

APRIL 3 2020

SUSD SUPPORT SERVICES NEWSLETTER



Scottsdale *Unified*
SCHOOL DISTRICT

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.](#)

WHY AREN'T WE IN SCHOOL?

Your child(ren) probably have a lot questions about what is going on in our world right now and why they can't return to school. Here are some things to remember as you speak with the children in your home.

- **Try to remain calm and provide comfort:** Children are good at taking in the way things are said and done just as much as they hear the words being said.
- Always be there to **talk to your children and LISTEN:** Make sure your children know, and feel, like they can ask you questions when they have them.
- **Be aware of where your children are getting information:** Try to limit the amount of time your child has access to news and other sources of information.
- **Be honest:** Provide information that is age and developmentally appropriate – if you do not know an answer to their questions, say so. Discuss how some information on social media is sometimes inaccurate or possible rumors.
- **Teach them how they can reduce the spread of germs.**

For more information about talking to your children about COVID-19 click on the links below

[CDC](#)

[KidsHealth.org](#)

[Childmind.org](#)



THANK YOU to each student and parent/caregiver that has taken the time to take the **SUSD Needs Survey**. Take the **SUSD NEEDS Survey** below to help us better understand your needs:

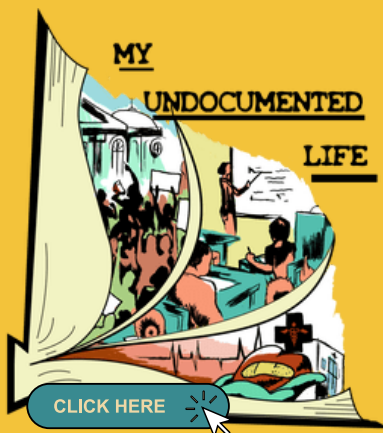
[English caregiver survey](#)

[Spanish caregiver survey](#)

[Student survey](#)

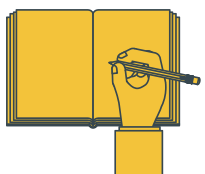
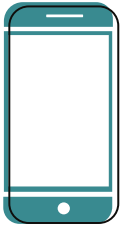
Currently, 57% of students were concerned with how to stay focused during online school. It was no surprise that 44% of parent/caregivers were also concerned with how to help keep their students focused on their online school.

[Click this link for tips and tricks from Anthony Vogel, a teacher at Chaparral High School, on how to stay focused and maximize productivity.](#)



[Resource Highlight](#)

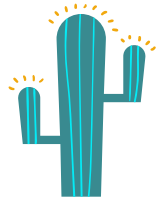
[My Undocumented Life](#) provides up-to-date information and resources that can help undocumented and mixed-status families during the COVID-19 (Coronavirus) pandemic.



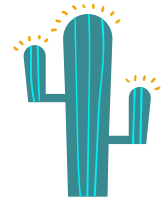
10 Strategies for Managing Mental Health in Isolation

By Jessica Harvey, Licensed Marriage and Family Therapist in Portland, OR

- **Monitor your news intake.** Choose a few trusted sources and thoughtfully select (I recommend no more than 2-3) what times of day you will check them. *Then leave it alone!*
- **Create a “safe” folder of apps.** Things you can engage in that are not news or social media related. Could be music, meditation apps, games, books
- **Start and end the day with a short meditation**, it is a great way to set the tone and also wrap up the day during these unprecedented times.
- **Create a physical list of specific activities you can participate in at home to keep your mind stimulated and focused on something else besides the current pandemic.** *Books to read, shows to watch, crafts to make, podcasts to check out, workouts from home, recipes to try, etc.*
- **Go outside for a walk every day if possible**. It is one of the few options currently available to us, and moving your body is good for everyone.
- **Connect with friends, family and loved ones by video chat as much as possible.**
- For those of us lucky enough to be **working from home, remember to set intentional limits and boundaries.** *Take breaks and stand up frequently! And no skipping lunch hour!*
- **Gratitude journaling**. This experience has been challenging in different ways for almost all of us. Focusing some attention each day on acknowledging what we are grateful for and what we do have can create some balance with all of the fear and uncertainty.
- **Find ways you can help!** Can you sew masks? Can you donate? Shelter an animal? Contributing always feels good, but especially right now.
- **Stay safe!** Follow the health and safety guidelines and stay away from others! Be mindful when doing your grocery shopping- the place that we are mostly likely to encounter others. Take care of yourselves and your community.



CALMING THE CHAOTIC MIND



The Benefits of Practicing Mindfulness

Now more than ever is a great time to raise awareness about stress and the benefits of practicing mindfulness. Mindfulness techniques have been shown to be effective in enhancing the learning and social-emotional and behavioral functioning of students. As students learn to think about their feeling, they can learn to practice self-control and emotional regulation.

PLEASE CLICK THE LINKS BELOW FOR INFORMATION ON MINDFULNESS APPS AND WEBSITES TO USE AT HOME.

- [Breathe, Think Do with Sesame](#)- Sesame Street characters teach kids how to keep calm and carry on.
- [Calm](#)- Relaxing app helps incorporate peace into daily life.
- [Calm Harm](#)- Manages Self Harm.
- [Headspace](#)- Easy to follow meditation to reduce anxiety
- [LearnStrom](#)- Guided lessons to focus on the brain, encourage a growth mindset.
- [Smiling Mind](#)- Easy to follow meditations to reduce stress

Creating Positivity

Activity to do as a Family



Supplies – sticky notes and writing item (regular paper will work too)

Directions – At the end of each day, have each member of the family write something positive they did during the day on a sticky note. It really could be anything! Helping another member of the family get something done, creating a new adventure, learning something new, or even getting out of bed for some is a huge positive accomplishment. After they write their own positive accomplishment, each person writes one positive things they recognized about someone else in the house that day.

Put all the sticky-notes on the same wall.

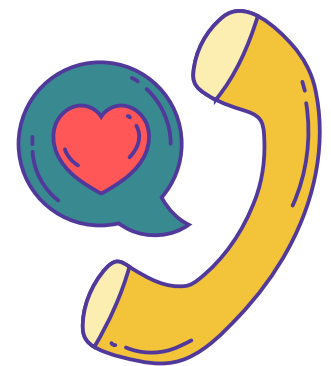
Find a couple times during the week to **sit down as a family and share all the positive things that have happened in your home!**



CRISIS HOTLINES AND RESOURCES

If you or someone you know is struggling, **you are NOT alone**, reach out to a number below. Remember, you do not need to have a "crisis" to text or call a hotline, if you are feeling anxious, overwhelmed, sad, lonely, etc., they are *ready to listen and provide support*.

- **Teen Lifeline** Call 24/7 or Text (602-248-8336) *also available to parents and other adults who are in need of resources for their children
- **Crisis Text Line** Text "Home" to 741741 to connect with a Crisis Counselor
- **LGBT National Hotline**: 888-843-4564
- **Bloom365**: Call or text: 1-888-606-4673
- **National Suicide Prevention Hotline**: 1-800-273-8255
- **National Domestic Violence Hotline**: 1-800-799-7233 or text "LOVEIS" to 22522
- **Crisis Response Network** (602-222-9444 or 1-800-631-1314)
- **Empact 24 Hour Crisis Line** (1-800-273-8255)
- **Scottsdale Police Crisis Team** (480-312-5055)
- **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
- **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.



Still Struggling?

Reach out to your Support Services Team

Arcadia High School

Prevention Coach/Social Worker:
Whitney Hess, Whess@susd.org
Google Classroom code: xqtm3li

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

Chaparral High School

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, janinewelch@susd.org
Megan Mayer, mmayer@susd.org

Coronado High School

Prevention Coach/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

High School

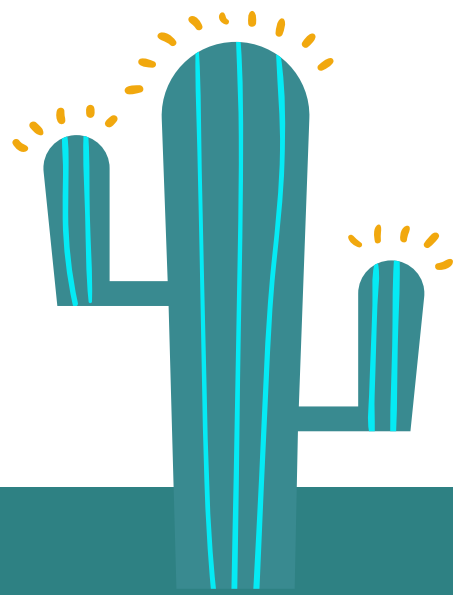
Prevention Coach:
Paige Phelps, PPhelps@susd.org

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 High School

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

Guidance Counselors:
LeAnne Carter, lcarter1@susd.org
Leanne DeFay, ldefay@susd.org
Katy Gerken, kgerken@susd.org
Donna Wittwer, dwittwer@susd.org



Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

Ingleside

Cheryl Guthrie, cguthrie@susd.org

Aria Ham, aham@susd.org

Dana Molnar, dmolnar@susd.org

Cocopah

Toni Rantala, trantala@susd.org

June Solod, jsolod@susd.org

Copper Ridge

Deborah Philips, dphilips@susd.org

Mohave

Lisa Balthazor, lbalthazor@susd.org

Todd Kemmerer, tkemmerer@susd.org

Desert Canyon Middle School

Nicholas Pasco, npasco@susd.org

Jill Weller, jweller@susd.org

Mountainside

Dale Merrill, dmerrill@susd.org

Robin Stieglitz, rstieglitz@susd.org

Cheyenne

Frances Lax, flax@susd.org

Tonalea K-8

Social Worker:

Sherena Small, ssmall@susd.org

Guidance Counselors:

Gail Tronzo, gtronzo@susd.org

Tammy Clow-Kennedy,

tclowkennedy@susd.org

District Support K-12

Social Worker:

Karey Trusler, ktrusler@susd.org

Google Classroom code: 7yftwa2

Clinical Support Coordinator:

Shannon Cronn, scronn@susd.org

