

Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District



CVMS Weekly Newsletter for Friday, September 15, 2023

Message from the Principal

Dear Bobcat Families,

As previously mentioned, counselors and administrators presented valuable information to our students on Monday about Crisis Resources and Suicide Prevention Awareness. [Here](#) is the slide deck that was used during the presentations on Monday, which was also reviewed at today's Coffee with the Principal meeting with parents.

Today at lunch, PTSA and ASB gave away over 60 prizes to lucky students in a massive drawing for all students! The prizes were for the 40K goal of our school fundraiser...and there will be more prizes for the students to win next week! We didn't quite hit the 40K goal yet, but because we were SO close, we wanted to celebrate with the kids today! If you have donated to our school fundraiser, thank you so much! If you haven't yet, it is not too late! We are trying to reach our final goal of \$60,000, and I know we can do it!!! Please use the QR code to the right or click on the link to donate today!!

Earlier in the week, Challenge Success and Common Sense Media had a webinar on "Balancing Sleep and Screens" for parents and school staff. [Here](#) is the recording of the webinar for anyone who is interested in watching it; it will be available to watch until October 12th.

Happy Rosh Hashana to our families who are celebrating tonight. Wishing everyone a wonderful weekend. Go Bobcats!!

Vicki Kim
Principal

CVMS Upcoming Events

9/15	Fundraiser Rewards for Kids 40K Celebration!
9/19	No Place for Hate Meeting during PAW for students
9/20	CVMS Student Council Meeting
9/22	Deadline for Student to submit Application for CVMS Site Council
9/25	Late Start - School Starts at 9:45 a.m. and is a single period day.
9/27	Bobcat Brag Party during PAW in the Quad



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

Our presentation was held on Monday, September 11 with a turnout of 35 students. That said, there were some students who ride eDevices that did not attend. If your student did not attend, they can expect to receive a message from Mrs. Pike regarding next steps to retain their eDevice riding privileges this year. The message will include a link to a California Highway Patrol eBike presentation. Students will have to complete a three to four sentence paragraph for each lesson presented explaining their salient takeaways from the presentation; there are 11 presentations total. Any questions about this assignment can be directed to me or Mrs. Pike

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

This year's Career Speaker Series is off to a great start! Thank you to everyone that have volunteered their time. Please keep the sign ups coming.

Our first speakers will be arriving on October 5th. To start things off we have Captain Manny Del Toro from the San Diego Police Department assigned to Northwestern Patrol Division. Captain Del Toro has been with the force for over 30 years and has been in many departments from Homicide to Narcotics and Gang Suppression. Additionally, we have Rotem Aviv from Nvidia coming to speak to our students about Autonomous Vehicles and the software he is working on that makes driving decisions and controls the car as it drives itself. The kick off to the 2023-24 Speaker Series is sure to be a hit with our Bobcats and we are looking forward to welcoming all our wonderful speaker. Student sign ups will be available on the Learning Commons Google classroom (code p5fbxzt) starting Monday. The speaker series is held at PAW, so no instructional time is missed. We have plenty of space for students but they do need to sign up ahead of time. Please encourage your Bobcat to attend and learn about one of these fascinating careers.

Counselors spent time this week talking with students and families about suicide and suicide prevention. A slide deck of the presentation is now posted on the counseling website. Please take a moment and discuss with your Bobcat what they

We are very excited to have our first No Place for Hate Leadership Team Meeting next Tuesday. This is a core group of students who will help plan and carry out school wide events designed to help make CVMS a place where people are treated respectfully no matter their race, gender, religion, cultural background or sexual orientation. This will also be an opportunity for our leaders to discuss what students are seeing and hearing at school and to share experiences to help make certain that CVMS is a safe and welcoming school for all.

Emotional Regulation- that is the "ability to effectively manage and respond to an emotional experience" (Abigail Rolston and Dr.Elizabeth Richardson) - is an important tool for our teens and tweens to develop. As the school year progresses, we are seeing more students who need help with this skill. As counselors, we work with students to help develop healthy strategies, such as deep breathing, exercising, journaling, drawing, emphasis on self care and sleep. This helps avoid unhealthy behaviors, such as withdrawal, isolation, self harm or verbal/physical aggression. As you are talking with your child, it is great to be proactive and help them identify what their coping strategies could be both at school and at home. That way, when they inevitably deal with those strong emotions, they are better able to regulate and and

ASB + GENERAL NEWS

Next Week we start our 1st ever CVMS Dodgeball Tournament!! We have a lot of teams participating! We will be using foam dodgeballs! Tournament begins next week Sept. 18th! The winning team will play the staff team on Friday the 22nd!!

ONE Fundraiser TWO great organizations! ASB/PTSA will be teaming up to make CVMS the best ever! We accomplished our 1st goal of \$20,000, but still need your help to reach our goal of \$60,000! Thank you so all of those who have already donated! Check out the fundraising 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.

Fall Sports photos- Is your Bobcat participating in the Boys & Girls Club Big 8 Sports? Please take photos of Flag Football, Volleyball, Cross Country, and Golf and submit 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](#).

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.

Math Competition for Middle School Students - Turing Math-a-Thon is hosting their fifth math competition for middle school students at the Carmel Valley Library. The competition is 100% free to attend, and we have new Kindles and gift cards in store as prizes. For more information click [here](#).

Skate Jam - [Attached](#) is the flyer for San Diego Police community event at the Pacific Highlands Recreation center this Saturday September 16th.

Also for students wanting to volunteer for community service hours, please contact Sergeant Sal Hurtado at 619-980-4159.

Job Opportunities Available!

SDUHSD is seeking individuals who want to make a difference in children's lives in the role of a Campus Supervisor. We have both full and part time positions at campuses throughout the school district.

Campus Supervisors play an important role at our middle and high school campuses, working to provide a safe environment for all. The Campus Supervisor is a friendly face who assists students, visitors and administrators, while also ensuring rules and policies are followed.

If you are interested, or know someone else who would love this job, go to www.edjoin.org/sandieguito.

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 - Oct. 18th/19th**

Math League

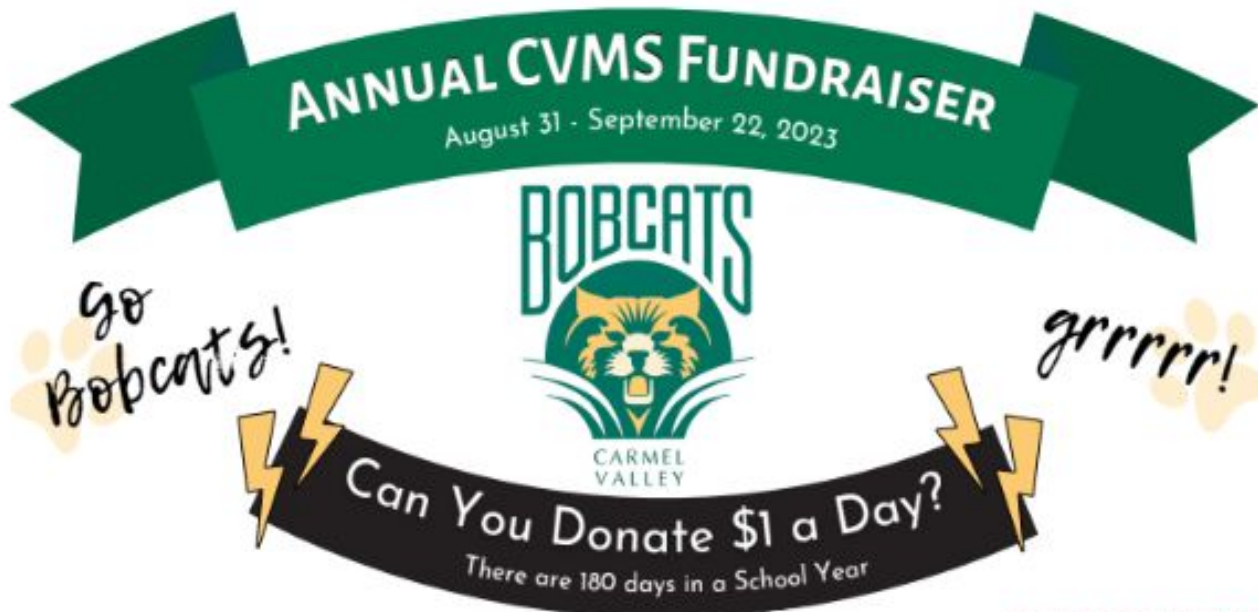
CVMS Math League - Ready for some fun and challenging math problems? Join us in CVMS Math League! We are open to all math levels for problem-solving, enrichment lessons, state and national math contests, and much more! More information can be found on [our website](#).

Science Olympiad

The Science Olympiad season is going to start soon! Join our Middle School Science Olympiad team for mind-blowing experiments, awesome competitions, and build friendships. Science just got cooler! Visit the [CVMS SciOly website](#) to fill out the [student interest form](#) to get started!

Parents, [Sign up to volunteer](#) to ignite your child's passion for science and help us boost your child's STEM adventure!
event

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

CVMS Repeated NEWS

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 (Con't)

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!

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](#)

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

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