

CASILLAS ELEMENTARY COMET CONNECTION

Week of Feb. 5-9, 2024

Thank you families for your participation in our Kindness Week & Challenge! It was so awesome to see various acts of kindness demonstrated by our scholars around campus. This week we have Spring Pictures on Thursday. Information will be sent home on Monday or you can go to Lifetouch.com and enter our school picture day ID.

School Name: Joseph Casillas Elem School

Picture Day Date: Thursday, February 8

Picture Day ID: EVTMZ97P4

IMPORTANT DATES

- 2/8/24: Spring Pictures (info sent home 2/5)
- 2/9/24: School Spirit Day - Disney Day!
- 2/12 - 2/15: 6th Grade Camp

Reminder



NO SCHOOL FEB. 16TH & 19TH

IMPORTANT INFO & REMINDERS:

- **School Safety Parent Forum (in-person at Fahari L. Jeffers)**
 - February 6, 6-7 p.m.
- **LCAP Forum for Families and Students (in-person at the district office & online)**
 - February 13, 4:30-5:30 p.m.
- **Open enrollment starts February 14 (online)**

Visit the CVESD website
Upcoming Opportunities
page.

ICYMI!

Our annual fundraising campaign for the YMCA is officially underway! Help us to reach our goal by making a donation today: **Casillas YMCA Fundraiser Page.**

Thank you for your support!



FRIENDLY REMINDERS:

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

The next one coming up is this week, **Feb. 7th** and the topic is **Mental Health 101: Everything Parents Need to Know to Support Youth at Home.**

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