

# Carmel Valley Middle School

**A Proud Member of the San Dieguito Union High School District**



CVMS Weekly Newsletter for Friday, September 22, 2023

## Message from the Principal

Dear Bobcat Families,

Thank you to everyone who has donated to our annual PTSA/ASB fundraiser! We are SO close to our final goal of \$60,000...as of this morning, we have collected a little over \$54,000!! Way to go, Bobcats!! Our 4th period classes are enjoying their spirited competition as well, and currently for the highest donations collected, Mr. Patterson's class is in the lead, followed by Ms. Vermilyea, Mr. Scalo, Mr. Dickinson, and Ms. Campisano. For the highest total participation, Ms. Campisano's class is in the lead, closely followed by Ms. Vermilyea, Ms. Fredin, Mr. Scalo, and Mr. Dickinson! Remember, the 4th period class that has the highest total donations and the 4th period class that has the highest total participation will win a pizza party for the class!

We would really like to reach our school goal and be able to celebrate with our students for reaching that goal. To that end, we will be extending our fundraising drive by one week! Please use the link or QR code to the right to submit a donation today! Every dollar helps! Thank you!

Monday is a late start day. Wishing everyone a wonderful weekend. Go Bobcats!!

Vicki Kim  
Principal

## CVMS Upcoming Events

9/22	<b>Deadline for Student to submit <a href="#">Application</a> for CVMS Site Council</b>
9/25	<b>Late Start Day - School Starts at 9:45 a.m.</b>
9/27	<b>Bobcat Brag Party during PAW in the Quad</b>
10/5	<b>Career Speaker during PAW</b>



Carmel Valley MS Annual Fundraising Drive:

[cvmsptsa.square.site/fundraiser](https://cvmsptsa.square.site/fundraiser)

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

This is an excerpt from the CVMS Handbook and a reminder from CVMS administration

## TECHNOLOGY USE POLICY

All students and parents/guardians sign an Acceptable Use Policy (AUP) for technology use on campus. Any violations of the AUP are subject to disciplinary action. The following are major areas covered in the AUP.

- Students use appropriate language, manners and ethics when accessing technology
- Students report problems, abuses, or misuses of technology resources to your teacher, counselor or an administrator.
- Students cannot access others' email accounts.
- Students cannot attempt to bypass or alter computers or our network.
- Students cannot bypass restrictions regarding technology use.
- Students cannot use school computers for:
  - Gaming
  - Commercial purposes
  - Illegal activities

Nathan Molina  
Assistant Principal



## Counselors' Corner

D and F notices for the first quarter are now available to be viewed on AERIES. Information will only be shown if students are currently earning a "D" or "F" in a specific class. Please look under the "GRADE" tab and **not** the "Gradebook" tab, as you may usually do.

While these grades are only based on a short window into the school year, they are often indicators that it is time to make some changes so that study and work habits can be tweaked a bit to make certain that we are setting up the rest of the year for success.

Here are some ways to address grades that may be lower than expected:

- Don't Panic. There are a multitude of reasons why grades may be low at this point in the year.
- Have a conversation with your Bobcat about what is going on with them and their academics. What is getting in the way of their success? Challenge yourself to listen twice as much as you talk.
- Ask specific, open-ended questions that require more than a Yes or No or elicit an "I don't know" default in response. For example, "It seems like science is

about class right now?" Allow time for a thoughtful response

- Check and see how they are using their time during PAW. Catching up on a favorite book is great, but if grades are low, the time should be used to complete/start homework or getting help from teachers.
- How is study time at home being used? While students do need to use their chromebooks, often many tabs are open and students will switch between games and You-Tube and their homework. (They call this multitasking but it really is just divided attention.) Are cell phones put away or notifications turned off during homework time? When are students starting homework?
- Reach out to teachers and develop a game plan for success in specific classes. If there is an overall concern, contact your counselor.
- Be sure to take advantage of all of the support offerings available here at CVMS.

# ASB + GENERAL NEWS

## **We kicked off our 1st ever CVMS Dodgeball Tournament this week!!**

Students are having a lot of fun! The winning team will play the staff team! (Date TBD).

**ONE Fundraiser TWO great organizations!** ASB/PTSA have teamed up to make CVMS the best ever! We accomplished our 2nd goal of \$40,000, but still need your help to reach our goal of \$60,000! Thank you to 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](mailto:cvyearbook@sduhsd.net)

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

# 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.

**Reflections Art Program** - Submissions are due by October 13th, and can be handed at the front office. [Click here](#) for details.



## 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!

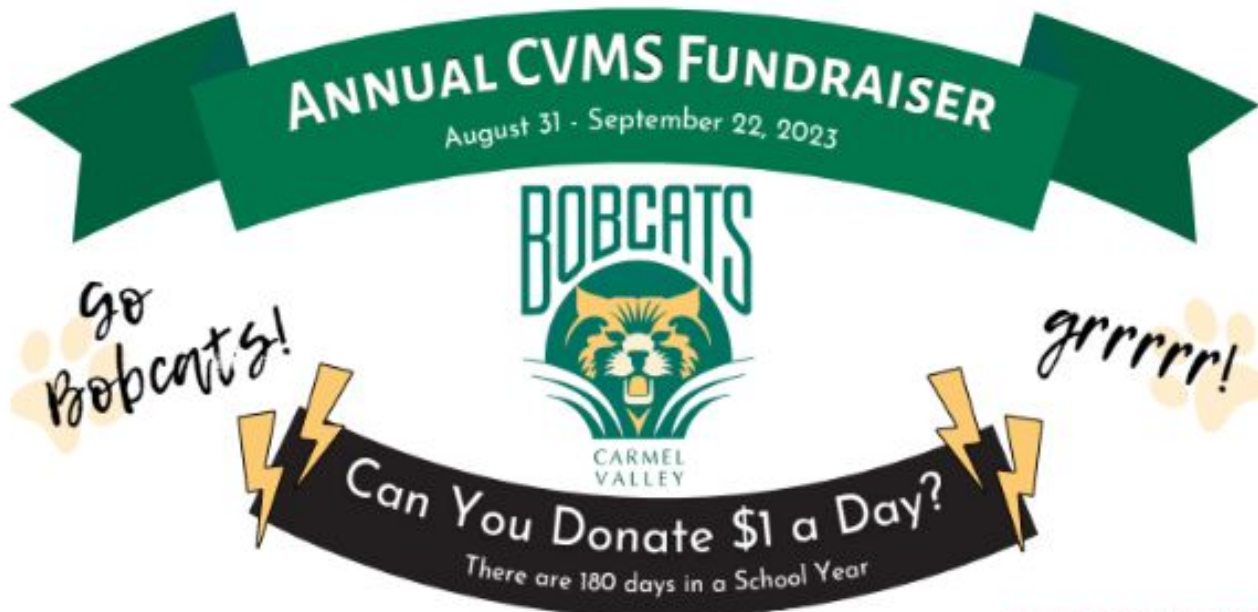
**Upcoming Music events:** We look forward to seeing you at **our first round of Coffee Concerts - Oct. 18th and 19th**

**\*\*\*Coffee Concerts take place during the school day in room 501\*\*\***

**Wednesday, October 18th**  
Chamber Orchestra 8:30 am  
Bobcat Orchestra 10:45 am

**Thursday, October 19th**  
Symphonic Band 8:30 am  
Bobcat Band 10:45 am  
Wind Ensemble 1:45 pm

# Fundraiser Drive: August 31-September 29



## 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](https://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)

**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](#).

**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	<b>after</b> 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](http://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](mailto: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](mailto:cv.healthoffice@sduhsd.net)





## Job Opportunities:

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](http://www.edjoin.org/sandieguito).