



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 7, 2022

Message from the Principal

Dear Bobcat Families,

Our No Place for Hate Leadership Team met this week to plan our first school wide event, which will be our Pledge Drive next week. We are so thankful for the student leaders who have committed to lead this very important work on our campus!

Thank you to Michael Iannitelli, an airline pilot, for coming this week and sharing his career with our students. We had 80 students attend and they learned so much! We will have our next speakers on November 17th. Special thanks to our Student Support Facilitator, Laura Stepanian, for putting this event together.

If your middle school student is planning to attend the Torrey Pines football game tonight, please read this [message](#) from Principal Coppo and the TPHS administration team.

Monday is a late start day. Our staff will be meeting to re-group, discuss, and move forward in a positive, effective, and thoughtful way so that we can be our best selves for the most important people on campus: our students!

Have a fantastic weekend, everyone! Go Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

E-Bike and Electric Scooter Safety Event

We will have a safety event for students during our late start day on October 10, 2022

Upcoming Events

10/6-10/14	Book Fair
10/10	Late Start Monday
10/10	E-bike & Electric Scooter Safety Event
10/14	1st Quarter Ends
10/24-10/28	Red Ribbon Week
10/24-10/28	Boo Pops on Sale
10/31	Costume Contest

General News & Info

E-Bike and Electric Scooter Safety Event

We will have a safety event for students during our late start day on October 10, 2022 beginning at 8:25. Kevin Baross from the San Diego Bike Coalition will be presenting and Paige Hargis from the Scripps Memorial Injury Prevention office will be sharing materials and resources about bicycle and helmet safety. Students who want to continue or begin riding an electric device to school must attend this event to be certified to do so. Please plan accordingly.

CVMS Book Fair

The Scholastic Book Fair will be running in the Learning Commons until **October 14th**. If interested, parents can use the [eWallet system](#) to put money in an online account which their students can use to purchase books. Family members and friends can also contribute to this account.

Operation Bloodmobile

Torrey Pines HS is doing Operation Bloodmobile this Saturday, October 8th from 4:30 p.m. -5:30 p.m. at the Carmel Valley Branch Library. Click [here](#) for more information.

beginning at 8:25 in the gymnasium. Kevin Baross from the San Diego Bike Coalition will be presenting and Paige Hargis from the Scripps Memorial Injury Prevention office will be sharing materials and resources about bicycle and helmet safety. Students who want to continue or begin riding an electric device to school must attend this event to be certified to do so. Please plan accordingly.

Co-Vitality Information

On Wednesday, October 14, 2022 during Productive Academic Work (PAW) time, our students will have the opportunity to participate in a voluntary and anonymous survey to help guide our social-emotional work at CVMS and as a district.

More information about the survey can be found in this [letter](#).

Parents, if you wish to your student out of the survey, please follow the opt-out directions at the bottom of the [Fall 2022 CVMS CoVitality Letter](#).

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, October 7 with instructions on how to complete the process.

Have a great weekend all!

Nathan Molina
Assistant Principal

Counseling Update

Our No Place for Hate Leadership Team has organized our No Place for Hate Pledge drive which will be held on October 12th at PAW. This is a commitment from all students to help make CVMS a safe, welcoming place for everyone and an acknowledgment that students play an important part in the school community in fighting hate and discrimination. As our Student Leadership team says, this is all about "Erasing Hate One Signature at a Time". Read the [No Place for Hate Pledge here](#)"

We wanted to share the [Study Skills Advisory Lesson](#) with you that students saw on Monday. Be sure to view in slide show mode for the audio. For some students, it was a reminder

ASB News & Student Activities

Red Ribbon 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 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 We only have 190 left 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 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

League of Women Voters Candidate Forum: SDUHSD - October 12: The CVMS PTSA has agreed to be a community co-sponsor for the upcoming Candidate Forum for San Dieguito Union High School District on October 12, hosted by the League of Women Voters. All candidates for areas 1, 3 & 5 have been invited to attend. Candidate Forums are moderated by trained LWV members who are neither involved in the school district, nor have children or family members involved or attending the district.

- [Click here](#) to register for the event on Zoom and submit questions for the candidates.
- [Click here](#) to download the flyer.

Family Fun Night: Monster Mash - October 27

Join us for our first annual Monster Mash! Families will enjoy Halloween-themed music, games, contests and more! Food trucks will be on-site selling food.

to practice what they've already learned while for others, it was an introduction to some new ways to study and think about studying. With the end of the first quarter coming up next week, it's a great time to talk with your students about the importance of studying smarter, not harder.

We wanted to share the [Teen Guide to Mental Health](#) prepared by the San Diego County Office of Education. It is full of resources that you and your teen may find useful now or in the future.

Prizes will be awarded to students *and* adults for Funniest, Most Creative, Best DIY and Best Overall Costumes. [Click here to learn more about bringing a jack-o-lantern or jack-o-jug](#), for which prizes will be awarded, too!

This is an event for the whole family; please do not drop off students unattended.

- **Date:** Thursday, Oct. 27
- **Time:** 5:30 - 7:30 pm
- **Location:** CVMS Quad



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.

- [11/1 - 11/2: Operation Gratitude](#)

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](#).

Upcoming Music events Please mark your calendars for the upcoming Coffee Concerts!

Wednesday October 19th

- Chamber Orchestra (8:30 am)
- Advanced Band (10:30 am)

Thursday, October 20th

- Bobcat Band (10:30 am)
- Bobcat Orchestra (1:20 pm)

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!!

Career Speaker Series

Our Counseling Office uses the American School Counseling Association domains- Academic Development, Social Emotional Development, and Career Development- in order to best target and plan services for all students. While it may seem a bit early to discuss careers in middle school, at this level, it is all about the exploration of individual interests, skills, and exposure to what people actually do day to day in their jobs. This is where we need your help. We would like to host a monthly Career Speaker Series where students can hear from a variety of speakers about their careers. This would involve a brief 30-minute presentation during PAW (11:55-12:25). Our Student Support Facilitator, Laura Stepanian will be coordinating this series. If you are able to

donate sometime this school year, please fill out [this google form](#) with your information and Laura will contact you. Last year, our students heard from many speakers, including a police officer, muralist, chef, and a pilot. With your help, we can present a wide variety of career choices that reflects the range of opportunities available to students.

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.

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

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 been 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 Mondays

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.

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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