

Capistrano Unified School District

DECEMBER MTSS NEWSLETTER: SLEEP

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.”

MTSS Focus for December: *Sleep*

- *Did you know that students between the ages of 13-18 should be sleeping between 8-10 hours per night?¹*
- *Did you know that students of all ages should be “monitor free” (no tablets, phones, computers, TV, etc.) approximately 30-60 minutes before bedtime to avoid sleep disruption?²*

For the month of December we are emphasizing the importance of sleep as part of our “social emotional” support for all students. ***When students lack sleep, feelings of depression and anxiety increase. Conversely, when students have sufficient sleep, their emotional health improves which has a positive impact on their academics and behavior.***

Family Resources

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

Healthy Sleep Habits¹:

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>

Children’s Sleep Guide²:

<https://www.sleephelp.org/childrens-sleep-guide/>

Parenting Workshops for December

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

“Parenting in Today’s Society”

- *Monday, December 10th, 2018 9-10 am at the District Office*

Presented by Western Youth Services (WYS), “Parenting in Today’s Society” is a workshop that will review how parents can increase healthy lifestyle choices for their children and encourages greater involvement with their school and in their families.

Parents will learn effective skills to encourage their kids to live healthy substance-free lives.

Space is limited! Please click this link to RSVP:

<https://goo.gl/forms/BQhLgSr4jGr3S1uN2>

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).**”



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