

MARCH 23, 2020

SUSD SUPPORT SERVICES NEWSLETTER



What do you need support with?

Please take a moment to complete this short parent survey. Your support team is here to assist you during this time- let us know how we can best meet your families needs during school closures.

[PARENT SURVEY](#)

HOW IS MY CHILD SUPPOSED TO DO SCHOOL ONLINE?!

Families that were unable to pick up a chrome book should contact your school administrator immediately so that they can further assist you.



WE ALL GOTTA EAT!

The following schools will be distributing meals while schools are closed:

- Navajo Elementary 7501 E. Oak St., Scottsdale, AZ 85257
- Tavan Elementary 4610 E. Osborn Rd., Scottsdale, AZ 85018
- Yavapai Elementary 701 N. Miller Rd., Scottsdale, AZ 85257
- Tonalea K-8 6720 E. Continental Dr., Scottsdale, AZ 85257

In addition to the four schools names above, the following locations will also serve as meal distribution sites. Look for a Scottsdale Unified school bus at these locations:

(Simply pull up to the bus. There is no need to exit your vehicle.)

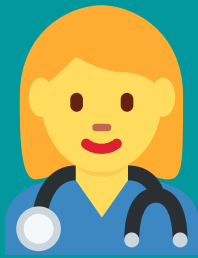
- Hohokam Elementary, 8451 E. Oak St, Bus Lane: 9:30 -10 a.m.
- City of Scottsdale Apache Park, 1201 N. 85th Pl, South Parking Lot: 10:30 - 11 a.m.
- Navajo Granite Reef Campus, 4525 N. Granite Reef Rd: 9:30 -10 a.m.
- Pueblo Elementary, 6320 N. 82nd St, Bus Lane: 10:30 - 11 a.m.
- SUSD Bus Stop, 7440 E. Thomas Rd. Parking Lot at northeast corner of Thomas Rd. and Civic Center Dr: 9:30 - 10 a.m.
- Oasis of Scottsdale Apartments, 7777 E. Heatherbrae (Just West of 78th St) : 10:30 -11a.m.
- Redfield Elementary, 9181 E. Redfield Rd. Bus Lane: 9:30 -10 a.m.
- City of Scottsdale Horizon Park, 15444 N. 100th St, West Entrance: 10:30 - 11 a.m.
- The Bridge United Methodist Church, 4900 E. Thomas Rd, Phoenix: 9:30 -10 a.m.
- Salem Lutheran Church, 6701 E. Osborn Rd, Scottsdale: 10:30 - 11 a.m.
- Scottsdale 59 Apartments, 5900 E. Thomas Rd Near E Tangerine Ave and N 60th St: 9:30 - 10 a.m.

Each child present between the ages of 1 and 18 will receive a free breakfast and lunch!

When can I pick up my meals?

Meal pick up will be available Monday through Friday from 9:30am to 11am at each school listed.

Meals are available to anyone under the age of 18.



HEALTH TIPS FROM YOUR SUSD NURSES

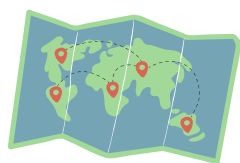


Keeping yourself healthy during this time at home goes beyond hand washing, avoiding touching your face and staying 6 feet away from others. This is a time that families may be all home together and having a plan is essential.

Here are some suggestions to make things run smoothly:



- **Develop a plan:** Meet as a family and figure out strengths and weaknesses. Set expectations with a division of work to help keep the household running smoothly and orderly.
- **Talk truthfully with your children:** Discuss any fears that your children may have and speak in a truthful manner. Use facts from credible sources to help with feelings of anxiety. Allow your children to express what they are experiencing while home together without their usual routine.
- **Set up a structured environment:** Maintain a routine that is not too strict, but fits with something similar to a usual school week. Break up the day into subject areas if that is helpful.
- **Balance time on screens:** Don't try to fully cover all Netflix shows this week! Have your child get the lessons that they need online and complete. Encourage non-screen activities like games, crafts, books and time outdoors. Our weather is perfect right now, so take advantage and work outside!
- **Keep active:** A perfect way to ease daily frustrations is with exercise. Your children are used to moving and being active during a typical school day. Get creative and set up an obstacle course in your backyard! Look online for some free apps with exercises. Ride a bike, practice yoga or swim. If all else fails, break up the day of online classes with bursts of exercise like jumping jacks, walking/running stairs or jumping rope. This should be easy to mix up each day.
- **Give each other privacy and space:** Respect that your family members may need time alone. Plan activities that are both for the entire family group, but also allow alone time if needed. Encourage your children to journal about their feelings about the quarantine time along with documenting their experiences.
- **Travel:** Find documentaries or travel destinations that you can watch as a family and learn at the same time.



LOOKING FOR RESOURCES?

**IF YOU OR SOMEONE YOU
KNOW IS STRUGGLING,
REMEMBER THERE ARE
RESOURCES!**

Housing Resources-

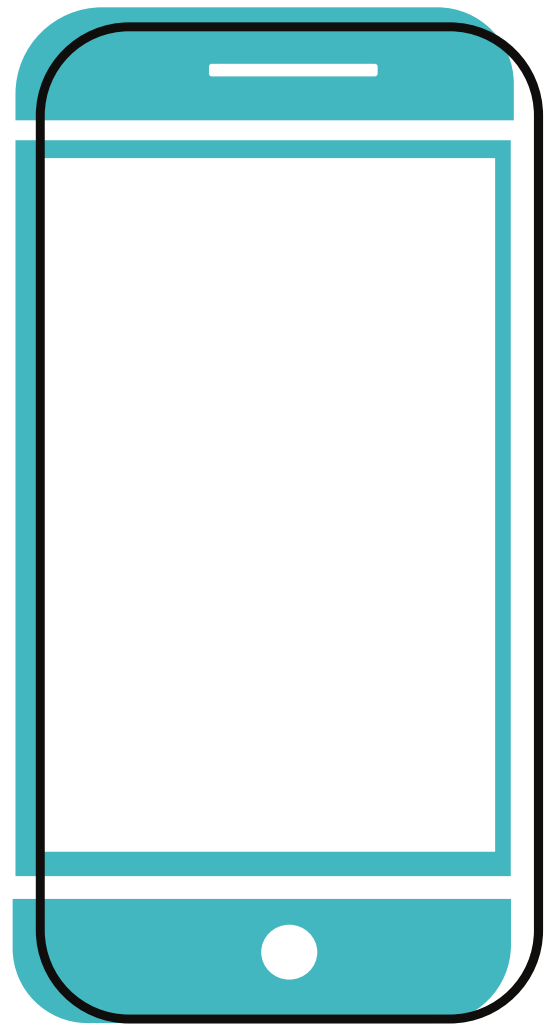
- Family Housing Hub- 602-595-8700
- Family Promise- 480-659-5227

Medical-

- NOAH Clinic- 480-882-4545
- Banner Health System 24 Hours-
602-254-4357

Food Pantries-

- Vista Del Camino- 480-312-2323
- St. Mary's - 602-242-3663
- Rock Church- 480-945-8155
- Moms Pantry- 602-992-0083



211 Arizona- you can dial 211 or visit the website below to access several agencies that handle crisis response (housing, food, clothing, substance abuse, mental health, dental and medical etc.)

<https://211arizona.org/>

Still Struggling?

Reach out to your support team

Arcadia

Prevention Coach/Social Worker:
Whitney Hess Whess@susd.org

Guidance Counselors:
Kelley Ender, kender@susd.org
Ruth Hart, rhart@susd.org
Sonya Kim, skim@susd.org
Patricia LaCorte, placorte@susd.org

Chaparral

Prevention Coach/Social Worker:
Leah Stegman, lstegman@susd.org
Google Classroom code: qycwy3l

Guidance Counselors:
Keri Board, kboard@susd.org
Leslie Rold, lrold@susd.org
Katie Kunitzer, kkunitzer@susd.org
Janine Welch, jwelch@susd.org
Megan Mayer, mmayer@susd.org

Coronado

Social Worker:
Mandy Turner, aturner@susd.org

Guidance Counselors:
Anna Huerta, ahuerta@susd.org
Robert Liebman, rliebman@susd.org
Julie Stephan, jstephan@susd.org

Desert Mountain

Prevention Coach:
Paige Phelps, PPhelps@susd.org

Guidance Counselors:
Alesha Davis, adavis@susd.org
Megan Reddell, mreddell@susd.org
Michelle Okun, mokun@susd.org
Veva Pacheco, vpacheco@susd.org
Jennifer Cooper, jcooper@susd.org

Saguaro

Social Worker:
Mindy Hickman, MHickman@susd.org
Google Classroom code: gwrhk5y

Guidance Counselors:
LeAnne Carter, lcarter@susd.org
Leanne DeFay, ldefay@susd.org
Katy Gerken, kgerken@susd.org
Donna Wittwer, dwittwer@susd.org

Tonalea K-8

Social Worker:
Sherena Small, ssmall@susd.org

District Support K-12

Social Worker:
Karey Trusler, ktrusler@susd.org

Clinical Support Coordinator:
Shannon Cronn, scronn@susd.org

Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

Ingleside

Cheryl Guthrie, cguthrie@susd.org

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Cocopah

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Copper Ridge

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Mohave

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Desert Canyon Middle School

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Mountainside

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Cheyenne

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Tonalea

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