



# Carmel Valley Middle School

A Proud Member of the San Dieguito Union High School District

December 16, 2022

## Message from the Principal

Dear Bobcat Families,

Wow, what a fantastic two nights of CVMS music we had earlier this week! Congratulations to CVMS Music Director Alex Patterson and all our music students for putting on spectacular Winter Concerts that impressed us from beginning to end each night! Thank you for putting us in the holiday spirit and for warming my heart with your positive energy, talent, dedication, and courageous performances! Thank you to our CVMS Music Boosters and parent volunteers for your help and commitment to our music program as well! And last but not least, thank you also to the wonderful elementary students from Solana Beach School District, who joined the stage for a joint performance in the grand finale of the evening on Wednesday. What a wonderful experience for us to listen to the combined talents of over 70 students on stage! Hooray for creative community partnerships and collaboration!

And speaking of community partnerships and collaboration, a HUGE thank you to the generous hearts of our school community members for our annual Gift Drive and a heartfelt gratitude for CVMS parents Ruby Evans and Amy Gibson for their leadership and work in this important annual project at CVMS. What a sight to see as the gifts kept coming (see below), and a lovely representation of the continuous generosity and compassion of our CVMS families. Way to go, Bobcats!!

Next week is our last week of school before our Winter Break. Please note that Thursday, December 22 is a [Minimum Day with a 12:25 release](#) for period 6.

## Upcoming Events

12/16-12/21	<b>Winter Wonder Grams on sale</b>
12/19-12/22	<b>Festive Holiday Gear</b>
12/22	<b>Minimum Day 12:25 pm Release</b>
12/23-1/10	<b>Winter Break - NO SCHOOL</b>
1/9-1/10	<b>Teacher Prep Days - NO SCHOOL</b>

## ASB News & Student Activities

### Winter Wonder Grams

WWG on sale now for \$1.00 in front of the finance window at lunch. Grams will be on sale until Dec. 21st and delivered on Dec. 22 to students during 4th-period.

### Festival Holiday Gear Week NEXT WEEK! 12/19-12/22

Students and staff are invited to wear their favorite festive holiday gear all week to get in the holiday spirit!

**Yearbooks: We only have 20 remaining to sell!!!** Buy yours today before it's too late -all sales are online through the attached link at [Jostens](#). Prices will increase on December 24.

**Photo Submission**- We are looking for photos of your Bobcat for our Thanksgiving page. Do you have a photo from the November break to share? Contribute yearbook photos [here!](#) You can also email me photos at [cyearbook@sduhsd.net](mailto:cyearbook@sduhsd.net).

**8th Grade Student Recognition**- Parents of 8th graders - You may purchase a Yearbook Recognition Ad for your graduating Bobcat and it will appear in this year's yearbook. Guidelines and ordering details are found [here](#).

## General News & Info



Wishing everyone a lovely weekend! Go Bobcats!!

Vicki Kim  
Principal

## Assistant Principal's Message

### E-Bike/E-Scooter Tags

STUDENTS RIDING E-TRANSPORTS MUST COLLECT THEIR TAG BY DECEMBER 22! Beginning January 11, students without a tag will not be permitted to ride their device.

All students that attended our E-bike safety presentation can now stop by the administration building to pick up their green CVMS bike tag. Tags have a registration number that will be associated with your students e-bike or scooter. Student Bikes will be checked beginning Please see Mr. Neal and/or Mrs. Pike in the admin building.

### Tardy Policy

A reminder about the CVMS tardy policy as written in the CVMS Handbook:

"Students will arrive in class on-time, which means seated and prepared by the 2nd bell."

Tardiness distracts students and teachers, having a negative impact on the classroom learning environment. The consequence for repeated tardiness is detention, parent contact and a possible referral to the School Attendance Review Board.

Thank you for your support in delivering the message to your student about the importance of getting to class on time.

**Lost and Found** - The lost and found has been out in the quad for your students to check for lost items this last week. Any items not claimed will be on tables out front from December 19th-21st. Please check to see if any of these items belong to your student(s) as **everything** will be donated on December 22nd.

## PTSA News

### PTSA Board for the 2023-2024 school year:

This year, the PTSA Executive Board majority consists of parents of 8th grade students. In order to build informed potential members for next year's board, we invite 7th grade parents to learn more about any of our board positions by "shadowing" our current board members for a few weeks this fall or winter. You would not be committed to taking that position next year. You are simply learning about the available positions and how that role on the PTSA works together with all the other roles. You could even try "shadowing" more than one position. You are not expected to attend this year's board meetings, though attending \*one\* is encouraged. If you are interested, please reach out to President Leila Currah at [cvms.president@gmail.com](mailto:cvms.president@gmail.com), or feel free to approach any board member directly to ask about their role.

## Music Boosters

Thank you to everyone who attended this week's Band and Orchestra Concerts. A special congratulations to the following students:

**Katherine Chen, Julian Park, Jun Kim, Sarah Tsu, Nash Massura, Derek Chen, and Yuichiro Sano**, who have been accepted to the Southern California Band and Orchestra Association's Middle School Honor Groups.

**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.

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](#).

*Nathan Molina*  
Assistant Principal

## Counseling Update

With the semester wrapping up and potential exams and/or final projects coming due, here are gentle reminders you can share with your students as they move through this sometimes stressful time:

-Be sure to plan backwards. That is, when is the final project or test due date? Then, work backwards to plan out and manage time.

Utilize study time well- limit social media while studying, build in study breaks and create an environment for studying.

-Talk it Out- form a study group or explain what you are learning to someone else.

-Use study aids like quizlet, flash cards, acronyms etc.

-Take care of mental and physical health- eat well, get at least 8 hours of sleep daily, exercise and practice mindfulness

If you are moving out of the CVMS area for the next semester, please email Tracy Ngo at [Tracy.Ngo@sduhsd.net](mailto:Tracy.Ngo@sduhsd.net) so she can help with a smooth transition to your next school.

**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](mailto: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](mailto: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](mailto:president@cvmsmb.org)

## Repeated News

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