

# Capistrano Unified School District

## JANUARY MTSS NEWSLETTER:

### PRAISE AND ENCOURAGEMENT

#### 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 January: Praise and Encouragement

- ***Did you know that encouragement and specific praise are subtle ways that parents can powerfully influence their children’s behaviors, attitudes, and habits? While it can be hard work and requires practice, the pay-off over time will be tremendous.***

For the month of January we are emphasizing the importance of praise and encouragement as part of our “behavioral” support for all students. When students receive specific and authentic praise and encouragement, it will help boost their self-esteem and confidence.

#### Family Resources

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

- ***The Gift of Encouragement***  
<https://centerforparentingeducation.org/library-of-articles/self-esteem/gift-encouragement/>
- ***Tips for Using Praise and Encouragement***  
<https://raisingchildren.net.au/toddlers/connecting-communicating/connecting-praise>

#### Parenting Workshop for January

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

##### ***“Empower Your Child’s Self-Esteem”***

- ***Thursday, January 17th, 2019 from 6-7 pm at the District Office (Room #1)***

Presented by Western Youth Services (WYS), “Empower Your Child’s Self-Esteem” is a workshop that will provide a few ideas and approaches parents can use in order to help improve their child’s self-esteem. This presentation will touch on topics such as comparing and contrasting between high and low self-esteem in children, healthy coping skills, what parents can do in order to boost their child’s confidence, briefly talk

about developmental assets, and offer ways in which parents can use these approaches with their children. The workshop will be conducted in [English](#) with [Spanish](#) interpretation.

Space is limited! Please click this link to RSVP:

<https://goo.gl/forms/FTmTYNFxU8rUNNir2>

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



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