



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

October 28, 2022

## Message from the Principal

Dear Bobcat Families,

Red Ribbon Week has been full of activities for our students to help promote a fun, healthy lifestyle without drugs and alcohol. A huge thank you to our ASB students who helped implement engaging activities and spirit days, and to PTSA for their contributions as well.

We had an amazing turn out yesterday at the PTSA-hosted Monster Mash! Sadly, I wasn't able to make it to this event but I have heard so many great things about it from students, staff, and parents! A major shout out to PTSA board members Michelle Hoyt and Ayesha Patel for their help in planning and implementing both the Monster Mash event AND the Reflections Art Contest Gallery - at the same time! Wow! Thank you to the two of them and everyone else for making it out to this awesome event. Be on the lookout for another Family Fun Night in semester two!

On Monday morning, the CVMS faculty participated in an Interactive Workshop on Antisemitism, provided by the ADL. We continue to learn to be better and to commit to providing safe learning environments for our students. We remain thankful for our partnership with the ADL.

As students make their final preparations for their Halloween costumes, please be sure that they are aware of [these costume guidelines](#).

Have a fantastic weekend, everyone! Go Bobcats!!

Vicki Kim  
Principal

## Upcoming Events

10/31	<b>Costume Contest</b>
11/1-11/2	<b>Collection of Candy for the Troop</b>
11/1-11/10	<b>Canned Food Drive</b>
11/3-11/5	<b>School Play -Alice in Wonderland</b>
11/6	<b>Daylight Savings Time Ends - move clocks back 1 hr</b>
11/11	<b>No School - Veterans Day</b>
11/14-18	<b>Wellness Week</b>

## ASB News & Student Activities

### Boo Pops

Boo Pops will be delivered on Monday, Oct. 31st through 4th period classes.

### Costume Contest

CVMS costume contest is Monday, Oct. 31st at lunch. Students are invited to dress up and compete for prizes! Please be aware of the [costume guidelines](#).

### Wellness Week Is Coming Nov. 14-18

Check out the fun activities ASB has planned [here](#).

### Canned Food Drive 11/1-11/10

For info on where we will be donating and a wish list please click [here](#). We will be holding a friendly class competition through 4th period classes. Class that brings in the most, will win a popsicle party! Thank you in advance for all your support!

**Yearbooks:** Thanks to all the families who bought yearbooks last week!!!!**We only have 90 remaining to sell!!!** Buy yours today before it's too late -all sales are online through the attached link at [Jostens](#).

Photo Submission- Is your child in a [Big-8 Middle](#)

## Assistant Principal's Message

### Classroom Visits

Throughout the year, it has been a great pleasure to spend time in our classrooms and see the quality instruction our teachers are providing as well as the amazing work our students are producing. Over the past week I have visited music, art, intervention and English classrooms. I look forward to visiting our math, science and history classes in the week to come.

### Traffic Drop-Off and Pick-Up

Please remember to pull all the way through either lane so students are dropped off or picked up beyond the yellow chains. This ensures that students are exiting or entering cars in the safest part of the road as possible and drivers behind you are not surprised if you stop short. Please review the Drop Off/Pick Up chart below for optimal times to get to campus. Thank You!

Have a great weekend all!

*Nathan Molina*

Assistant Principal

### Counseling Update

Grades for the first quarter progress report can now be viewed on AERIES under the "grade" tab, not the gradebook, which shows the most current grade activity.

Did you know that tutoring is available from 2:45-3:45 on Tuesdays and Thursdays? We have two teachers ready to help in a variety of subject matter or students can simply use the learning commons to work on their homework prior to arriving home? This is a great option for students who need extra support or who need to break up their homework time into smaller chunks.

The San Diego County Office of Education is offering a number of parenting workshops in November and December. On 11/29, at 6:00, there will be a seminar on "How Parents Can Help their Child Manage Anxiety" and on 12/15 also at 6:00, there will be another seminar entitled "Taking Care of Your Emotional Health while Parenting". These are virtual meetings, but you will need to register via the [Parent Education Page](#) of the district website. Please

School sport through the Boys and Girls Club? We are looking for photos of Cross Country, Girls Volleyball, Golf, and Flag Football. Contribute yearbook photos [here](#)! You can also email me photos at [cvyearbook@sduhsd.net](mailto:cvyearbook@sduhsd.net). We need pets, summer, and first day photos, too!

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](#).

### 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!

### PTSA News

**PTA 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 our President Leila Currah at [cvms.president@gmail.com](mailto:cvms.president@gmail.com), or feel free to approach any board member directly to ask about their role.

**Volunteer Opportunities:** Looking to get more involved? We have a few upcoming events that need volunteer help. Just click on the link to sign up or learn more.

- [11/1 - 11/2: Operation Gratitude](#)

### 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](#).

Thank you for attending this week's coffee

take advantage of these free resources.

## General News & Info

### Candy and Notes for the Troop 11/1-2

Every year CVMS collects candy for the troops immediately after halloween. If you have left over candy or even just too much, please consider dropping it off at the front office.

Students will be given the opportunity to write notes for our troops and we send them together. PTSA will host tables at lunch on both 11/1 and 2 for the card-writing opportunity.

### Alice in Wonderland

Please also mark your calendars for our fall play, Alice in Wonderland. The show will run on November 3, 4, and 5. See [here](#) for more details. Tickets are on sale now at the Finance Window for \$10; they will be \$15 at the door. Make sure to buy your tickets as soon as possible!

### SDUHSD Virtual Parent Ed Night on Opioid Awareness:

Our district will be providing parent education with Rocky Herron, retired DEA agent. We have scheduled two parent nights, one in English and one in Spanish.

The sessions will be virtual:

English: November 15, 6:00-7:30 p.m.

Spanish, November 16, 6:00-7:30 p.m.

If you would like more information the flyers are below.

[English Flyer](#)

[Spanish Flyer](#)

**Ian Richards**, CVMS Learning Commons Technician, will be off campus starting on Monday, October 31, 2022. We will have a substitute in his role until Mr. Richards returns in early February. We wish the Richards family a delightful time with the baby!

**A special thank you** to **JIMBO's** for donating apples for all of our students and staff in celebration of Red Ribbon Week and healthy life choices.

concerts! We look forward to seeing you in December!

**Upcoming Music events** Please mark your calendars for the upcoming Coffee Concerts! 6 PM in the CVMS PAC (5 PM student arrival).

### CVMS Orchestras, Tuesday December 13th

- Bobcat Orchestra
- Symphony Club
- Chamber Orchestra

### CVMS Bands, Wednesday, December 14th

- Bobcat Band
- Jazz Band
- Advanced Band

## Repeated News

**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](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 Robert Pisor at [president@cvmsmb.org](mailto:president@cvmsmb.org)

**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.

### **Boys and Girls Club Sports Schedule**

To view our sports schedule through the Boys and Girls Club please [click here](#). They always love to have friends and family come out to support them.

**School Pictures** - If you have not received an email explaining how to access and order your student's school photos please [click here](#) for instructions.

### **Student Drop Off and Pick Up**

Please make sure to drop off and pick up your students beyond the yellow chains on the north side of the double laned driveway. Please be sure to pull up as far as you can before stopping so we can get as many cars through the lanes as possible. To keep the flow of traffic moving smoothly, please check the Drop Off/Pick Up Time recommendations below.

### **Visiting Campus or Classrooms**

All parents MUST check in at the front office prior to going to any classroom, volunteering, or visiting our campus. Parents also must have a pre-arranged appointment to meet with a teacher. Please do not ever go directly to a teacher's classroom, whether it is during school hours or before or after the school day has ended. This process exists to ensure keeping our students and staff safe. Thank you!!

### **Bobcat Backyard**

Please remind your students that Bobcat Backyard is open in room 704 Mondays and Wednesdays during lunch. It is a great place to come and play games with friends or meet new ones.

**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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