

CASILLAS ELEMENTARY COMET CONNECTION

Week of Mar. 11-15, 2024

It's hard to believe we're at the end of another quarter! The last day of Q3 is *Friday, March 15th*. **Parent/Teacher Conferences continue this week through March 14th and we're on minimum day schedule (dismissal @ 1:05).**

Also this week, we will have registration for our after school programs (aka L.E.A.D.) for Quarter 4! Registration opens at 9:30 AM on March 11th & closes on March 15th at 11:59 PM. **IMPORTANT: For programs that are carried over from Quarter 3, registration is still required in order to participate in Quarter 4.** See the **Q4 L.E.A.D. Flyer** for information about the programs that will be offered and the QR code to register. Additionally, we are excited to welcome Ms. Mahraya Davis, our new L.E.A.D. Site Lead to the Casillas Family! Click **here** to learn more about Ms. Davis!

IMPORTANT DATES

- 3/12: SSC Meeting, 4 PM (Agenda) - rescheduled from last week.
- 3/13: SD Gulls Game (Casillas Choir Performance)
- 3/15: Last day of Q3!



Spring Break: March 18 - April 1, 2024
School resumes April 2 (minimum day)

IMPORTANT INFO & REMINDERS:

- **PTA Opportunity:** Also, if you are interested in being on the PTA Board next year, please email Mr. Esslinger, michael.esslinger@cvesd.org.
- **Green Grams on Sale Now!** Green Grams are on sale before and after school for only \$1! Get them while they last! March 12 is last day to purchase.
- **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!**

**DON'T!
FORGET!**



OTHER HAPPENINGS:

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



All webinars 5:30 to 6:30 p.m.

Followed by an optional, 15-minute question and answer session with the presenter

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.

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

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

March Focus:

Core Value/Common Courtesy: **Perseverance**/“Excuse Me.”

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

For additional information or assistance:

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

Phone: 619-421-7555

Email: CasillasSchool@cvesd.org.

Excellence Above All