

Capistrano Unified School District
APRIL 2019 MTSS NEWSLETTER:
MINDFULNESS

What is MTSS?

CUSD is making a commitment to increase the social emotional, behavior, and academic support for all of our young people. We call this focused approach to organizing and providing support: “Multi-tiered System of Supports” or “MTSS.” [Click HERE](#) to access the new Parent Guide to MTSS for more information about our support system in the areas of social emotional, behavior, and academics.

MTSS Focus for April: Mindfulness

For the month of April we are emphasizing the importance of mindfulness as part of our “social emotional” support for all students. Researchers have found that being mindful, or being present and thinking before reacting, can provide children with the skills they need to better understand their feelings, to pay more attention and to make wiser decisions. Mindfulness is a great way to help children manage their emotions, reduce their stress, improve their academics, and even develop greater empathy.

Family Resources: Mindfulness

The following articles and resources are available for your family to learn more about growth mindset and strategies you can use at home:

“The basic premise is just taking a couple of minutes a day to practice focusing.”

Interested? Learn more in the following hand-out:

- [**Mindfulness Parent Tips**](#)

“With our busy schedules and high stress jobs, it’s easy to lose sight of our children’s experiences.”

Interested? Learn more in the following article:

- [**Mindfulness Exercises for Parents**](#)

“Research has found that having a sense of mindfulness... can provide children with the skills they need to better understand their feelings, to pay more attention, and to make wiser decisions.”

Interested? Learn more in the following article:

- [**Eight Ways to Bring Mindfulness in Your Family**](#)

Parenting Workshop for April: Mindfulness Meditation

To support our families and provide parenting strategies to support their children’s social emotional and behavioral needs, we are offering the following parent workshop during the month of April:

Mindfulness Meditation

Thursday, April 18, 2019 from 6-7 pm at the District Office: Room 3

Presented by Western Youth Services, the purpose of this workshop is for parents to learn about mindfulness meditation. The workshop focuses on educating participants on what meditation is, the benefits of meditation and how to practice it. The workshop will be conducted in [English](#) with [Spanish](#) interpretation.

Please click this link to RSVP:

<https://forms.gle/3jUndYcyp7H2yxQs7>

Interested in More Resources? Visit the Online Family Resource Center!

To find more valuable resources and services related to our MTSS, visit the **ONLINE** CUSD Family Resource Center! To access MTSS information in the Family Resource Center, click here <http://sped-capousd-ca.schoolloop.com/frc> or find the “FRC Resource Tree” symbol on your school’s website and click on “**Multi-tiered System of Supports (MTSS)**”:

https://sped-capousd-ca.schoolloop.com/pf4/cms2/view_page?d=x&group_id=1535527121766&vdid=ih5g1ymaa190



***For more articles, resources, and videos regarding MTSS,
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