



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

September 4, 2018

## Message from the Principal

Dear Bobcat Families,

What a great first week! It was so great to have all the staff and students back at school, as they bring about such great energy and vitality to the campus! As I walked around campus this past week, I asked our students if they were happy to be back in school and there were many enthusiastic nods!

Thank you, parents, for making the first week such a success. We understand that it's not easy to acclimate back to a school schedule after summer vacation! Special kudos to our new families for learning how to navigate the ins and outs of CVMS. I feel a special kinship with our new students as I am learning right along with them, and am also so appreciative of our returning students who are helping us learn quickly!

A gentle reminder: Starting this week, if your student is unexpectedly tardy to school, please have them check in with the attendance office before going to class.

Last but certainly not least, we so appreciate the many parent volunteers who helped this week with handing out schedules and helped in the office. The school-parent-community connection we have at CVMS is part of what makes it such an outstanding place for students to learn. We look forward to continuing the positive momentum from the first week throughout the year!

Have a great week,  
*Vicki Kim*  
 Principal  
 GO Bobcats!!

## Upcoming Events

Mon 09/03	<b>HOLIDAY - NO SCHOOL</b> <i>Labor Day Observed</i>
Tues 09/04	<b>Odd Day - Periods 0.1.3.5</b>
Weds 09/05	<b>Even Day - Periods 0.2.4.6</b>
Thurs 09/06	<b>Odd Day - Periods 0.1.3.5</b>
Fri 09/07	<b>Even Day - Periods 0.2.4.6</b>
Mon 09/10	<b>HOLIDAY - NO SCHOOL</b>
Tues 09/11	<b><u>Assembly Block Day</u> - Periods 0.1.3.5</b> Assembly -
Weds 09/12	<b>Even Day - Periods 0.2.4.6</b> Club Day - Lunch
Thurs 09/13	<b>Odd Day - Periods 0.1.3.5</b> Cornhole Tournament - Lunch
Fri 09/14	<b>Even Day - Periods 0.2.4.6</b> Lawn Ball - Lunch

## 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 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

## General News & Info

**Picture Make-Up Day is Monday, September 17th.** Any student who did not have their picture taken will have the opportunity. These will take place in the GYM.

### CVMS TRAFFIC

As many of you have now experienced, the CVMS traffic is something that requires patience and understanding. We greatly appreciate those dropping off or picking up students on campus following our traffic directions, as we are working to keep all students safe in arriving to and leaving from our campus. If you have someone else drop off or pick up your child, please share our traffic instructions with them so we can keep all involved safe.

Some important reminders:

- Make sure you pick up your child in the indicated Pick Up/Drop Off area **past the Administration Office** to keep traffic moving, not near the flagpoles.
- **DO NOT cross the double yellow lines** on Mykonos Lane leading onto campus, especially in the afternoon. That is a two way street and we have vehicles and buses leaving campus. Be patient for the safety of students and staff.
- Please leave the cones in place and do not turn into the middle lanes from the right lane. This has caused several near accidents.
- **If you pick up your child early due to Zero Period or ISPE, do not use the left lane until after the students are released** so we can continue to allow traffic flow to get onto campus. We share our parking lot with Boys & Girls Club and a Montessori school who may need to park on campus prior to the bell ringing.

One way to keep traffic moving would be to wait until **AFTER** release times to come on to campus and pick up your child. Parents who arrive early must park in a parking spot. We have had parents who arrive nearly 30 minutes before students are released and park along the curb instead of in parking spaces, which creates a major disruption to

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

### 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 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, 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: [susan.vieira@sduhsd.net](mailto:susan.vieira@sduhsd.net)**

### Counseling News:

September marks Suicide Prevention Month. Suicide is the second leading cause of death among people ages 10-24, so it is important for all of us to work together to help our students feel safe and supported. This is a great time to talk with your student about this important topic and remind them that they can always come to talk with you about issues that they are facing, as well as letting them know how important it is that if they are worried about a friend to speak up and not keep secrets. Social media is often the place where we see students reaching out to each other about suicidal thoughts and intentions, so it is important for your student to understand it is okay to speak up if they are worried about posts/comment they see online. As counselors, we are available for you and your students, so please call us should you have any concerns. The district website has [resources](#), including hotline numbers, community resources, and ways to talk with students about suicide. Perhaps most importantly, there is information about behaviors of concerns to be aware of, as well as some steps to take to prevent suicide. By being aware and informed, we can save lives.

## ASB News & Student Activities

the flow of traffic. This also creates a safety hazard and you could be ticketed if a police officer comes onto campus. If you arrive early, please park in a parking space and not in the Fire Lane.

**Late Starts** - On our Late Start Days this year, all teachers will be in collaboration meetings. To accomplish this goal, **we will not have Zero Period on these days.** However, we will have the Learning Commons open as well as other areas on campus for students to get here early and work on school work. **Our first Late Start occurs on September 24.**

**Nutrition Break** - The middle school years are an important time in a child's growth & development. To be their best, they should eat breakfast, lunch and dinner accompanied by healthy snacks. **Every day, students are provided a Nutrition Break in the morning.** We encourage students bring a healthy snack to eat during this time so they are not distracted by being hungry while in class. Students at this age also sometimes get into the habit of not eating lunch. **Please encourage your child to eat lunch at school** by putting money into their Nutrition account either [online](#) or through the envelopes in the office, or have them bring a healthy lunch to school. For more information about our **Nutrition Services program**, [click here](#).

On **Wednesday, September 12th** Carmel Valley Middle School will host our annual **Back-to-School Night** beginning at **5:30 pm**. You will be able to visit informational tables in our Quad Area to start the evening, then we will have a Welcome and Introduction at 5:45 pm in the Quad Area. We look forward to seeing you on Back to School Night!

## Dates to know:

Back to School Night - September 12th  
Welcome Week - September 11th-14th  
Kick off of ASB Fundraiser - September 11th  
Assembly - September 11th  
Club Day - September 12th  
Back to School Night - September 12th  
Picture Make up - September 17th

**WELCOME WEEK** will be September 11-14 and is a week to welcome students back to school. We encourage students to meet new friends with different colored bracelets throughout the week. We also will have a lot of fun activities planned during lunch for students to participate in including Club Day on Wednesday and some fun competition with teachers and staff Thursday and Friday!! It should be a fun week for students and staff!

## ASB FUNDRAISER

The CVMS fundraiser will kick off on Tuesday, September 11th. Students will attend a kick-off assembly through their PE classes. Students will be coming home with a packet of information so please be sure to ask them how you can help CVMS! ISPE students are encouraged to attend during their off period or they can pick up a packet in the office. All funds raised through go directly back to students for lunch activities, after school events such as dances and movie nights, and support with materials on campus such as books, tech equipment and PE equipment. Thank you for your support!

**CVMS collects [Box Tops for Education](#) in the month of February to raise money to support the CVMS Tech Drive.** We encourage families to start saving them now to help us reach our goal of raising \$2000.00 for continuing technology for CVMS! A contest will be held through our student's 4th period classes with prizes going to the winning classes!



## PTSA News

Your CVMS PTSA needs you! With your support, we provide our students the tools they need to learn and succeed, and opportunities to explore and build community outside the classroom. We also support our amazing teachers and staff with supplies and more. For information on how to help support our students and be a part of the CVMS PTSA, go to [www.cvmsptsa.com](http://www.cvmsptsa.com). THANK YOU to all the families who have already joined and donated for the 2018-19 school year!

**CVMS Science Olympiad** - We are getting ready for another great year in Scioly for CVMS. Sachin Chaturvedi is the coordinator for this year's program. We will have an **information night on September 6th** from 6:30 pm to 8:30 pm in the CVMS PAC for all interested parents and students. **Please visit our website for all [SCIOLY information!](#)**

### Parent Volunteers for Student Crossing

We're looking for parent volunteers to help students crossing the parking lot after school, from 3:05-3:15. Click here for more information.

To allow for flexible scheduling for families, we have several different options for students in choosing their schedules such as Zero Period and ISPE. Although this is beneficial in allowing students to choose the schedule that best works for them, it can be confusing in determining what time your child is supposed to be dropped off and picked up from school each day. Below is a summary of suggested drop off and pick up times that includes most of the schedule scenarios our students choose for the year:

<b>Students who attend:</b>	<b>Drop off</b>	<b>Pick up</b>
1st period through 6th period	by 8:15 am	<b>after</b> 3:10 pm
1st period with 6th period ISPE	by 8:15 am	Mon - after 2:10 pm, Tue & Thur after 3:10 pm; Wed & Fri after 12:40 pm.
Zero Period through 5th period	by 7:20 am	Mon - after 2:10 pm, Tue & Thur 3:10 pm; Wed & Fri after 12:40 pm.
Zero Period & 5th period ISPE	by 7:20 am	after 12:40 pm each day
*LATE START MONDAYS - see attached calendar for schedule	ALL Students: by 9:45 am	If the last class is: 6th period - after 3:10 pm 5th period - after 2:20 pm 4th period - after 1:35 pm

### **SPIRIT WEAR FOR SALE**

**REVERSIBLE PULL-OVER or ZIP-UP SWEATSHIRT \$35.00**

These can be purchased through the [ASB Webstore](#), or at the Finance Window.

## RESOURCES & LINKS

[CVMS Website](#)

[CVMS Bell Schedule](#)

**SDUHSD Website**

**CVMS Calendar**

**CVMS PTSA**

**CVMS Special Education Resources**

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

Website: [cv.sduhsd.net](http://cv.sduhsd.net)  
Phone: 858-481-8221  
Fax: 7858-481-8256