

Board Briefs and Updates, Sept 5

District Vital Signs Data Report

The 2023-2024 Vital Signs Data Report highlights key information on instruction and student well-being, focusing on attendance, behavior, performance, and support. This data helps guide our efforts in these areas for the 2024-2025 school year.

[Check out the report by clicking on this link for a full overview!](#)

Earn while you become a Special Education teacher

Are you interested in becoming a Special Education teacher? Do you currently hold a Bachelor's degree? Do you know someone with a Bachelor's degree who is interested in becoming a Special Education teacher?

Please come to an informational meeting at the District Office (ESC) of Folsom Cordova Unified School District to find out how you can have your intern program tuition paid for by the district while working as a special education teacher in the classroom.

Where: District Office (1965 Birkmont Drive, Rancho Cordova, CA)
When: Thursday, September 12
Time: 3:30 pm to 4:30 pm
What: Learn how it is possible to become a Special Education Teacher for Folsom Cordova Unified School District while working on earning an Intern credential through the Sacramento County Office of Education or the Yolo Solano Center for Teacher Credentialing without paying tuition costs.

If you are able to attend this meeting, please complete the following [RSVP HERE](#)

Mental health and wellness

FCUSD prioritizes mental health and wellness as essential for student success, as it lays the foundation for effective learning and overall well-being.

If your student needs help, we can accept referrals for self or others for mental health services through [WeTip](#).

The FCUSD community has access to Care Solace.

If you or a family member are looking for help with mental health or substance use, Care Solace can help you quickly find treatment options matched to your needs regardless of the circumstance. Care Solace is a complimentary and confidential service provided to students, staff, and their families by Folsom Cordova Unified School District. Care Solace's team is available 24/7/365 and can support you in any language.

Call 888-515-0595 available 24/7/365. Visit www.caresolace.com/fcusd and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

September is Suicide Prevention Month and we recognize the critical need to address the challenges of suicidal ideation among our youth. The impact of this issue extends throughout our community, affecting us all.

As a community, we must acknowledge the devastating realities of youth suicide and its impact on us. Identifying warning signs in loved ones with suicidal thoughts is the first step toward awareness and intervention.

Recognize signs:

1. Behavioral: Withdrawal, giving away belongings, self-destructive acts, mood swings.
2. Verbal: Hopelessness, desire to die, suicide plans.
3. Emotional: Sudden mood shifts, intense sadness, anger.
4. Situational: Recent loss, life changes, stress.
5. Physical: Sleep and appetite changes, hygiene neglect.
6. Social: Isolation, loss of interest.
7. Cognitive: Difficulty concentrating, thoughts of death, guilt.

Take action:

1. Start a conversation.
2. Provide support.
3. Encourage professional help.
4. Involve trusted adults.
5. Create a safety plan.

For assistance:

- [Visit The Trevor Project](#): LGBTQ+ youth support.
- [Visit 988 Suicide and Crisis Lifeline](#): Nationwide crisis support.
- [Visit NAMI](#): Resources & support groups.

For help finding a therapist in your community, contact Care Solace at 888-515-0595 or visit caresolace.com/fcusd.

Together, we can make a difference.

UPCOMING REGULAR BOARD MEETING DATES:

September 19
October 3
October 17
November 7