

MARCH 2020

# SUSD SUPPORT SERVICES NEWSLETTER



## What do you need support with?

Please take a moment to complete a short survey. There is one for parents/guardians and one for 4th-12th grade students. 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](#)

[STUDENT SURVEY](#)

## DON'T HAVE ACCESS TO INTERNET?

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

If students don't have access to internet at home, check out these links for additional community resources.

[Resources for Internet and Wifi Access.](#)

[Cox Communications Hotspots.](#)





# CRISIS RESOURCES

**If you or someone you know is struggling, remember there are resources! Don't be afraid to reach out!**

Teen Lifeline 24/7 Call or Text (602-248-TEEN)

Crisis Text Line (Text "Home" to 741741 to connect with a Crisis Counselor)

Scottsdale Police Crisis Team (480-312-5055)

Crisis Response Network (602-222-9444 or 800-631-1314)

Empact 24 Hour Crisis Line (1-800-273-TALK)

## RESOURCES FOR PARENTS AND STUDENTS

### Helpful Articles and Resources

[Creating an Effective Family Routine When Homebound](#)

[Khan Academy: free learning resource for students ages 4-18](#)

[Khan Academy: sample schedules for grades K-12](#)

[KidsActivities.com: List of Free Educational Resources](#)

[World Health Organization: COVID-19 information](#)

[Talking to Children About COVID-19: A Parent Resource](#)

[Care for your Coronavirus Anxiety](#)

[John Hopkins : Stressed about COVID-19? Here's what can help.](#)

[CDC: Managing Stress & Anxiety](#)

[Feeding Littles: List of Non-Perishable and Freezer Food Ideas](#)

[USDA National Hunger Hotline: 1-866-3-HUNGRY or 1-877-8-HAMBRE](#)

[SNAP: Supplemental Nutrition Assistance Program](#)



# TIME MANAGEMENT TIPS FOR STUDENTS

## Tips for an Online School Day

- Try to replicate your school day and school environment as much as you can.
- Sit at a desk or table and put technology away.
- Give yourself 50 minutes for each class and continue to take traditional pen and paper notes.
- Also give yourself time to socialize just as you would during passing times and lunch - 10 minute breaks between lessons.
- Grab a healthy snack, check in with friends on social media, try a new stress reliever or mindfulness technique.
- Don't be afraid to ask for help! Your teachers, counselors, social worker and administrators are just an email away.



## Coping Skills Tips of the Day

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- Go on a walk
- Meditate (Check out the Calm app!)
- Video chat with a friend or Group chat!
- Listen to music that makes you happy
- Look for free online exercise videos
- Make a healthy snack
- Take a break



# MOTIVATION TIPS FOR STUDENTS

## The Importance of Establishing a Calm and Productive Study Environment

1. Pick 1 place in the house that will be your consistent study spot. Claim your spot and then commit to it!
2. Keep your study area clean and organized. Clutter increases anxiety and stress. It is best to sit at a desk/table with a chair. This actually increases your ability to concentrate. It is ok to be comfortable but you should not be too comfortable. Sitting on your bed may lead to unexpected napping
3. Try to choose a study place where you can have some natural light. There is nothing more energizing than our Arizona sun. Use it to your study advantage!
4. Many students like to listen to music and this is completely fine and individualized. We would warn against using loud, distracting music. Calmer music with softer tones is better. Try The Rain Song by Led Zeppelin!
5. Distractions, distractions, distractions. This cannot be emphasized enough! Did you know a study was done in 2016 that said most students are distracted 5 out of the 15 minutes spent studying? (Larry Rosen, 2016). It is important to study in 60-90 minute periods. Take a break! It is necessary to take breaks...do jumping jacks, get a snack, call a friend. But, set a timer because it will then be important to get back to work!
6. Keep your cell phone on mute. Every time you are distracted by a text, snap, etc...it takes minutes to re-focus. FOMO has caused so many students to struggle with concentration and focus.
7. We understand this is difficult and very different for many of you. Make sure you reach out for help and ask questions!



# ORGANIZATION TIPS FOR STUDENTS

## Ways to Stay Organized

1. De-clutter your study space. Whether you are at a desk or at the kitchen or dining room table, make sure to remove any unnecessary items from your work space beforehand. The neater and tidier your work area the more organized you will feel regardless.
2. If you are working at an area that serve multiple purposes like the kitchen table, you will probably have to move your study materials on and off the space. In that case, it is a good idea to have a container of some kind that you can put your paper, pens, pencils, calculator, etc. in to move from location to location. Doing this will help ensure items don't get misplaced or lost to picked up by someone else in the family by accident.
3. Having set times during the day will help you to stay more organized as well. The more structure you have in your day will help with staying on track and will keep you feeling organized.
4. Student planner...student planner...student planner! Now is a great time to use a student planner of your choosing. It can be the student planner made available to you from school, or you can use a journal or binder. You may also want to use your phone. However you decide, it is imperative that you keep track of daily and weekly assignments somewhere since you can't just take pictures of a whiteboard anymore. Writing down assignments and then checking them off as you do them will help you stay organized and not feel overwhelmed.
5. Another way to stay organized while doing online classes from home is to take good notes. If you can take notes on lessons or make notecards then you won't have to constantly be going back and forth looking for answers to problems. You will have the notes in front of you and that will help you save time as well.
6. The last tip is to make deadlines for yourself and set up times to be doing homework and studying for exams. If you try to do everything in one day you will become overwhelmed and then may actually fall behind. If you can make a schedule for yourself it will help you stay on track and keep up with your work. Try to prioritize assignments too. That will help you stay focused and organized on a daily basis.



# Still Struggling?

## Reach out to your Support Services Team

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### **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  
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### **Chaparral**

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

Guidance Counselors:  
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Janine Welch, janinewelch@susd.org  
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### **Coronado**

Prevention Coach/Social Worker:  
Mandy Turner, aturner@susd.org

Guidance Counselors:  
Anna Huerta, ahuerta@susd.org  
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### **Desert Mountain**

Prevention Coach:  
Paige Phelps, PPhelps@susd.org

Guidance Counselors:  
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### **Saguaro**

Social Worker:  
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Guidance Counselors:  
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### **Tonalea K-8**

Social Worker:  
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### **District Support K-12**

Social Worker:  
Karey Trusler, ktrusler@susd.org  
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Clinical Support Coordinator:  
Shannon Cronn, scronn@susd.org



# Middle School Guidance Counselors

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## **Echo Canyon**

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## **Ingleside**

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## **Desert Canyon Middle School**

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## **Tonalea**

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