

Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District



CVMS Weekly Newsletter for Friday, September 1, 2023

Message from the Principal

Dear Bobcat Families,

It was great to see so many of you at our Back to School Night yesterday. I hope that you enjoyed meeting your student's teachers. Special thanks to everyone who made the night possible and positive!

Throughout the year, we have had guest speakers present information to our students for a peek into their careers. We have been so fortunate to have had a wide variety of careers and jobs represented in past years such as law enforcement, firefighters, aerospace engineers, artists, video game designers, medical, biotech, etc. and it would be great to have some of these and others represented this year! The goal is to have a diverse representation and provide opportunities to expose our students to fields that may interest them. Please contact laura.stepanian@sduhsd.net to get more details and sign up to be a speaker. You can also fill out this [google form](#) which will go directly to Laura.

On Monday, September 11, counselors and administrators will present our annual Suicide Awareness, Prevention, and Resources presentation to students through PE classes. Next week, we will send out the slide deck that will be used so that parents have a chance to preview the information beforehand. If parents would like to opt their student out of the presentation, please send me an email at victoria.kim@sduhsd.net with a message to opt your student out (please include name of student).

Have a wonderful 3-day weekend! Go Bobcats!!

Vicki Kim
Principal

CVMS Upcoming Events

9/1	PJ Day
9/4	NO SCHOOL - Labor Day
9/6	Math League Information Night 5:30-7
9/7	Back to School Dance 5-7 p.m.
9/11	Late Start - Single Periods Suicide Awareness, Prevention, and Resources Presentations
9/11	E-bike & Electric Scooter Safety Event 8:45 - Gym
9/15	Coffee with the Principal 8:45-9:45 a.m.
9/15	PTSA Association Meeting immediately following Coffee with the Principal



Carmel Valley MS Annual Fundraising Drive:

cvmsptsa.square.site/fundraiser

Every Tuesday and Thursday	Academic Power Hour for Tutoring 2:45-3:45 in the Learning Commons (Learning Commons is open for all students until 3:45 every day)
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Assistant Principal's Message

Behavior Discussions

On Late Start Monday, August 28, students participated in a CVMS Behavior Presentation during their PE class. This presentation focused on day to day activities and the behavioral expectations around those activities. A copy of the presentation can be found [here](#).

eBike/eScooter Safety Presentation

Please remember that our CVMS eBike Safety Presentation will be held on Monday, September 11 @ 8:45 in the CVMS gymnasium. At present moment, all students riding their eDevice have a Safety Permit on file. The presentation scheduled for the 11th is an ADDITIONAL requirement in order for your student to continue riding an electronic device to school. September 11 is a Late Start Day, please make arrangements for your student to attend. Thank You!

Nathan Molina
Assistant Principal

Go Bobcats!!!!



Counselors' Corner

A quick reminder to please complete your data confirmation if you have not already done so. Please contact Tracy at Tracy.Ngo@sduhsd.net if you have any questions about this process.

September 12th is the last day to make level any changes for the first semester. Please make a thoughtful decision as to if whether or not your child is in the correct level of English and Math. If you have any questions about English or math levels, please reach out to your student's counselor and we will be happy to help you.

CVMS is made up of families that speak a wide variety of different languages which enriches our school community in so many ways. We are happy to share that Mira Costa College will be offering [free ESL classes for adults](#) here on our campus or up north at Oak Crest Middle School. Please click on the link to the flyer for more information at to register for classes. This is a great opportunity for adults who speak a first language other than English to progress in the knowledge and skill in English.

September marks the beginning of Suicide Prevention Month. While we will be offering student opportunities to learn about this important topic (more to come next week), the County Office of Education is offering a virtual training for families and caregivers on September 26th. This webinar will help you recognize possible signs of suicidal ideation and let you know what to do if you are dealing with anyone in a suicidal crisis. Please [see the flyer for more details and registration](#) information.

As we get deeper into the school year and we begin to see signs of stress in our students, a great resource is the district created [virtual calm room](#). This page is a link to a plethora of resources to help deal with stress- from sleep and meditation exercises to calming music and sounds. We highly recommend this site when our Bobcats just need a bit of a break and time to relax. This site is age appropriate for older and younger students and family as well!!



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](#).

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.

- **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.



CVMS Music Boosters



Volunteers: Welcome to the 2023-2024 school year! We are thrilled to bring music to Carmel Valley Middle School and the community this year. 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](#).

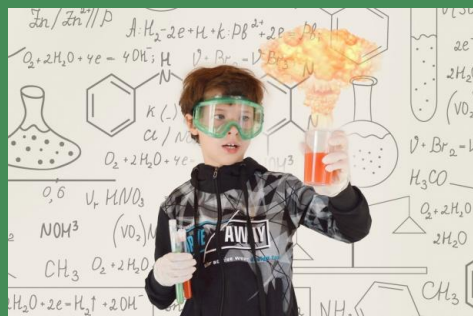
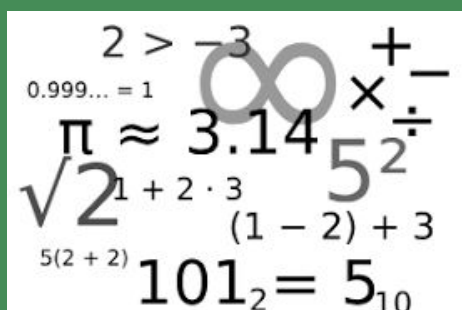
Upcoming Music events: We look forward to seeing you at **Back to School Night - Thursday August 31st**.

Math League

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. 6th, 5:30 to 7pm in the Performing Arts Center (PAC). All parents and students are welcome! "

Science Olympiad

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.



Go Bobcats!



ASB + GENERAL NEWS

Welcome Welcome: We wrapped up Welcome Week today with What Would You Sing for a Klondike Bar, Disney Edition! Students seemed to really enjoy all the lunchtime activities this week!

1st Dance Party will be Thursday 9/7/23 from 5pm-7pm. Tickets are on sale now for \$10.00 at the finance window. Ticket includes entrance into dance, food and drink! All students attending this event and future events must have an [Activities Contract](#) & [Rules & Guidelines](#) forms on file prior to attending. Please upload the documents and have your student return them to the ASB window as soon as possible.



ONE Fundraiser TWO great organizations! ASB/PTSA will be teaming up to make CVMS the best ever! We will kicked off last night at our Back to School Night and today with students during 4th period. If you were not able to make it Back to School Night you can see the video [here](#).

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 we've already sold 200 books! Thanks for your support.

Summer photos- Yearbook would appreciate a photo of your Bobcat enjoying summer break, and we now have an online portal for you to use. Contribute yearbook photos [here](#). You can also email them to cvyearbook@sduhsd.net

Available Language Programs and Language Acquisition Programs: The San Dieguito Union High School District offers the following language and language acquisition programs for student enrollment. Parents/Guardians may choose a language acquisition program that best suits their child (EC Section 310[a]). We are required to provide at a minimum, a Structured English Immersion(SEI) program option (EC Section 305[a][2]). A description of the language acquisition programs provided in the San Dieguito Union High School District are listed in the flyer attached. For more information [click here](#).

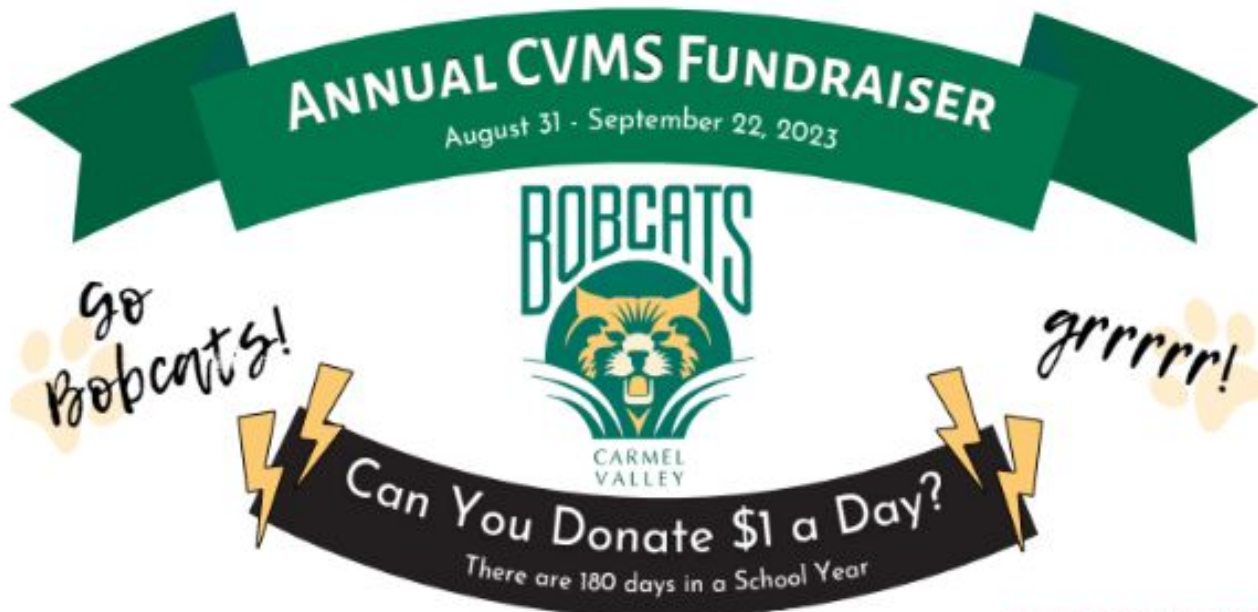
Mental Health and suicide prevention training is available for all parents, check out the links below.

- [Suicide Prevention 101 for Parents & Caregivers: Recognize Signs and Learn What to Do English 9/26 & Spanish 9/27](#) 6-7 pm Free Webinar, Register
- [QPR: Question, Persuade, and Refer – Gatekeeper Training for Suicide Prevention](#) No-Cost Virtual Training, 1 -2:30 pm Oct. 4, Nov. 8, Dec. 6, Jan. 10, Feb. 7, March 13, May 1, June 5

Multilingual Learner Night - We are excited to host our first SDUHS Multilingual Learner Night of the year on September 13th. We have a special program planned in partnership with the SDCOE and WestEd, which includes a Listening Circle for our Multilingual Learner families.

- [Multilingual Learner Night & Listening Circle - English](#)
- [Multilingual Learner Night & Listening Circle- Chinese](#)
- [Multilingual Learner Night & Listening Circle- Spanish](#)

Fundraiser Drive: August 31-September 22



YOUR DONATION HELPS FUND THESE PTSA AND ASB PROGRAMS

- School Dances
- Welcome Week
- Red Ribbon Week
- Wellness Week
- Kindness Week
- Spirit Week
- All Lunch Activities
- Movie Nights
- Bobcat Brag Parties
- Assemblies
- Holiday Grams
- Birthday Recognition
- Geo/Spelling Bee Registrations
- Welcome Family Social
- Classroom Grants
- Campus Improvements
- End of the Year 8th Grade Activities
- Back to School Night
- Family Fun Night
- New Student/Orientation
- Career Speakers
- Academic Power Hour
- Staff Appreciation
- 8th Grade Promotion

SCHOOL WIDE REWARDS



Lunch DJ Dance Party with Food and Prizes

Student Celebration and Prizes

Student Celebration and Sweet Treat

Top 2 Period 4 Classes WINS A PIZZA PARTY!

Any donation amount is appreciated!

The CVMS PTSA is a 501(c)(3) nonprofit organization and your donation is tax deductible. Please ask if your company has a matching gift program to maximize your donation!

(Tax Id# 33-0852901)



For donations \$1,000 and above, families will receive an engraved gold leaf to adorn the giving tree in the school lobby.



cvmsptsa.square.site/fundraiser
Scan the QR Code to Donate
-OR-
Turn in your donation envelope to the front office



TORREY PINES HS FOOTBALL GAMES:

If you or your child is planning to attend any football game at Torrey Pines High School, please read the following important message from Torrey Pines High School (with special attention to the second to last bullet point):

Falcon Families and Fans,

Torrey Pines High School is very proud of our tradition of Friday night lights in Falcon Stadium. We are happy to provide this fun, exciting community event for our families and fans. In order to ensure everyone can enjoy the game, performances, and amenities, it's important that we all understand our [TP Pledge](#), and abide by our stadium rules and expectations. If you or your student attend our games, please take a moment to read and discuss our rules and the expectation for positive fan conduct:

- No alcohol, cigarettes, vaping devices, or controlled substances are allowed anywhere on our school grounds, including parking lots. This applies to **everyone** in attendance.
- Tailgating is prohibited.
- No outside food or drink is allowed in the stadium.
- There is no re-entry allowed. Once inside the stadium, no one may leave and come back in.
- Parents/guardians who bring their children to the games are responsible for monitoring their behavior.
- All students must bring a school-issued ID to be admitted to the game.
- All middle school students and younger must be accompanied by and sit with a parent or an adult who is responsible for them (limit 4 students per adult).
- Anyone who engages in an activity that disrupts the event or the enjoyment of the event will be directed to leave the stadium and may be subject to disciplinary action.

By working together we can support our teams, our school, and our community and all enjoy the magic that happens on Ed Burke Field.

This year's home schedule is:

August 24 (Thurs) vs San Clemente

September 1 vs. Escondido

September 8 vs. San Marcos

October 6 vs. Mission Hills (Homecoming)

October 13 vs. Carlsbad (Senior Night)

We are TP!

Rob Coppo, Principal

Tracy Olander, Assistant Principal (A-G)

Rebecca Gallow, Assistant Principal (H-N)

Robby Shockney, Assistant Principal (O-Z)

Charlenne FalcisStevens, Athletic Director



Did you know that SDUHSD hosts monthly parent collaboratives for families receiving special education services as well as informational sessions related to all things special education?

[Please click here for more information on our informational sessions](#) or to access the [SDUHSD Special Education Family Resource Webpage](#).

CVMS Repeated NEWS

Join Our Team

SDUHSD has several opportunities available in Nutrition Services. If you are looking for part time work, or know someone who is, these positions are a great opportunity to support students and work with an amazing team! Positions are available at a number of our campuses, including Pacific Trails, Diegueno Middle School, Oak Crest Middle School, San Dieguito Academy and Canyon Crest Academy. The schedules vary by campus, but typically start mid-morning through the lunch periods. Shifts can run from 2 hours to 3.5 hours. These positions are great if you are looking to have your afternoons free or looking to connect with others in your community.

To view these opportunities, click [here](#).

SDUHSD is seeking individuals who want to make a difference in children's lives in the role of an Instructional Assistant. We have positions available for Instructional Assistant – Special Education, Instructional Assistant – Behavior Intervention, and Instructional/Personal Care Assistant. These positions are typically between 4 – 6 hours per day, depending on the assignment.

Instructional Assistants assist a certificated teacher in providing instruction to an individual or small group of students in a special education learning environment. We have openings throughout the district at middle and high schools in Special Education classrooms. If you are interested, or know someone else who would love this job, go to www.edjoin.org/sandieguito.

Suggested Arrival and Departure Times for Parents

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 Resources and Links

[CVMS Website](#)

[CVMS Bell Schedule](#)

[CVMS Calendar](#)

[SDUHSD Website](#)

[CVMS PTSA](#)

Carmel Valley Middle School
3800 Mykonos Lane
San Diego, CA 92130

Website: cv.sduhsd.net
Phone: 858-481-8221
Fax: 7858-481-8256

Repeated NEWS Continued

Wrestling at Torrey Pines - FREE for SDUHSD Middle Schoolers

Click [here](#) for our fall wrestling camp. It's free for sduhsd middle schoolers. The idea is to expose them to the sport before high school.

English as a second language: classes are FREE and right here at CVMS!!!! Click [here](#) for more information. There is also a south end option.

Balancing Sleep and Screens: Cultivating Teen Well-being through Healthy Sleep and Media Habits

Free virtual event for educators and parents: [Register Here](#)

Attendance Office

Absences

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. One quick reminder to use the email address that you have registered in Aeries when you email attendance.

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.

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

General News

Optional Chromebook Insurance

Once again the District Office has partnered with School Device Coverage to offer [Optional Chromebook Insurance](#) to all our families. The deadline to register is October 31 and the policy covers the entire year from the moment of purchase until August 2023. Please note that Chromebook insurance does not cover missing/damaged styluses and chargers. More information can be found [here](#).

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.

PE Uniforms & Spirit Wear Shout-Outs:

Thank you to our vendors who provide us with our wonderful PE clothing & Spirit Wear items: **California Sports Design, and Custom Ink & Thread.** They have been amazing vendors and we are so grateful for their quick delivery time on all of our shipments to our school.