



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

March 10, 2023

Message from the Principal

Dear Bobcat Families,

The last couple of weeks have given us opportunities to celebrate many recent major achievements:

Congratulations to our Teacher of the Year, Ms. Shannon Merideth! Ms. Meredith has been at CVMS since our opening, and has remained a dedicated, compassionate, and experienced member of our faculty. She wears many hats this year as our English Learner lead teacher, English 7 teacher, and Spanish teacher! What an honor to earn this prestigious recognition from her peers!

Congratulations to our Classified Employee of the year, Ms. Patti Pike! Ms. Pike is a friendly face that welcomes our students, staff, and parents into the office. She also wears many hats as she serves our school community in a variety of ways, and is an integral part of the smooth operation of our front office. She was also recently named our district's Classified Employee of the Year! Wow, what an achievement to earn such a coveted title! Ms. Pike will now go on to represent SDUHSD at the county level for Classified Employee of the Year.

Congratulations to our very talented music students and CVMS Music Director Alex Patterson for their stellar performances at their festival last week, where they earned three gold ratings and one silver rating! Way to go, Bobcats!

Congratulations to our Science Olympiad Team for earning 2nd place overall in the regional competition last weekend...and good luck as you move on to the state competition!

Upcoming Events

3/13	Late Start Day
3/14	Pi Day
3/15 & 3/16	Coffee Concerts for Music Parents
3/17	St. Patrick's Day - Wear Green
3/17	Coffee with the Principal 8:30 a.m.
3/17	ISPE Window closes
3/20 - 3/24	Spirit Week (See Activities Below)
3/21	End of 3rd Quarter

General News & Info

Congratulations to CVMS Science Olympiad! CVMS Science Olympiad teams secured 2nd place overall at the San Diego Regional Science Olympiad competition last weekend at Miramar College, among all San Diego local middle and elementary schools that participated in Division B. Several CVMS students secured first place in their respective events and many others earned one of the top 10 spots in almost all events they participated in. We will have a CVMS team to move on to the State Competition in April! We are so proud of our Bobcats, Head Coach Xiangfei Ma, and all the event coaches and volunteers for their hard work, dedication, and love for science! Go Bobcats!

ASB News & Student Activities

3/17 Happy St. Patrick's Day!

We encourage all students to wear GREEN on the 17th to show their St. Patty's Day spirit!

Spirit Week is coming 3/20-24!!

[Spirit Week Calendar](#) Be sure to see the [restrictions link](#) for our Anything But a Backpack

Please look under general news for more info!

Congratulations to our Girls Field Hockey Team for their Championship victory yesterday! Way to represent CVMS!

Please note these upcoming events:

Friday, March 17 for Coffee with the Principal at 8:30 a.m. On this day, we will talk about school activities, provide school updates, and share information about the work that we're engaged in on campus.

On Monday, March 20, students will listen to guest speaker Jon Moffat about cyber security and responsible digital citizenship. They will attend the assembly through their elective class.

On Monday, April 17, to kick off our Wellness Week, students will listen to Rocky Herron about the dangers of drugs and vaping. Students will attend the assemblies by grade level via a special schedule that day. We will send out that schedule in a separate email communication.

A friendly reminder that this weekend, we spring forward by setting our clocks ahead one hour. Monday is a late start day. Period 1 begins at 9:45. Wishing all of you a wonderful weekend. Go Bobcats!!

Vicki Kim
Principal

Assistant Principal's Message

California Healthy Kids Survey

Your student is being asked to be a part of our school's California Healthy Kids Survey (CHKS) sponsored by the California Department of Education. The survey will be administered through your student's history class on **March 13th**, a single period, late start day.

This is a very important survey that will help promote better health and well-being among our youth, improve the school learning environment and combat problems such as drug abuse and violence. For more information please read the [Consent for California Healthy Kids Survey letter](#).

Your student does not have to take the

Day on Tuesday!

Yearbook Photos needed: Parents - is your child participating in the CVMS Big 8 Spring Sports? Yearbook would like photos of soccer, basketball, and track and field. Please submit yours to cvyearbook@sduhsd.net before March 20. We know it's early, but our final deadline is that week.

Yearbook Orders: We are down to our final 45 to sell for the 2022-2023 school year. If you still haven't purchased one, buy yours at [Jostens](#).

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.

Carnival Helpers Needed for March 24 - ASB is looking for volunteers! Come help out during this fun afternoon of carnival style games for students. This event is on the blacktop so there is a lot of sun. Volunteers are welcome to bring their own umbrellas if they want, hats and sunscreen are recommended. Water will be provided. [Click here](#) to sign up.

CVMS Talent Show - March 30

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. 5:30 - 7:30 pm in the PAC. Click here to download the [flier](#).

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 at our District Jazz Festival at Torrey Pines High School this Saturday, March 11th.

- Performances by jazz bands from many of

survey. If you do not want your student to complete the survey, please click [HERE](#) to complete the opt-out form by March 12th.

If you have any questions please email nathan.molina@sduhsd.net or patricia.pike@sduhsd.net.

Loss of Privilege List

This past week, a [presentation](#) was made to 8th grade students informing them of the CVMS Loss of Privilege list. As we approach the end of the year 8th grade activities (yearbook signing dance, Knott's Berry Farm trip, Promotion) the LOP list is in place to have a mitigating effect on misbehavior from March 1 to May 26, 2023. Students received this [flier](#) to provide information about the LOP. If you have any questions, please do not hesitate to reach out to nathan.molina@sduhsd.net or patricia.pike@sduhsd.net.

Behavior Check-In

As we are approaching spring, we are seeing a rise in misbehavior on campus. Our expectations are that students treat teachers and one another with respect and kindness. Please take a moment to review our [behavioral expectation presentation](#) to support our effort in making CVMS a safe and welcoming campus for all.

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

It has been a busy week in the Counseling Office. Counselors really enjoyed visiting our feeder schools this week and hearing the great questions and feeling the amazing energy of our incoming seventh graders. We have one more visit set for next week.

For our current seventh graders, course selection forms for next year should be turned in to the counseling office as soon as possible. They can also be emailed to the address listed on the 8th grade registration tab on the

the schools in our district.

- CVMS Performs at 5:40

We look forward to seeing you at our Coffee Concerts on Wednesday March 15th and Thursday March 16th

Wednesday, March 15th

- Chamber Orchestra (Period 2) 8:30 am - 9:30 am
- Advanced Band (Period 4) 10:30-11:30 am

Thursday, March 16th

- Bobcat Band (Period 3) 10:30-11:30 am
- Bobcat Orchestra (Period 5) 1:20-2:20 pm

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

counseling website. After today, families will no longer be able to enter course selections on AERIES so it is even more important to get those forms in so that we can take care of registration on our end. If you haven't signed your Bobcat's course selection form, please do so this weekend and return it to us.

This week is National School Social Worker week and we are thrilled to have the amazing Ann Areeckal here at CVMS working with our students and families. We all benefit from her wisdom, thoughtfulness and passionate advocacy for all students.

We wanted to share this amazing [Parent Resource Guide](#) and [Parent Resource Guide in Spanish](#) compiled by the County Office of Education. It has countywide resources from county library locations to food banks to volunteer opportunities. Please be sure to check out this valuable guide.

Repeated News

Congratulations CVMS Math League!

Congratulations to our Math League students, who have done extremely well in the Mathcounts San Diego Chapter. Among 19 middle schools, only the top two school teams in San Diego advance to State Competition, and our 4-student Team placed 2nd so we will advance to the California State Competition! All students have had impressively high scores. Special congrats to Dylan Kim, Alex Chen, and Sepehr Golefidy who made the top 16 highest scores in San Diego, among ~200 students! Way to go Math League Bobcats and good luck at the State Competition!!

Good luck to CVMS Science Olympiad this weekend at their Regional Competition!

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](#)

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