

APRIL 10, 2020

SUSD SUPPORT SERVICES NEWSLETTER



Scottsdale *Unified*
SCHOOL DISTRICT

WHAT SUPPORT DO YOU NEED?

Please take a moment to complete a short survey--one for parents/guardians and one for 4th-12th grade students. Your support team is here to assist you during this time. Please let us know how we can best meet your family's needs during school closures.

[English caregiver survey](#)

[Spanish caregiver survey](#)

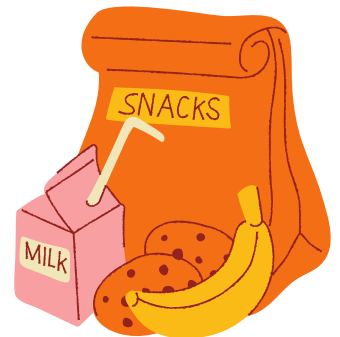
[Student survey](#)

IMPORTANT INFORMATION

Beginning April 15, meals will be distributed weekly--on Wednesdays rather than each weekday. Adults will be able to pick up five breakfasts and five lunches for every child ages 1 - 18 in the household.

Meals will be distributed from 9 - 11 a.m. every Wednesday at these SUSD school parking lots:

- Mohave Middle School, 8490 E. Jackrabbit Rd., Scottsdale - NEW
- Navajo Elementary Oak Campus, 7501 E. Oak St., Scottsdale
- Redfield Elementary School, 9181 E. Redfield Rd., Scottsdale - NEW
- Tavan Elementary, 4610 E. Osborn Rd., Phoenix
- Tonalea K-8, 6720 E. Continental Dr., Scottsdale
- Yavapai Elementary, 701 N. Miller Rd., Scottsdale



Thursday, April 9, will be the last day for 'bus-stop style' distributions in order to help protect our community and employees. For more information on the free meals for children program, please visit www.susd.org/Meals or call (480) 484-6234.



Arizona
Food Bank
Network

If you your family or someone you knows is worried about food, check out Arizona Food Bank Network for resources near you.

A message to our students from Kayli Battel, the President of the SUSD Student Advisory Board

Hello everyone, this is **Kayli Battel**, the **President of the SUSD Student Advisory Board**. The District has encouraged me to reach out to you.

I hope this message finds you well. I wanted to address this strange time that we're going through, and offer a few personal thoughts about the COVID-19 Pandemic.

This is obviously a complicated time, with unprecedented changes and a lot of uncertainty. Everyone I have talked to is nervous. Some people are lonely, some bored, others concerned about what's to come - and that's understandable. I know that I'm struggling with not seeing friends, and how to keep myself entertained. I'm fearful of the risk to my older family members, and the ambiguities we now face in the future. I expect that many of you are feeling the same things. But, we need to remember that we are not as helpless in this situation as we may feel.

The students on the Student Advisory Board met virtually with district officials Wednesday, and will continue to do so weekly. We have a better understanding about how this will play out. We'll have an online curriculum, which could look different for each of your classes- from live videos to google classroom - so the learning curve may be confusing the first few days, but students should be able to reach their teachers during office hours for at least an hour every day. Other pieces of this will continue to evolve as we go - for example, the College Board just sent notice of big changes to this year's AP and SAT testing. Please keep in mind that, in spite of all the upheaval, your teachers are doing everything they can to help you finish this year well. Anything we can do to help them get through this helps us too.

Seniors, let's finish this year strong, and be leaders to our classmates. This has already been a huge change with all the cancellations, and there are likely more to come. But I know we can brave any curveballs that may come our way in the next few months. Regardless of what the rest of this year will look like, we have already had a great high school experience and this virus will not define our futures unless we let it.

This is a hard time for us, no doubt. But it is also a lot harder for others. We can't change that. But we can do our best to be gracious and understanding - and patient. We need to listen to the medical advice we are given, and protect our community by staying away from others. Social distancing is a term I know I've come to hate over the last few weeks, but it is our new reality. Remember that it may not be our lives that are in danger, but those we may come into contact with. This is the time to protect your loved ones' safety.

While much of this situation is terrible, we can also use it for new opportunities. We can do something new - read, bake, bike, crochet, join a Minecraft server - and also reach out to our friends and families. If you feel like you're struggling right now, imagine what everyone else is going through! Reach out to someone you may not have thought to talk to, help an older person who's lonely and can't get online. Everyone feels isolated right now, but we're the generation that understands connectivity. We should use our knowledge of technology to embrace virtual friendships and to stay strong in the face of this crisis.

If you have any questions, updates, or suggestions for all of us, feel free to reach out to me at any time - my email is khbattel@gmail.com. I and the other Student Advisory Board officers will plan to keep you updated as we go forward, and help in any way that we can. I know that we can do this.

**Stay safe,
Kayli Battel**

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Picture courtesy of BlessingsManifesting

It may be hard to not see your friends and your teachers when you are used to seeing them every day. But remember that this time is temporary and you will see them again! In the meantime, it is time to think of all the fun and creative things you can do.

For additional resources click below:

- [A Kids Guide To Coronavirus](#)
- [Building Protective Factors](#)
- [Staying Happy and Healthy](#)
- [Fun Activities to do with the Family](#)

Upcoming FREE Virtual Parent Education Series

iGen: Managing Your Family's Anxiety in Challenging Times presented by Rachel Rubenstein, Licensed Clinical Social Worker and Executive Director of the Scottsdale Youth and Community Coalition. Tuesday

April 14th at 3:30pm Registrar

here:

<https://zoom.us/join/register/tZwvceCsrT4pUPUjbdUJRigYObtdrQ0z9Q>

notMYkid: Prescription Drug Misuse. Tips on recognizing and addressing teen prescription misuse. Tuesday April 21st. More information next week.

Virtual Support Groups for Teens

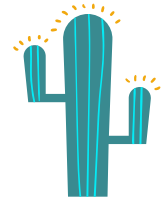
Monday: Bloom 365 Peer 2 Peer Drop-in Support Group at 1pm text @bloom365PS to 81010 to join

Tuesday: notMYkid and Amplifi: 'Teen Talk' at 4pm DM @amplifimyvoice to join

Thursday: Bloom365 LGBTQ + Peer 2 Peer Support at 4:30pm text @365LBBTQ to 81010 to join

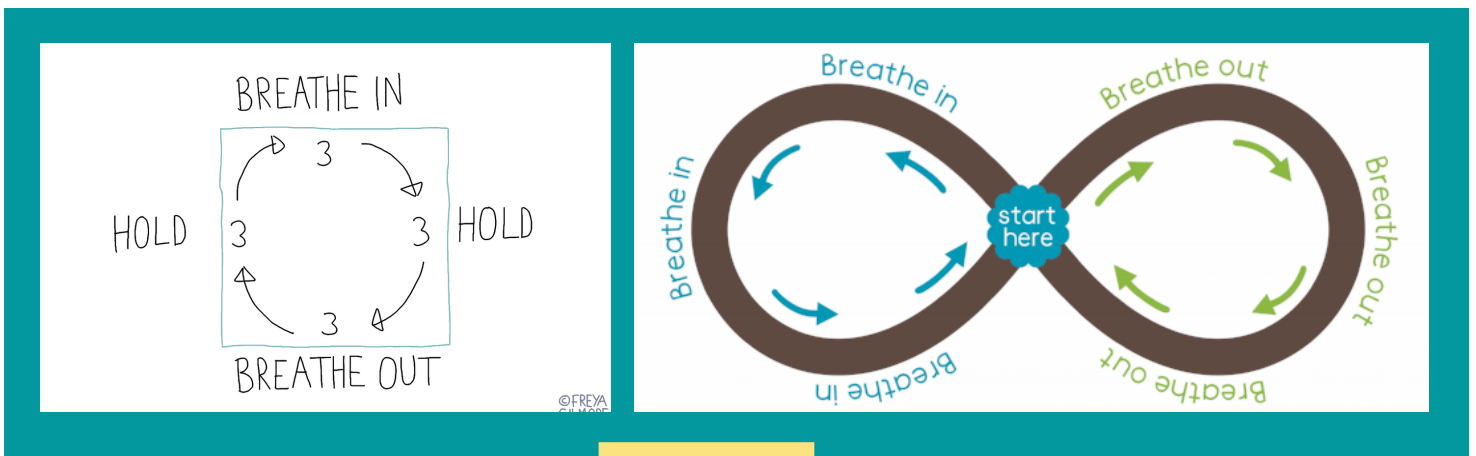


CALMING THE CHAOTIC MIND



The Benefits of Practicing Mindfulness

BOX BREATHING is a helpful breathing exercise during extreme stress, where you practice the following process: inhale for a count of 3, hold your breath for a count of 3, exhale for a count of 3, wait at the very end of the exhale for a count of 3, and repeat. This is a very deep-breathing exercise that has been shown to calm and regulate the autonomic nervous system. Slowing down the breath allows CO₂ to build up in the blood, which stimulates the response of the vagus nerve to produce feelings of calmness throughout the body.



Dear Elementary Parents-

As your family navigates the challenges and opportunities that come with learning at home, supporting the development of social emotional learning (SEL) skills is beneficial to managing stress, processing feelings and resolving conflict. Scottsdale Unified School District utilizes the Sanford Harmony curriculum to teach these social-emotional skills. Parents can now access the program from home. Harmony at Home provides a variety of lessons, activities, and resources from the Sanford Harmony and Sanford Inspire programs.

Please click on the link below to learn more:

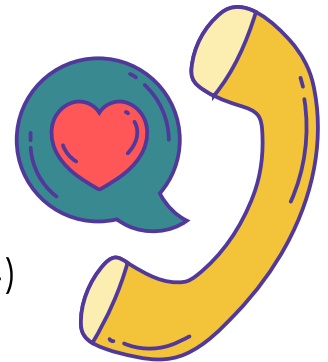
<https://www.sanfordharmony.org/harmony-at-home/>



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 and ask for 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.
- **Arizona Food Bank Network**: Find nearby emergency food for yourself or someone you know struggling with hunger www.azfoodbanks.org
- **Find Help Phoenix**: Find health and social services for Maricopa County residents.
- **My Undocumented Life**: an online resource focused on helping undocumented and mixed families
- **Doorways Arizona**: provides 100% remote counseling services/telehealth, visit online or call 602-997-2880
- **Catholic Charities**: 602-749-4405 Provides remote counseling services based on a sliding scale for individuals paying by credit card or are covered by the Arizona Health Care Cost Containment System.



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

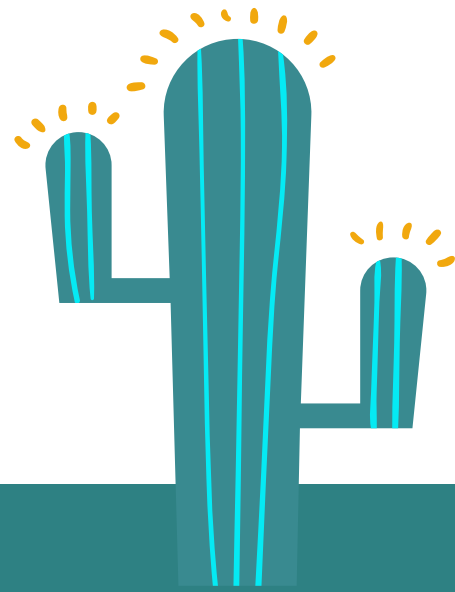
Prevention Coach:
Paige Phelps, pphelps@susd.org

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@sfusd.org
Donna Wittwer, dwittwer@susd.org



Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowicz, 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

