



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

January 27, 2023

Message from the Principal

Dear Bobcat Families,

Thank you to those of you who were able to attend our Coffee with the High School Principals this morning. For more information about High School Selection, please refer to the Counseling section below.

For our 6th grade families, [here](#) is a copy of upcoming events.

Please also note the upcoming parent education nights to the right and save the dates!

As we wrap up Kindness Week at CVMS today, I reflect on the kindness displayed by our students on our campus this week through our daily lunchtime and PAW activities. Thank you to our ASB Advisor and leaders who planned and implemented the activities for students to participate in, not only to provide opportunities for our students to showcase their kindness but also to instill the importance of kindness beyond this week and beyond our campus. Today, the last day of CVMS Kindness Week, also marks an important day to remember: International Holocaust Remembrance Day. On this day and beyond, we remember the millions of lives horrifically lost in the darkest period in history and we renew our commitment to standing firm against antisemitism, especially as antisemitism continues to increase at alarming rates. As we process the many recent national tragedies that have taken place, we also condemn hate and all other forms of bias and bigotry, and we continue to promote allyship,

Upcoming Events

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|------|---|
| 1/30 | Late Start - School begins 9:45am |
| 2/9 | Cocoa with the Principal Parent Education Night Jon Moffat, Digital Safety and Awareness |
| 2/16 | Movie Night for Students Parent Education Night The Truth about Vaping |

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, Feb13. 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

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 photos of your Bobcat for these pages: [Thanksgiving break](#), [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.

empathy, and inclusion within our school community. And while CVMS Kindness week comes to a close today, it is our hope that kindness is ever present on our campus and that we've instilled in our students that Kindness Always Matters.

Monday is a late start day. Have a wonderful and safe weekend. Go 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.

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.

Tardy Policy

After the first week of renewed commitment to implementing our tardy policy, our student tardies have reduced significantly. Thank you

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

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

The Truth about Vaping & Other Drugs

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

Please consider adding CVMS 760-481-8221 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

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, or contact any board member to chat. We need to elect our new officers on April 21st, so the time to chat is NOW!

all for demonstrating and communicating to your student(s) the importance of being in class on time.

Nathan Molina
Assistant Principal

Counseling Update

On Monday, the high school selection window will open at 8:00 am and will be open until 4:00 pm on February 17th. Keep in mind that selection must be made within this window and it doesn't matter if you select first or last, as long as you are within the window. It is very important for all families to make a selection, even if you are letting the district know you will not be attending school in the SDUHSD next year. For all the details on high school selection and registration, please visit the [district high school selection](#) page.

Counselors will be visiting 8th grade history classes for our "High School and Beyond" presentation on Monday. We will be giving students some information on high school schedules and differences, diploma and college entrance (A-G) requirements as well as time to use Thrively to explore some career options. This is not to replace the information that the high school counselors will present on high school registration information nights but to give our Bobcats a working vocabulary to better understand many of the new requirements and considerations they will need to keep in mind as they begin and progress throughout their high school years.

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

Please click on this link for information about the upcoming [ELPAC testing for our Multilingual Learners](#). This test is for students

Save The Date: Family Fun Night!

DATE: Thursday, February 23rd

TIME: 5:30-7:00 pm

PLACE: In the PAC

WHAT: Trivia Night! Come have dinner with other families and find out whether students or parents will dominate the trivia scene. There will be prizes for the winners! More details coming soon.

Attention 7th Grade Parents

We are seeking a committee of 4 to help with the 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, 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.

As always, if you have any questions or concerns

who are specifically designated as Limited English Proficient.

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

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**

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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