



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

December 9, 2022

Message from the Principal

Dear Bobcat Families,

As we finish out the semester in the next couple of weeks, please note that there are some unusual behaviors and emotions that are coming up for many of our students. This could be due to the business of the season, the stress of finishing coursework and preparing for final exams, the emotions that the holiday season brings, and/or other specific reasons for an individual student. The behavior also manifests in a variety of ways, and some of this behavior has been seen in concerning TikTok Challenges that have come up on some of our district campuses that we would like parents to be aware of: [Blackout Challenge](#) and the [One Chip Challenge](#). Please do have a conversation with your student about the dangers of these challenges and also encourage them to tell their friends that they are dangerous and not okay to attempt. Thank you for your partnership on the safety of our kids!

We hope to see you at our upcoming [Holiday Concerts](#) next week! As for the dance, we will know by Tuesday at the end of the day if we get enough tickets sold to have the dance on Thursday, December 15.

Monday is a Late Start Day. Have a great weekend, everyone! Go Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

E-Bike/E-Scooter Tags

E-TRANSPORTS MUST HAVE TAGS BY DECEMBER 16!

Upcoming Events

12/12	Late Start Monday
12/13 - 12/14	Winter Holiday Concerts
12/14-12/21	Winter Wonder Grams on sale
12/15	Snowball Dance - NEW DATE
12/19-12/22	Festive Holiday Gear
12/22	Minimum Day 12:25 pm Release
12/23-1/8	Winter Break - NO SCHOOL
1/9-1/10	Teacher Prep Days - NO SCHOOL

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. We have filled all the spots for the kids' wishes!

If you would still like to support this drive, we're also gathering donated gift cards to local grocery stores, which also can be dropped off in the front office by Monday, Dec. 12. Suggested denomination is \$25. [Click here](#) to sign up.

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

CVMS Holiday Cookie Exchange - December 15:

The PTSA will host a holiday cookie exchange for CVMS staff. Volunteers are needed to donate homemade or store bought holiday cookies. [Click here](#) to sign up.

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

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.

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 tardiness 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.

Nathan Molina
Assistant Principal

Counseling Update

Special thanks to Thomas Higdon and Tanya Ditschun for sharing their careers with our students on Thursday. We had nearly 170 Bobcats attend.

As we close out the first semester, a reminder that electives are year long and we will not make elective changes.

As parents, we are always looking out for the welfare of our families, without stopping to take care of ourselves. The San Diego County Office of Education is offering a timely parent seminar on Wednesday, December 15th entitled "Taking Care of Your Emotional and Mental Health While Parenting" to help address this important topic. This virtual webinar will be from 6-7. Please use [this link to register](#) or learn more. Remember, you can't pour from an empty cup.

If you are moving out of the CVMS area for the next semester, please email Tracy Ngo at Tracy.Ngo@sduhsd.net so she can help with a

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.

Reflections

This past fall, 15 CVMS students participated in the National PTA's Reflections art program. Working independently (not as part of a class), students could submit a work of art in the following categories: visual art, dance choreography, music composition, photography, literature, or film production. This year's theme was "Show Your Voice!" and students also had to submit an artist's statement explaining how their work of art demonstrated this year's theme.

Congratulations to all 15 students for exemplifying the initiative to start these projects, the imagination to make their creations, and the perseverance to finish their projects by the deadline!

Local judges scored each piece in October and selected 9 CVMS creations to advance to the "PTA council" level, which includes entries from four school districts (35 schools). In November, a new set of council judges announced which projects were advancing to the "PTA district" level, which will include entries from all over San Diego County and Imperial County!

Special congratulations to these 5 students whose projects are now advancing to the district level in December:

Cielle C.
Dylan G.
Felicity C.
Samia H.Z.
Sophie C.F.

We will update you if any of those 5 projects advance to the state level in January! We are so proud of all 15 of you!

Music Boosters

Upcoming Music events We are looking forward

smooth transition to your next school.

ASB News & Student Activities

Snowball Dance Party - New Date

Thursday, Dec 15th, 5-7 pm

Tickets still on sale at the Finance Window.

Winter Wonder Grams

WWG will be on sale starting 12/14 for \$1.00 in front of the finance window at lunch. Grams will be delivered on Dec. 22 to students in 4th-period class.

Festival Holiday Gear Week 12/19-12/22

Students and staff are invited to wear their favorite festive holiday gear all week to get in the holiday spirit!

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 cyearbook@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](#).

General News & Info

Health Note: Cold and flu season is here! And the number of COVID positive cases at CVMS and throughout the district are increasing.

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

to seeing you at our upcoming Winter Concerts! A ten dollar recommended donation is greatly appreciated for admission to our concert.

5:00 PM Student Arrival

5:30 PM Doors Open

6:00 PM Concert Begins

CVMS Orchestras, Tuesday December 13th

- Bobcat Orchestra
- 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](#).

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](#).

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

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.

Repeated News

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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