

# CASILLAS ELEMENTARY COMET CONNECTION

Week of Feb. 19–23, 2024

Thank you for another great week! Our Kids Heart Challenge is officially underway. We encourage you to take the challenge as we know heart health is so important. This week, we have our Literature Night and Book Fair. All funds raised will go towards purchasing new books for our library.

## March Focus:

Core Value/Common Courtesy:

**Perseverance/“Excuse Me.”**

Character Strength: **Grit/“I stay committed to my goals.”**

## IMPORTANT DATES

- 2/26: Literature Night, 5:00-6:30 PM
- 2/26-2/28: District Speech Contest
- 2/29: 6th grade panoramic pictures
- 3/5:
  - 3rd Quarter Red Carpet Awards
    - Primary: 8-9:15 AM
    - Upper: 9:15 - 10:30 AM
  - PTA Assoc. Meeting & Bingo Night, 5 PM

ALL the  
BEST!!!

*And best of luck to  
our scholars, Elijah,  
Maddy, and Maddie,  
representing Casillas  
at the districtwide  
Speech Contest!  
**Go Comets!***

## 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!
- Survey ends this week. Click on the first link to complete the LCAP survey. We want to hear from you.
- [Casillas LCAP Flyer](#)
- [CVESD LCAP Flyer](#)

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

# 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!*



## OTHER HAPPENINGS:

**BOOK DRIVE**


Drop Off Gently Used Books outside Room 203  
between Feb. 20-28

Book Sale after school on  
Thursday 2/29 and  
Thursday 3/7  
Books will be \$0.50 or  
\$1.00  
Cash only, please!

**Feb 29**

**March 7**

(All proceeds will benefit  
the San Diego Humane  
Society)



HELP SUPPORT OUR  
COMMUNITY SERVICE CLUB!

## 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

<b>Jan. 24</b>	<b>Social Media's Impact on Youth Mental Health</b> Hilary Bowers, MD, FAAP <a href="https://sdcoe.k12sds.org/918-243923">sdcoe.k12sds.org/918-243923</a>	<b>April 24</b>	<b>Cultivating School-Life Balance to Support Academic Success</b> Katherine Nguyen William, PhD <a href="https://sdcoe.k12sds.org/918-243927">sdcoe.k12sds.org/918-243927</a>
<b>Feb. 7</b>	<b>Mental Health 101: Everything Parents Need to Know to Support Youth at Home</b> Willough Jenkins, MD <a href="https://sdcoe.k12sds.org/918-243924">sdcoe.k12sds.org/918-243924</a>	<b>May 15</b>	<b>When Anxiety Attacks: How You Can Help</b> Tammy Maginat, PhD <a href="https://sdcoe.k12sds.org/918-244349">sdcoe.k12sds.org/918-244349</a>
<b>March 13</b>	<b>From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression</b> Joshua Feriante, DO, MBA <a href="https://sdcoe.k12sds.org/918-243925">sdcoe.k12sds.org/918-243925</a>	<b>Contact:</b> Donny Ojeda 858-292-3898 <a href="mailto:donald.ojeda@sdcoe.net">donald.ojeda@sdcoe.net</a>	

For additional information or assistance:

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

Phone: 619-421-7555

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*Excellence Above All*