

Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District



CVMS Weekly Newsletter for Friday, October 27, 2023

Message from the Principal

Dear Bobcat Families,

It has been another remarkable week here at CV. Students and staff had the opportunity to participate in Red Ribbon Week – “say no to DRUGS” activities, including daily dress up options and lunch time activities. It was exciting to see so much RED throughout the campus, along with “jingles” that supported the dress up option for each day. We are “RED”y to fight against drugs, “Lei” off drugs, “Grow Up” to be drug free, “Team up” against Drugs, ending with PJ day “Drugs are a nightmare”. A huge thank you to the ASB students, Ms. Vermilyea, staff, and Bobcat families.

While visiting classrooms this week, I continued to witness both the impressive teaching and learning in the various classrooms. Depending on the block day, I visited classrooms where students were busy writing graphic essays, giving Science/English presentations, rehearsing for the upcoming drama presentation November 2, 3, and 4, music classes performing during the coffee concerts, PE warm-ups, and the ASB students planning and providing spirit activities for the entire campus. On Thursday, I spent time in the Honors Math class and was very impressed with their tenacity when it came to completing work and posting it on their Google Classroom.

Congratulations to the students who took part in the Reflections program. A gala will be held on November 2nd at 5 pm in the PAC to honor their achievements. Thank you PTSA and families for the Monster Mash after school festivities and all the work that went into making it a success. Also, I am looking forward to seeing the drama class perform Murder on the 518 this coming week.

Keep up the great work Bobcats!!!

Janet Whiddon, Substitute Principal

CVMS Upcoming Events

10/31	Costume Contest at Lunch and Boo Grams Delivered 4th
11-1-11/9	Canned Food Drive
11/1 - 11/2	Candy and Notes for the Troops Collection
11/2	Career Speaker at PAW for Students
11/2	Reflections Gala at 5:00 p.m. in the PAC
11/2-11/4	School Play at 6:30 p.m. "Murder on the 518"
11/10	No School - Holiday

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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Donate to Carmel Valley Middle School Today!

cvmsptsa.square.site/fundraiser

Assistant Principal's Message

PTSA Monster Mash - I wanted to take a moment to thank our PTSA for putting on a funtastic event on Thursday night. There were many students (and parents) with amazing costumes dancing the evening away. I'm looking forward to the next PTSA event!

OFF CAMPUS PASSES - If your student needs to leave school for a doctor's appointment, etc., they must report to the Attendance Office for an off-campus pass. You should contact the office by telephone or note before school on the day of the appointment with the specified time to be dismissed from class. This way the student will be in the office and the parent will not have to wait. For student safety, it is recommended that parents or guardians come into the office and pick up their students.

ATTENDANCE - Your student's daily attendance is an essential part of their education. When your student is absent you should call the school *each day of their absence*, not when they return to school. If you do not call, your student must provide a note. We need to know why your student is not at school.

ABSENCES - A student's absence must be cleared by a parent or guardian within 48 hours by way of (1) telephone verification (2) a note or (3) an email to the Attendance Secretary.

Email: cvattendance@sduhsd.net

Phone 858-481-8221 x 3011

Nathan Molina
Assistant Principal

Counselors' Corner

Sign ups for the next career speaker series on November 2nd are still available via the Learning Commons Google Classroom. Please encourage your bobcat to sign up.

On November 1st, we will host our No Place for Hate Pledge Signing Day. Our No Place for Hate Team leaders have created posters with the NPFH Pledge (see below) that students can sign during their PAW period and will be displayed around campus for the year. This is a chance for students to commit to promoting respect and treating others with dignity. Since this is truly a commitment for all school stakeholders, we will also have staff sign a poster and we will have a poster set up in the front office for parents to sign as well, so please be sure to do so if you visit campus in the near future.

The No Place for Hate Pledge:

I will seek to gain understanding of those who are different from myself.

I will speak out against prejudice and discrimination.

I will reach out to support those who are targets of hate.

I will promote respect for people and help foster prejudice free schools.

I believe that one person can make a difference- no person can be an innocent bystander when it comes to opposing hate.

I recognize that respecting the individual dignity and and promoting inter-group harmony are the responsibilities of all students.

Please take a moment and talk with your Bobcat about what signing the pledge means to them and some concrete ways that they can help fulfill the promises behind the words.

ASB + GENERAL NEWS

How to Excuse Your Student from PE in the event of an illness or injury.

There always seems to be a little confusion around how to excuse your student in PE from a single-class medical or injury absence. **Always** go to the PE teacher - students can do this themselves or parents are welcome to send them a note or email. PE teachers then accommodate the student based on the medical reason or injury and the activities for that day.

A medical note for PE - is different. If your student is going to be missing multiple days of PE a medical note is required. That medical note should be given to the Attendance or Health office which will make sure it is distributed to all the correct staff members including the PE teacher.

For more information and how points for grades will work if absent in PE please [click here](#).

CVMS Acting presents "Murder on the 518", a family-friendly murder mystery set on a train, on November 2, 3, and 4 at 6:30 pm in the CVMS Performing Arts Center. Tickets are on sale now through the finance window. Tickets are \$10 in advance or \$15 at the door. Limited premium front row table seating is available for \$20 per ticket, which includes one concession drink and snack served by the actors during the show. Can you guess whodunnit before the actors on stage reveal the truth?

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! Monday is the last day to buy Boo Pops for \$1.00 in front of the finance window. All Boo Pops will be delivered on Tuesday (Halloween) during 3rd period PAW.

Canned Food Drive: We will be hosting a canned food drive to support the families in need. We are donating to the Encinitas Community Resource Center. Here is a list of what they are in need of this year. This year we are holding a school wide competition instead of a class competition. Our GOAL is to bring in 5000 cans school wide. If we meet our goal ASB will have a surprise reward for all students on campus! Can collection will go through Nov. 9th. Students can drop off in the office or their 1st period class.

Candy For the Troops: If you have leftover Halloween candy you want to get out of the house, please consider donating to CVMS's Candy for the Troops Program. We will collect leftover candy through Nov. 3rd and send it to our troops overseas.

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!

Halloween photos - Yearbook wants photos of your Bobcat dressed up for Halloween! Please 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.

Used Sneakers for Love - A student run project here at CVMS

Our goal is to give sneakers to any person with low income, or who lives in poverty. Every year, 200 million sneakers end up in dumpsters, and pollute our planet. We can share this initiative with the students and parents of CVMS to help those in need. If you happen to have unwanted shoes, there is a box in front of our school campus with a flyer about our project. Additional contact information will be included in the flyer on our donation box.

SDUHSD is looking for CTE Industry Partners!

The core of the Career Technical Education (CTE) coursework is the relationship with our local industry professionals. Industry partners play a pivotal role in CTE programs, building connections between industry and education. This support provides our students access to industry experts to inform, engage and prepare our future talented workforce. The SDUHSD CTE program is seeking local industry professionals to collaborate with our teachers. This partnership could include the following opportunities: Serve as an Industry Advisor and attend an Advisory Meeting (one per year), Be a Guest Speaker in a CTE course, Provide Teacher or Student Job Shadow opportunities, provide Company Tours for CTE students, provide Student Internships and Teacher Externships.

If you are interested in engaging with students in activities related to career exploration and skill preparation in middle and high school CTE programs, there are many opportunities for you or your organization to make a difference in SDUHSD.

Complete the SDUHSD CTE Partnership form and connect with our Career and Technical Education office. Or Scan the following QR code using the



If you know someone who will be interested in connecting with our Career and Technical Education office. Or Scan the QR code below.

connected with our Career and Technical Education office. Or Scan

SDUHSD, please share the link above or the QR code below.

Canyon Crest Academy Envision Theatre Arts Presents Sense & Sensibility October 26, 28, and November 3 at 7:00 p.m. and November 1 at 4:30 p.m. For more information or to purchase tickets [click here](#).

Canyon Crest Academy Envision Theatre Arts Presents Bright young Things a new musical October 27, and November 4 at 7:00 p.m. and October 28 and November 4 at 2:00 p.m. and November 2 at 4:30 p.m. For more information or to purchase tickets [click here](#).

Job Opportunities, San Dieguito UHSD has part-time opportunities available for Instructional Assistants-Special Education, Bilingual Instructional Assistants and Nutrition Services Assistants. Please visit the link below for a list of all available positions:

<https://tinyurl.com/mt9hac8t>

PTSA News

Reflections Gala - Please join us in celebrating and honoring all Reflections participants and their incredible artwork. The Reflections Gala will be held at CVMS PAC on Thursday November 2nd at 5:00pm. Art work will be on display and light refreshments served.

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.

TEAMS - A new & exciting engineering opportunity for CVMS students is now open for enrollment. All classes are online. TEAMS (Test of Engineering Aptitude, Mathematics and Science) is an annual STEM competition for middle and high school students. National winners of the TEAMS competition from Canyon Crest Academy are starting a chapter at Carmel Valley Middle School. Fill out the interest [form](#) to join and check out the [website](#) for more information. You can also email ccatsateams@gmail.com to learn more.

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: Thank you for attending our first round of Coffee Concerts. We look forward to seeing you at **our Winter Concerts - December 13th and 14th**

***Student Arrival 5:00 PM
Doors Open 5:30 PM
Concert Start time 6:00 PM***

**Wednesday, December 13th
Chamber Orchestra
Bobcat Orchestra**

**Thursday, December 14th
Bobcat Band
Symphonic Band
Wind Ensemble**



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](#).

Message from Our Superintendent - Dr. Anne Staffieri

Good afternoon SDUHSD Community,

Thank you for your ongoing support and efforts on behalf of the San Dieguito Union High School District. We are pleased to share that our District has been recently recognized by Niche Rankings as the No. 1 best school district in San Diego County, No. 2 in the state, and No. 18 in the country. We continue to prioritize excellent teaching and learning and supporting all students in their academic success. Sustained academic success takes place when the culture across our district on every school campus supports every student feeling that they belong, that they are included, seen, heard, and respected.

Beginning in January, we will join with the National Conflict Resolution Center in a new, multi-year partnership, the One San Dieguito Initiative. The goal of the One San Dieguito initiative is to work collaboratively to create a more supportive and inclusive environment that enables all students to feel a greater sense of belonging and achieve their academic goals. All of our educational partners including staff, students, parents, and community members will be invited to work together on this initiative. We will develop a comprehensive plan that includes a training program focused on developing communication, culture, and conflict resolution skills. We look forward to sharing details and future opportunities to become involved in the coming months.

Finally, for many in our community the horrific terror attack on October 7 and subsequent war between Israel and Hamas has had a direct impact. Many of our students are suffering as they grieve the loss of friends and family. Around the world and here at home, we are anxiously awaiting word about the hostages being held. Our Jewish and Muslim students are both expressing fear and uncertainty during this time, and it is our job to maintain a safe environment in which they can grow and thrive.

I want to emphasize that we do not tolerate anti-semitism or discrimination of any kind. I am meeting with various community members and we are working to address the short and long term needs of our students. Some of this will be seen, and some of this will not, but know that we are making our students our top priority. All are encouraged to demonstrate increased empathy, compassion, and kindness towards others.

As we continue to provide support to our students and families, please remember to make use of the WeTip Anonymous Reporting platform to report instances of bullying, harassment, discrimination or any other incident on campus, in the classroom or in the community.

As a reminder all items from last night's Board Agenda can be found on the district website or directly here.

Thank you again for your ongoing support of our SDUHSD students and we wish everyone a safe and wonderful weekend.

Sincerely,

Anne Staffieri, Ed.,D.

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

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

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.

Science Olympiad - The CVMS Science Olympiad committee held a successful team building event that took place this past Sunday at Torrey Hills Park with our dedicated Science Olympiad team of students and coaches. The event served as an excellent platform for fostering camaraderie, teamwork, and a passion for scientific exploration among our students.

If you have a 7th grader that is interested in Science, please do consider signing them for the team in the next academic year. CVMS has placed in the top 10 regionally and advanced to state in the last few years. More information about the Science Olympiad team can be found here: [Science Olympiad](#)