

Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District



CVMS Weekly Newsletter for Friday, September 8, 2023

Message from the Principal

Dear Bobcat Families,

Thank you to our fantastic ASB students and Ms. Vermilyea for putting on an awesome dance party yesterday with a fun theme, lots of activities, a giant rock wall, music, games, food, and prizes! It was great to see our students having fun and hanging out with fellow Bobcats. Thank you to our parent volunteers who also came out to help!

Thank you also to everyone who has helped kick off our fundraiser with flair! Today was a perfect day to enjoy a frozen treat with our students to celebrate reaching our first goal of \$20,000! We're looking forward to our next celebration when we reach our second goal of \$40,000!

Please save the date for our first Coffee with the Principal meeting next Friday morning at 8:30, with a PTSA Association meeting to follow immediately afterwards.

Would you like to keep all general school notifications in one place? Download the Parent Square app today! Click [here](#) to learn more!

CVMS is proud to be a No Place for Hate (NPFH) designated school, and we cannot do this important work without our student leaders. If you would like to nominate your student to be a NPFH leader, please fill out [this form](#). Please note that the deadline for parent nominations has been extended to September 13.

Wishing everyone a wonderful weekend. Go Bobcats!!

Vicki Kim
Principal

CVMS Upcoming Events

9/11	Late Start Monday - Period 1 begins at 9:45 a.m. Suicide Awareness, Prevention, and Resources Presentations
9/11	E-bike & Electric Scooter Safety Event 8:45 - Gym
9/15	Coffee with the Principal 8:30-9:30 a.m. Learning Commons
9/15	PTSA Association Meeting immediately following Coffee with the Principal
9/19	No Place for Hate Meeting during PAW for students
9/22	Deadline for Student to submit Application for CVMS Site Council



Carmel Valley MS Annual Fundraising Drive:

cvmsptsa.square.site/fundraiser

Every Tuesday and Thursday	Academic Power Hour for <u>Tutoring</u> 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

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!

Treating Classmates with Respect

Over the past two weeks there has been a significant increase in reports of students spreading rumors on campus about others. Rumors come with intended and unintended consequences for those spreading, hearing and/or receiving them. Our objective has been to address these instances with restorative conversations between students, mediated by counselors and administrators. While these conversations represent a positive measure which supports the development of perspective taking and conflict resolution, there are also negative consequences that can be levied if rumors persist. Please take some time to discuss with your student the importance of treating all classmates with respect. Respect in this case meaning that, unless something said about another student is positive, the thought should not be shared at all. We appreciate your support.

Nathan Molina
Assistant Principal



Go Bobcats!!!!

Counselors' Corner

As was mentioned in last week's bulletin, counselors and administrators will be speaking to all students on Monday September 11th about suicide awareness and prevention. A copy of the presentation was sent home in a separate email to all families earlier this week by Mrs. Kim and will be posted to the counseling website next week. Our focus will be on several major areas. The first is that students are not alone if they are having suicidal thoughts and if they are hearing that a friend may be in crisis, they should not keep secrets and should talk with a trusted adult to get help. Another aspect of prevention we will cover is risk and protective factors for suicide. Finally, we will share important resources for students to use should they need to reach out and seek help for themselves or a friend who may be experiencing a suicidal crisis. This is a great opening to talk about what can be a very emotional and sensitive topic, as we know that this is a concern that many families have dealt with or are currently dealing with.

Throughout the week, we will be sending information to students via school e-mail from a program call Mind Your 5. This program was developed in the UK and asks students to focus on 5 practices for improving overall wellbeing and mental health. Practice one is maintaining good physical health by eating and sleeping well. A second is activity- both physical and creative activities benefit all students. The third focus is positive thinking- that is, looking at situations from a balanced point of view- not only focusing on the negative aspects but being

more optimistic in their outlook (often difficult for our tweens and teens, for sure!). Learning to recognize and manage our emotions is critical and an important part of mental well-being. Finally, fostering interactions that are positive with our "strong" ties, such as family and friends, but also our "weak" ties, such as people students may just see in class but don't know or people who sell them food at McDonalds or Starbucks. In short, positivity breeds positivity.

We hope that this is a week for students to not only learn about preventing suicide and helping others but also gain some strategies to help their overall well being. If you should have any any concerns about your student or they share their concern about someone else, please don't hesitate to reach out to us. Together, we can prevent suicide and teach our tweens and teens that they are not alone.



ASB + GENERAL NEWS

CVMS School Site Council - is looking for both 7th and 8th grade students to serve on its committee. School Site Council meets 5 times a year after school from 3:00 - 4:00 p.m. in the front office conference room. If you are interested please complete [this application](#) form by September 22nd. If there are more applicants than positions available, it will go to a student vote.

CVMS's 1st Dance Party was so much fun! Thank you to all our parent volunteers and chaperones!

It's Coming!! CVMS will be hosting a school wide Nerf dodgeball tournament! Sign ups will be next week at lunch! Tournament will begin Sept. 18th!

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

8th Grade Student Recognition ads for this year's yearbook can be purchased now [at this link](#).

Mental Health and Wellness Resources for Students, Staff, and School Community - Please click [here](#) for more information.

Multilingual Learner Night & Family Community Listening Circle - Please click [here](#) for more information.

Congratulations to three CVMS 8th grade athletes, Hanrui, Grayson and Stefan, who represented USA water polo team at the 2023 Pan Am U15 Water polo Championships in Lima, Peru and won the championship. We are so proud of the boys!



Go Bobcats!



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](#).

Please consider a tax deductible [donation](#) to our Music Department! Your generosity ensures a robust music program like no other for this year and beyond!

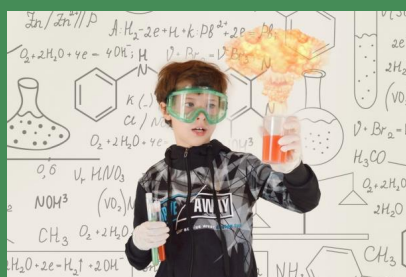
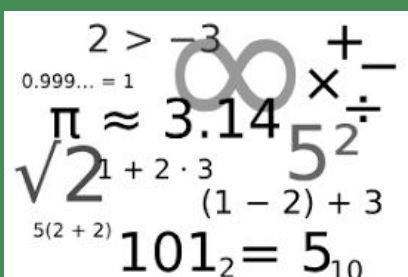
Upcoming Music events: We look forward to seeing you at **our first round of Coffee Concerts**.

Math League

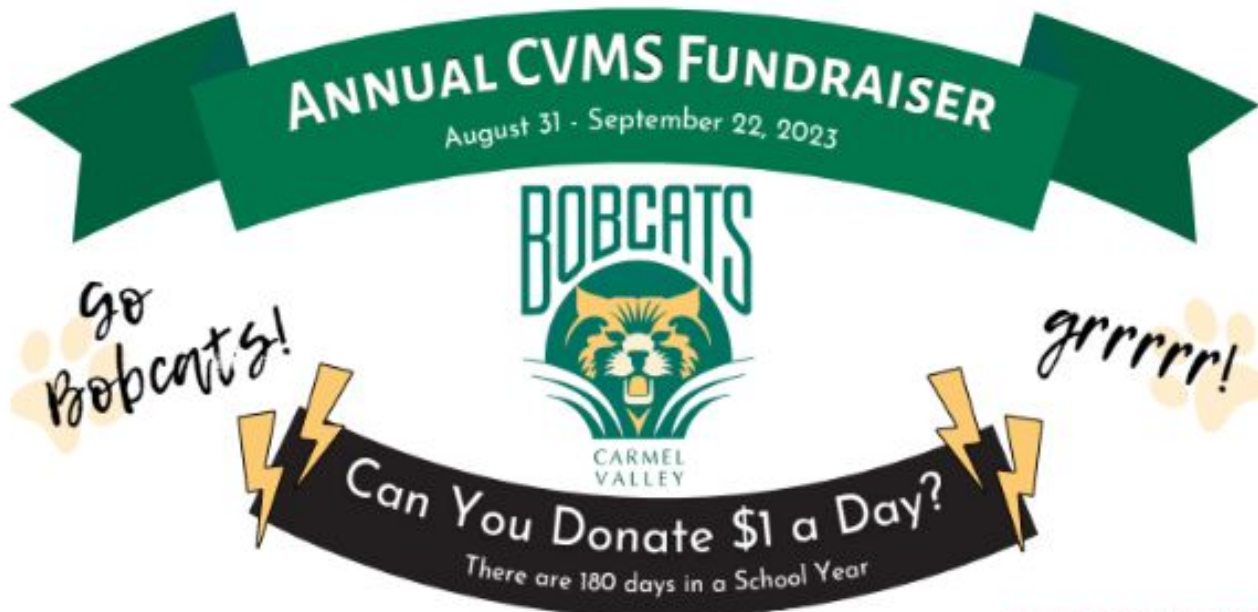
CVMS Math League - Ready for some fun and challenging math problems? Join us in CVMS Math League! We are open to all math levels for problem-solving, enrichment lessons, state and national math contests, and much more! More information can be found on [our website](#).

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 a SO event](#) - the best support a parent could provide for their student.



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



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



National Suicide Prevention Awareness Month - September

San Dieguito Union High School District:

September is National Suicide Prevention Awareness Month. Communities across the nation raise awareness about the protective factors and help-seeking behaviors that help to build resilience and to prevent suicide, as well as the impact of suicide, take time to reach out and support those impacted by loss, and enhance efforts to connect individuals who may be at a heightened risk of suicide to qualified mental health crisis systems of support. *Suicide is preventable.*

National Suicide Prevention Awareness Week runs from September 4 through 10 and emphasizes the power of connections and the importance of discussing mental health in everyday moments. These efforts aim to destigmatize individual experiences of distress **as well as ongoing efforts to build protective factors** - personal or environmental characteristics that help protect people from suicide.

Major protective factors for suicide include:

- Connectedness to individuals, family, community, and social institutions
- Life skills (including problem-solving skills and coping skills, ability to adapt to change)
- Self-esteem and a sense of purpose or meaning in life
- Effective behavioral health care
- Cultural, religious, or personal beliefs that discourage suicide

Suicide Prevention Month promotes the collaborative commitment of working together to prevent suicide through increasing awareness about the complex set of causes, risks and warning signs, and compassion and to promote care and action to connect those in need to qualified supports.

The work of suicide prevention, and youth suicide prevention, in particular, is a community effort that includes families, communities, schools, faith institutions, public health officials, emergency responders, and more. SDUHSD works to increase protective factors by fostering connections as well as building life skills like the Social-Emotional competencies. We are striving to create a culture that promotes and encourages qualities such as empathy and optimism.

The [district has a suicide prevention policy protocol and referral systems to increase access to professional support](#). For our student population of close to 13,000 students at 10 school sites, the district employs a team of credentialed school-based mental health professionals, including school counselors, school psychologists, and student support specialists. This staff, along with school administrators, lead suicide prevention efforts throughout the school year. All student ID cards have resources and students are encouraged to access support for themselves, a friend, family member, or colleague.

There are [multiple local and national resources available to help increase knowledge and awareness of suicide prevention, risks and warning signs, and provide crisis support - including for parents](#).

One California-based resource, *Suicide Is Preventable Know the Signs*, provides important information in multiple languages (available in [English](#), [Spanish](#), [Tagalog](#), [Khmer](#), [Vietnamese](#), [Chinese](#), [Russian](#), [Korean](#), [Lao](#), [Hmong](#), [Punjabi](#)) about identifying indicators of risk through conversations, actions, and social media. It provides a conversation framework for concerned family members or friends to start the conversation, listening and expressing care, creating a safety plan, and getting help.

If you or someone that you know needs further assistance, please access these qualified crisis resources:

- National Suicide Prevention Lifeline: 988
- National Crisis Text Line: Text "HOME" to 741741
- Trevor Project: National Crisis Intervention and Suicide Prevention for LGBTQ Youth: 1-866-488-7386

If you or someone you know is experiencing an immediate crisis, call 911 or the San Diego Access & Crisis Line 888-724-7240

For more information about resources and supports at CVMS, please access the [CVMS AB 748 Compliant Mental Health Supports Poster here](#).



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

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 SDUHSD 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](#)

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

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)

Charlene FalcisStevens, Athletic Director