

# SEPTEMBER 2022 NEWSLETTER

CASA for Children of Klamath County



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# A NOTE FROM OUR DIRECTOR

## Happy September!

We hope you had a wonderful summer and are ready for fall. I sure am!

As fall rolls in, we thought it may be helpful to offer some handy back-to-school resources. On the following page, you'll find links to a few different articles that highlight some challenges you or your kiddos may face this month. We hope you'll get a chance to check them out!

In keeping with our back-to-school theme, we have added some children's books to our Resources section. These books will also be available to borrow from the CASA office.

September is a busy month! I want to note that the virtual National CASA Conference that was slated to be held September 13-16 has been postponed until next year. If you're interested, please reach out to us for more details.

Additionally, Coffee with CASA will be held at The Daily Bagel on September 15 and New Advocate training starts October 4. The Shoulder to Shoulder Virtual Conference will be held October 24-25 and it will be available to view in the CASA office, if you're interested in attending.

Keep your calendars marked for our next CASAblanca Gala which will be held March 18, 2023. As always, if you're interested in sponsoring, volunteering, or helping us find sponsors and silent auction items, please let us know!

I want to thank the CASA team—Nancy, Teresa, Kami, and the Board of Directors—for all their help this past month. We really do have a great team!

We hope to see you in September and thank you for all you do! We are so grateful for your diligent advocacy.

Much gratitude,

## CASA BOARD OF DIRECTORS

Jeanette Rutherford, *Chair*

Jay Otero, *Vice Chair*

Pat Baldini, *Treasurer*

Brittany Montjoy, *Secretary*

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Andrea Jensen, *Member*

Noel Kersey, *Member*

Doug McInnis, *Member*

Justin Rodriguez, *Member*



## SCREEN TIME



### At Your Wits' End With A Screen-Obsessed Kid?

<https://www.npr.org/2019/06/30/736214974/at-your-wits-end-with-a-screen-obsessed-kid-read-this>

We now have more information than ever before on how long-term screen time affects our children. It's a good idea to set some boundaries around screen time to allow a break from over-stimulation.

## BULLYING



### Helping Kids Deal With Bullies

<https://kidshealth.org/en/parents/bullies.html>

### My Child Is a Bully: What Should I Do?

<https://childmind.org/article/what-to-do-if-your-child-is-bullying/>

## MENTAL HEALTH



### Keep An Eye On Your Student's Mental Health This Back-To-School Season

<https://www.npr.org/2022/08/22/1118485445/keep-an-eye-on-your-students-mental-health-this-back-to-school-season>

Being proactive in your student's life can help increase their mental health.

## BACK-TO-SCHOOL MEALS



### Back-to-School Made Easy

<https://www.foodnetwork.com/recipes/photos/back-to-school-made-easy>

A gallery of meals, snacks, and desserts to help everyone transition back to school a bit more easily.

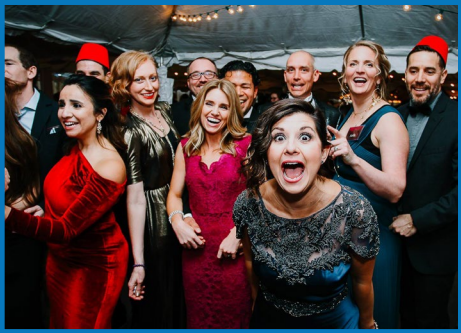
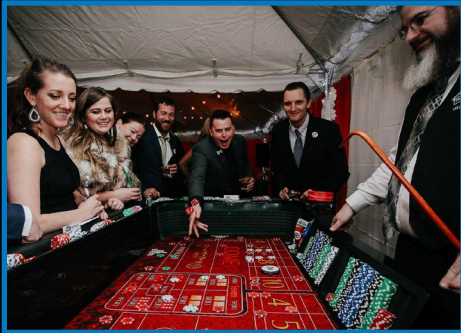
Save the date  
**MAR 18  
2023**

# THE 5<sup>TH</sup> ANNUAL **CASABLANCA** GALA

**If you'd like to sponsor our fifth annual CASAblanca,  
please contact our office at 541.885.6017**



**Photography by  
Armijo Designs**



# EDUCATIONAL RESOURCES

## Books

- *Little Yellow Bus: A Back to School Bravery Adventure*  
By Erin Guendelsberger
- *Benny the Brave in The First Day Jitters*  
By Julie Anne Penn & Darren Penn
- *Mindfulness Workbook for Kids*  
By Hannah Sherman, LCSW

## Articles

- *The Federal Government Will Allow States To Stop Charging Families For Foster Care\**  
By Joseph Shapiro, NPR

*Please remember to track your educational hours on Optima.*



541.885.6017

[klamathfallscasa.org](http://klamathfallscasa.org)

# IMPORTANT DATES

## September

- Kinship Care Month
- Suicide Prevention Month
- Child Welfare Workforce Dev. Month
- Hispanic Heritage Month (9/15 - 10/15)
- 9/5 Labor Day
- 9/7 Back-to-School Virtual Series\*
- 9/11 9/11 Remembrance
- Grandparent's Day
- 9/13 Kids Take Over the Kitchen Day
- 9/15 Coffee with CASA
- 9/20 National Care for Kids Day
- Child Welfare Workers Appreciation
- 9/25 Jewelers for Children Day
- 9/27 National Family Day

## October

- 10/4 CASA Pre-Training
- 10/24 Shoulder to Shoulder Virtual Conference Day 1
- 10/25 Shoulder to Shoulder Virtual Conference Day 2

*\*Clickable Links*

