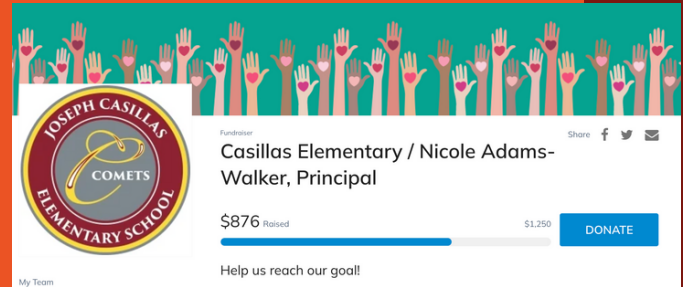


# CASILLAS ELEMENTARY COMET CONNECTION

Week of Jan. 29 – Feb. 2, 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 officially kick off our annual fundraising campaign for the YMCA. Our goal this year is to raise \$1,250. Please help support one of our parnters and make a donation: [Casillas YMCA Fundraiser Page](#). Thank you for your support!



## IMPORTANT DATES

- 1/31/24:
  - PTA Breakfast & Association Meeting, 7:15 AM (MPR)
  - School Site Council (SSC) Meeting, 4 PM ([agenda](#) & [meeting link](#))
- 2/1/24: Field Trips (1st & 5th Gr.)
- 2/2/24: Show your school spirit, wear our school colors or Casillas gear!



## IMPORTANT INFO & REMINDERS:

- **A.G.E. Parent Preview Night (online)**
  - 4th grade – January 30, 6-7:30 p.m.
  - 5th grade – January 31, 6-7:30 p.m.
  - 6th grade – February 1, 6-7:30 p.m.
- **TK/Kindergarten Registration Virtual Town Hall Meeting (online)**
- **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)**

FOR MORE  
INFO...

Visit the CVESD  
website [Upcoming  
Opportunities](#) page.



## FRIENDLY 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.

### 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.k12oms.org/918-243923">sdcoe.k12oms.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.k12oms.org/918-243927">sdcoe.k12oms.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.k12oms.org/918-243924">sdcoe.k12oms.org/918-243924</a>	<b>May 15</b>	<b>When Anxiety Attacks: How You Can Help</b> Tommy Maginot, PhD <a href="https://sdcoe.k12oms.org/918-244348">sdcoe.k12oms.org/918-244348</a>
<b>March 13</b>	<b>From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression</b> Joshua Ferlante, DO, MBA <a href="https://sdcoe.k12oms.org/918-243925">sdcoe.k12oms.org/918-243925</a>	 <b>Contact:</b> Donny Ojeda 858-292-3898 <a href="mailto:donald.ojeda@sdcoe.net">donald.ojeda@sdcoe.net</a>	

### 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](mailto:CasillasSchool@cvesd.org).

*Excellence Above All*