



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

February 17, 2023

Message from the Principal

Dear Bobcat Families,

Thank you to the parents who joined us for our Parent Education Night yesterday, and special thanks to Kellie McCormick from San Dieguito Alliance for a Drug-Free Youth for her very informative presentation on Vaping and Other Drugs. We will have a grade level assembly about the dangers of vaping and other drugs for all CVMS students in April.

Thank you also to the 6th grade families who visited our campus for our annual Electives Fair on Wednesday. Kudos to our electives teachers and students for representing CVMS so well!

We hope to see you all at our Family Trivia Night on Thursday. Please see below in the PTSA News section for more details.

After the 4-day weekend, we'll return to campus on Wednesday, which is a Single Period Day, with regular block days on Thursday and Friday. Wishing all of you a wonderful long weekend. Go Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

8th Grade Vision and Hearing Screening

Dear Carmel Valley Middle School Families,

On **February 23 and 24**, 8th grade students at CVMS will participate in this screening conducted by our district nurse. The screening will occur during the school day and has been pre-arranged with teachers to limit the time away from the classroom. If you do

Upcoming Events

2/20-21	NO SCHOOL - President's Holidays
2/22 - 3/1	Talent Show Sign Ups
2/23	Family Fun Night

ASB News & Student Activities

**Spirit Week is coming 3/20-24!!
More info coming soon!**

Yearbooks: Thank you for your purchase! We have sold out of all 600 we ordered!!!! I have one week to change our order number, and I added in 25 more (and 8 of those have already sold!). If you still haven't purchased one, buy yours at [Jostens](#).

General News & Info

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.

not want your students to participate in this screening please complete and return the [attached form](#) to the health office at cv.healthoffice@sduhsd.net.

Estimadas Familias de Carmel Valley Middle School,

Jueves y Viernes, 23 y 24 de Febrero 2023, los estudiantes del grado 8 de CVMS participarán en estas evaluaciones conducidas por las enfermas escolares. La evaluación se llevará a cabo durante el día escolar, se ha informado a los maestros previamente, así limitando el tiempo que los estudiantes pasean fuera del salón de clases. Si usted desea que su estudiante no participe en esta evaluación por favor complete y regrese [el formulario adjunto](#) a la oficina de enfermería de la escuela antes de enviar un correo electrónico a la oficina de salud por cv.healthoffice@sduhsd.net.

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

The first D and F progress reports are now available to view on AERIES, using the grade tab. While it is not uncommon for grades to be a bit lower at the beginning of a semester, this is a good time to check in with your Bobcat and see what changes need to be made to meet your family academic goals and expectations.

Our next Career Speaker Series will be held on March 2nd. Ryan Dunn will be here discussing flying helicopters for the US Navy. Chris Ing

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 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 with any questions or for more information about specific roles of 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

from the Career Technical Institute will be here to share the skills needed for jobs and some professional training programs that enable students to enter the workforce without a four year degree. Sign ups are now available on the learning commons google classroom.

We will be having an Advisory lesson on Wednesday entitled: Navigating Conflict: Building Relationship skills. This is often the time of year where we see, for a variety of reasons, an uptick in students needing support in dealing with social conflicts. We hope that this lesson gives some additional tools for our students to add to their toolboxes that they can use when faced with the complex dynamics of peer relationships. This also provides our families a good opportunity to check in with their students and see what challenges they might be having and how they may handle any peer conflicts when they arise.

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!

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.

Music for information incoming 7th graders can be found [here](#)

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

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.

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](#)

Carmel Valley Middle School
3800 Mykonos Lane
San Diego, CA 92130

Website: cv.sduhsd.net
Phone: 858-481-8221
Fax: 7858-481-8256