

Dear CUSD Families,

The 2018-2019 school year is underway! We hope that it has been a successful start to the school year for you and your family.

In response to the increase in anxiety and depression among students across the nation, CUSD is making a commitment to increase the social emotional, behavior, and academic support for all of our young people. We are proud to share with you the important work that we are doing to provide your child with the support that they need to be successful. We call this focused approach to organizing and providing support: “MTSS.”

What is MTSS?

CUSD’s Multi-tiered System of Supports, also known as MTSS, defines a system which includes supports in the areas of **social emotional, behavior, and academics** to ensure that every learner can be successful. The MTSS “pyramid” (Click [HERE](#) to preview the pyramid) demonstrates:



1. The three areas of support: social emotional, behavior, and academics;
2. The foundational role of **Professional Learning Communities (PLC)** where staff work in collaborative teams and use data to determine levels of support for students; and
3. The three levels of support (Tier 1 = support for all students; Tier 2 = support for some of our students who require additional help; and Tier 3 = support for a few of our students who need even more help to be successful).

Monthly Focus on Social Emotional and Behavior Support

Every month, Student Support Services and Educational Services will share with all families the critical components of our MTSS, and we will include information and resources related to these areas of support.

MTSS Focus for August and September:

Positive Relationships and Sense of Belonging

For the months of August and September we are emphasizing the importance of **positive relationships and “sense of belonging”** as part of our “social emotional” support for all students. ***When teachers, principals, and school staff focus on***

developing positive relationships with students and families, collaborative partnerships are established and student learning increases.

School Resources

The following articles, videos, and resources have been shared with our school principals, teachers, and support staff to promote and strengthen positive relationships and increase students' sense of belonging. Below are a few of the resources. Click on the blue font to access this information:

- [Article: What Middle Schoolers Want from Relationship Building with their Teachers](#)
- [Article: Relationships Matter More Than Rules](#)
- [Video: Every Kid Needs a Champion](#)

Family Resources

The following articles, videos, and resources are available for your family to learn more about positive relationships between parents and their children to increase a "sense of belonging." Below are samples of resources available for families:

- [Article: Building a Great Relationship with Your Child](#)
- [Article: Positive Parenting Strategies for the Teenage Years](#)

Parenting Workshops for September

To support our families and provide parenting strategies to build healthy relationships with their children, we are offering the following parent workshop during the month of September:

"Parenting: Quality Time Counts" - September 27 from 6-7 pm at the District Office in the Family Resource Center

- *Presented by Western Youth Services (WYS), this workshop focuses on the importance of parental engagement and addresses how parents can strengthen family bonds and create positive family communication.*

Interested in More Resources? Online Family Resource Center is Now Available!

To find more valuable resources and services related to our MTSS, we are proud to announce that the **ONLINE** CUSD Family Resource Center is now available on our website and also on the "front page" of every school's website. To access 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 on the front page of the District's website.



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