



Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

February 24, 2023

Message from the Principal

Dear Bobcat Families,

Calling all talented Bobcats!! Our CVMS Talent Show this year will be held in the PAC on the evening of March 30. If you haven't signed up yet, please do so [here](#) by March 1 so that your student can participate in auditions on March 6 and 7. See our announcement to the right for more details about our upcoming talent show!

Jon Moffat, from Cyber Education Consulting, has been booked for Monday, March 20th to provide assemblies to our students during their elective class. He will speak to students about responsible digital citizenship and cyber safety.

Thanks again to **Kellie McCormick from San Dieguito Alliance for a Drug-Free Youth** for her very informative presentation at CVMS last Thursday on Vaping and Other Drugs. Below are links to documents she has provided for parents to become more aware and educated about drug use in teens:

[Emoji Drug Code](#)

[Fentanyl Flyer](#)

[Make Prevention a Priority](#)

[Natural High - Setting Boundaries](#)

[Nicotine - The Unknown Poison](#)

[Surgeon General Advisory - Marijuana Use](#)

Monday is a late start day and period 1 begins at 9:45. Wishing all of you a wonderful weekend. Go Bobcats!!

Upcoming Events

2/27	LATE START MONDAY
3/1	Deadline to register for talent show
3/2	Career Speaker Series
3/6 & 3/7	Auditions for Talent Show

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.

ASB News & Student Activities

Spirit Week is coming 3/20-24!!

Sign ups for the Amazing Race and the Bobcat 500 will begin on Monday 2/27 at lunch on the outdoor stage.

March Madness Basketball Tournament

Tournament will start Wednesday, 3/1 at lunch on the outdoor basketball courts. Teams will be notified of their game time Tuesday!

Vicki Kim
Principal

Assistant Principal's Message

Behavior Check-In

As we are approaching spring, we are seeing a rise in behavior 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.

Annual Residency Verification

If you have not done so already, a reminder to please complete your Annual Residency Verification for the 2022-23 school year. Information about this requirement can be found on the district [Annual Residency Verification website](#).

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 will be going out to seventh grade science classes next week on Tuesday and Wednesday to discuss how to enroll for classes next year. Students will need to complete course selection on AERIES and return the course selection form with a parent/guardian signature- just like they did as sixth graders. The AERIES course selection window will open on March 6th and close on March 10th and students will not be able to select courses in AERIES before or after those dates. We will put our presentation to students on the Presentation Tab of the Counseling Website for your convenience. Please make sure that your parent portal is activated as they will need to select courses using the **parent** portal.

If you have an incoming 7th grader and have not yet completed district enrollment, please do so ASAP. Share with your friends with incoming students as well.

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](#).

8th grade Panoramic Picture:

If you are interested in purchasing the 8th grade panoramic picture please have your student stop by the front office and pick up an order form.

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.

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

We are currently in our third cycle of groups using the [Healthy Minds, Thriving Kids program](#) and are beginning to set up our next group. This group is ideal for students wanting to learn about stress and anxiety coping skills as well as understanding and managing the big emotions that often occur in middle school. Please click on the link to view the videos and handouts we use.

If you would like your student to participate, please email their counselor.

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.

RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

[SDUHSD Website](#)

[CVMS Calendar](#)

[CVMS PTSA](#)

San Diego, CA 92130

Fax: 7858-481-8256