

CASILLAS ELEMENTARY COMET CONNECTION

Week of Mar. 4–8, 2024

It was another busy week at Casillas! We had a great turn out for the Book Fair and Literature Night. We also reached our fundraising goal for the YMCA! Thank you for your support and generosity. This week will be another busy one so be sure to review the important dates below.

Also, if you are interested in being on the PTA Board next year, please email Mr. Esslinger, michael.esslinger@cvesd.org.



Read Across America Week

March 4th-8th

Monday	<i>-I Can Read With My Eyes Shut-</i> Wear a shirt with words!
Tuesday	<i>-Cat and the Hat-</i> Wear red or blue!
Wednesday	<i>-Wacky Wednesday-</i> Crazy hair & backwards or mismatched clothes!
Thursday	<i>-Fox in Socks-</i> Wear crazy or mismatched socks!
Friday	<i>-On the Places You Will Go-</i> Dream up what you want to be when you grow up and wear your PJs to school!

SPIRIT WEEK THIS WEEK!

IMPORTANT DATES

- 3/5:
 - 3rd Quarter Red Carpet Awards
 - Primary: 8-9:15 AM; Upper: 9:15 - 10:30 AM
 - PTA Assoc. Meeting & Bingo Night, 5 PM
- 3/6:
 - Jump Rope for Heart
 - Kinder & 6th Grade Promotion Pictures
 - SSC Meeting, 4 PM ([Agenda](#))
- 3/7: Variety Show Family Performance, 5 PM



REMINDER

Parent/Teacher Conferences

start this week:

March 7-14

We will be on minimum day schedule!

IMPORTANT INFO & REMINDERS:

- **Green Grams on Sale Now!** Green Grams are on sale before and after school for only 0.50 cents! Get them while they last!
- **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!



IMPORTANT
INFORMATION



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