



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

November 18, 2022

Message from the Principal

Dear Bobcat Families,

We had a wonderful Wellness Week at CVMS and are so grateful for our amazing ASB class who planned the activities. We are also thankful for a great end to the week today with our Torrey Pines High School PALS students coming to speak to our students about the importance of taking care of themselves; in addition, the kids were so excited to have our therapy dogs in the quad at lunch.

Earlier this week, I had the privilege of meeting many Jewish leaders from our community and was touched by the grace, compassion, and thoughtful conversations that took place. I am grateful for the opportunity to create many additional partnerships as we forge ahead with our important work of taking care of our students.

And as we head into the Fall Break, I continue to think about all the people I am so very thankful for in our Bobcat community: a loving and dedicated staff, caring and helpful parents and parent volunteers, and amazing and kind-hearted students. CVMS is a fantastic community of wonderful human beings. Thank you for all that you do to add to the positivity of our campus! I wish you and your family a warm and peaceful Thanksgiving.

When we return on Monday, November 28, it is a late start day.

Have a fantastic break, everyone! Go Bobcats!!

Vicki Kim
Principal

Upcoming Events

11/21 - 11/24	Fall Break No School
11/28	Late Start
12/8	School Dance
12/13 - 12/14	Winter Holiday Concerts

ASB News & Student Activities

Snowball Dance Dec. 8th 5-7pm

Tickets will be going on sale 11/28 for \$10.00 at the finance window! We will have music, food and lots of fun! You won't want to miss it!

ASB wishes everyone a Happy and Relaxing Thanksgiving Break!

Yearbooks: We only have 40 remaining to sell!!!! Buy yours today before it's too late -all sales are online through the attached link at [Jostens](#). Prices will increase on December 24.

Photo Submission- We are looking for photos of your Bobcat for our Hopes and Dreams page. Do you have a photo that showcases your student doing something that is a hope or dream for their future self? Contribute yearbook photos [here](#)! You can also email me photos at cvyearbook@sduhsd.net.

8th Grade Student Recognition- Parents of 8th graders - You may purchase a Yearbook Recognition Ad for your graduating Bobcat and it will appear in this year's yearbook. Guidelines and ordering details are found [here](#).

Assistant Principal's Message

Tardy Policy

A reminder about the CVMS tardy policy as written in the CVMS Handbook:

"Students will arrive in class on-time, which means seated and prepared by the 2nd bell."

Tardiness distracts students and teachers, having a negative impact on the classroom learning environment. The consequence for repeated tardies is detention, parent contact and a possible referral to the School Attendance Review Board.

Thank you for your support in delivering the message to your student about the importance of getting to class on time.

E-Bike/E-Scooter Tags

E-TRANSPORTS MUST HAVE TAGS BY DECEMBER 12!

All students that attended our E-bike safety presentation can now stop by the administration building to pick up their green CVMS bike tag. Tags have a registration number that will be associated with your students e-bike or scooter. Student Bikes will be checked beginning Please see Mr. Neal and/or Mrs. Pike in the admin building.

On a Personal Note

Reflecting on school year to date, and considering the upcoming holiday, I wanted to express my gratitude to all of those who have welcomed me to the Bobcat family.

I have thoroughly enjoyed meeting and working with our students over the past 3 months. We have an amazing group of 7th and 8th graders here at CVMS, all supported by dedicated teachers and a tireless support staff.

I am proud to be Assistant Principal at CVMS.

Have a great fall break and a happy Thanksgiving!

Nathan Molina
Assistant Principal

Counseling Update

We had close to 150 students attend our two

PTSA News

CVMS Holiday Gift Drive

The CVMS PTSA is partnering with the Boys & Girls Club of San Dieguito to fulfill holiday wishes for children in our community.

HOW IT WORKS: Sign up for as many wishes as you'd like to fulfill. Purchase and WRAP the gifts. Please include GIFT RECEIPTS or regular receipts whenever possible. [You can view wish lists and sign up here.](#)

Wrapped and labeled gifts can be dropped off in the front office by Monday, December 12.

We're also gathering donated gift cards to local grocery stores, which also can be dropped off in the front office. Suggested denomination is \$25.

Questions? Email Ruby Evans at rubyevans11@gmail.com.

PTSA Board for the 2023-2024 school year:

This year, the PTSA Executive Board majority consists of parents of 8th grade students. In order to build informed potential members for next year's board, we invite 7th grade parents to learn more about any of our board positions by "shadowing" our current board members for a few weeks this fall or winter. You would not be committed to taking that position next year. You are simply learning about the available positions and how that role on the PTSA works together with all the other roles. You could even try "shadowing" more than one position. You are not expected to attend this year's board meetings, though attending *one* is encouraged. If you are interested, please reach out to President Leila Currah at cvms.president@gmail.com, or feel free to approach any board member directly to ask about their role.

Music Boosters

Volunteers: 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 Please mark your calendars for the upcoming Winter Concerts! 6 PM in the CVMS PAC (5 PM student arrival).

CVMS Orchestras, Tuesday December 13th

- Bobcat Orchestra

career speakers on Thursday. Thank you to Scott MacInnis and Firefighters John Sabin and Lynda Morales for sharing your expertise with our Bobcats.

We had so much fun being out in classrooms this week doing our career strengths presentation with our 7th graders. They completed the Thrively Strength Assessment which helped them determine some of their strengths and interests and then allowed them to investigate career choices based on their results. Please ask your student to share with you what their results showed- this question definitely led to some great in-class discussions. One of the most important things we shared is that this should definitely not be a one and done type of activity. Because Thrively is web based, students can access it whenever they would like and explore "sparks" "lessons" and "pathways". There are also several other types of strength inventories available that they can access, no matter what grade they are in. Thrively is constantly being updated, so it's good to check in once in a while and see what's new.

Our Bobcats did an amazing job of creating cards and letters for the PALS 4 PALS program! Some were very heartfelt, while others contained silly jokes just to help make people smile. We are so thankful that we were able to participate in the great program.

We wanted to share some [Community Resources](#) that may be helpful if you are experiencing any financial or economic need or know someone who is. These range from help with electricity costs to food bank locations.

All of us on the CVMS Counseling Team wish you and your families a wonderful Thanksgiving.

General News & Info

Student Highlight

Congratulations to Sasha Apollonsky! Her essay has been selected as a winner for the 2022 San Diego United Against Hate essay contest. She will attend an award ceremony today in the U.S. Attorney's Office in San Diego, and her essay will be considered (among others) for publication in the San Diego Union Tribune the week of November 14th! Way to go, Sasha!

- Symphony Club
- Chamber Orchestra

CVMS Bands, Wednesday, December 14th

- Bobcat Band
- Jazz Band
- Advanced Band

Donate to CVMS Music Program and help us reach our \$20,000 Goal!: The Music Boosters rely on parent donations to ensure that the art of music is available to all CVMS students for years to come.

Thank you to everyone who has donated to our amazing music program at CVMS so far this school year! Your support enables students to have a robust music program like no other! [Click here!](#)

Shop at Ralphs and give to the CVMS Music Boosters: Ralph's is Giving Back to Our Communities! It's Easy... just shop, swipe your card & earn! For more info [click here](#).

Corporate Matching: Many companies in the area offer a corporate match for its employees' charitable contributions. Please consider inquiring whether your company may provide a corporate match to your tax-deductible 501c contribution to CVMS Music Boosters. For any questions please email Tamila Leychkis: treasurer@cvmsmb.org.

As always, if you have any questions or concerns about the CVMS Music Program, contact Mr. Patterson at alexander.patterson@sduhsd.net or if you have questions about the CVMS Music Boosters and how to volunteer, contact Marisela Abasta at president@cvmsmb.org

Repeated News

STEM Donations - Our CVMS STEM classes are looking for building sets. If you have any old Legos, Tinker Toys, Kinex, wooden blocks or other building type sets that you do not need anymore please consider donating it to CVMS STEM classes. We appreciate all your support!

Health Note: Cold and flu season is here!

Help keep your child and family healthy with these few tips:

- *get a flu vaccine each year
- *cover your mouth with a tissue when coughing or sneezing, or if no tissue, use upper part of sleeve
- *wash your hands with warm soapy water often OR use hand sanitizer if no water/soap is available
- *wipe doorknobs and surfaces with household disinfectant as flu virus can live on surfaces for 24 hours

***STAY HOME** when you are sick and if you have a temperature over 100 degrees. You must be fever free for 24 hours without the aid of fever reducing medication before returning to school.

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**

CVMS Attendance

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.

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.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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