

# Carmel Valley Middle School

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



CVMS Weekly Newsletter for Friday, October 20, 2023

## Message from the Principal

Dear Bobcat Families,

As the substitute Principal, I'm so excited to share how incredibly impressed I've been on a daily basis by the warm and very welcoming environment here at CVMS. CV is an exceptionally well run campus with a truly, talented staff and I am so thrilled to be here supporting the students, staff, and parents during this transitional process.

Mrs. Kim and Mr. Molina, along with the entire CV staff have developed a strong and positive learning community for students with great support from the families. I look forward to assisting in continuing to promote this vision.

While my stay here will be brief, my goal is to provide support to the school and encourage all students to continue working to reach their goals.

I look forward each day to greeting the Bobcats,

Janet Whiddon, Substitute Principal

## CVMS Upcoming Events

10/23	Late Start
10/23-10/27	Red Ribbon Week-see daily activities under ASB
10/27	Classroom Pumpkin Judging
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
11/2-11/4	School Play at 6:30 p.m. "Murder on the 518"

Every Tuesday and Thursday	Academic Power Hour for <b>Tutoring 2:45-3:45</b> 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](https://cvmsptsa.square.site/fundraiser)

# Assistant Principal's Message

## Coffee Concerts

It was wonderful to see the parent and staff support for our music departments biannual Coffee Concerts. Mr Paterson and his team of guest musicians gave us a small taste of what we can expect to hear during our Winter Concerts in December.

## Red Ribbon Week - A campaign to keep kids drug-free

With Red Ribbon Week upon us, we wanted to take a moment to share that, along with the events planned by our ASB next week, students will be shown [this video](#) about the dangers of Fentanyl during Tuesday's PAW period.

## Chromebook Screens

We have seen a tremendous uptick in cracked or broken Chromebook screens on campus. Often times, the breakages have been the result of other students accidentally damaging the device of another. Please share with your students the importance respecting the property of other students and of keeping their hands (and feet) to themselves.

Nathan Molina  
Assistant Principal

## Counselors' Corner

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

We have been getting many enquiries regarding high school selection. No specific information has been released at this time but typically the selection window opens in late January and runs through mid-February. All 8th grade parents will receive a detailed letter with instructions and information, as well as a detailed timeline of important deadlines closer to the opening of the selection window.

Due to some technical difficulties with our AERIES system, the deadline for teachers to report grades for the first quarter was extended. You should be able to see posted grades for the first quarter on Wednesday, October 25th. Your student should have received a grade for each of their classes and they can be used via the "grade" tab, not the gradebook tab that you may be used to looking at. If you have any questions regarding individual grades, please reach out to your student's teacher. If there are more overall academic concerns, please feel free to contact your student's counselor.

We are continuing our commitment to supporting students and families who are impacted by the ongoing events in the Middle East. We are sharing this article about [Avoiding Being Overwhelmed by the News](#) with all our students. Please talk with your Bobcat about ways that they can be aware, but not overwhelmed by news of world events. As always, please encourage your student to come and talk with us or let us know if your student could use some extra support during this time. This is especially important if they have experienced hate speech or an act of bias. As a counseling department and school, we continue our goal of making CVMS a safe, welcoming school for all students.



# ASB + GENERAL NEWS

**Multilingual Learner Parent Meeting** - Tuesday, October 24th at 6:00 p.m. For more information please click [here](#) for the information flyer.

**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?

**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.

**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](#)

CanyonCrest 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.

CanyonCrest 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.

*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.

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 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

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.