

Carmel Valley Middle School



A Proud Member of the San Dieguito Union High School District

CVMS Weekly Newsletter for Friday, August 25, 2023

Message from the Principal

Dear Bobcat Families,

Our first whole week of school was great, and we are gearing up for one of the best weeks on campus next week: Welcome Week! Students can participate in fun lunchtime activities all week; please refer to the General News section below for more details.

This past Monday, advisory teachers reviewed information about the student agenda/handbook. [Here](#) is the presentation that was used.

This coming Monday is our first late start day. Period 1 begins at 9:45 a.m. and students are encouraged to arrive to campus at 9:30. However, if necessary, students may arrive to school as early as 7:30 and may work in the Learning Commons or a quiet space in the quad. Please note that once a student arrives to school, they may not leave unless they are signed out by a parent or guardian (even if class has not started yet). As a gentle reminder, we cannot guarantee student supervision on campus before 7:30 a.m. Please keep this in mind if your student is arriving to campus before 7:30 (any day).

Wishing everyone a wonderful weekend! Go Bobcats!!

Vicki Kim
Principal

CVMS Upcoming Events

Mon 08/28	Late Start - Single Period (Period 1 begins at 9:45)
8/28-9/1	Welcome Week (Student Activities at Lunch)
8/30	Club Day at Lunch
8/31	ELAC Meeting 5:00-5:30 in the Learning Commons
8/31	Back to School Night (5:30-5:55 Welcome) (6:00-7:30 Class Rotation)
8/31	ASB/PTSA Fundraiser Kickoff
9/1	PJ Day
9/4	NO SCHOOL - Labor Day
9/6	Math League Information Night 5:30-7
9/7	Back to School Dance 5-7 p.m.

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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Assistant Principal's Message

Classroom Visits

It's been great visiting classrooms the first two weeks of school. Our teachers have done an amazing job welcoming and connecting with students. The benefit of the time spent doing so is evident in the productive class discussions already taking place across subject areas. Our students are off to a great start!

Behavior Discussions

On Late Start Monday, August 28, I and Mrs. Kim will deliver a CVMS Behavior Presentation to students during their PE class. Different than the advisory lessons students we have already reviewed, this presentation will focus on day to day activities and the behavioral expectations around those activities. A copy of the presentation will be shared with parents in the next CVMS Weekly Newsletter.

eBike/eScooter Permit Regulation Form

Please remember that, in order to continue riding an electronic device to school before our eBike Safety Presentation on September 11, your student must have a signed [eBike/eScooter Permit Safety Regulation](#) form on file. There are still a couple of students that have yet to turn in their form. If your student does not have this form on file, your student will not be able to ride their device to school. A signed copy of the form can be dropped off at the administration building in a dedicated box on the front counter.

Nathan Molina
Assistant Principal



Go Bobcats!!!!

Counselors' Corner

One of the things that we like to help our Bobcats do is think about and explore potential career or career areas of interest. While it may seem odd to think about this age age 12, we feel like this is the ideal time for students to be exposed to as many career as possible. This is where you come in! Our 2023-24 Career Speaker Series is on the horizon. This is a year long commitment we've made to help students explore various careers by having guest speakers come in during PAW time once a month. This is your opportunity to share with our students what it takes to have a career in your field of work. We want to have as wide as depth and breadth of the world of work represented as possible. The time commitment is 30 minutes but the impact you can have may last a lifetime. If you are interested, please contact our Student Support Facilitator, Laura Stepanian, at laura.stepanian@sduhsd.net to get more details and sign up to be a speaker. You can also fill out this [google form](#) which will go directly to Laura.

We also support career exploration by doing guidances lessons at various times throughout the semester. Our emphasis is on helping students discover their strengths and assets and what careers may tie into their particular aptitudes.

We are happy to announce the return of Academic Power Hour, (APH) starting on August 29th. APH is held after school each Tuesday and Thursday after school until 3:45. It is a chance for students to get help from a credentialed teacher and we typically have high school students act as

peer tutors as the year progresses. We highly encourage students to attend APH to get needed clarification on assignments, extra help or just have a space to get homework completed. Students do not need to sign up in advance and can come on an as needed basis.

SDUHSd is proud to be a member of The Alliance with Cal State San Marcos. To find out more about this partnership and what it could mean for your student's college plans, please read the [link to the attached flyer](#). This will also let you register for the Family Alliance Community Exchange (FACE) seminar, a free virtual 8 week program which will discuss important habits of the mind such as curiosity, integrity and responsibility and how we can create environments which foster these habits and help our students react to challenging situations and develop skills for academics, career and life. Sessions will be offered in Spanish and English and will begin September 12th from 6-7.



CAREER
COUNSELING

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.



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](#).

Upcoming Music events: We look forward to seeing you at **Back to School Night - Thursday August 31st**.

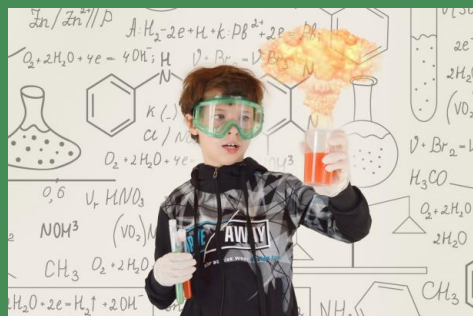
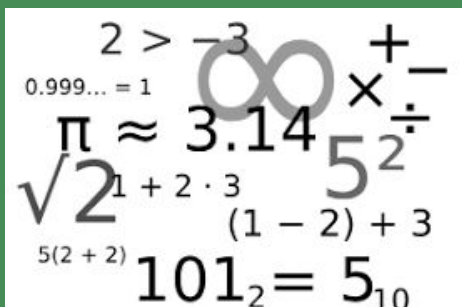
Math League

CVMS Math League - Ready for some fun and challenging math problems? Join us in CVMS Math League! We are open to all math levels for problem-solving, enrichment lessons, state and national math contests, and much more! More information can be found on [our website](#), and on the Math League Info Night on Sept. 6th, 5:30 to 7pm in the Performing Arts Center (PAC). All parents and students are welcome! "

Science Olympiad

CVMS Science Olympiad - Science Olympiad 2023 season is going to start soon. Visit [CVMS SciOly website](#) to fill out the [student interest form](#) for future updates. Sign up to [volunteer and coach an SO event](#) - the best support a parent could provide for their student.

Science Olympiad Informational Night will be held on August 23 from 6-7:30 p.m in the Performing Arts Center (PAC).



General News

STUDENT CLUB DAY IS COMING - AUGUST 31st!

Tables will be set out in the quad area for students to sign up for student run clubs. Please encourage your student to sign up for at least one club during the school year. All clubs will meet during lunch and students can attend any of them throughout the year. If you have any questions please stop by the Administration Office.

Welcome Week is coming (8/28-9/1). ASB has planned a lot of fun [lunch activities](#) to welcome Bobcats back to school!

1st Dance Party will be Thursday 9/7/23 from 5pm-7pm. Tickets will go on sale Monday, Aug. 28th at the finance window for \$10.00. Ticket includes entrance into dance, food and drink! All students attending this event and future events must have an [Activities Contract](#) & [Rules & Guidelines](#) forms on file prior to attending. Please upload the documents and have your student return them to the ASB window as soon as possible.

ONE Fundraiser TWO great organizations! ASB/PTSA will be teaming up to make CVMS the best ever! We will kick it off at our Back to School Night on 8/31/23 for adults and 9/1/23 during 4th period for our students. More info coming soon!

PJ Day! Students and staff are invited to wear their PJ's to school on Friday 9/1/23 the day after Back to School Night! New CVMS PJ jammies can be purchased at BTSN, the finance window or the [CVMS webstore](#).

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 last year we completely sold out. Order yours now!

Parents - I apologize for the incorrect link in last week's bulletin. Yearbook would still love a [First Day of School](#) photo of your student, and we now have an online portal for you to use. Contribute yearbook photos [here](#). You can also email them to cvyearbook@sduhsd.net

Wrestling at Torrey Pines - FREE for SDUHSD Middle Schoolers

Click [here](#) for our fall wrestling camp. It's free for sduhsd middle schoolers. The idea is to expose them to the sport before high school.

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](#)

Go Bobcats!





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?
 Our first 4C Family Coffee Meet Up will be held at Pinpoint Cafe on Tuesday, August 29 from 9:30 – 11:30am.

[Please click here for more information on our informational sessions](#) or to access the [SDUHSD Special Education Family Resource Webpage](#).

CVMS Newsletter - Repeated NEWS

Join Our Team

SDUHSD has several opportunities available in Nutrition Services. If you are looking for part time work, or know someone who is, these positions are a great opportunity to support students and work with an amazing team! Positions are available at a number of our campuses, including Pacific Trails, Diegueno Middle School, Oak Crest Middle School, San Dieguito Academy and Canyon Crest Academy. The schedules vary by campus, but typically start mid-morning through the lunch periods. Shifts can run from 2 hours to 3.5 hours. These positions are great if you are looking to have your afternoons free or looking to connect with others in your community.

To view these opportunities, click [here](#).

SDUHSD is seeking individuals who want to make a difference in children’s lives in the role of an Instructional Assistant. We have positions available for Instructional Assistant – Special Education, Instructional Assistant – Behavior Intervention, and Instructional/Personal Care Assistant. These positions are typically between 4 – 6 hours per day, depending on the assignment.

Instructional Assistants assist a certificated teacher in providing instruction to an individual or small group of students in a special education learning environment. We have openings throughout the district at middle and high schools in Special Education classrooms. 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

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.

PE Uniforms & Spirit Wear Shout-Outs:

Thank you to our vendors who provide us with our wonderful PE clothing & Spirit Wear items: **California Sports Design, and Custom Ink & Thread.** They have been amazing vendors and we are so grateful for their quick delivery time on all of our shipments to our school.