

Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District



CVMS Weekly Newsletter for Friday, September 29, 2023

Message from the Principal

Dear Bobcat Families,

To gather more regular school climate feedback and better understand student experiences, (school name) will offer a brief (7 questions/multiple choice ~5 minutes) survey next week. The selected questions come directly from the CA Healthy Kids Survey and are a sampling of engagement, wellness, and safety measures.

The survey is **anonymous and confidential**; no one will ever be able to connect a student with their answers, and they are private. The survey is **voluntary**. Students do not have to participate, but the answers will be very helpful in improving school and health programs by informing us of student perspectives.

*If you need any personal help, please do not use this survey and instead contact a staff member.

The survey will be delivered to students October 10 during PAW. If you do not want your child to participate, please contact Assistant Principal, Nathan Molina. Because the survey is voluntary, any student in the class may choose not to participate.

Have a great weekend Bobcats!

Vicki Kim
Principal

CVMS Upcoming Events

10/5	Career Speaker during PAW
10/9	Late Start - Single Period
10/13	End of 1st Quarter
10/13	Fundraiser Student Event at lunch
10/13	Reflection Deadline



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

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

Cell Phone and Personal Device Use Policy

Carmel Valley Middle School recognizes the importance of communication and collaboration and provides Chromebooks for students to be productive in the classroom. To keep the focus on academics and to reduce unnecessary distractions, the school will be enforcing the following:

- Cell phones and other personal electronic devices will be silenced and put away once a student arrives on campus until they leave campus. The expectation is that students do not use their cell phones, headphones/earbuds and/or other personal devices throughout the school day without explicit prior permission.
- Cell phones, headphones/earbuds, and other personal devices will be kept in a student's backpack/bag (not in clothing pockets).
- Cell phones, headphones/earbuds, and other personal devices are not allowed to be used in locker rooms or restrooms at any time. Taking photos or videos in these locations will result in an acceleration of consequences (below).
- Smart watches may not be accessed during school hours, except as a timepiece.

Thank you for communicating to your student the importance of following these guidelines!

Nathan Molina
Assistant Principal

Counselors' Corner

October is the beginning of Bullying Prevention Month and October 2nd is World Bullying Awareness Day. It is a good time for families to sit down to talk not about the impact that bullying may have on others but ways that students can actively support people who are being bullied. We often talk with students about the need for them to be upstanders. That is, not just to passively sit by when a situation is going on that they are concerned about. Students can be upstanders against bullies by actively intervening if they are in a position to do so. They can also go to their trusted adult on campus to report any instance of bullying that they may witness. Another way to prevent bullying is to choose to actively not participate in it.

For example, don't pass on rumors or innuendo about others, whether in person or by text. Make a commitment to not "like" or positively comment on social media posts that contain negative comments about others. All of these things send a subtle, powerful message that bullying is not accepted and helps us build a community where bullying is the exception and not the norm. Another skill that we can work with our preteens on that helps prevent bullying is perspective taking. At this age, students are developing a deeper sense of awareness as to how their actions impact others and don't always stop and think about this before acting. Using teachable moments to help build perspective is often an effective way to help students learn this important skill. For example, if you are intervening in a "sibling squabble", ask how they think their actions impacted their sibling. Asking "How do you think that person felt" after watching after hearing about an issue your student might share is also a way to help students to have empathy for others. Helping our tweens and teens understand that their comments and actions do have an impact on the people that they are directed acts is a catalyst for behavioral change.

ASB + GENERAL NEWS

The CVMS Dodgeball Tournament student finals were on Tuesday, Congratulations to our winning team, Team 1!!! Students had a lot of fun and are looking forward for the Team 1 playing the staff team on Friday!!

ONE Fundraiser TWO great organizations! ASB/PTSA teamed up to make CVMS the best ever! We did it! We accomplished our goal of \$60,000. Thank you to everyone who donated! Check out the fundraising video [here](#).

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](#).

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

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



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

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.

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.

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.

- **[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.