

Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District



CVMS Weekly Newsletter for Friday, October 6, 2023

Message from the Principal

Dear Bobcat Families,

Congratulations, CVMS, we had a very successful fundraising drive!!! Once all matching gifts are received, we will have collected a total of over \$62,000!! What a great support this will be for PTSA and ASB, which will then benefit our whole school! A friendly reminder to all who may have to submit matching gift documentation to their corporation so that CVMS receives the matching gift, thank you for doing this as soon as possible!!

We are so incredibly grateful for the outpouring of support during this fundraising drive, and are so proud to be able to continue the fantastic ways in which we enhance the school experience for our students, staff, and community! To celebrate this amazing achievement, we will host our lunchtime dance party on Friday, October 13 where students will enjoy music, food, and a big drawing for prizes! In addition, our front office staff and Ms. Vermilyea will color our hair GREEN or GOLD!!

Also, the 4th period competition was such a close race in both categories! For the highest donations collected, the 4th period class that wins a pizza party is Mr. Patterson's class! And the 4th period class that had the highest participation in this fundraiser was Ms. Vermilyea's class! Congratulations on winning your class a pizza party! The dates for these parties will be decided by each teacher, PTSA, and ASB.

Even though our fundraising campaign officially ended, we will continue to accept donations throughout the year! Thank you to everyone who has donated thus far, and thank you to the various companies that have matched donations! Wow! Way to go, Bobcats!! MAJOR thanks to Fundraising Chairs Amy Allen and Monica Adhikari, to our PTSA Treasurer Rachelle Fischer, and to our ASB students and advisor Holly Vermilyea for all the work behind the scenes that made this fundraiser possible! Thank you also to all our staff who helped with this drive!

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

Vicki Kim
Principal

CVMS Upcoming Events

10/9	Late Start Day
10/13	End of 1st Quarter
10/13	Fundraiser Celebration at lunch
10/13	Reflections Contest Submission Deadline
10/16	Single Period Day
10/18 & 19	Coffee Concerts for Music Parents
10/18	Shake Shack Donation Day 10am - 9 pm!

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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Donate to Carmel Valley Middle School Today!

cvmsptsa.square.site/fundraiser

Assistant Principal's Message

As recently as this week we have seen an uptick in inappropriate social media usage that has had a damaging impact on student wellness. While most of this social media activity occurs after school hours, it has impacted our campus and thus falls under our jurisdiction for investigation and possible disciplinary consequences for students. We strongly request you review the following information with your student to ensure they make good decisions and avoid hurtful communication via social media channels.

CYBERBULLYING (CVMS Student Agenda, Page 19)

Appropriate student behavior that leads to a positive school environment is expected when students use technology. Cyber bullying involves the use of information and communication technologies such as social media applications, text messages, instant messaging, defamatory personal websites, and online personal polling websites, to support deliberate, repeated, and hostile behavior by an individual or group, which is intended to harm others.

Any digital communication that disrupts or prevents a safe and positive educational environment is also considered cyber bullying. Please share with your students that online activity at any time of day which includes the following could be subject to disciplinary action:

- Creating any unofficial account that uses Carmel Valley Middle School's name or signage
- Posting inappropriate messages to any unofficial account that uses Carmel Valley Middle School name or signage
- Posting anything that is racially or culturally insensitive, hateful or otherwise demeaning in nature
- A photo taken on school property during the school day
- Responding to and/or "liking" inappropriate posts made on any social media platform

Students whose behavior is found to be in violation of this policy could be subject to discipline and loss of privileges, up to and including suspension from school and/or a recommendation for expulsion. Let's commit to a positive and welcoming environment for all by avoiding negative and inappropriate behavior and actions on social media, as well as in person.

Nathan Molina
Assistant Principal

Counselors' Corner

Our first annual Career Speaker Series yesterday was a huge success. We had over 100 students signed up to go hear SDPD Captain Manny del Toro or Rotem Aviv of Nvidia. Our Bobcats were excited to learn from both speakers about the many facets of having a career in law enforcement or AI. We are so grateful that they could come and take time out of their busy schedules to speak with our students. We look forward to hosting our next speakers on November 2nd. Further information and sign ups will be available in the coming weeks.

We wanted to share this video on using [grounding to help with anxiety](#). Grounding is a technique to help students focus on the present and to help gather their thoughts when they are spiraling due to feeling overwhelmed or anxious. It is very simple and can be done anywhere, anytime so it's very practical and very useful for students who need to regroup, but feel that very common adolescent feeling of "everyone is watching me".

All Bobcats should have received a [copy of this video](#) about Standing Up to Bullying in their school email earlier this week. Please take a moment and see if they have watched it and discuss how they can help stand up to bullies during this Bullying Prevention Month.

ASB + GENERAL NEWS

Red Ribbon Week is Coming! 10/23-28! See all the fun activities and dress up days [here!](#)

Halloween Costume Contest! CVMS will have a costume contest at lunch on Oct. 31st! Students are encouraged to wear costumes to school, but please be aware of the [costume guidelines](#).

Boo Pops! Boo Pops will be on sale Oct. 23-30th for \$1.00 in front of the finance window.

Yearbooks!! We've sold half our order!! Thanks for ordering yours early. We will sell out - if you haven't already ordered, go to [Jostens](#) to buy yours today!

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](#). You may purchase multiples if you'd like your ad to be larger than 1/8 page.



ParentSquare

ParentSquare App - Are you interested in receiving notifications straight to your phone when our school sends out communication? Are you interested in being able to access all schoolwide information sent by administration in one easy location? If so, you can download the ParentSquare App to your phone! For more information on how to do this, please access our district's [ParentSquare Communications page here](#).

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 Monster Mash is coming up October 26th at the Quad! Come in costume for games, creepy tunes, Born in Brooklyn & Sweet Treats Dessert trucks, and a flash mob dance to Thriller! DJ Extreme will be lighting up the night with his spooky sparklers!!



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



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](#).

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

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, including a part-time vacancy at Carmel Valley Middle School.

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.

CVMS is seeking Bilingual Assistants to help our ELD classes. These individuals would be on campus and in classrooms for 19.5 hours/week with our Multilingual Learners to help assist teachers with providing quality learning experiences to our students.

If you are interested in either of these jobs, or know someone who is, go to www.edjoin.org/sandieguito.

Message from Our Superintendent - Dr. Anne Staffieri

San Dieguito Union High School District Students, Families, and Community,

Within SDUHSD, we are united in our purpose to provide high-quality education for every student to demonstrate academic growth and optimize student potential. In the spirit of continuous improvement, we invite you as an educational partner to complete the following *survey. Your collective feedback will inform our process as we examine a revision to the district's mission, vision, and long-term strategic plan.

To access the survey, scan the QR code or click on the link below:

[SDUHSD Educational Partners Survey Link](#)



Thank you for your continued support and partnership in support of student success.

Sincerely,

Dr. Anne Staffieri
Superintendent

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

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.

- **[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**

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.