

CASILLAS ELEMENTARY COMET CONNECTION

Week of Feb. 12-15, 2024

The opportunity to gather your feedback about our district's goals and budgeting priorities is happening now! The LCAP Forum for Families & Students is this week on February 13th or you can complete a short survey. The survey is open now and will close at the end of February. Click on the links to the right for more info including a link to the survey.

- [Casillas LCAP Flyer](#)
- [CVESD LCAP Events](#)
- [CVESD LCAP Flyer](#)

Visit the CVESD website [Upcoming Opportunities](#) page for more!

IMPORTANT DATES

- 2/12 - 2/15: 6th Grade Camp
- 2/12/24: 4th Grade Field Trip
- 2/13/24: 3rd Grade Field Trip
- 2/13/24: LCAP Forum for Families & Students, 4:30-5:30 PM (in-person at the district office & online)
- 2/14/24: Open enrollment begins

Reminder



NO SCHOOL FEB. 16TH & 19TH

IMPORTANT INFO & REMINDERS:

- **Yearbooks on Sale Now!** Yearbooks are on sale starting at \$33! You can purchase a yearbook at <http://ybpay.com/> & enter the code: 14845624. Yearbook sales end on April 12, 2024, so buy now before it's too late!
- **Attention Parents of Incoming 7th Graders!** Very important, please check out the [Incoming 7th Grade Info](#).
- **Attention Parents of Multilingual English Learner Parents!** Annual ELPAC testing begins this month. ICYMI, see the Parent Notification that was sent recently: [2023-24 ELPAC Parent Letter](#). Our site's testing calendar will be sent shortly.

ICYMI

There's still time! Help support our YMCA by making a donation: [Casillas YMCA Fundraiser Page](#)

Thank you to those who have donated and for your support!



FRIENDLY REMINDERS:

FREE Mental Health Webinar Series for Parents & Caregivers in 2024!

The next one is **March 13th** and the topic is ***recognizing and responding to youth depression***.

See the flyer for more info including a link to join the virtual meetings.

Supporting Our Youth
Free Mental Health Webinar Series for Parents and Caregivers in 2024

This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital-San Diego. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

All webinars
5:30 to 6:30 p.m.
Followed by an optional, 15-minute question and answer session with the presenter

Jan. 24	Social Media's Impact on Youth Mental Health Hilary Bowers, MD, FAAP sdcoe.k12oms.org/918-243923	April 24	Cultivating School-Life Balance to Support Academic Success Katherine Nguyen William, PhD sdcoe.k12oms.org/918-243927
Feb. 7	Mental Health 101: Everything Parents Need to Know to Support Youth at Home Willough Jenkins, MD sdcoe.k12oms.org/918-243924	May 15	When Anxiety Attacks: How You Can Help Tommy Maginot, PhD sdcoe.k12oms.org/918-244348
March 13	From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression Joshua Ferlante, DO, MBA sdcoe.k12oms.org/918-243925	Contact: Donny Ojeda 858-292-3898 donald.ojeda@sdcoe.net	

February's Focus:

Core Value/Common Courtesy: **Honesty**/"Thank you."

Character Strength: **Civic Character** / **"I make choices to build a better world."**

For additional information or assistance:

School website: <https://bit.ly/37zEJXi>

Phone: 619-421-7555

Email: CasillasSchool@cvesd.org.

Excellence Above All