

Center Connect

CENTER JOINT UNIFIED SCHOOL DISTRICT

We're here for you!

The purpose of this newsletter is to connect Center Families to information and opportunities that may be helpful in supporting your student's wellness and success.

RESOURCES - OPPORTUNITIES - WELLNESS



About the SFSS Office

The Student & Family Support Services Office (SFSSO) serves students, families, and schools throughout all of Center Joint Unified School District. The SFSS office offers

- McKinney-Vento Homeless Education
- Foster Youth Services
- Links to community and mental health resources
- Support to families and schools

Connect with us! If you have any questions or need support, please contact us at (916) 338-6387.

Steps to School Success



- Make school attendance a priority! Build the habit of good attendance early.
- Set positive expectations, routines, and school year goals.
- Engage your student in conversation about what they are learning at school; and provide your student with a designated time and place to complete homework.
- Ask your student about their experiences at school. Do they feel engaged? Do they feel safe at school?
- Notify the school if your contact information changes to improve school-to-home communication.



Health & Wellness

With school back in session, you may notice the important role sleep plays in your student's education and wellbeing. Getting enough rest leads to your student being more engaged at school and promotes a strong, healthy immune system. Winding down is a great way to get your whole family ready for a good night's sleep.

Visit the following link for ideas to help your family get ready for some Zzzz's : [Nightly Wind Down Activities](#). What will you try tonight?



Mental Health Matters



- [September is Suicide Prevention Month!](#)
- [National Suicide Prevention Week](#) is September 4th-September 10th
- If you or someone you know is experiencing a mental health crisis, [call or text 988](#).
- October 10th is [World Mental health Day](#).
- In October, we recognize [National Bullying Prevention Month](#) and place emphasis on being kind, [showing unity](#), and being an [upstander](#).

Self-care Calendar

The [September Self-care Calendar](#) is here! Remember to show yourself some love!



Community Resources

- [2-1-1 Sacramento](#) - Dial 211 or visit [211sacramento.org](#) to be connected to resources for housing, healthcare, legal assistance, food, and more!
- [List of Food Banks near 94843](#)
- Sacramento Regional Transit Grades TK-12 [Ryde Free RT](#) all Year!
- [Get Connected California!](#) provides eligible households financial support to connect online.

Find more resources on our [webpage!](#)



Upcoming Events

- **8/30/22**- Family Engagement Workshop @ the CHS Library 5:30-6:30PM ([Register Here](#))
- **8/31/22**- Grocery Box and Produce Pick Up 2:00-4:30 PM
- **9/28/22**- Grocery Box and Produce Pick Up 12:00-4:30 PM
- **9/26/22-9/30/22**- Parent Teacher Conferences (Minimum Days)

Important Dates

- **9/5/22** Labor Day
- **10/3/22- 10/7/22**- October Break
- **10/10/22** - School Resumes after October Break