

# Carmel Valley Middle School

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



## CVMS Weekly Newsletter for Friday, October 13, 2023

### Message from the Principal

Dear Bobcat Families,

It was a great day to celebrate a successful fundraising campaign with music, prizes, ice cream, and popcorn! Thank you again to everyone who helped make this fundraiser a success!

I was able to walk around to each our 4th period classes to say goodbye to students and introduce my substitute, Ms. Janet Whiddon, who spent the entire day with us here today. Ms. Whiddon is a retired administrator and comes to us with decades of experience being a middle school principal; she will be here until a permanent principal is hired, and will work closely with Assistant Principal Molina and the rest of the school staff to ensure a smooth transition.

I wanted to share an excerpt of the announcement I made today: *On my final day as your principal, I wanted to take a moment to address this amazing school community...Students, my greatest wish for you is for all of you to be confident in knowing that you matter, that you're an important member of this school, and that you bring value to our campus. I want you to be good students and take your learning seriously, and see it as an opportunity for you to add options to your life in the future. But more important than earning good grades, is being a good person - someone who is kind to others, someone who would help a stranger, someone who stands up for what is right. Especially considering the recent terrible world events, I wish for all of you to be kind to each other, and to celebrate the diversity of our school population - to truly respect yourself and each other as unique individuals...and to be grateful for the differences that others bring to our campus to make it rich with layers of diverse cultural value. You are at a school that is safe and full of adults who care about you and are here to help you and who want you to have an amazing school experience. In my 24 years of working in schools, I say with full confidence that the teachers and staff at Carmel Valley Middle School are THE BEST I have ever worked with. To all our staff, thank you for everything that you do each and every day for our students and our school. To everyone, I will miss all of you...keep shining, Bobcats. The world is brighter because of you. Go Bobcats! Grrrrrrrrrrrr.*

Thank you for all the well wishes, the support, and the amazing partnerships. This is a beautiful school community, and it has been my honor to serve as your principal. Wishing everyone an incredible 2023-24 school year. Go Bobcats!!

Vicki Kim, Principal

### CVMS Upcoming Events

10/16	<b>Single Period Day</b>
10/18 & 19	<b>Coffee Concerts for Music Parents</b>
10/18	<b>Shake Shack <a href="#">Donation Day</a> 10am - 9 pm!</b>
10/23	<b>Late Start</b>
10/23-10/27	<b>Red Ribbon Week-see daily activities under ASB</b>

<b>Every Tuesday and Thursday</b>	<b>Academic Power Hour for <u>Tutoring</u> 2:45-3:45 in the Learning Commons</b> (Learning Commons is open for all students until 3:45 every day)
-----------------------------------	--



Donate to Carmel Valley Middle School Today!

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

# Assistant Principal's Message

Cyberbullying - Thank you for reviewing with your student the importance of making good decisions and avoiding hurtful communication via social media channels. We have experienced no new activity on the social media accounts we have discovered using the CVMS name or logo.

That said, please remember, **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

On a Professional (and Personal) Note - I wanted to take a moment to recognize Mrs. Kim as an amazing leader and educator. The Carmel Valley Middle School community has welcomed me from day one and Mrs. Kim's support has been integral in helping me provide the best service and support possible to our staff and students. I know we will all miss Mrs. Kim and I wish her all the best in her new endeavors.

That said, I look forward to continuing my support of our Bobcat community. While I am eager to begin collaboration with the new CVMS Principal, I have every confidence that Janet Whiddon will provide stability as we make the transition. Change is always difficult but our staff is strong, our families are great partners, and our students are resilient. I look forward to the future at Carmel Valley Middle School.

Nathan Molina  
Assistant Principal

## Counselors' Corner

Our No Place for Hate Leadership Team participated in the virtual National Kick Off Event held by the ADL. The featured speaker was Jonathan Van Ness, who shared his enthusiasm and ideas for helping make schools and communities more inclusive and welcoming for everyone. Our students were touched by his message of compassion and practical ideas about welcoming and belonging.

Our next Career Speaker series will be November 2nd during PAW. We are proud to welcome Jennifer Gizzi of Elevar Therapeutics. She works in HR and ensures that all workers enjoy their jobs and love to come to work. HR is often a novel concept for teens/tweens so it would be appreciated if you could provide some context for your Bobcat. We are also welcoming Tanya Ditschun, the Head of Food Science and Technology at Dsm-Firmenich. She specializes in evaluating new flavor ingredients. Student sign ups will begin on Wednesday October 18th.

As was noted earlier this week by our Superintendent, Associate Superintendents and site principals, we are supporting students who may be impacted by the situation in Israel. We wanted to share this article from Dr. Michael Roeske entitled ["How to Talk to Kids about What's Happening in Israel and Gaza Right Now"](#) so you can have tools to help get discussions started and keep them going. Another resource from Common Sense Media is ["How do I talk to my kids about violence in the news."](#) As always, please reach out to our counseling team should you need support.

# 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](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.

*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!!

Volunteers needed for Monster mash and red ribbon week - click [here](#) to sign up!

**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:** 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](#).

## Message from Our Superintendent - Dr. Anne Staffieri

To our San Dieguito Union High School District Community,

The unprecedented brutal terrorist attacks, abductions, and loss of innocent civilians in Israel and loss of innocent civilians in Gaza are unthinkable and deeply felt by members of our SDUHSD community. As the conflict escalates, we know that many of us are going through a great amount of pain and uncertainty. We extend our deepest condolences to those who are impacted by these events.

At times like this, it is crucial for us as leaders within SDUHSD to stand together in denouncing terrorism and violence and express our unwavering support for human dignity. We firmly believe in the power of education and community to foster understanding and peace.

As always, counseling services on each campus are available with space for students and staff who need support and resources. We recognize the importance of ongoing communication, and building understanding and educating students as global citizens and our leaders of tomorrow and we expect members of our school community to behave accordingly. We do not tolerate discrimination, harassment, or bias of any kind. If we become aware of any hate speech, no matter its form, we will respond immediately and appropriately.

There are disturbing graphic and violent videos and photos that are circulating online. We invite all families to exercise caution, and evaluate responsible use of social media while engaging in conversations at home with students about appropriate online behavior. This is an opportunity for our students to demonstrate who they are and who they want to be, by avoiding spreading hate or content that may cause further pain.

We are committed to an environment focused on high academics and a culture of belonging where students feel safe, seen, heard, and respected. As a community let us strive to cultivate compassion, empathy, and kindness and a sense of shared humanity.

In Unity,

Anne L. Staffieri, Ed.D. - Superintendent  
Bryan Marcus - Associate Superintendent of Educational and Student Services  
Tina Douglas - Associate Superintendent of Business Services  
Mary Anne Nuskin - Associate Superintendent of Human Resources  
Brett Killeen - Principal Canyon Crest Academy  
Vicki Kim - Principal Carmel Valley Middle School  
Celeste Barnette - Principal Diegueno Middle School  
Reno Medina - Principal Earl Warren Middle School  
Justin Conn - Principal La Costa Canyon High School  
Katie Friedrichs - Principal Oak Crest Middle School  
Scott Wild - Principal Pacific Trails Middle School  
Cara Dolnik - Principal San Dieguito High School Academy  
Rick Ayala - Principal Sunset High School  
Rob Coppo - Principal Torrey Pines High School

## 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

**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](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

### 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.