

Parents & Guardians

My name is Mrs. Gonzalez and I am the Community In Schools (CIS) Coordinator. Welcome back to a new school year! We are so excited to meet every single one of you.

Below you will find many wonderful resources to help you throughout the school year.

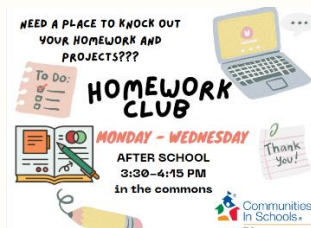


NEED A PLACE TO KNOCK OUT YOUR HOMEWORK AND PROJECTS???

HOMEWORK CLUB

MONDAY - WEDNESDAY
AFTER SCHOOL
3:30 - 4:15 PM
in the commons

Thank you!



Communities In Schools El Paso

HOMEWORK CLUB OPEN TO ALL STUDENTS

Student's sign in for safety purposes.
Incentives earned after 5 days of attendance.
PASS Tutors available to help students.



CIS LUNCH BUNCH

Meet in room 102 for activities and games during lunch.

Only on the 2nd and 4th Wednesday of the month.

- * Information and updates shared with students via the CIS Google Classroom.
- * Must have parent consent form to be in CIS.
- * Must sign in using CIS Chromebook.

PARENTS Information

Mental Health & Wellness

CIS Mental Health & Wellness

The Mental Health and Wellness Program plays a vital role in the services we provide to students and families. The goal of the program is not only to address the socio-emotional and physical health of students and parents, but to help them learn positive coping skills that they can use to navigate their daily challenges.

"Because it reminds me I have people to talk to and express myself."
Julieanna 7th grader

"Because it teaches me how to be responsible, kind, safe, respectful and overall, a better person."
Tristan 6th grader

Why are Social Emotional Learning skills important to students?



Through the Mental Health & Wellness program, CIS Program Coordinators are able to learn evidence-based practices to teach youth the skills needed to address or cope with the academic and nonacademic needs they face. Youth can learn how to form healthy relationships in an environment that is safe and welcoming.

"I recently comforted my family during hard times," expressed Abdias, sixth grade student at East Montana Middle School. SEL skills have been able to help students like Abdias remain calm, but also learn how to help others in need during difficult times.

Approximately 1 in 5 youth in the United States will have a mental disorder that significantly impacts their life. (Mental Health First Aid)

Access to Resources

Through the MHW Program, CIS staff is able to connect our youth and their families to services they need in the community. Services include; counseling, wellness checks, basic needs, and much more.

Working Together for the Wellbeing of Students

Thanks to our community partners who know the importance of Social Emotional Learning, CIS has been able to sponsor training and resources geared towards Mental Health & Wellness. Community partners & CIS MHW have been able to teach our staff how to identify warning signs of mental health challenges in youth and how to effectively respond to youth. Together, unified, for the cause of children, we continue to support students.



CIS MHW Highlights 2021-2022

58 student presentations
5,453 students Reached

Learn about CIS

OUR MISSION

The mission of Communities In Schools is to surround students with a community of support, empowering them to stay in school and achieve in life.

CIS SIX COMPONENTS

1. Academic Enhancement and Support
2. College and Career Awareness
3. Supportive Guidance and Counseling
4. Health & Human Services
5. Parental & Family Engagement
6. Enrichment Activities

THE FIVE BASICS OF CIS

- One-on-one relationship with a caring adult
- Safe place to learn and grow
- Healthy start and a healthy future
- Marketable skills to use upon graduation
- Chance to give back to peers and community

Everything that Communities In Schools does is guided by the "Five Basics." Developed by our founder Bill Milliken, the Five Basics are a set of essentials that every child needs and deserves.

[CIS Website](#)

[What is Communities In Schools?](#)

^ Watch this video ^

Ways to Engage in Your Child's School to Support Student Health and Learning

[Print](#)

Information for Parents and Families

Research shows that when parents and school staff work together, students are healthier and more successful in school.



As a parent, you want your child to do well in school. You also want your child to be healthy and avoid behaviors that are risky or harmful. Through your guidance and support, you can have great influence on your child's health and learning. One way you can show your support is by being involved in your child's school.

https://www.cdc.gov/healthyyouth/protective/pdf/parentengagement_parents.pdf

Stress and Coping

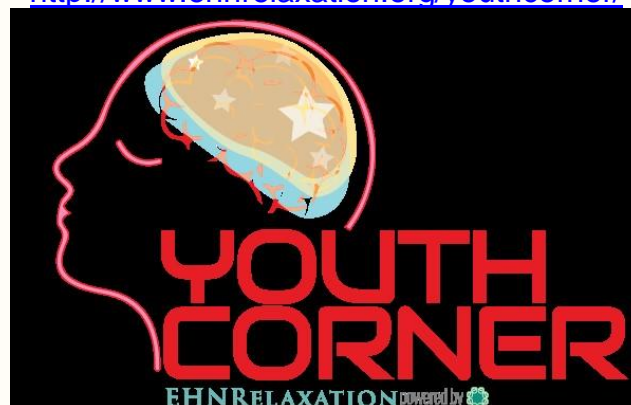
All kids feel stressed at times. But stress isn't always a bad thing. At times, it can even help you.

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[Learn More](#)

<http://www.ehnrelaxation.org/youthcorner/>



<https://kidshealth.org/en/kids/center/relax-center.html>

