



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

September 2, 2022

Message from the Principal

Dear Bobcat Families,

Wow, what a busy week jam-packed with activities and events! We had a very successful Welcome Week with lots of fun activities for the students at lunch. What an amazing bunch of ASB students we have this year; their dedication and commitment to making CVMS a positive and fun place for all students has already been evident in just three short weeks of school. Special thanks to them for also being such a fantastic help to our parents at Back to School Night yesterday! I hope that you were able to meet your student's teachers and learn a little about them as educators, but if you were not able to make it, please check out the websites of your student's teachers as they include helpful information about the respective classes.

We had a great kick-off event today at lunch for our [CVMS Annual Fundraiser](#) that included a treat bag, a frozen treat (a true blessing for today's temperature), and music, games, and prizes! Thank you to everyone who has already made a donation to our school! We are getting closer and closer to our first tiered goal of \$20,000 so let's keep it going! If you haven't watched our fundraising video, please do so [here](#)! Our suggested donation is \$180 at \$1/Day, but [ANY amount is appreciated](#)!

There are more events next week; please refer to the table of upcoming events on the top right-hand side of the newsletter for more info.

A friendly reminder that there is no school on Monday due to Labor Day. Have a fantastic long weekend, everyone!

Go Bobcats!!

Upcoming Events

9/5	NO SCHOOL - Labor Day
9/6	Science Olympiad Info Night
9/7	Math League Info Night
9/8	Back to School Dance 5-7 pm
9/12	Late Start
9/12	Suicide Prevention Talks thru PE
9/16	Coffee with the Principal

General News & Info

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!

Parents - Yearbook would love contributions for our Pets page! Please submit a photo of your Bobcat's favorite pet - even better if your student is in the photo, too!!!! Contribute yearbook photos [here](#)!



ASB News & Student Activities

1st Dance Party is this Thursday 9/8/22 from 5pm-7pm. Tickets on sale now at the finance window for \$10.00. Ticket includes food and drink! NO TICKETS WILL BE SOLD AT THE DOOR!

Vicki Kim
Principal

Assistant Principal's Message

Happy Labor Day weekend!

It was outstanding to greet so many of you during our CVMS Back to School Night! Thank you for the warm welcome.

Thank you too to ASB for the amazing lunchtime activities they coordinated during Welcome Week. During the week, students showed off their lighter sides through their active participation in these events and expressed their interests by signing up for lunchtime clubs.

Dance: All students must complete and submit the CVMS Events Rules and Guidelines form as well as the CVMS Activities Contract in order to participate in next week's Back to School Dance or any other upcoming school related activity. If you and your student(s) have not completed these forms, a hard copy of each can be picked up at the finance window in the admin building.

Safety: If your student rides a bike or scooter to school, please keep an eye out for informational events we are planning to promote student safety.

Campus: Generally, students have done a fantastic job getting their breakfast, nutrition and lunchtime trash to the garbage can. That said, our students can always use reminders. Please share with them the importance of picking up after themselves so our custodial team can focus their efforts on other critical campus needs.

Again, have a fantastic 3-day weekend. We'll see your students back at school on Tuesday!

Nathan Molina
Assistant Principal

Counseling Update

September marks Suicide Prevention Month and CVMS will be doing several activities the week of September 12th to help raise awareness about and work for the prevention

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!

PTSA News and Events

The CVMS PTSA/ASB Fundraiser has started! When you contribute to the joint fundraising drive, you support two fantastic organizations at CVMS. All funds raised stay at CVMS and will be split evenly between the two organizations. We recommend **families donate \$1.00 per day (\$180)** for this combined PTSA and ASB fundraiser. You can make a donation now through Sept. 23. All donations of any amount are greatly appreciated.

- [Click here](#) to make a donation
- [Click here](#) for more information on the fundraiser including prizes and company matching.

First Parent Social Sept. 8 - While the students are partying in the Quad from 5-7pm, the parents are invited to socialize in the Learning Commons. Come enjoy free snacks and drinks while getting some FAQs answered about life at CVMS. Meet new folks who are also navigating parenthood at the middle school level!

PTSA Association Meeting Sept. 16 - The first CVMS PTSA Association Meeting will be held on Friday, September 16 from 9:45-11am in the Learning Commons, immediately following the Coffee with the Principal. This meeting is for any interested parents to attend, though only PTSA members may vote on the proposed budget, which includes all programs, projects and expenditures for the year. [Click here](#) to learn about membership. All new PTSA members will be entered into a raffle, and prizes will be drawn at the meeting.

Reflections Due Sept. 30 - 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](#).

of suicide. On September 12th, counselors and administrators will be discussing this issue with all students during their PE classes using [this presentation](#). In our discussion, we will be highlighting the concept of having a trusted adult, both on campus and off, that you can turn to that students can turn to. Another important idea we will be sharing is what types of "secrets" students should keep and what types they need to share. Often at this age, students will rely on each other or share things with their peers they may not yet feel comfortable sharing with an adult. Our hope is that students will learn that they have the ability to change a life by sharing when they hear something or see something that is concerning to them. If for any reason you would not like your student to attend the presentation, please contact Mrs. Kim at Victoria.Kim@sduhsd.net with a request to opt your student out of the Suicide Awareness and Prevention presentation - please include your student's name and PE teacher.

A new resource, the National Suicide and Crisis Hotline is now fully operational. By dialing 988, you can now access support during a crisis 24 hours, seven days a week.

As a reminder, Tuesday September 13th is the last day to make level changes for students.

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.

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.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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