

CASILLAS ELEMENTARY COMET CONNECTION

Week of Jan. 15–19, 2024

Thank you for a fantastic first week back. We are off to a great start! See below for the happenings for the week and please be reminded that this Monday, Jan. 15th there is no school in observance of Martin Luther King, Jr. Day.



IMPORTANT DATES

- 1/15/24: NO SCHOOL (Martin Luther King, Jr. Day)
- 1/16/24: 2024 Annual YMCA Fundraiser Campaign Kickoff! Go to our website to donate today: [Casillas YMCA Fundraising Website](#)
- 1/19/24: Full House Friday ([Full House Friday Flyer](#)) & Spirit Wear Day - wear Casillas School Gear!
- 1/24/24: Parent Workshop - *Social Media's Impact on Youth Mental Health*, 5:30-6:30 PM (see below for more info)
- 1/25/24: English Learner Advisory Committee (ELAC), 2:30 PM

IMPORTANT INFO & REMINDERS:

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

The first is on Jan. 24th and is a very important topic - *Social Media's Impact on Youth Mental Health*. See the [flyer](#) for more info including a link to join the virtual meetings.

ThoughtExchange Parent Survey!

It's that time of the year again for our annual Local Control and Accountability Plan (LCAP) ThoughtExchange survey! This is an opportunity to provide your input on how we can support and increase success for our students. For more info, checkout these resources: [LCAP Flyer](#) & [LCAP Events](#)

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 of 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.

Date	Topic	Speaker	Contact
Jan. 24	Social Media's Impact on Youth Mental Health	Melany Gowers, MD, PhD mdoc@k12casillas.org / 918-243923	Contact: Danny Ojeda 958-292-3898 dannyojeda@casillas.net
Feb. 7	Mental Health 101: Everything Parents Need to Know to Support Youth at Home	Willough Jenkins, MD willough.jenkins@casillas.org / 918-243924	
April 24	Cultivating School-Life Balance to Support Academic Success	Katherine Nguyen-William, PhD katherine.nguyen-william@casillas.org / 918-243927	
May 15	When Anxiety Attacks: How You Can Help	Tammy Maginat, PhD tammy.maginat@casillas.org / 918-243949	
March 13	From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression	Heather Edwards, DO, MBA heather.edwards@casillas.org / 918-243925	

