



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

January 20, 2023

Message from the Principal

Dear Bobcat Families,

Semester two is already in full swing and we are looking forward to our annual Kindness Week next week. Please see ASB News & Student Activities for more detailed information about this special week.

We were so honored to have some very special guests visit our school this week. A sincere thank you to Ben Midler, Sandy Scheller, and Lou Pechi for speaking to Ms. Geminiani and Ms. Nelson's 2nd and 6th period classes today. Students and staff were given this rare opportunity to hear from Holocaust Survivors and authors Ben Midler and Lou Pechi, along with author and artist Sandy Scheller, a child of a Holocaust Survivor. Their courageous stories emphasized the importance of learning from the past and being an upstander to all forms of hate and bigotry, and their closing messages of optimism, hope, and treating others with kindness and compassion were so timely for us to hear. Special thanks also to Darren Schwartz from the Jewish Federation and CVMS teacher Ms. Geminiani for working together to coordinate the presentations, to ADL for putting us in contact with Darren, and to the students who attended the presentations, who were described by one of our guests as "the best group of middle schoolers ever!" Thank you to all for making this important educational opportunity a reality for us at CVMS.

We'll see 8th grade parents at the Coffee with High School Principals next Friday at 8:30 in PAC.

Have a wonderful and safe weekend. Go

Upcoming Events

1/23-27	Kindness Week
1/27	Coffee with the High School Principals (8:30 a.m. in the PAC)
1/30	Late Start - School begins 9:45am

ASB News & Student Activities

Kindness Week:

Although we encourage kindness year round, we are celebrating Kindness next week with a week of fun lunchtime activities. Here is what you can look forward to.

Monday, 1/23: Help send some love to TPHS. We have created a banner and we need students to help to color it. We will send the final banner to TPHS!

Tuesday 1/24: Kindness Chalk Walk. We will have colored chalk for students to draw or write something kind in the quad.

Wednesday 1/25: Kindness Rock Garden. Students will be able to design a colorful rock with a kind message to add to our CVMS Kindness rock garden.

Thursday 1/26: Find your name challenge. All student names have been written on a heart and will be displayed at lunch. Find your name and get a treat.

Friday 1/27: Kindness Klondike: Students will compete to complete Kindness Challenges.

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.

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

Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

ISPE - 2023/2024

The window to apply for ISPE opens on Monday, February 13 at 8:00 AM. Virtual Parent Information nights will be held on February 7 and 22 from 5:00-6:00 PM.

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.

E-Bike/E-Scooter Tags

Thank you to all the students who have picked up their bike tags from the front office. We have near 100% participation which is fantastic, but not our goal.

If your student has yet to pick up his or her tag from Mrs. Pike, please have them do so. We want to make sure all our students retain the privilege of riding their e-devices to school

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."

Beginning January 23, students with 3 or more tardies in a two week period will be issued a Thursday morning detention.

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.

Please reinforce with your students the need

Photo Submission- We are looking for photos of your Bobcat for three pages: [Birthdays](#), [Winter Sports](#) (field hockey, running club, basketball) and [winter holiday and break](#)! Do you have photos of your Bobcat celebrating a recent birthday, celebrating a December holiday or traveling over break, or moments from any of the BGC winter sports? 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.

8th Grade Student Recognition - Closing

February 1- 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](#). Ads will not be sold after February 1 so get yours today!

General News & Info

The Assistance League of Rancho San Dieguito has a program called [Operation School Bell](#). The goal is to help children thrive and succeed in school by providing new school clothing for those that might have a need. This year they are providing students in need with a Target gift card to purchase new school clothing.

Please email your counselor and let them know if this is something you as a student or your child as a parent could utilize.

PTSA News

PTSA Association Meeting on January 27: All parents are welcome to attend the PTSA Association Meeting. Those who have paid memberships in the PTSA are welcome to vote on agenda items, including our nominating committee for new board members for next year! The meeting will take place in-person at 9:45 am in the PAC right after Coffee with the Principal ends.

Can't make it in person? Join us via Zoom.

[Click here](#) to join

Meeting ID: 816 4692 2205

Passcode: 771922

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

to be at school on time and prepared.

Nathan Molina
Assistant Principal

Counseling Update

Final Grades for second semester can now be viewed on AERIES using the grade tab. If you have questions regarding a specific grade, please contact the teacher directly. For concerns with overall academic progress, please contact your student's counselor.

The UCSD Early Academic Outreach Program is holding their yearly "It Starts with a Dream/Comienza con un Sueño" workshop for families and students grades 6-12. There will be a wide variety of workshops in English and Spanish and will discuss things such as life as a UCSD student, admission, financial aid and housing. Please [click here](#) for more information. Registration opens January 19th.

If your student is planning on taking ISPE for the first time or wanting to take ISPE again next school year, the window to apply will be on February 13th at 8:00 am and end on March 17th at 4:00 pm. Students MUST apply for ISPE each year during this window. Please see the [district ISPE page](#) for all important ISPE information, especially dates/times for district presentations regarding the ISPE program.

A friendly reminder that the High School selection window will open on January 30th at 8:00 am.

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

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.

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

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***

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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