

CASILLAS ELEMENTARY COMET CONNECTION

Week of Feb. 19–23, 2024

As we near the end of February, there are a few upcoming events that we want to remind you about:

Book Fair & Literature Night: Book fair is Feb. 26-Mar. 1 & we are still in need of volunteers to help work the book fair. To sign up for a shift or two, please use this link: [Book Fair Volunteer Sign Up](#). Thank you! And Literature Night is Feb. 28th, hope to see you there!

SD Gulls Family Night: Come support our lower grade choir & enjoy a fun hockey game on March 13th! Tickets on sale at school now.

Literature night

Tuesday, February 28

5:30-7:00pm

Come join us for a night of stories, friends and snacks.
Free popcorn, cookies and drinks
Bring a pillow, blanket and get comfy reading
Bookfair will be open for family shopping

IMPORTANT DATES

- 2/20: Kids Heart Challenge Kickoff Assembly
- 2/22: SSC Meeting, 4 PM ([Agenda](#)-meeting link included on the agenda)
- 2/29: 6th grade panoramic pictures
- 3/5:
 - 3rd Quarter Red Carpet Awards
 - PTA Assoc. Meeting & Bingo Night, 5 PM

There's still time to provide your input. Click on the first link to complete the LCAP survey.

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

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

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](#)

We're getting closer to our goal.

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