CORDOVA GARDENS
ACADEMY OF ARTS AND SCIENCES
EAGLES

Week at a Glance

Week of 9/28- 10/2

Dear Cordova Gardens Families,

Here is your gardens' week at a glance (The EAGLE'S Nest). This is a weekly update that is posted every Sunday before the start of the school week. It is a place for you to get updates regarding the school and the district. This week at a glance, a document will also be available for you on the website on the parent tab under the "Week at a Glance" .

WeTip District Anonymous reports: Click Here

****WeTip allows students, families, staff, and community members to report safety concerns or bullying anonymously**

How to stay updated:

1. **Check the week at a glance. It will be uploaded to the school website.**
2. **Check the main school website. Click Cordova Gardens Academy of Arts and Sciences**
3. **Check for Principal Texts. (Email Mr. Bliss if you do not receive them)**
4. **First week FAQ's:** Click here (End of document)

Health and Wellness Corner

- **Please read our updates regarding the district partnership with Care Solace!**
- **Teleotherapy information can be found here: Click here**
- **Mental Health Moment:**

Stay Cool While Building Frustration Tolerance

Frustration is a natural part of learning, and helping kids manage it builds confidence and resilience. Instead of rushing to fix problems for them, encourage them to pause, take a deep breath, and try again. Turn challenges into games—"Let's see how many ways we can solve this!"—to make problem-solving fun. Praise their effort, not just success, so they learn that mistakes are just steps toward getting better. Most importantly, model patience—kids learn how to handle frustration by watching how adults handle setbacks. With practice, they'll see that pushing through challenges makes them stronger, not stuck! Please click this link for additional information regarding this topic.

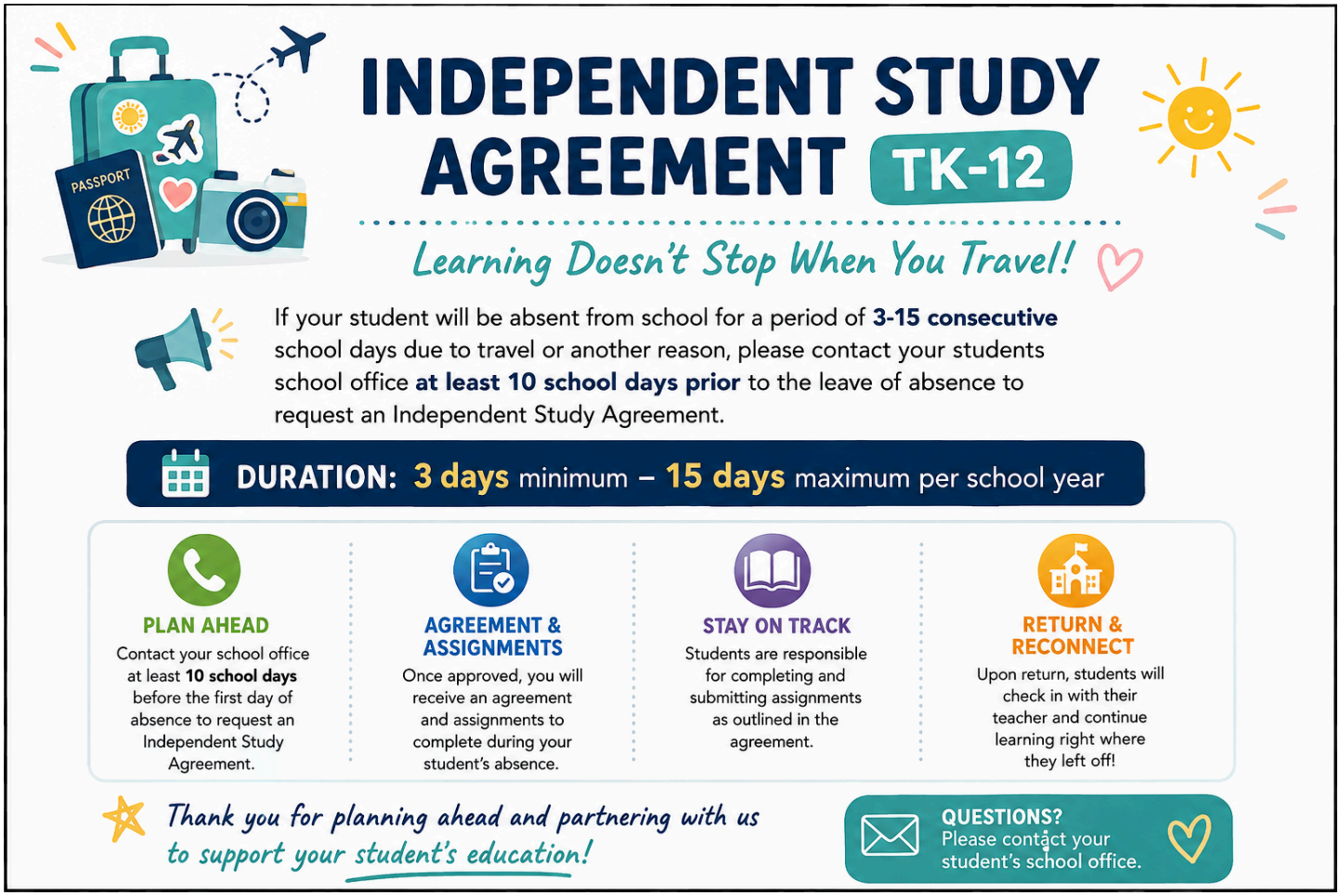
For any SEL or mental health related questions/concerns, please reach out to Jessica Biskner, School Social Worker at jbiskner@fcusd.org

Attendance Corner

Even missing just two days a month adds up to a whole month of learning lost each year. Every day your child shows up builds skills, confidence, and connection.

5 THINGS YOU CAN DO IF YOUR CHILD IS AVOIDING SCHOOL

1. Stay calm and curious. Ask what's bothering them, there's often a small reason behind big feelings.
2. Keep routines steady. Regular bedtimes and morning routines help school feel normal.
3. Model confidence. Say, "I know you can do this," instead of "You don't have to go."
4. Reach out for help. Don't wait, your school team wants to support your child early.
5. Start with the front office. They can connect you with the nurse, counselor, attendance staff, or mental health specialist for help.



PTA Corner Thank you for helping make sweet things happen at Cordova Gardens!
-- This is the direct link to the post - HERE



Community School's Corner

Look out this year for more opportunities for us to all connect!

Alexa Trotter is our Community Schools Facilitator here at Gardens. She believes that our differences are what make us all stronger and has seen with her own 3 children the value of a strong village. She hopes to connect and grow alongside you all this year to ensure the best for the students and families here at Gardens. Alexa is here to support our children, our families, and our community in any way possible. So please reach out if you need support at home or with your child, have a question, want to talk, or even if it's just to say hi!
atrotter@fcusd.org **(916)294-9115 Ext. 605187 Cell (530)350-6083**

Jeremiah Williams is the Restorative Specialist here at Gardens. Jeremiah has worked in education for 4 years and has a passion for creating an inclusive and joyful environment for learning. He has also worked as a raft guide and at youth summer programs where working as a family was essential for achieving success and giving us all the opportunity to reach our highest possibility. I hope to bring that same energy to academia and here at Cordova Garden, where we can all SOAR like the Eagles we are!
jwilliams@fcusd.org

Upcoming Dates:

School Site Council/ELAC Meeting 3 PM room 5	**9/29/26**
School Board Meeting 6 PM	**10/1/26**

Have a great week!
Mr. Bliss

Parent Feedback form. Provide your feedback here: Click here
We would like your feedback! Fill out the google form listed above!