and their learning environment. Please feel free to view our [Safe and Welcoming School](#) presentation, and have some conversations with your student about their role in contributing to a safe and welcoming school. This presentation comes with audio, so if you put the presentation on "present" mode, the audio for each slide should play automatically. On the second day of school, we shared some general CVMS information; please also feel free to view our ["CVMS 101" presentation here](#) (no audio).

Last, many of our students attended a "Learning Commons" orientation this week through their English class. If you would like to support the CVMS Learning Commons, you can do so by purchasing a book from our [Amazon Wishlist](#). All books will be delivered directly to the school for students to enjoy. Thank you for your generosity and support!

I have a deep appreciation for everyone who helps make CVMS such an awesome place to be: from our hard-working staff, dedicated

## Upcoming Events

Mon 08/22	<b>Single Period Day Behavior Talks in PE</b>
08/23-26	<b>Star Testing in English</b>
08/26	<b>Site Council Ballot Due</b>
Mon 08/29	<b>Late Start - Single Period</b>
8/29-9/2	<b>Welcome Week</b>
8/31	<b>Club Day at Lunch</b>
9/1	<b>Back to School Night</b>
9/2	<b>PJ Day</b>

## General News & Info

### CVMS Site Council

If you are interested in being on CVMS Site Council please complete this [google doc](#). Site Council ballots are due by August 26th. Site Council meets 5 times a year.

### Nutrition Services

Even in the past four days, the lunch lines have processed faster and faster. Thank you to our Nutrition Services team for providing healthy food options to our students! For more information on Nutrition Services please go to their [website](#). Here are the August and September [Menus](#).

### 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.

### Traffic

Even over the short course of the first four days of school, traffic has improved during drop-off and

parents, amazing PTSA, and fantastic students...thank you to all of you who helped make it a great first week of school! Now kick up those feet and get in some good down time and play time this weekend! You've earned it!

Go Bobcats!!

*Vicki Kim*  
Principal

## Assistant Principal's Message

What a fantastic first week at CVMS! Thank you to all the parents who have said hello and welcomed me to campus. I have spent the week visiting classrooms and introducing myself to all of your amazing students. I look forward to sharing more with you through the Carmel Valley Middle School newsletter as the year moves along!

Briefly, we will begin administering the STAR assessment in English to all students next week (8/22 - 8/27). This assessment provides baseline data for each student, which will serve to help drive instructional planning and delivery over the course of the first semester.

*Nathan Molina*  
Assistant Principal

## Counseling Update

Welcome Back from the Counseling Department! In case you haven't heard, we have an amazing new counselor, Megan Shuster who will work with students with last names of A-J. We are so excited that she is here with us. Karen Infantino will work with students with last names starting with K-Z and with our EL students.

It was wonderful to have our campus full of activity and life again! Students have been settling well into their new classes and the only changes we will be making will be for level changes in Math and English up until the 4th week of school. If your student is experiencing anxiety or nervousness due to the start of school, please read the linked article from the San Diego County Office of Education about [Calming Nerves as Students Start the School Year](#) for some ideas to support the transition back to school.

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 2:30 to pick up your child. If you arrive early and park in the pickup 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 2:30 to allow for any cars trying to get to the Boys and Girls Club or Montessori School.

## Late Start Days

On our Late Start Days this year, all teachers will be in collaboration meetings. The Learning Commons is open as well as other areas on campus for students to get here early and work on school work. Our first Late Start occurs on August 29th.

## PE Uniforms & Spirit Wear

If you have not yet purchased your PE uniform or Spirit wear clothing 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 that we sell this year. Thank you for supporting our CVMS students with your purchase.

**Yearbooks** can be purchased through Jostens this year and all sales are on-line through the attached link at [Jostens](#). Cost is \$55.00 for a limited time, and only a limited supply will be ordered this year. Don't be left out so order yours now!

Parents - Yearbook would love a **First Day of School photo** of your student, and we now have an online portal for you to use. Contribute yearbook photos

We will be hosting our New Student Club this Tuesday at PAW. This is designed for students from outside our typical feeder schools or who lived in the area but attended private school. Students will receive an invitation to attend on Tuesday prior to PAW.

As a way to help build student connection, we are going to be opening up the Bobcat Backyard on Mondays and Wednesdays at lunch. Students can come and play games, do puzzles or have a comfortable place to sit and read. This is a great option for students who find the busyness of a middle school lunch is a bit too much or who may be wanting to meet people and make new friends.

We are here to help you support your students socially and academically, so please don't hesitate to reach out to us throughout the year.

## ASB News & Student Activities

### CLUB DAY IS COMING - AUGUST 31st !

If a student is interested in starting a new club at CVMS this year, applications are located in the Administration office now. Students must have a teacher or staff member as their club advisor for their club. All applications must be turned in no later than Wednesday, August 24th. If you have any questions please stop by the Administration Office.

### Welcome Week

Be on the lookout for **Welcome Week** (9/7-9/10). 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.

### ASB FUNDRAISER

The CVMS fundraiser will kick off on Tuesday, September 14th. This is an assembly day schedule so students will get all information during their assembly session. Please be sure to ask them how you can help CVMS! ISPE students are encouraged to stay and attend during the 1st assembly. If they are unable to stay they can pick up fundraiser materials from the front office. All funds raised go directly back to students for lunch activities, spirit week, red ribbon week, after school

[here!](#)



## PTSA News

Welcome to the 2022-23 school year!

The CVMS PTSA Membership Drive has started! By joining the CVMS PTSA, your dues support our school and students. PTSA members can vote on the PTSA budget and PTSA Board Officers.

Memberships are \$25 per person.

*Joining the PTSA does not mean you are obligated to volunteer or make other commitments at our school.*

While the CVMS Family Social on August 9th was a huge success, it was an event only made possible by PTSA. For information on how to support our school community, go to [www.cvmsptsa.com](http://www.cvmsptsa.com) and become a member at <https://cvmsptsa.square.site/ptsa-memberships>.

**CVMS Annual Fundraiser** - Coming up in September, please keep an eye out for our combined PTSA/ASB fundraiser. You can make one donation to benefit two great organizations that support students, families, teachers and staff at CVMS.

**Shop to Support** - In addition to our annual fundraiser that is coming up next month, there are other easy ways you can support CVMS every day. Shop these retailers and the CVMS PTSA receives donations when you make a purchase.

- **AmazonSmile** – When you shop on AmazonSmile, they will donate up to 0.5% of your purchase. [Click here](#) to select CVMS PTSA as your charity
- **Ralphs Community Contribution Program** – link your Ralphs card account and they will send a donation every time you swipe your card. [Click here](#) for

events such as dances and movie nights, and support with materials on campus such as books, tech equipment and more. Thank you for your support!

**PJ Day!** Students and staff are invited to wear their PJ's to school on Friday 9/2/22.

## 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](mailto: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.

instructions.

**Reflections** - Submissions are now being accepted for Reflections, a national PTA arts competition that promotes creative talents, artistic expression, the experience of creating art, critical-thinking skills and recognition. All students are invited to participate and submit original artwork.

For more information on Reflections, including examples and the submission form [click here](#).

**CVMS Math League** - Ready for some fun and challenging math problems? [Join us](#) CVMS Math League! We are open for all math level for problem solving, enrichment lessons, state and national math contests and much more! More information can be found on [our website](#), and the Math League Info Night on Sept. 7, 5:30 to 7pm @PAC. All parents and students are welcome! "

**CVMS Science Olympiad** - Science Olympiad 2023 season is going to start soon. Visit [CVMS SciOly website](#) to fill out [student interest form](#) for future updates. Sign up to [volunteer and coach an SO event](#) - the best support a parent could provide for their student.

Science Olympiad Informational Night will be held in early Sep and be announced through CVMS weekly news and SO website. Stay tuned!

**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 8:00 am	<b>after</b> 2:45 pm (after 3:00 is ideal)
1st period with 6th period ISPE	by 8:00 am	Mon - after 1:52 pm, Tue & Thur after 2:45 pm; Wed & Fri after 12:25 pm.
*LATE START MONDAYS - see attached calendar for schedule	ALL Students: by 9:30 am	If the last class is: 6th period - after 2:45 pm 5th period - after 2:00 pm

## CVMS Health Office

**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](mailto:susan.vieira@sduhsd.net)**

## RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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