



2021-2022 NEWSLETTER

# SAILING INTO EXCELLENCE

## PRINCIPAL'S MESSAGE

DR. LORELLE DAWES

**Dear Cabrillo Families and Supporters,**

Welcome to the 2021-22 school year! We are excited to welcome all students to in-person learning, and we have adjusted our program a little to maintain what was always effective at Cabrillo and added in some ideas that we learned during distance learning.

Cabrillo is known for being an excellent school, and it is! We have caring teachers and staff who work hard to help students think critically, communicate effectively, and be kind to one another. Before “Social Emotional Learning” was a buzzword, Cabrillo focused on helping students socially, emotionally, and academically through these (sometimes awkward) middle grades so they could focus on their academic goals in high school and beyond. In these times, we believe our approach is more important than ever!

We will be adding lots of activities and projects to engage students in school and help them feel comfortable. The first of these occurs on August 18, from 8:00-12:30, when we will welcome our 6th grade students and other new Mariners to an in-person W.E.B. (Where Everybody Belongs) orientation. In this fun event, they will meet other new students as well as be paired with 8th graders for an orientation, games, and lunch. Then, throughout the year, the 6th graders will continue to meet with their 8th grade buddies periodically for meaningful activities. Students in all grades will enjoy a wide variety of events, clubs, and extra-curricular activities throughout the year!

If you have friends or neighbors who would like to register at Cabrillo this year, we do have space in most grades and programs. Please have them call our office to get more information, 805-641-5155 and speak to our Office Manager, Luana LaBare.

We hope you will join us for Back to School Night on September 9. The opening assembly will be streamed on Zoom or available live in the cafeteria, and we plan for all the classroom visits to be in person. Of course, these things are always subject to change depending on circumstances and instructions from Public Health. We do update our school website regularly with news and events, so I encourage you to check it at least weekly. I look forward to communicating with you as we work together to help your children grow and learn.

Kind regards,

Dr. Lorelle Dawes, Principal

# CABRILLO MIDDLE SCHOOL

Contact number:  
805-641-5155

1426 E. Santa Clara Street  
Ventura, CA 93001



## WATCH FOR THE FIRST DAY PACKET!

Each student is given a packet of materials, known as "The First Day Packet," at the end of the first day of school. Ask your child for this important packet of forms and information. Items included in the packet are:

- Emergency Card (white) Please fill out both sides & sign the back.
- Residency Verification form (white)
- VUSD Household Survey (bright pink form)
- Annual Notice (white)
- Yearbook Information Flyer
- Cabrillo School Rules
- Back-to-School Night Flyer
- VUSD School Calendar
- Student Accident and Health Insurance Flyer
- Fall Fundraiser Flyer (Step It Up!)
- Cabrillo Athletics Information Flyer
- PTO Mariner Fund information and donation envelope

### THE FOLLOWING ITEMS MUST BE RETURNED TO CABRILLO IMMEDIATELY:

- Emergency Card (white) Please fill out both sides. Please sign the back of the card.
- Residency Verification form (white)
- VUSD Household Survey (bright pink form)
- Annual Notice (NCR form)- Parent/ Guardian signature required.



Mark Your Calendar for Picture Days



**School Picture Day is September 1st**

**Make-up pictures ~ October 8th, 2021**

**8th grade Class Picture ~ February 10, 2022**

\*Instructions to follow of how to purchase portraits online.  
\*Students will receive a free ID card on the day when School Pictures are taken. Replacements cards are available in the office for \$5.00

## Welcome back!

### FIRST DAY OF SCHOOL WEDNESDAY, AUGUST 25

The campus and office opens to all students at 8:30 a.m.

Schedules will be viewable on Q Parent Connect by 5 p.m. on Tuesday, August 24. **Parents will need to log onto Q Parent Connect to see the student schedules.**

If you have forgotten your pin or password, you can retrieve it [here](#) by using the email you provided to the school. Once logged in you are able to view Student passwords for [Q Student connect](#)

If students are still wondering where their first period class is on the first day of school, there will be several guides available to help them between 8:30 and 8:55 a.m. Students will receive their paper schedule in their first period class. **If students have a zero period class, it will begin on Thursday, Aug 26 at 8:03 a.m.** Additional orientation topics will continue throughout the first week of school.



Parents and family members are welcome to join the Principal for a Coffee and Chat in front of the Cafeteria from 9:00-9:50 a.m. on August 25.

### BACK-TO-SCHOOL NIGHT THURSDAY, SEPTEMBER 9

Please join us for a Back-to-School Night Celebration.

You will have an opportunity to meet our staff and acquaint yourself with our campus.

**6:00-6:25 p.m.**

Welcome Meeting for all parents in the Cafeteria & [on Zoom](#)

**6:30-8:15 p.m.**

Classroom visitations (No Zoom)

The intended audience for Back-to-School Night is Parents/Guardians.

## Q Parent Connection

<https://venturausd.vcoe.org/parentconnect/>



Q Parent Connect allows parents and legal guardians to connect to the school information system. Using a PIN and password, a parent will be allowed to access the following for their child at Cabrillo:

- Enrollment information and daily attendance
- Grades and standardized test scores
- Behavior, health and cafeteria information
- School and classroom news/ assignments
- Links to contact administrators and teachers
- Student Passwords

Parents/guardians with a valid email address may choose to receive daily student updates. School announcements are also sent by email. Please be sure to update your email address on the emergency card or directly in Parent Connect.

## Get to know your Cabrillo Office Staff

Principal	Dr. Dawes
Assistant Principal	Mrs. Flores (A-K)
Assistant Principal	Mr. Dyess (L-Z)
Office Manager	Mrs. LaBare
ASB Secretary	Mrs. Limneos
Attendance Assistant	Mrs. Castro
Records	Mrs. Lopez
Counselors	Mr. Walden (A-K)
	Mrs. Knowles (L-Z)
Psychologist	Ms. D'Incau
School Nurse	Mrs. Kelley
Health Technician	Mrs. Triana

### Welcome New Staff

Mrs. Melissa Miller	Teacher
Ms. Sandi Roll	Teacher
Ms. Eliana Villegas	Teacher

# Cabrillo Bell Schedule 2021-2022

## Monday - Thursday

8:03-8:50 am	Zero Period
8:55-9:45 am	1st Period
9:50-10:37 am	2nd Period
10:37-10:52 am	Nutrition Break
10:56-11:43 am	3rd Period
11:48-12:35 pm	4th Period
12:35-1:05 pm	Lunch
1:09-1:21 pm	SSR * (in 5th Period Class)
1:21-2:08 pm	5th Period
2:13-3:00 pm	6th Period

## Friday and Minimum Days \*\*

8:16-8:50 am	Zero Period
8:55- 9:32 am	1st Period
9:37-10:11 am	2nd Period
10:11- 10:21 am	Nutrition Break
10:25- 10:59 am	3rd Period
11:04- 11:38 am	4th Period
11:38- 12:13 pm	Lunch
12:17- 12:51 pm	5th Period
12:56- 1:30 pm	6th Period

***\*Sustained Silent Reading and Community Building Circles***

***\*\*On Minimum Days dismissal is at 1:30 p.m.***

***Note: August 27, the first Friday of the school year, is a 3:00 p.m. dismissal. All other Fridays are 1:30 p.m., beginning Friday September 3.***

# CABRILLO NEW STUDENT WEB EVENT

FOR STUDENTS NEW TO CABRILLO MIDDLE SCHOOL  
AUGUST 18, 2021 8AM-12:30PM



## WEB

WEB, which stands for "Where Everybody Belongs" is a mentorship program that aims to ensure that all incoming 6th graders have a smooth and welcoming transition to middle school. WEB is built on the belief that students can help each other to succeed. Cabrillo 8th grade WEB Leaders will get the opportunity to engage with incoming 6th grade students and other new students, and make the important connections that establish positive and sustainable relationships, and a strong sense of Mariner pride. Here is to a great 2021-2022 school year!

Orientation will be on August 18 from 8 am-12:30 pm, lunch will be served, and PE clothes will also be available for purchase in the cafeteria from 10-1 pm.

## Blue Heart Project

Cabrillo Middle School's Blue Heart Project mission is to inspire a safe, caring environment through kindness, respect, and compassion for all.

The Blue Heart Project on the Cabrillo campus:

- Promotes kindness
- Encourages students to be allies
- Recognizes students for kindness
- Implements events highlighting kindness and compassion, such as [this song](#)

*Wear your Blue heart t-shirt every Thursday, available for purchase at the student store.*

## Yearbooks!

Purchase your yearbook early at a low introductory price of \$30. Online link

<https://commpe.pictavo.com/shop>

August 16-September 3: \$30

September 4-April 1: \$35

April 2-May 27: \$40



## PE Clothes Sales AUGUST 16,17,18



## Parent Volunteers Needed

PE CLOTHES SALES

August 16-18

(from 10 am- 1 pm)

Monday - Wednesday

Please help sell PE clothes, Spirit wear, and assemble the first day packets.

If you are available to volunteer, please call 641-5155 ext. 1011 or email Kendra Limneos at [kendra.limneos@venturausd.org](mailto:kendra.limneos@venturausd.org)

# STEP IT UP!

CABRILLO'S 2021-22 FUNDRAISER

HELP CABRILLO RAISE MONEY FOR:

ASSEMBLIES

SCHOOL DANCES

FIELD TRIPS

LUNCHTIME ACTIVITIES

INTRAMURAL SPORTS

WEB ACTIVITIES

TEACHER/CLASSROOM GRANTS

KICKING  
OFF SEPT  
9TH

BLUE HEART  
PROJECT

CABRILLO MIDDLE SCHOOL

BE KIND.

## VUSD FOOD AND NUTRITION SERVICES

Welcome to the new school year! Please visit Food and Nutrition Services on the VUSD website for updates. <http://ventura.healtheliving.net/>.



- FREE Meals for ALL in the 2021-2022 school year
- Food and Nutrition Services will be offering 2 meals a day, both nutrition and lunch.
- Weekly menu will be posted in the student bulletin.

If you have any questions or concerns, call Marni Noriega, Cabrillo Cafeteria Manager at 805-641-5155 ext. 1555 or Food & Nutrition Services at 805-641-5000 ext. 1306.

## CABRILLO BUS SCHEDULE 2021-2022

Transportation for regular education students is limited to those students who live at least two miles from Cabrillo and in the Cabrillo boundry. Addresses are verified through the district's Student Information System. School bus stops can be viewed one week before school starts on the Cabrillo website and district's web page at [www.venturausd.org/transportation](http://www.venturausd.org/transportation)



**Once the school has issued student identification cards, students will be required to show their student identification card to enter the bus.** If your child is not on the list and does not have a student identification card, your child will be denied transportation. If you have any questions regarding home to school transportation, please call 641-5000 ext. 1320 or visit the district web page.

## PROGRESS AND REPORT CARDS

All progress and report cards are viewable on Q Parent Connect. They will also be mailed home. Please be sure to keep your information in Q Parent Connect current.

### Honor Roll Awards

We value your student's hard work and like to celebrate and recognize their academic achievements. Below is a list of Honor Roll related information. These are great events and recognitions, and we hope your child earns them!

- Honor Roll is a 3.5 grade point average (GPA) or higher on report cards.
- Honor Roll awards are given out after Quarter 1, Semester 1, and Quarter 3 report cards.
- Honor Roll Celebration in May- For students who earn Honor Roll at least 2 of the first 3 quarters.
- Honor Roll Special Reward in May- For students who earn Honor Roll the first 3 quarters.

## CABRILLO ATHLETICS

Cabrillo Middle School offers the following athletic team opportunities:

- Cross Country (Boys and Girls) - Fall
- Girls Volleyball – Fall
- Boys and Girls Basketball – Winter
- Boys Volleyball—Spring



**ATHLETIC CLEARANCE:** Prior to trying out for or practicing with a team, students must submit Athletic Clearance documentation, which includes a sports physical clearance. Parents, begin the online clearance process at <https://registermyathlete.com/login/> and use the instructions found [here](#). If you are unable to complete clearance online, please contact the school office for a packet at 641-5155 ex1011. If you encounter issues with clearance, email [kendra.limneos@venturausd.org](mailto:kendra.limneos@venturausd.org)

## Musical Excellence at Cabrillo

Under the direction of Mario Boccali, the [Cabrillo Middle School Music Department](#) is recognized as one of California's top music programs! Watch for upcoming opportunities to support our fabulous Music Department and for the chance to attend these amazing performances!



# Emergency Cards

All students will be given an EMERGENCY CARD IN THE FIRST DAY PACKET that **must be returned**

\*This card alerts us to important health issues, so please include any and all health concerns that could impact your student's day while at school. It also provides contact information of parents and others who can assist when a student is ill or injured.

\*The school office must have a phone number where a parent (or other responsible party) can be reached during the school day.

\*Please include your email address when filling out the card

\*Only those adults listed on the emergency card may pick up the student from the Health Office.

\*In the event of an illness or injury, the school health office is only authorized to communicate with those adults who are specifically noted on the EMERGENCY CARD

**Students who live in two households should coordinate information with both parents**

## Message from the Health Office...

Your personal health safety and the safety of the Cabrillo Middle School community is of the utmost importance. Here are some reminders:

- Parents, please monitor your child's health before they leave home. Fill out the daily health screening in Parent Square. If your student is exhibiting COVID symptoms, please do NOT send them to school.
- Parents, if your student is absent, remember to call the attendance line to report this absence. Depending on the reason for the absence, a period of quarantine or isolation may be necessary. Please plan for this.
- If you are called by health staff because your student is exhibiting symptoms, please be prepared to pick your student up within 15 min.
- Please ensure that your face covering is appropriate. Surgical masks and 2-layer cloth face coverings are allowed. Neck gaiters and masks with valves or filters and single layered cloth masks are not permissible. Students, please keep your mouth AND NOSE covered while indoors throughout the school day. When student's are eating, drinking or outside, facemasks are not required at this time. Please maintain appropriate social distancing from others while unmasked. Please note that these instructions are subject to change from direction of Public Health.
- ALL 7TH GRADE STUDENTS MUST HAVE TDAP BOOSTER AND 2ND VARICELLA DOSE TO ATTEND SCHOOL IN THE FALL. If you have not provided proof of these immunizations, you will be called to pick up your student.

The pandemic is not over, so please do your part to keep yourself and those around you as safe as you can. We are all in this together.



## Accidents Happen...



If your student's injury requires any use of crutches, a cast, splint, a brace, a wrap or any form of medical equipment, a doctor's note and/or a readmission form must accompany the student prior to their returning to school. This is for your student's safety and so that accommodations may be made for them while at school.

Any student requiring medication (prescribed or over-the-counter) during school hours must have a **medication authorization form** completed by the student's parent and physician. All medications are held in the health office and administered by the health office staff. For your child's health and the health of others, please do not send students with medications to self-administer without staff supervision or knowledge. This includes, but is not limited to, pills, ointments, and drops.





# WE WANT YOU !!

**Dear fellow and incoming Cabrillo parents,**

**The Cabrillo PTO invites you to be a volunteer this year. Don't wait another minute to make a difference and get those volunteer hours started!** There are many ways for you to get involved in your child's education. Start by volunteering in the following available opportunities:

## COORDINATORS NEEDED

**Farm Cart Fundraiser**  
**Emergency Supplies/Safety**  
**Axxess Books**  
**8th Grade T-Shirts**  
**Spring Social**  
**Emergency Supplies/Safety**  
**Teacher Appreciation Week**

## SUPPORT

**Coaching athletics**  
**General (library, garden etc.)**  
**PE Clothes sales August 16,17,18**  
**Spring Social/ Auction Volunteers**  
**Event & Field Trip Chaperones**  
**Grant Writing**  
**Music Liaison**

Become a member of the PTO. Share your voice, ideas, skills and know-how for the benefit of our student body. With only \$10.00 you will be supporting the school and will help other dedicated parents, teachers and administrators re-imagine and deliver the following:

- **School clubs and events**
- **School departments and programs**
- **Cabrillo's outstanding electives and music programs**
- **Field trips**
- **And so much more!**

To join online, please go to the [Cabrillo Middle School Website](#) and click on the "Parents/PTO" or "Mariner Fund" to make your donation. You can also follow the PTO's activities on our Facebook page, Cabrillo Middle School PTO. Remind text messaging system is another way for you to receive information about the PTO events, TEXT @cms-ptto to 81010 to join.

We look forward to an exciting academic year that starts with welcoming our new 6th grade families on August 25 and in reconnecting with our returning families at Back to School Night on September 9!

**Best wishes for a healthy and positive school year!**

## Parent Meetings, Dates, and Times

	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June
PTO 6:00 PM	9/13/2021	10/11/2021	No Mtg	12/6/2021	1/10/2022	2/7/2022	3/7/2022	4/11/2022	5/16/2022	No Mtg
School Site Council (SSC), 7:30 am	9/23/2021	10/21/2021	11/18/2021	No Mtg	No Mtg	No Mtg	3/17/2022	No Mtg	No Mtg	No Mtg
English Learner Advisory Committee (ELAC), 6:00 pm	9/22/2021	10/20/2021	11/18/2021	No Mtg	1/19/2022	2/16/2022	3/16/2022	No Mtg	5/11/2022	No Mtg

# WE INVITE YOU TO JOIN CABRILLO ELAC

## English Learner Advisory Committee

Contribute to the success  
of Cabrillo's English Learners by joining ELAC!  
We meet monthly, featuring dinner and special guest speakers, as we discuss and address the  
educational needs of our English Learners

PLEASE CONTACT  
ASSISTANT PRINCIPAL-JENA FLORES OR COUNSELOR-MATT WALDEN  
FOR MORE INFORMATION

## SSC SCHOOL SITE COUNCIL

The School Site Council (SSC) is made up of representatives from the administration, teachers, parents, and students of Cabrillo Middle School. The SSC meets four times per year and is responsible for developing and monitoring the school's Single Plan for Student Achievement. The Council reviews student testing data, helps to establish school goals, determines how funds will be spent to improve student achievement, and monitors safety and school climate issues. SSC meetings are from 7:30- 8:30 a.m. at Cabrillo on the following dates: September 23, October 21, November 18, 2021 and March 17, 2022. One new parent representative for this year's School Site Council will be elected by parents at Back to School Night in September. If you have any questions regarding this position or you are interested in serving as a parent representative for the 2021-2022 and 2022-2023 school year, please email the following candidate information to Principal Dawes at [Lorelle.Dawes@venturausd.org](mailto:Lorelle.Dawes@venturausd.org)

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Address: \_\_\_\_\_ Zip code: \_\_\_\_\_  
Email: \_\_\_\_\_  
Ages of children and schools they attend: \_\_\_\_\_  
Reason for wanting to be a parent representative on the SSC: \_\_\_\_\_

## Become a VUSD Special Education District Advisory Committee (SEDAC) Representative

SEDAC is a committee of parents representing each school in the district. Parents connect with other parents through the site administrator to help bring parent and student voices to the table as we work together for our students with Individualized Education Plans (IEPs). Meetings are currently scheduled monthly:

**Last Friday of the month  
from 9-11 am  
at the  
VUSD Education  
Service Center**

**If you are interested in becoming  
the representative for Cabrillo,  
please contact Principal Dawes.  
She will select from those interested  
and connect the representative and an alternate  
with the Special Education Department  
and pertinent parent groups at Cabrillo.**





# How Do Parents & Staff Communicate at Cabrillo?



Once your child is in middle school, it is difficult to know how to get the answers to the many questions that you might have. Here is a communication guide available to you at Cabrillo.

**WEBSITE:** The Cabrillo website contains a lot of information about Cabrillo as well as copies of newsletters, bulletins, a calendar of events, and much more. You will be well-informed by visiting our website.

**BULLETIN:** A bulletin is read to students at the beginning of every week. These bulletins are also posted on the front page of our website. Check them for timely announcements on campus.

## **STUDENT PLANNER:**

Every student is given a planner provided by the PTO and ASB. The cost to replace a planner is \$5.00. The first pages are a handbook containing the school rules and procedures. This organizational tool gives your child a place to record assignments, homework, and important events. It should be used in all courses (language arts, social studies, math, and science). We recommend parents check the planner nightly to help your child stay on task. If you find that your child is not accessing or using their daily planner effectively, please contact their school counselor for strategies or recommendations.

**TEACHER SYLLABUS:** Teachers give a syllabus to students in every class describing the class curriculum, standards, and grading systems. These offer pertinent information about the classes in which your child is enrolled.

**TELEPHONE:** Our number is 805-641-5155. Office staff will either answer your question or send you to someone who can. Our clerical staff is extremely knowledgeable and will connect you with the most appropriate staff member to help you with your question.

**VOICE MAIL:** Every staff member has telephone voice mail. Call the school and use the name directory to go directly to someone's voice mail. If you have questions regarding your child's grades, progress or report cards, or assignments, call the teacher. They are the best person to answer those questions.

**E-MAIL** Everyone on staff has e-mail. In most cases, it is the person's first name followed by a dot, and their last name, followed by "@venturausd.org." For example, the Principal's email is [lorelle.dawes@venturausd.org](mailto:lorelle.dawes@venturausd.org). Most teachers include email addresses on syllabi, and the staff directory on the school website can also be used to locate email addresses.

## **PARENT CONNECT:**

Q Parent Connect is a great way to keep track of your child's progress. It is an online tool or app for your phone that allows you to see your child's grades and assignments (teachers use the Q Grade Book so you will have access to immediate information about your child's grades). Class news can give information about current work as it is assigned.



## **PARENTSQUARE:**

This phone/email/text system allows the school to contact every Cabrillo family quickly. If we have an emergency at school, we will use ParentSquare to keep families updated. Periodically, district and site administrators send out voice, text, and/or email messages to families. As a site, we try not to send messages too often, but we want you to be informed.

**REMINDE:** Our PTO uses Remind text messaging system for parents to receive information about Parent Teacher Organization (PTO) events. Text @cms-ptto to 81010 to join. Some teachers also use Remind to keep parents informed.

## **BE AN OBSERVER ON CANVAS:**

Cabrillo students may access some of their classes on a platform called Canvas this year. Parents are able to view their child's classwork and assignments by creating their own "observer" account.



Click the link below to see how to set up an observer account on Canvas  
<https://www.youtube.com/watch?v=t-5sWZODhY8>

*You'll be hearing from us soon!*

*Dr. Dawes, Principal*





# Cabrillo Netiquette Tips

Netiquette combines the word Internet and etiquette and refers to a set of guidelines that help students communicate with their teacher and classmates in a positive and productive manner online. Here are some tips from the Cabrillo faculty to be successful with remote learning.

## ALWAYS

- Find a quiet place to work.
- Keep an open line of communication with your teacher.
- Dress appropriately for school.
- Treat others the way you want to be treated.



## EMAIL

- Use academic, formal writing when sending an email.
- Always include a subject line, greeting and closing.
- Follow all rules of grammar and capitalization.
- Be mindful of your tone when communicating online. Without our voice, the email might take on a different tone than what was intended.
- Click the email icon to the left for more help with proper email format.



- Realistically, there will be tech issues along the way this year. When they occur, remain calm and do the best you can.
- If a student or teacher loses connection, try to reconnect immediately. Classes should give teachers at least 5 minutes to work the issue out before leaving.
- If either the teacher or student is unable to reconnect, student should work on Canvas (if possible).
- In class, if you need help with technology, ask for help in the chat first (we will have a classmate designated to help).

## Troubleshooting



## Be kind

We are all facing unprecedented challenges this year. Let's remember this is a new way of learning for everyone- students, teachers, and parents. Let's all try to be just a little more patient, throw in some random acts of kindness and, again, treat everyone the way you would appreciate being treated. Let's have a great school year!

# CABRILLO VISION STATEMENT

Cabrillo students, staff, families, and community are committed to creating a climate wherein students are respectful of and care about others; choose the best path of action, both academically and socially; and acquire the intellectual and technological skills needed to ensure continued personal and academic growth.

# OUR MISSION STATEMENT

- The Cabrillo community is dedicated to establishing and maintaining a positive and productive learning environment. The staff values and appreciates working in partnership with our families to facilitate our school mission.
- Every student has the right to attend a safe, healthy, and orderly campus where the school culture promotes a positive attitude toward learning.
- Every student will have access to an instructional program that is challenging, relevant, and engaging.
- Every student and staff member will work together to provide a campus climate that values each individual student and his/her unique background and culture.
- Every student and staff member will work together to promote community service, environmental responsibility and global awareness.
- Every student and staff member will utilize technology in safe, collaborative, and innovative ways while practicing appropriate digital citizenship.

# Counseling Corner

## Welcome back Parents & Students!

We are here to support and advocate for students as they navigate the academic, personal/social and transition demands of middle school in preparation for high school and beyond.

All students are assigned to a School Counselor. Mr. Walden advises students with the last names beginning with A-K as well as those who speak Spanish. Mrs. Knowles advises students with the last names beginning with L-Z. Counselors are available for students in person at school, Zoom or email. Parents, please make Zoom appointments through the Counseling Parent /Student Referral form on the Cabrillo website under the Counseling tab. Click on "Link-Virtual School Counseling form, then click on "Parent/Student" link.

For more information about our services, or if you would like to get in touch with your counselors through email, please see the link to our website located on the Cabrillo Middle School page. <https://sites.google.com/a/venturaedu.org/cms-counseling/virtual-school-counseling-expectations>

Respectfully,

Matt Walden and Alyssa Knowles, Cabrillo School Counselors

## VUSD Comprehensive Counseling Mission Statement

VUSD's Comprehensive Counseling Program will provide all students with equitable opportunities for growth in the Academic, College and Career and Social/Emotional Domains. Relevant, equitable and data-driven curriculum and services will encourage the highest level of student achievement. Through collaboration, leadership, and advocacy, School Counselors will foster student skill development in overcoming adversity, valuing diversity and using resources to become self-reliant, successful students.

*At Cabrillo, We...*

**CELEBRATE KINDNESS**

**ACT WITH INTEGRITY**

**BUILD POSITIVE RELATIONSHIPS**

**RESPECT DIVERSITY**

**IMAGINE OUR POTENTIAL**

**LISTEN WITH EMPATHY**

**LEAD BY EXAMPLE**

**OWN OUR ACADEMIC JOURNEYS**



## A WORD ABOUT TEXTBOOKS AND LIBRARY BOOKS

Textbooks are expensive. PLEASE discuss with your child that students are responsible for taking care of their books while in use from August to June. Keep them away from little brothers, sisters, pets, liquids, and food in backpacks. We must charge for broken corners, mold and mildew from the rain or water bottles, any writing inside, and damage to the cover and binding.

Go through each page of the textbooks to erase any marks and wipe the cover with a disinfecting wipe on the first day the students bring the books home. If you notice any damage to the book, please inform me immediately and bring the book to the library so I can note it in our records. **If textbooks are found to have existing damage, you must inform Mr. Tzipori by email or phone within 7 days of checkout.** Beyond this ONE WEEK grace period, students are responsible for loss and damage of materials, beyond expected wear and tear, up to the district cost for replacement.

Library books are also expensive. An average library book costs \$16-\$24 and takes time and money to catalog and process. Save your child from the agony of receiving an "obligation form" by helping students return books on time and in good condition.

Please remember that your child is responsible for all schoolbooks if a book is loaned to a friend, the *loaner* is responsible for any damage to the book or if the friend loses the book. **Record your barcode numbers** in your planner (or take a photo on your phone). Make sure it is the SCHOOL barcode.

Thank you for your help.

Michael Tzipori, Teacher Librarian

[michael.tzipori@venturausd.org](mailto:michael.tzipori@venturausd.org)

## BATTLE OF THE BOOKS

Cabrillo students have the opportunity of joining the lunchtime Battle of the Books club. We meet once a week for book talks and games relating to the books on the list. Students who provide evidence of reading at least eight of the books on the list will qualify to join the district wide battle in March 4, 2022, to be held at Sunset School. At the district wide battle, students will compete to show off their knowledge of the twenty books on this year's list. Those who read all twenty books earn special recognition at the battle.

Find the 2021-2022 Battle of the Books list under Resource Lists in our online library catalog.

### TEXTBOOK DISTRIBUTION

**Students will check out their textbooks to use at home during the following dates:**

**8th Graders - Thursday, August 26**

**7th Graders - Friday, August 27**

**6th Graders - Monday, August 30**

### LIBRARY HOURS

- **Before school:** 8:00 - 8:55 a.m.
- **Monday, Wednesday, Thursday:** Lunch time and after school from 3:00 - 3:30 p.m.
- **Tuesday:** Lunch time, and after school from 3:00 - 4:00 p.m.
- **Friday:** Closed during lunch and open after school from 1:30 - 2:30 p.m.

**Drop in and look around!**

## LIBRARY VOLUNTEERS NEEDED

**In an average school year during lunch, we serve over 12,500 student patrons in the library. Parent volunteers make a big difference in helping us provide the best service and attend to students' needs. If you are interested in working with us, please contact Mr. Tzipori at [michael.tzipori@venturausd.org](mailto:michael.tzipori@venturausd.org)**

**Thank you!**



# ATTENDANCE POLICY

Regular attendance is essential to success in school. A student not only misses instruction and class work on the day of absence, but also is not prepared for the next day's instruction and assignments. Being punctual and maintaining regular attendance is expected of all students.

## **Student responsibility:**

- Good attendance is the responsibility of all students.
- Each student must make sure a parent/guardian calls in to excuse their absence.
- Students are responsible for obtaining any work required by their teachers.

## **Parent/guardian responsibility:**

- Notify the Attendance Clerk by telephone each day of absence within 72 hours of the absence.
- Call 805-641-5155 ext. 1001 (24 hours a day)
- Provide a doctor's note for all medical/dental appointments.
- Request homework through the office after the third consecutive day of absence.
- Notify the health and attendance office of any chronic health concerns.
- Notify the office of change of address and provide two proofs of residency immediately.



California Education Code 48260 states: Students shall be classified as truant if absent from school without a valid excuse three full days in one school year, or tardy or absent for more than any 30-minute period during the school day without a valid excuse on three occasions in one school year, or any combination thereof.

Examples of excused and not excused absences:

## **What absences are excused?**

- Illness
- Quarantine by Health Officer
- Medical or dental appointments - with Doctor/Dental Note
- Funeral of immediate family member
- Court appearance
- Religious holiday

## **What absences are NOT excused?**

- Vacations/trips during school time
- Transportation problems
- Medical problems of the parent
- Funeral - not immediate family
- Unverified absence
- Truancy
- Tardy

## **Leaving Campus During the School Day:**

Parent/Guardian picking up students must: Come to the office, **show picture ID**, sign the student out

If another adult is attempting to pick up student, there must be prior written permission by parent or guardian

\*To expedite the sign out process for scheduled appointments, please have the student bring a parent signed note to the office before school starts in the morning. Have it state the student's name, the name of pick-up person, and the pick-up time and reason.

\*Adults listed on Emergency contact form are for health office pick up only.

## **Late Policy:**

Tardies to School and Class:

Students who are tardy to school must report to the office, sign in, and get a pass to class.

When a student's tardiness pattern has become chronic, a truancy notice may be generated.

# Electronic Device Use On Campus

## **CELL PHONES, EXTERNAL SPEAKERS, EARBUDS, HEADPHONES, ETC.**

The following are Cabrillo guidelines for all electronic devices on campus:

- All electronic devices, including cell phones, are to be out of sight and not in use once on the Cabrillo campus, even before school starts.
- Cell phones in view in class or on campus will be confiscated.
- Cell phones may be used once the school day is OVER.
- If a student needs to use their electronic device during the school day, they simply ask an adult and they are allowed to do so in the presence of the adult.

Electronic devices that are confiscated will be returned to the student on the first offense at the end of the school day; on second offenses and beyond a parent or guardian must pick up the device from an administrator.

Electronic devices are brought to school at the students' own risk. Students should keep electronic devices in a secure location at all times.

Students are not to use their phones to call or text parents to be picked up during the day. **If a student is sick and feels the need to go home, they must check in to the health office and be released by the health technician or school nurse.**

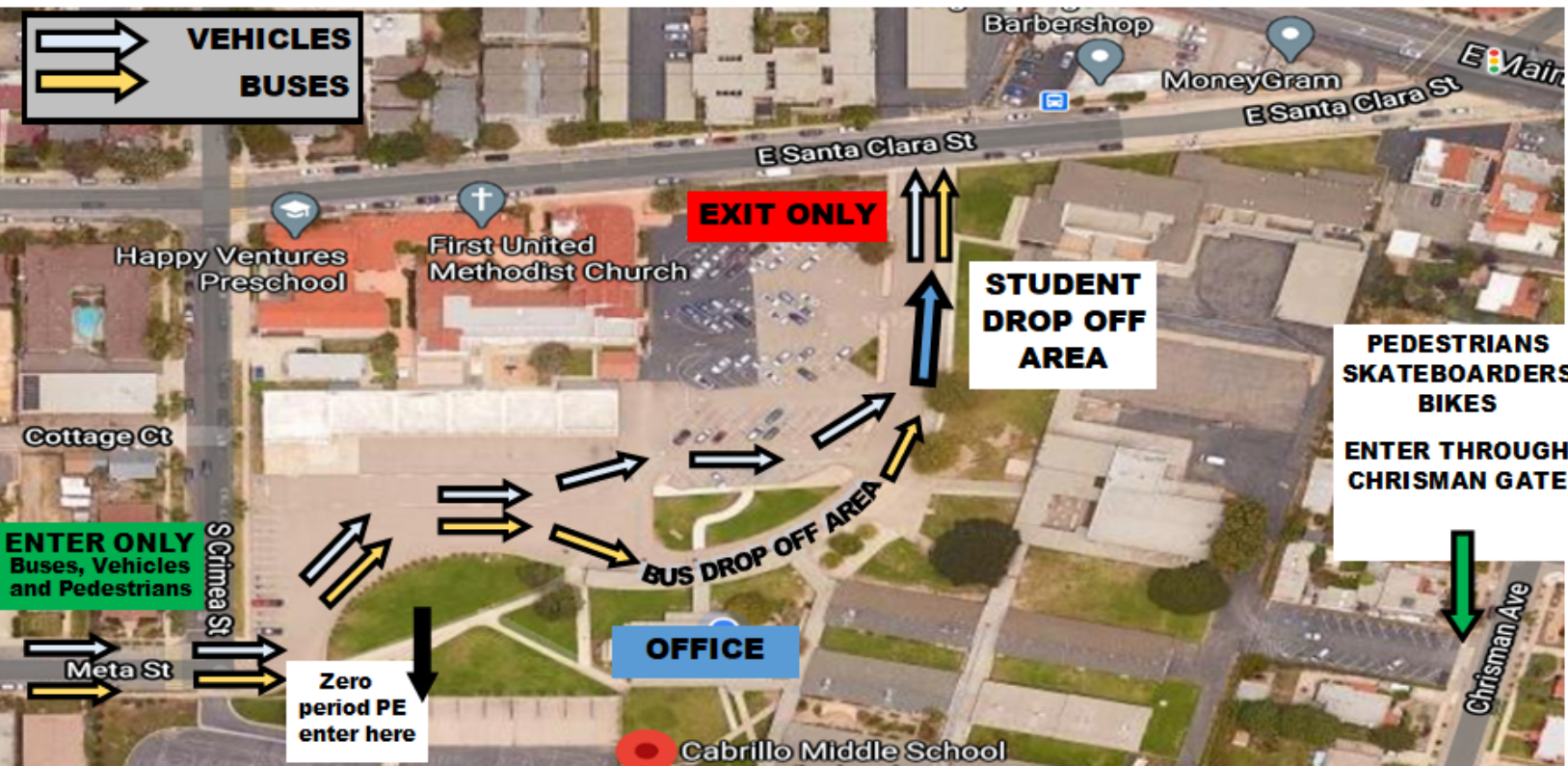


This is a great way to make-up an absence! It supports the student and the school. Saturday Enrichment Academy will be held on the following six days:

October 16  
December 11  
January 22  
March 5  
March 26  
April 23

# PARKING AND TRAFFIC FLOW

Please follow the traffic pattern below to safely drop off and pick up students.



## SAFETY TO AND FROM SCHOOL

Children in middle school are developing their independence, and safety remains paramount! To prevent problems, parents can become familiar with useful tips at [www.kidsmartz.org](http://www.kidsmartz.org). Know the route your child takes to/from school, agree on places and times to meet, and have a communication plan.



**PLEASE REMAIN  
IN YOUR CAR  
UNTIL 8:30**

**POR FAVOR,  
QUÉDENSE EN  
EL CARRO  
HASTA LAS 8:30**

## BEFORE SCHOOL

- Cars enter on Meta Street and exit on Santa Clara Street ONLY.
- Pedestrians, bicyclists, and skateboarders enter through Meta Street and Chrisman Avenue gate.
- Santa Clara Street is an Exit only.
- Students should not enter campus until 8:30 (School starts at 8:55 am) unless they have an appointment with the teacher or Librarian.
- If your student has zero period, they will be permitted on campus at 8:00 am and should go to PE through the gate near Meta Street.
- Please submit health screening on Parent Square daily.



Submit Daily Health Screening

## AFTER SCHOOL

Afterschool pickup will continue with Meta Street being the entrance and Santa Clara Street as an exit only. The parking lot will be open for you to wait. Please remain in your car at all times. We encourage you to consider arranging picking up your student a few minutes after the bell (after buses have departed) or at a site other than the parking lot to avoid the hectic pick-up chaos.

## RESPECTING THE NEIGHBORHOOD

Please remember that Cabrillo is in the middle of quiet neighborhoods. Please help us be good neighbors by driving slowly and carefully, not stopping in front of driveways, and being patient while nearly 1,000 students exit campus at the same time.

Thank you!

# Cabrillo Middle School

## 2021-2022 Partial Listing of Schoolwide Activities

### August

- 16-18 P.E. Clothes Sale, Cafeteria, 10:00 am —1:00 pm
- 18 6th grade WEB orientation 8:00 am—12:30 pm
- 25 First Day of School / Parent Coffee @ 9:00 am**
- 27 School Dismissed 3:00 pm**

### September

- 1 School Picture Day
- 3 School dismissed at 1:30 pm Friday for rest of year
- 6 NO SCHOOL, Labor Day**
- 9 FUNDRAISER KICK OFF!
- 9 Back to School Night 6 pm
- 13 PTO Meeting, 6:00 pm
- 16 NO SCHOOL, Non-student contact day**
- 17 WEB event
- 22 ELAC Meeting; 6:00 pm
- 23 School Site Council Meeting; 7:30 am
- 24 Back-to-School Dance 1:30 pm

### October

- 8 Make-up Picture Day & Retakes
- 11 PTO Meeting, 6:00 pm
- 16 Saturday School
- 20 Unity Day
- 20 ELAC Meeting; 6:00 pm
- 21 School Site Council Meeting; 7:30 am
- 25 \*Spirit Day and End of Quarter 1
- 25-29 NO SCHOOL, Fall Break**

### November

- 1 School Resumes for Students
- 5 School of Choice 2022-2023 window opens
- 8 Open House 5:00 - 6:30 pm
- 8-10 Early Dismissal at 1:30 pm-Parent Conferences
- 11 NO SCHOOL, Veteran's Day**
- 12,15 Early Dismissal at 1:30 pm-Parent Conferences
- 16 Band Concert/ Wind Ensemble 7:00 pm @ VHS
- 17 ELAC Meeting; 6:00 pm
- 18 School Site Council meeting 7:30 am
- 24-26 NO SCHOOL, Thanksgiving Holiday**

### December

- 1 Cheers for Children Begins
- 3 Schools of Choice Window closes at 4 pm
- 6 PTO Meeting 6:00 pm
- 11 Saturday School
- 14 String Orchestra Concert 7:00 pm @ VHS
- 15 Cheers for Children Ends
- 16 Intermediate Ensemble Concert
- 17 \*Spirit Day
- 20-31 NO SCHOOL, Winter Break**

\*Spirit day themes are listed in the student bulletin and posters are displayed around the campus

### January 2022

- 3 School Resumes for Students
- 10 PTO Meeting 6:00 pm
- 12 Geography Bee
- 13 Jazz Concert 7:00 pm @ VHS
- 17 NO SCHOOL, Martin Luther King Day**
- 19 Spelling Bee
- 19 ELAC Meeting; 6:00 pm
- 22 Saturday School
- 27 CMS Winter Concert 7:00 pm @ VHS
- 28 \*Spirit Day and End of Semester 1
- 31 NO SCHOOL, In-Service Day**

### February 2022

- 7 PTO Meeting 6:00 pm
- 10 8th Grade Class Group Picture
- 16 ELAC Meeting; 6:00pm
- 18, 21 **NO SCHOOL, President's Days Observed**
- 25 \*Spirit Day

### March 2022

- 4 Battle of the Books
- 5 Saturday School
- 7 PTO Meeting, 6:00 pm
- 10 Festival Concert 7:00 pm @ VHS
- 16 ELAC Meeting; 6:00pm
- 17 School Site Council Meeting; 7:30 am
- 18 Spring Dance
- 26 Saturday School

### April 2022

- 1 \*Spirit Day and End of Quarter 3
- 4-8 **NO SCHOOL, Spring Break**
- 11 School Resumes for Students
- 11 PTO Meeting, 6:00 pm
- 15 NO SCHOOL, Board Holiday**
- 23 Saturday School

April – May (TBA) : Cabrillo's CAASPP Testing

### May 2022 \*\*

- 11 ELAC Meeting; 6:00 pm
- 16 PTO Meeting, 6:00 pm
- 18 Honor Roll Celebration
- 19 Honor Roll Beach Day
- 24 Jazz Concert 7:00 pm @ VHS
- 30 NO SCHOOL, Memorial Day**

### June 2022

- 2 Spring Concert I 7:00 pm @ VHS
- 9 Spring Concert II 7:00 pm @ VHS
- 15 8th grade Promotion, 5 pm
- 16 LAST DAY OF SCHOOL (1:30 pm dismissal)**

\*\* 8th grade list of end of year activities flyer will be send home in Q3 report cards