



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

February 10, 2023

## Message from the Principal

Dear Bobcat Families,

We had a great, busy week at CVMS! Thank you to all the 6th grade parents who joined us for our information sessions, and thank you to our current parents who joined us for our parent education night with Jon Moffat yesterday - and to PTSA for making it possible! We hope that you will be able to join us next Thursday night for our next parent education night about "[The Truth About Vaping](#)" - drop off your student at the movie night in the quad and then join other Bobcat parents to learn about vaping and other drugs.

Many thanks to our Career Speakers this month, Mike Blank and Elizabeth Evans, for their valuable time and insight into two more interesting careers our students were able to learn about.

We're looking forward to our 2nd annual Electives Fair for our 6th grade families next week on Wednesday at 3:45 p.m. We will have a similar version of the fair for current 7th graders during the school day in March, before they make their course selections for 8th grade.

On Thursday, February 16, we will be taking our 8th Grade Panoramic Photo during PAW...one step closer to high school for our 8th graders!

Monday is a late start day. Wishing all of you a wonderful weekend. Go Bobcats!!

Vicki Kim  
Principal

## Assistant Principal's Message

## Upcoming Events

2/13	Late Start - 9:45 start time
2/14	Wear Pink and Red Day
2/15	<a href="#">6th Grade Electives 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>
2/20-21	<b>NO SCHOOL</b> - President's Holidays
2/22 - 3/1	Talent Show Sign Ups
2/23	Family Fun Night

## ASB News & Student Activities

### Valentines Day Grams

Last day to buy grams will be Monday 2/13. All grams will be delivered on 2/14.

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

**Movie Night** Movie Night is coming! Thursday, Feb 16! We will be showing Ratatouille. Admission is free, but we will be selling concessions for \$1.00 each. Small bills appreciated. Doors will open at 5:30 and the movie will start at 5:45pm. Movie will play under the stars in the quad so bring lawn chairs and bundle up. It will be chilly! Movie will be over by 8:00.

### Kindness Photos

During Kindness Week ASB had a kindness photo challenge for our 4th period PAW classes! Check out the creativity our students came up with!

[Kindness Photo Slide Show](#)

It was great to see so many families at both our virtual and in-person family information events. Thank you to those who introduced yourselves and I look forward to meeting others in the new school year.

### **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.

### **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](#).

*Nathan Molina*

Assistant Principal

### **Counseling Update**

Thanks so much to Michael Blank and Elizabeth Evans who were part of our very successful career speaker series this week. We appreciate their time, energy and information. Students learned from both speakers that there are often many roads to finding the right career, such an important for them to hear. We had approximately 130 students attend!

On Monday, our No Place for Hate Leadership Team, created a video and shared about the [Pyramid of Hate](#) which illustrates how biased attitudes, if left unchecked, can developed into discrimination, acts of violence and eventually genocide. For a lunchtime activity, they challenged our CVMS Community to think and commit to countering the Pyramid of Hate by thinking of what they can do to help promote kindness, respect and to fight hatred and bias. We want to thank our No Place for Hate Team Leaders for all of the hard work that went into this activity.

Please be sure to check the [Parent Education Page](#) of the district website for a list of upcoming parent workshops. The next one will be on February 28th and is entitled "The Real Deal: The connection between Vaping,

### **Kindness Banner CVMS sent to TPHS**



**Yearbooks:** Thank you for your purchase! We have sold out of all 600 we ordered!!!! I have two weeks to change our order number, and I added in 25 more. If you still haven't purchased one, buy yours at [Jostens](#).

### **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.

### **PTSA News**

**Are You Ready to Serve Next Year?** A number of parents have already reached out to the PTSA Nominating Committee expressing interest in our

Cannabis Use and Mental Health. This is part of a series of parent workshops in partnership with Rady Children's Hospital.

## Music Boosters

**Join us as we perform for our incoming Bobcats at CVMS' elective fair!**  
**Wednesday, February 15th. Performances by the CVMS Chamber Orchestra and Advanced Band.**

**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)

12 open board positions next year. Thank you! There are still 7 positions to fill. If you are unable to commit to a year-long board position, please consider chairing a committee for one project instead. Contact [cvms.nomcomm@gmail.com](mailto:cvms.nomcomm@gmail.com) with any questions or for more information about specific roles or committees.



**DATE:** Thursday, February 23rd

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

**PLACE:** In the PAC

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

**DINNER:** Families may pre-order dinner from Mom's Pizza & Pasta, and Mom's will deliver all CVMS orders at 5:30 pm on Trivia Night. Each family's order will be labeled by name. **PRE-ORDERS MUST BE MADE NO LATER THAN FEB. 22nd.**

### To Order By Phone:

1. Call 858-201-3225 to place your order
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. No alcohol is allowed on school grounds
4. Pay over the phone. No payments can be accepted at time of delivery

### To Order Online

1. [Click here](#) to order online
2. Chose "DELIVERY" and list "Carmel Valley Middle School, 3800 Mykonos Lane, 92130" as the address
3. Choose "Schedule for later," choose "Thu, 2/23" as the date and 5:30 pm as the time.
4. The rest of the ordering process should be self-explanatory. Note that there is a \$35 required minimum to place the order online

### Staff Appreciation Week -Volunteers Needed

Staff Appreciation Week occurs May 1-5, 2023. The parent committee will begin planning the theme, meals, activities, etc. in March. Please reach out to

cvms.president@gmail.com if you'd like to help!

### **8th Grade Promotion Committee**

On behalf of the current 8th grade parents, thank you to all the 7th grade parents who stepped forward to join this year's Gr. 8 promotion committee. We appreciate you!

## **Repeated News**

### **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.

### **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](#)

Carmel Valley Middle School  
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