



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

February 3, 2023

## Message from the Principal

Dear Bobcat Families,

February will be an extremely busy month for everyone as we prepare for next year's enrollment process to begin and continue to promote love and kindness through our No Place for Hate activities, various lessons and celebrations of Black History Month, and Valentine's Day!

Along with the various events and activities for students, we also have several opportunities for parents to join us on campus! Please mark your calendars for Thursday, February 9th's guest speaker, Jon Moffat, who will be speaking to parents about Cyber Security (please see below under PTSA for more details). A week later, on Thursday, February 16th, we will have San Dieguito Alliance for a Drug-Free Youth here to speak with parents about The Truth about Vaping. For more details, please see below under General News. We thank our awesome PTSA for making both of these parent education nights possible! Last, please also mark your calendars for Thursday, February 23 for this semester's Family Fun Night - also hosted by PTSA! See below for more details. In essence, mark off the next three Thursday nights to join us on campus :) We're looking forward to seeing you!

Finally, next week is National School Counseling Week. This is a week to highlight the tremendous impact our counselors have on the school experience for our students, and I can't count the number of times I hear how thankful our students, parents, and staff are to have such a wonderful, strong, and safe counseling department. A huge thank you to

## Upcoming Events

2/6-2/10	National Counseling Week
2/8	<a href="#">Virtual Parent Articulation 8:45 am</a>
2/8	<a href="#">Special Ed Parent Articulation Night 5:15 p.m.</a>
2/8	<a href="#">Parent Articulation Night 6-7:30 pm</a>
2/9	Career Speakers during PAW
2/9	<b>Cocoa with the Principal 6:00 pm</b> Parent Education Night Jon Moffat, Digital Safety and Awareness
2/10	<a href="#">Support for Enrollment 9 a.m. -noon</a>
2/13	Late Start - 9:45 start time
2/14	Wear Pink and Red Day
2/15	<a href="#">6th Grade Elective Fair 3:45-4:45 pm</a>
2/16	8th Grade Panorama Photo - PAW
2/16	Movie Night for Students  Parent Education Night <a href="#">The Truth about Vaping</a>

## ASB News & Student Activities

**Valentines Day Grams** will go on sale Monday, Feb. 6 at lunch for \$1.00. Grams will be on sale until Monday, Feb 13. Send a fun message to a friend!

**Wear Red and Pink on Valentine's Day (2/14)** to show your loving spirit!

**Movie Night** is coming Feb. 16th. Doors will open at 5:30 and the movie will start promptly at 6:00. Concessions will be available. All items are \$1.00 so small bills are appreciated.  
Movie TBD

counselors Karen Infantino and Megan Shuster for their positive impact on our campus. If you have a spare moment, please do send them a kind note to show the positive impact they have had on your student!

Wishing all of you a wonderful weekend. Go Bobcats!!

*Vicki Kim*  
Principal

## Assistant Principal's Message

### Drop-Off and Pick-Up Traffic Update

We have had a couple of close calls this week with drivers attempting to access the Andalucia Apartments or CVMS campus by driving up the oncoming lane of traffic on Mykonos Lane.

In order to ensure student and community safety, it is imperative that all drivers obey traffic laws while on the road, especially near campus. We do not have the staff to cover access points along Mykonos Lane so we count on parents and residents of nearby apartments to demonstrate courtesy, patience, and safety throughout the drop-off and pick-up process.

In order to address the flow of traffic before and after school, we have reached out to SDPD to help identify safe pathways for students to travel that also keep traffic moving.

Any plan developed through this collaboration will be communicated to students and parents via the CVMS newsletter, morning bulletin and the CVMS website.

### ISPE - 2023/2024

If you are interested in having your student access ISPE for the '23-'24 school year, you can find all the information you need on the District website using [this link](#).

### Physical Fitness Testing for Current 7th Grade ISPE Students

Physical fitness testing for current 7th grade ISPE students will be held in late March. Please keep an eye out here and via the 2022/2023 CVMS ISPE Google Classroom for more information and details as the month approaches.

**Yearbooks:** Buy yours today before it's too late -all sales are online through the attached link at [Jostens](#).

**Photo Submission**- We are looking for [Birthday](#) photos of your Bobcat! Please share them and make sure to send us details on the photo. Contribute yearbook photos [here](#)! You can also email me photos at [cvyearbook@sduhsd.net](mailto:cvyearbook@sduhsd.net).

## General News & Info

### The Truth about Vaping & Other Drugs

Thursday, February 16th at 5:30 p.m. at CVMS Learning Commons. Click [here](#) to see the flier with more information.

### CVMS Talent Show - Register by March 1

It's time for your Bobcats to show their talents and shine like a star! Carmel Valley Middle School invites you to the most awaited event of the year - The Talent Show! This is a free event for students to participate and families to attend. Students are required to register their acts by [clicking here](#). Performances will be approved upon audition.

#### Important Dates for the Talent Show:

- Wed, 3/1/23 - Registration Deadline
- Mon, 3/6/23 - Tue, 3/7/23 - Auditions in the PAC after school 3PM
- Wed, 3/22/23 - Rehearsal in the PAC after school 3PM
- Wed, 3/29/23 - Dress Rehearsal in the PAC after school 3PM
- Thu, 3/30/23 - TALENT SHOW 5:30 - 7:30 PM in the PAC

For questions, please visit CVMS Office/Call @ 858.481.8221. Click [here](#) to download the flyer.

### Please consider adding CVMS 858-481-8221 as a contact on your cell phone.

That way you will recognize the number when we call you and in case of an emergency it would save time.

## PTSA News

### Parent Education Night: Cyber Security with John Moffat on February 9 at 6:00 pm

On Thursday, February 9, we are excited to host a Parent Education Night on Cyber Security with John Moffat during the Cocoa with the Principal. Learn about some of the latest phone apps that could put you and your child at risk, and tips to keep your family on the same page. Learn more about

## Coastal Community Connections Collaborative

We are excited to announce the first meeting of the Coastal Community Connections Collaborative ("4C") on February 6, 2023, at 9:30 am ([see the flier here](#)). This group will be meeting at Fletcher Cove to connect and socialize with one another. Our hope is to help facilitate further opportunities to bring together families and their children within our community; the opportunities are endless and this is just a first step. We need your help making this exactly what you need and want it to be, so please join us. Please [RSVP](#) if you can.

*Nathan Molina*  
Assistant Principal

## Counseling Update

We really enjoyed spending time with our 8th graders on Monday, sharing high school, college and career information with them. A copy of the presentation can be found [here](#). While a lot of emphasis at this time is placed on high school and specific course selection, one of the most important things to keep in mind when picking both a school and course load is life balance. This often gets lost in the focus on meeting A-G requirements and assessing the level of class your student is ready to handle. Please keep balance in mind as you guide your student in making school choice and course decisions. Remember to help them select a balanced course load which allows time for extracurriculars, family and friend time and down time. Another aspect of high school and college and career preparation are the "soft skills" that employers are often looking for. This is a wonderful time for students to develop and practice these skills. These include: emotional intelligence- the ability to take another person's perspective and be thoughtful and self aware in your interactions, communication- written, verbal and non-verbal and finally the ability to collaborate- creating relationships to work with others towards a final goal.

Sign ups continue for our next career speaker series on February 9th at PAW. We are welcoming Michael Blank, who is an investment strategist with the world's largest

Instagram, Snapchat, Tiktok, Discord, Twitch, BeReal, Gas and many more. Walk away with the tools to create a technology contract for your family.

## Save The Date: Family Fun Night!



**DATE:** Thursday, February 23rd

**TIME:** 5:30-7:00 pm

**PLACE:** In the PAC

**WHAT:** Trivia Night! Form your own team or we'll group you into teams of 6-8. There are gift card prizes for the winning team!

**DINNER:** Mom's Pizza & Pasta will deliver dinner. Mom's Pizza & Pasta will deliver all the CVMS orders at one time on Feb. 23rd at 5:30 pm. Each family's order will be labeled by name.

### How to order:

1. Call 858-201-3225 to place your order. (No online ordering for this event.)
2. State that your order will be delivered to CVMS for the Family Fun Night on Feb. 23rd at 5:30 pm.
3. Order your food and beverages of choice. (Although the restaurant sells alcohol, they will not sell it for our school event. Alcohol is prohibited on school grounds.)
4. Pay over the phone. (No payments can be accepted at the time of delivery.)

**Calling All Potential Leaders:** The PTSA Nominating Committee has begun its search for next year's board members. Our current board of 15 members has 12 parents "graduating" from middle school in June. We have many roles to fill for next year's board and would love to talk to anyone with questions or an interest in joining the team. Please reach out to us at [cvms.nomcomm@gmail.com](mailto:cvms.nomcomm@gmail.com), or contact any board member to chat. We need to elect our new officers on April 21st, so the time to chat is NOW!

## Attention 7th Grade Parents - Volunteers Needed

We are seeking a committee of 4 to help with the

sports and entertainment agency. He advises many famous athletes and celebrities. We are also welcoming Elizabeth Evans, a nurse practitioner who will share her experiences as a medical professional. Please encourage your bobcat to sign up for either speaker via our Learning Common Google Classroom: code wm43xd7

A reminder that if you or someone you know has an incoming 7th grader to CVMS, the enrollment window is now open and will close February 10th. Our incoming parent information sessions will be next Wednesday the 8th of February. There will be a virtual session beginning at 8:45am and an in person session beginning at 6 and incoming families should plan on attending one of the sessions. More information and an RSVP for the virtual session can be found on the [Future Bobcat Page](#).

Gr. 8 Promotion Celebration. Committee work will involve proofreading certificates in early May, stuffing certificates in envelopes, and helping set up & clean up on the day of the big event (June 2nd). It is tradition for 7th grade parents to handle this work so 8th grade parents may enjoy the day with their soon-to-be grads. Please contact any board member or front office staff to let us know if you will help. [cvms.president@gmail.com](mailto:cvms.president@gmail.com), front office 858-481-8221.

## Music Boosters

**Donate to CVMS Music Program and help us reach our \$20,000 Goal!** Give the gift of music this Holiday Season! 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](mailto: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](mailto: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](mailto:president@cvmsmb.org)

## Repeated News

### Academic Power Hour

Is your student needing extra one-on-one academic support? CVMS offers APH on Tuesday & Thursday in the Learning Commons from 2:45pm - 3:45pm. One teacher & several high school

students from CCA & TPHS will be there to assist your student in any subject. Have your student stop on by to receive that help.

### **CCA Incoming Parent Events/Opportunities**

The Spring Parent Happy Hour is at 5 pm on February 8th at Pacific Social in Pacific Highlands Ranch, across from CCA This [LINK](#) has more information and an RSVP form for the Happy Hour.

Our gala will be held on March 4th at CCA. Here is the [Promo Video for the Gala](#).

Tickets on sale at [ccagala.com](http://ccagala.com)!

[Click for Music from our Performers](#)...UPTOWN!

**Spirit Wear:** If you are in need of any Spirit Wear items please check out [1st Place Spiritwear](#) who we have partnered up with for the many selections on sale for your student. 20% of all sales come back to CVMS.

**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 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](mailto: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](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.

## **RESOURCES & LINKS**

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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