

CASILLAS ELEMENTARY COMET CONNECTION

Week of Jan. 22 – 26, 2024

This week we will participate in The Great Kindness Challenge (GKC)! This is a week-long event that encourages individuals to perform acts of kindness for others. The GKC aims to strengthen a culture of kindness within our community. During the challenge, our scholars are encouraged to perform as many acts of kindness as possible and will be provided a Kindness Challenge Checklist for ideas. We will also have a GKC Spirit Week. Check out the GKC Spirit Week flyer for the different themed days.

[Click here for the flyer!](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
QOTD: "Never look down on anybody unless you are helping them up." -Unknown	QOTD: "Life's most persistent and urgent question is 'What are you doing for others?'" -Dr. Martin Luther King, Jr.	QOTD: "Today, give someone one of your smiles. It might be the only sunshine they see all day." -H. Jackson Brown, Jr.	QOTD: "Don't wait for people to be friendly, show them how." -Unknown	QOTD: "Be a rainbow in someone else's cloud." -Maya Angelou
Kindness Week Kick-off! Today's Challenge: Make a new friend - Invite a new friend to join a game!	Today's Challenge: Do an act of kindness at recess! Hats off to Kindness! Wear your favorite hat!	Today's Challenge: Find 5 other students/staff with crazy socks or hair and give them a high-five! Crazy for Kindness! Wear crazy socks or crazy hair!	Today's Challenge: Write a kind letter to a teacher or staff member! Friends are kind to each other! Match with a friend!	Today's Challenge: Compliment 3 students or staff! Casillas Comets are Kind! Wear our School Colors or Comet Gear

IMPORTANT DATES

- 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 in Room 703.
- 1/26/24: School wide Speech Contest, Grades 4-6
- 1/31/24:
 - PTA Breakfast & Association Meeting, 7:15 AM (MPR)
 - School Site Council (SSC) Meeting, 4 PM ([meeting link](#))

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.

Adolescent Growth Education (A.G.E.)

Friendly reminder, the parent preview nights for A.G.E. for grades 4-6 take place next week. In case you missed it, please click on the link to review the [A.G.E. Parent Information Letter](#).

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.

Date	Topic	Speaker
Jan. 24	Social Media's Impact on Youth Mental Health	Hilary Downes, MD, PhD sdcoe.k12oms.org/988-243923
Feb. 7	Mental Health 101: Everything Parents Need to Know to Support Youth at Home	William Jenkins, MD sdcoe.k12oms.org/988-243924
March 12	From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression	Justine Falcetta, DO, MBA sdcoe.k12oms.org/988-243925
April 24	Cultivating School-Life Balance to Support Academic Success	Katherine Nguyen-William, PhD sdcoe.k12oms.org/988-243927
May 15	When Anxiety Attacks: How You Can Help	Tammy Margolin, PhD sdcoe.k12oms.org/988-244349

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FRIENDLY REMINDERS:

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.

The forum for families is on February 13th. For more info,

checkout these resources: [LCAP Flyer](#) & [LCAP Events](#)



Chula Vista Elementary School District

We want to hear from you!

The Chula Vista Elementary School District is hosting a Local Control and Accountability Plan Forum to gather your feedback about our goals and budgeting priorities.

Where:

- District Office 84 East J Street, Chula Vista, CA 91910
- Microsoft Teams (links below)

Time:
4:30 – 5:30 p.m.

Dates:
Click the link below to join the meeting of your choice.

- [January 25 – Forum for Certificated Employees](#)
- [January 31 – Forum for Classified Employees](#)
- [February 6 – Forum for Confidential/Management Employees](#)
- [February 13 – Forum for Families and Students](#)

For additional information or assistance:

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

Phone: 619-421-7555

Email: CasillasSchool@cvesd.org.

Excellence Above All