

# Carmel Valley Middle School

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



## CVMS Weekly Newsletter for Friday, November 3, 2023

### Message from the Principal

Dear Bobcat Families,

It's hard to believe that November has arrived, along with Daylight Savings Time ending super early on Sunday. We are excited to kick off the Bobcat Canned Food Drive (November 1-9) with a goal of 3,000 cans of food items and personal care and cleaning items collected to donate to the Encinitas Resource Center. Carmel Valley MS is also organizing "Candy for the Troops Collection", along with PTSA organizing "Notes for Troops at lunch time" to be sent to the Troops this month.

I am looking forward to attending the CVMS's Advanced Acting perform their rendition of "Murder on the 518" tomorrow night and we invite those of you who are not able to attend tonight, to join us.

This morning, I had the privilege to meet the PTSA Board during their planned meeting. We value all the work, donations, and planning that the PTSA members and families provide in support of our students and staff here at CVMS. A big thank you to Jimbo's for the donation of apples for our students.

Congratulations to Avani Goyal and Seoyun (Olivia) Oh for receiving the Medal of Excellence awards for their Reflections project in the categories of Literature and Visual Arts, respectfully.

Finally, I would like to take this time to thank Bobcat parents and students for their patience and safety precautions as they enter and exit the parking lot. Please: Remind students to look both ways when exiting your vehicle before advancing to the sidewalk, please pull all the way forward in both lanes before students exit the car, take turns merging into one lane to help expedite the flow of vehicles leaving the parking lot. Keep up the great work Bobcats!!!

Janet Whiddon, Substitute Principal

### CVMS Upcoming Events

11/3-11/4	<b>School Play at 6:30 p.m. "Murder on the 518"</b>
11/5	<b>Daylight Savings Ends - clocks go back 1 hour</b>
11/6	<b>Monday 2-4-6 Block Day</b>
11/6-11/9	<b>Canned Food Drive</b>
11/8	<b>Student Council Meeting during PAW</b>
11/10	<b>No School - Holiday</b>
11/13-17	<b>Wellness Week - Watch for the lunchtime events</b>
11/14-11/15	<b>Career Presentation in History</b>
11/15	<b>Chipotle Fundraiser Night (see Flyer <a href="#">Here</a>)</b>
11/20-11/24	<b>No School - Thanksgiving Break</b>

<b>Every Tuesday and Thursday</b>	<b>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)</b>
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Donate to Carmel Valley Middle School Today!

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

# Assistant Principal's Message

**Monday, November 6 is a 2, 4, 6 Day** - Please remember that we have a four day week next week due to the observance of Veteran's Day on November 10. As a result, Monday will be a 2, 4, 6 day while the remaining days of the week will be as typically scheduled - Tuesday and Thursday will be a 1, 3, 5 day and Wednesday will be a 2, 4, 6 day.

**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.

Nathan Molina  
Assistant Principal

## Counselors' Corner

Many thanks to Jennifer Gizzi and her team from Elevar Therapeutics for sharing with our future business owners the ins and outs of human resources. They shared the many phases of HR, from onboarding employees to benefits to dealing with employees who aren't meeting their potential with a company. They also shared the importance of maintaining a positive company culture and tips on how to write a resume that Thanks also to Dr. Tanya Ditschun, Director of Food Sciences, who showed our Bobcats how food science plays a role in the things that they see in marketplaces and restaurants. We are so appreciative that all of them were part of our Career Speaker Series on Thursday.

Thanks also, to our No Place for Hate Leadership Team who decorated posters with the NPFH Pledge and went into classrooms on Wednesday to speak to students about what it means to be a NPFH school and to commit to the pledge they signed. Their passion, advocacy and energy are amazing.

November is a month that we acknowledge the many things that we have to be grateful for. Often, expressions of gratitude or even taking the time to to stop and think of what it is that we have to be thankful for is something that our teens/preteens need to learn and practice. In a world where so much seems to be wrong, it is hard not to be overwhelmed by and focus on the negative. Science tells us, though, that by taking time to focus on and express gratitude has multiple benefits for both our physical and mental health. We'd like to share [13 Popular Gratitude Exercises and Activities](#) so that you and your Bobcats can creatively acknowledge and celebrate all of the things you are grateful for all month long.

# ASB + GENERAL NEWS

## Math League Sign Ups for AMC 10A and AMC 10B

Please use the links below and register for the AMC 10 A and AMC 10 B.

[AMC 10 A. Nov 8: https://maa.edvistas.com/datamate/testRegister.aspx?id=152171d5-de73-4e18-9db5-82dbf1ef82a3](https://maa.edvistas.com/datamate/testRegister.aspx?id=152171d5-de73-4e18-9db5-82dbf1ef82a3)

[AMC 10 B. Nov 14: https://maa.edvistas.com/datamate/testRegister.aspx?id=2c11b344-e09b-466d-afdd-b3221af7fe04](https://maa.edvistas.com/datamate/testRegister.aspx?id=2c11b344-e09b-466d-afdd-b3221af7fe04)

[AMC 8. Jan 24: https://maa.edvistas.com/datamate/testRegister.aspx?id=f587a1b0-0c6c-4cd9-9314-adf63b832a03](https://maa.edvistas.com/datamate/testRegister.aspx?id=f587a1b0-0c6c-4cd9-9314-adf63b832a03)

Please make sure that students know their username and password. On the day of the competition, they have to login and take the exam.

**Extended 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. 5th and send it to our troops overseas.

**Canned Food Drive:** We will be hosting a canned food/blanket drive to support 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 3000 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.

**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 would love to have photos of your Bobcat dressed up in their crazy costumes. Please submit photos [here](#). You can also email them to [cvyearbook@sduhsd.net](mailto:cvyearbook@sduhsd.net)

**PETS!** In our yearbook this year we plan to have a page putting the spotlight on our four-legged and furry friends. If you would like to have your pet featured, please send in the best pictures you can find of your pet, hopefully with your Bobcat. Do not restrain from sharing your usual dog and cat pets, but we would most benefit and love to see your unusual animals as well! Thank you for your help in making this year's yearbook special. Please 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](#). You may purchase multiples if you'd like your ad to be larger than 1/8 page.

## 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 Interest Form to be connected with our Career and Technical Education office. Or Scan the following QR code using the camera in your device.

If you know someone who will be interested in partnering with SDUHSD, please share the link above or the QR code below.

**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>

# Go Bobcats!



# PTSA News

**Reflections Gala** - We want to congratulate all Reflections participants for the incredible artwork they have submitted. All participants were honored during last night's Reflections Gala. Congratulations to the following students: Amara Hean, Riddhi Bhavsar, Samson Synn, Charlotte Bahk, Avani Goyal, Seoyun Oh, Keilani Hansen-Toohey, Siddhi Bhavsar, Junesun Park, Ellie Kim, Felicity Chu, Amara Hean. Two of these students also received the Medal of Excellence Award: Ajvani Goyal for Rising From the Ashes in Literature and Seoyun Oh for Path of Hopeful in Visual Arts.

**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](mailto: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](#).

## *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

## 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)

## 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](#)

### 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.

### 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.