



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

August 26, 2022

Message from the Principal

Dear Bobcat Families,

We made it through our first full week of school and our students are already acclimating nicely to the campus and are back in "school mode!"

Next week will be a busy one on our campus. Here are some important highlights:

Late Start Monday (Aug 29)

This Monday marks the first late start Monday of the school year. Teachers will be in department meetings and Professional Learning Communities until period 1, which begins at 9:45. We ask that students start arriving to campus by 9:30. If students need to come to school long before 9:30, they may find a picnic table in the quad to sit at or they may work in the Learning Commons on the days that it is not being used for a staff meeting. Our Learning Commons is open at 7:30 a.m. every day. On a related note, our Learning Commons is open after school until 3:45 p.m.

Welcome Week

One of the most exciting weeks on our campus is Welcome Week! Our ASB students have many fun activities planned to welcome our students to school! There will be a fun lunchtime activity for the students every day next week!

Back to School Night

CVMS Back to School Night 2022 is on Thursday, Sept 1. We are asking parents to meet us in the quad at 5:45 p.m. for a brief welcome before being dismissed to period 1, which starts at 6:00! [Click here for more detailed information.](#)

Upcoming Events

08/26	Site Council Nomination Due
Mon 08/29	Late Start - Single Period
8/29-9/2	Welcome Week
8/31	Club Day at Lunch
9/1	Back to School Night
9/1	ASB/PTSA Fundraiser Kickoff
9/2	PJ Day
9/5	NO SCHOOL - Labor Day
9/6	Science Olympiad Information Night
9/7	Math League Information Night
9/8	Back to School Dance 5-7 pm

General News & Info

Optional Chromebook Insurance

Once again the District Office has partnered with SchoolDeviceCoverage to offer [Optional Chromebook Insurance](#) to all our families. The deadline to register is October 15 and will cover the entire year from the moment of purchase until August 2023.

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 online 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!

One final note about the traffic during drop off and pick up: We are aware of the change in timing of the traffic light on Carmel Creek Road that now only allows 2-3 cars to turn left. This did not occur last year so we are guessing that the city changed the timing of the lights; however, this causes a jam and slows down the drop off and pick up process. We have submitted a traffic report to San Diego city, and would encourage others to do so as well.

Have a fantastic weekend, everyone! Go Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

Over the course of the first two weeks of school, students have had many opportunities to learn about the behavioral expectations at Carmel Valley Middle School, as well as the consequences associated with making bad choices.

The theme of all presentations made to students is that we all play a role in maintaining a safe and healthy learning environment at Carmel Valley Middle School. We will continue to work together to maintain a strong Bobcat community.

We have also shared with students that if they hear, see, or sense something that makes them feel unsafe, to please say something by reporting it to any trusted adult.

Nathan Molina
Assistant Principal

Counseling Update

It's been a busy week in the counseling office! The Bobcat Backyard has opened and we had a great turnout for our first new student club of the year. We are now done changing electives as students and teachers are now jumping into instruction. Per district policy, we can make changes in levels of classes until September 13th.

As students are now beginning to have homework on a more regular basis, here are some suggestions that we'd like to share to

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 [here!](#)



ASB News & Student Activities

CLUB DAY IS COMING - AUGUST 31st!

Tables will be set out in the quad area for students to sign up for student run clubs. Please encourage your student to sign up for at least one club during the school year. All clubs will meet during lunch and students can attend any of them throughout the year. If you have any questions please stop by the Administration Office.

Welcome Week is next week (8/29-9/2). ASB has planned a lot of fun lunch activities to welcome Bobcats back to school!

1st Dance Party will be Thursday 9/8/22 from 5pm-7pm. Tickets will go on sale Monday, Aug. 29th at the finance window for \$10.00. Ticket includes food and drink!

ONE Fundraiser TWO great organizations!

ASB/PTSA will be teaming up to make CVMS the best ever! We will kick it off at our Back to School Night on 9/1/22 for adults and 9/2/22 during 4th for our students. More info coming soon!

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

PTSA News

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. To sign up for a PTSA Membership visit: [PTSA Membership](#).

help lessen homework stress:

Allow students a distraction-free environment as possible. Cell phones should be shut off completely or have notifications on silent during study time. While students will often need to use their computers to complete homework, it is very easy to have multiple tabs open and check social media or watch a quick YouTube video while they are supposed to be studying. If your student is spending what seems an extraordinarily long time on homework, check and see if this is the case and perhaps do more frequent walk bys during homework time or put the computer in a more public area for closer monitoring.

Students should use their agenda to keep track of assignments. Long term planning or thinking do not come easily or naturally for middle schoolers, so they will need our help to understand how to balance out time and how to budget time for long term assignments. Additionally, Google calendars can be printed out weekly and posted in a prominent place so everyone is aware of upcoming assignments.

At this age, students often need breaks incorporated into their homework time. The "Pomodoro Method" is very helpful with this. Have students set a timer for forty minutes (this can vary). They can work for that time. Then, students can set a timer for twenty minutes for a quick break and reset for another forty minutes. Most students are able to finish within that second forty minutes because they are focused and ready to learn.

While tweens and early teens are not ready to be completely independent of supervision from homework, they still need the adults in their lives to check in with them to see if homework is completed, if they have any upcoming quizzes/tests and other upcoming things. This is also a great opportunity to help students develop a balance between school/life balance.

CVMS Annual Fundraiser - Starting Sept. 1 we will be launching the combined PTSA/ASB fundraiser. You can make one donation to benefit two great organizations that support students, families, teachers and staff at CVMS. More information coming soon!

Shop to Support - In addition to our annual fundraiser that is coming up, 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 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](#).

Volunteers Needed - ASB needs parent volunteers for the first dance of the year on 9/8 to hand out pizza and drinks. [Click here](#) to sign up.

CVMS Math League - Ready for some fun and challenging math problems? [Join us](#) in CVMS Math League! We are open to all math levels for problem-solving, enrichment lessons, state and national math contests, and much more! More information can be found on [our website](#), and on the Math League Info Night on Sept. 7, 5:30 to 7pm in the 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 the [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 on September 6th from 6-7:30 p.m in the Performing Arts Center (PAC).

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 include 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	after 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(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: susan.vieira@sduhsd.net**

Repeated News

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.

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 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.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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