

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.

[English caregiver survey.](#)

[Spanish caregiver survey.](#)

[Student Survey.](#)

## EVERY STORM RUNS OUT OF RAIN -MAYA ANGELOU

### Word of advice from Dorcas Guest-Nelson, AHS Nurse

*Yes! It might seem like a massive monsoon storm around us, but as we live in Arizona we are blessed with great weather and a sun that shines nearly 360 days a year. This "storm" is temporary!*

- We all know that it is easy to just open the fridge and reach for the junk food and sit on your bed and watch Netflix. **Try to eat more fruit and veggies.**
- **Drink Water!** Make sure you are staying hydrated!
- Get moving. **Get out and walk or run!** Safe practice is to stay away from crowded areas (like popular hiking spots) and keep your 6 feet social distance from a walking partner or neighbors.
- Carry hand sanitizer and or wipes just in case and be mindful of your hands. **Keep them out of your face.** Those fanny packs can finally be used for their true purpose! Storage!
- So the Village, ACC, LA Fitness and other health clubs are closed! **Get online and discover new workouts.** [Hasfit](#) is a free station on YouTube for strength training and [PopSugar Fitness](#) has workouts from Hip hop to Zumba to old school aerobics! There are tons of fitness gurus to follow on Instagram. (check out the next page for links to the sites listed above)

# WHY IS IT SO IMPORTANT?



**Feeling stressed or anxious?** Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins.

Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

**Beginning an exercise plan doesn't have to be difficult. Walking for as little as 30 minutes, 3 times a week, have been found to be beneficial.**

## CHECK OUT THESE WEBSITES FOR FREE WORKOUTS OR MEDITATIONS

- [HASfit.com: free workouts for all levels](#)
- [Popsugar Fitness: free workouts](#)
- [Headspace: guided meditations](#)
- [Positive Psychology: coping skills worksheets](#)
- [Fitness Blender: free workouts all levels](#)
- [Sesame Street: Belly Breathing](#)
- [Cosmic Kids Yoga](#)
- [Dance Workout Videos](#)
- [P.E. with Joe: kid friendly workout videos](#)
- [Guided meditations for kids](#)



# 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!

# 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)
- **Impact 24 Hour Crisis Line** (1-800-273-8255)
- **The Disaster Distress Helpline** (1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.
- **Arizona Food Bank Network:** Find nearby emergency food for yourself or someone you know struggling with hunger [www.azfoodbanks.org](http://www.azfoodbanks.org)
- **Find Help Phoenix:** Maricopa County Department of Public Health created FindHelpPhx.org and its Spanish partner site EncuentraAyudaPhx.org to give Maricopa County residents an easy way to find health and social services for themselves.

## HELPFUL ARTICLES AND RESOURCES

[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](#)



# 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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### **Coronado**

Prevention Coach/Social Worker:  
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Guidance Counselors:  
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### **Desert Mountain**

Prevention Coach:  
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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:  
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Clinical Support Coordinator:  
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# 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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