



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 21, 2022

Message from the Principal

Dear Bobcat Families,

What a great celebration we had today as a grand finale to achieving our fundraising goal! Students enjoyed their choice of burrito or taquitos, live DJ, games, and drawings for great prizes including gift certificates to Handel's Ice Cream and Hansen Surfboards, some CVMS Swag, and more! Thank you to the companies who graciously donated all the prizes to be given away to our students! Special thanks to Leila Currah for organizing the food portion of the celebration and to all the parent volunteers for helping to distribute tacos and burritos to our hungry students!

And while we didn't reach our participation goal of 50%, I want to celebrate the fact that we met our 60K goal and had an overall 40% participation rate - which is an amazing achievement! Way to go, Bobcats!!

Next week is another busy week, full of activities and a focus on educating our students to live drug-free lives. We will have a variety of spirit days and lunchtime activities to help celebrate Red Ribbon Week and also to prepare for our Halloween celebration on October 31.

We hope to see you at our Family Fun Night, next week on Thursday from 5:30-7:30. Remember, Family Fun Nights are great opportunities for Bobcat families to meet each other, network, and build community!

Monday is a late start day. Have a fantastic weekend, everyone! Go Bobcats!!

Vicki Kim
Principal

Upcoming Events

10/24-10/28	Red Ribbon Week
10/24-10/28	Boo Pops on Sale
10/24	Late Start
10/31	Costume Contest
11/3-11/5	Alice in Wonderland

ASB News & Student Activities

Red Ribbon Week

We will be kicking off Red Ribbon Week next week! ASB has a lot of fun activities planned for our red ribbon week! See [slide](#) for dress up days and themes.

Boo Pops

Boo Pops will be on sale for \$1.00 in front of the finance window at lunch starting Monday, 10/24. Students can purchase through 10/28.

Costume Contest

CVMS is hosting a costume contest on Monday, Oct. 31st. Students are invited to dress up and compete for prizes! Please be aware of the [costume guidelines](#).

Yearbooks: Thanks to the 90 families who bought yearbooks last week!!!! **We only have 100 remaining to sell!!!** Buy yours today before it's too late -all sales are online through the attached link at [Jostens](#).

Photo Submission- Is your child in a [Big-8 Middle School sport through the Boys and Girls Club](#)? We are looking for photos of Cross Country, Girls Volleyball, Golf, and Flag Football. Contribute yearbook photos [here!](#)

8th Grade Student Recognition- Parents of 8th

Assistant Principal's Message

Coffee Concerts

Thank you to the CVMS Music Boosters and parents that made Mr. Patterson's Coffee Concerts a great success. It was fantastic to hear the progress our orchestras and bands have made during the first quarter of the year. Great job Mr Patterson and great job to our Bobcat musicians!

Alice in Wonderland

Please also mark your calendars for our fall play, Alice in Wonderland. The show will run on November 3, 4, and 5. See [here](#) for more details. Tickets are on sale now at the Finance Window for \$10; they will be \$15 at the door. Make sure to buy your tickets as soon as possible!

Traffic Drop-Off and Pick-Up

Please remember to pull all the way through either lane so students are dropped off or picked up beyond the yellow chains. This ensures that students are exiting or entering cars in the safest part of the road as possible and drivers behind you are not surprised if you stop short. Please review the Drop Off/Pick Up chart below for optimal times to get to campus. Thank You!

Have a great weekend all!

Nathan Molina
Assistant Principal

Counseling Update

This week, students used the Thrively program for an advisory lesson on setting goals. After watching brief videos, students journaled about larger goals they would like to accomplish and how they can use small goals to get there. It is important that goals be SMART: specific, measurable, achievable, relevant and time bound. The beginning of the semester is a great time to set some SMART goals with your Bobcat, whether they be academic, musical, athletic or social emotional skills related. Thrively is a great program that we use for lessons on many topics, from social emotional learning to career exploration and so much more. Our current 8th graders used Thrively for a strength assessment and other career exploration and we look forward to

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](#).

PTSA News

Family Fun Night: Monster Mash - October 27

Come to the Monster Mash Family Fun Night on Thursday, 10/27, from 5:30-7:30 pm!

- Wear a costume
- Bring a carved jack-o-lantern or a jack-o-jug!
- Buy dinner at a food truck
- Play Halloween trivia games and other Halloween-themed games
- The DJ will play Halloween music all night
- Watch or join in the Halloween flash mob for I'm in Love With a Monster!

Contests: Win Monster Mash gift cards to Cinepolis, Starbucks, Crumbl, and Diesel Book Store for the following contests:

- Funniest Costume (students)
- Most Creative Costume (students)
- Best DIY Costume (students)
- Best Overall Costume (students)
- Best Overall Costume (adults)
- Most Creative Jack-o-Lantern (anyone)
- Scariest Jack-o-Lantern (anyone)
- Funniest Jack-o-Lantern (anyone)

ATTENTION DRONE OPERATORS:

We need your help getting some fun drone footage during the Monster Mash on 10/27. Please contact Michelle at hoytmr@gmail.com if you can help us from 6:00-7:15 pm.

Gallery Night - October 27

Come view the student entries for this year's Reflections arts contest during Gallery Night. While you're on campus for the Monster Mash, stop into Room 240 between 6:00-7:00 pm, which will be transformed into a Red Carpet exhibition of all the art projects!

Volunteer Opportunities: Looking to get more involved? We have a few upcoming events that need volunteer help. Just click on the link to sign up or learn more.

- [10/27: Gallery Night](#)
- [11/1 - 11/2: Operation Gratitude](#)

Music Boosters

Volunteers: The CVMS Music Boosters are always looking for volunteers to assist in making

doing the lesson with our seventh graders next month.

Counselors are also beginning our second group using the [Healthy Minds, Thriving Kids project materials](#). Please feel free to look through the curriculum and let your student's counselor know if you would like them to participate in our next group.

General News & Info

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.

Project Butterfly Book Drive

Project Butterfly is a San Diego based non-profit organization that assists in community service across the globe - and run by current district high school students. Currently, we are running our African Book Drive, where we donate lightly used books to underprivileged students in need in Africa. If you or your family have books that you do not currently read, do not currently want, or just do not need, please consider dropping off your books in the bin in front of the CVMS Administration office. Anything is appreciated! Thank you!

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 December!

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

CVMS Bands, Tuesday December 13th

- Bobcat Band
- Jazz Band
- Advanced Band

CVMS Orchestras, Wednesday, December 24th

- Bobcat Orchestra
- Symphony Club
- Chamber Orchestra

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

Acceptable Computer Use in the Classroom

Computer and network access is a privilege as outlined in the [District's Acceptable Use Policy](#) agreed to by students and parents before school started. We have had a handful of teachers report that students are playing games during class time and circumventing the protections of programs like GoGuardian. Please remind your students to follow their teacher's classroom rules, as well as district rules, regarding acceptable computer use. Failure to follow these rules could lead to a loss of privileges as outlined in the CVMS Student Handbook.

Data Confirmation

Some families have yet to complete their data upload to Aeries. If we are missing information needed for your student, you will receive a message Friday, September 30 with instructions on how to complete the process.

Boys and Girls Club Sports Schedule

To view our sports schedule through the Boys and Girls Club please [click here](#). They always love to have friends and family come out to support them.

School Pictures - If you have not received an email explaining how to access and order your student's school photos please [click here](#) for instructions.

Student Drop Off and Pick Up

Please make sure to drop off and pick up your students beyond the yellow chains on the north side of the double laned driveway. Please be sure to pull up as far as you can before stopping so we can get as many cars through the lanes as possible. To keep the flow of traffic moving smoothly, please check the Drop Off/Pick Up Time recommendations below.

Visiting Campus or Classrooms

All parents MUST check in at the front office prior to going to any classroom, volunteering, or visiting our campus. Parents also must have a pre-arranged appointment to meet with a teacher. Please do not ever go directly to a teacher's classroom, whether it is during school hours or before or after the school day has ended. This process exists to ensure keeping our students and staff safe. Thank you!!

Bobcat Backyard

Please remind your students that Bobcat Backyard is open in room 704 Mondays and Wednesdays during lunch. It is a great place to come and play games with friends or meet new ones.

No Place for Hate

CVMS believes that children have the right to live and learn in safe, respectful and inclusive communities and schools and that no child should experience discrimination/harassment based on any immutable characteristic. By planning a wide and active approach, CVMS hopes to create the opportunity for many contributors to be empowered as upstanders against racism, antisemitism, bullying, and other bias-motivated behaviors. We are asking students who would like to be a part of this effort to fill out an [application to be a part of our No Place for Hate Leadership Team](#). We are looking for about twenty students so please talk about this program with your students and encourage them to apply.

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: 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.

Traffic

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.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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