



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

March 3, 2023

Message from the Principal

Dear Bobcat Families,

The month of March has kicked off in full swing with our March Madness Basketball Tournament! Thanks to ASB for making this fun tournament happen!

Thank you also to our Career Speakers who shared their professional stories and careers with our students yesterday: Chris Ing from the Career Technical Institute and Commander Ryan Dunn and Lieutenant Julie Roland from the US Navy. We know time is valuable and we are thankful that you set aside time for our students to hear this valuable information!

For all parents who are interested in our district's search for a permanent superintendent, please access this website to keep up to date about the timeline and press releases: [Superintendent Search Firm](#). Please note there are some upcoming town hall meetings scheduled for our district parents to participate in.

As we approach this time in the year, please note that our middle school students are experiencing a plethora of emotions as they navigate their day-to-day activities and responsibilities, but now with the added layer of thinking about what school will be like for them next year either as 8th graders or high school students. Check in with your student to see how they're managing at this time.

Wishing all of you a wonderful weekend. Go Bobcats!!

Vicki Kim
Principal

Upcoming Events

3/6 & 3/7	Auditions for Talent Show
3/8	7th Grade Elective Fair at lunch
3/9	Teacher vs Student Basketball Game
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 8:45 a.m.
3/17	ISPE Window closes

General News & Info

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 Golefedy 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!

ASB News & Student Activities

Spirit Week is coming 3/20-24!!

Sign ups for the Amazing Race and the Bobcat 500 open at lunch on the outdoor stage.

[Spirit Week Calendar](#)

March Madness Basketball Tournament

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 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.

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

Counselors had a great time meeting with students about registering for 7th grade! The registration window will open on Monday March 6th at 8:00 and close on Friday March 10th at 4:00. Students must register online and return their course selection form next week. Please view the [Registration Presentation](#) for complete information.

Tournament is underway! The finals will be Thursday, 3/9 against the staff team in the gym at lunch!

Yearbooks: Thank you for your purchase! We have sold out of all 600 we ordered, and then out of the extra 25. After consulting with Jostens, they upped our order one final time!!!! 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.

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

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

We want to thank Chris Ing from the Career Technical Institute and Commander Ryan Dunn and Lieutenant Julie Roland from the US Navy for talking with our students during our Career Speaker Series on Thursday. Much gratitude to Laura Stepanian, our Student Support Facilitator, who arranged for this event.

Counselors will be out of the office several mornings next week visiting sixth graders at their elementary schools to discuss CVMS and the course selection process. Their course selection window will be open March 13th-March 20th.

March 1st was Self-Injury Awareness Day. This is an opportunity for us to call attention to this issue and learn signs of self harm and how to respond if we see or hear that our teens or tweens are exhibiting behaviors of self-harm. For more information, please read "[When Children and Teens Self-Harm](#)" from the American Academy of Pediatrics.

As parents and caregivers, we often prioritize our own mental health for the sake of others. We'd like to share some [easy self-care tips](#) for even the busiest of parents and caregivers. Remember, teens and tweens are more impacted by what we do than what we say, so we need to model the behaviors we want to see.

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

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.

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.

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

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