

# Thunderbird Flier

## School to Home Newsletter

### Always Forward!



Kastner Intermediate School ♦ 7676 N. First Street Fresno, CA 93720-0955 ♦ (559) 327-2500 ♦ September 8, 2023

### Principal's Message

Hello Thunderbirds!

Back to School Night was a huge success and I hope our parents enjoyed themselves getting to know our teachers. It's great to see our student-athletes out on the fields, courts, and pool getting ready to compete against our sister schools! Athletics and co-curricular programs are in full swing and going strong! Students have also been busy these last two weeks learning the process and implementation of T-Bird Time during the school day. Over the next couple of weeks students will learn how to sign up for an intervention or enrichment session. Additionally, to continue building character on campus, we are continuing Positivity Project this year during advisory period. This week's Character Strength was Teamwork.

There are multiple social emotional support services available for you and your student. Our staff is here to help your child during these two very critical years of their lives. I encourage your students to reach out to their teacher or counselor if they need help academically or social emotionally and identify someone as their trusted adult on campus. Ask about our CSI groups, SOAR office, Comprehensive Youth Services and All 4 Youth.

Thank you,  
Mrs. Moua  
Principal



### September is Suicide Prevention Month: Know the Signs!

## TEEN SUICIDE WARNING SIGNS

- Irritability, anger or hostility
- Withdrawal from friends and family
- Loss of interest in activities
- Talking or writing about suicide — for example, making statements such as "I'm going to kill myself," or "I won't be a problem for you much longer"
- Poor school performance
- Tearfulness or frequent crying
- Restlessness and agitation
- Fatigue
- Changes in eating or sleeping habits
- Trouble concentrating
- Unexplained aches and pains
- Mood swings
- Misuse of alcohol or drugs
- Giving away belongings
- Risky, self-destructive or impulsive behavior



Sources: Mayo Clinic, HelpGuide

### Breakfast and Lunch Meals for Every Student at No-Cost for 2023/2024 School Year!



For the 2023-2024 school year a Free/Reduced Price Meal application is **NOT** required to receive meals at no-cost.

## Short Notes



### 6 Week Grading Period:

The 6-week grading period ends, Friday, September 29th. Make sure to stay current with your students grades and assignments by checking Parent Connect periodically.

[Kastner.cusd.com](http://Kastner.cusd.com) / Parents / Parent Connect

**PTC Meeting:** Wednesday, September 27, 2023 in the Kastner Library 6-7PM.

**Picture Retakes:** Friday, September 29, 2023

### PARENT NIGHT: PREVENTION STARTS WITH ALL THE CHRIS HERREN STORY

Clovis Unified is partnering with former Fresno State basketball star Chris Herren to educate and empower parents to consider the source of substance abuse. Chris will share about his basketball career, journey to sobriety, and field questions. Involved parents are a key prevention indicator in protecting our kids from the dangers of:

- Alcohol
- Marijuana
- Vaping
- Peer pressure
- Pill use
- Bullying
- Cutting

### PARENT NIGHTS

- Sept. 11 • 6 p.m. Clovis High Gym
- Sept. 13 • 6 p.m. Clovis North, PAC

Part of the CUSD Parent Academy Series  
More information: [cusd.com/Parents-ParentAcademy.aspx](http://cusd.com/Parents-ParentAcademy.aspx)

High school students will hear Chris' message at assemblies during the school day at each high school Sept. 12-14.

**No cost. No registration required.**  
Sponsored by the Foundation for Clovis Schools

## 50%

of teenagers nationwide have misused a drug at least once.

\*Source: National Center for Drug Abuse Statistics