Free Meals Program for Children Extended Through June 24
Beginning May 20, families will now be able to receive seven days of breakfasts and lunches for every child, up from five days' worth. Families in need will be able to receive free meals for children ages 1-18 through Wednesday, June 24. The Scottsdale Unified School District (SUSD) Nutrition Services Department is expanding its service to both extend the program for five weeks after the last day of school and to expand the amount of food provided at each weekly distribution.

Summer School Update
We are excited to inform SUSD families that online high school summer school this year is free of charge to all currently enrolled high school SUSD students, pending space in online courses. Due to concern for the safety of our students and staff during the Covid-19 pandemic, all summer school classes will occur online for June and July.

We are exploring the possibility of offering class support lab hours at Coronado High School during the July session. More information will be provided towards the end of June, as we explore this option. Students enrolled in on campus classes will automatically be transferred to an online course.

If you paid for your student to attend either on campus classes or online classes for the month of June or July, please complete the refund form below.

Summer School Refund Link
Stay safe and healthy.
18 SUMMER IDEAS TO DO WITH YOUR FAMILY

1. Bike, scooter, or Ripstick in the driveway: You can set up an obstacle course or try new tricks.
2. Build a Fairy House - here are instructions for building one from the official Fairy Houses website
3. Star gaze: Learn and find constellations
4. Climb a tree
5. Enjoy the classics: Play hopscotch, 4-square Mother May I, or jump rope.
6. Get artsy with chalk, water soluble paint, or MUD
7. Hunt for worms
8. Let rain inspire art
9. Perk up your plants
10. Play flashlight tag
11. Collect leaves and press them to make place mats
12. Create a nature journal and record what you see
13. Hang a bird feeder and count the birds
14. Catalog the birds in your neighborhood by listening to their sounds and songs
15. Make luminarias and light up your driveway
16. Make a rock garden for your yard
17. Go on a bike ride
18. After a walk or bike ride, create a map of your neighborhood - “Cat in the Hat Can Map This and That” tool

For More Summer Ideas Check out these websites below

100 Fun Summer Ideas for Kids and Parents: Verywell Family
Phoenix: Top 20 places to take kids
30 Affordable Activities in Phoenix this Summer
Free Activities in Phoenix
Choose an Attitude of Gratitude

When things are difficult, one of the best ways to uplift our minds and spirits is to find sources of gratitude. There may be things in our lives that make us angry, frustrated or sad, however if we focus on those things, we will only notice more of those things. The same is true if we focus on positive, joyful, happy things, we will see and create more of these experiences and feelings. You cannot feel grumpy and grateful at the same time so why not choose to feel grateful!

Practice Gratitude...

*settle into your mindful posture and gently close your eyes. Take a few deep, cleansing breaths and bring to mind 3 people or things you’re grateful for (maybe it’s someone in your family, friend, pet, a significant item or situation) and connect with what it is about the person, pet, item or situation you’re grateful for.

*Notice how it makes you feel thinking about being grateful for the person, pet, item or situation and just breath that feeling inside of you.

*If you’re having a difficult time thinking of someone or something to feel grateful for just imagine all the little things that might make us happy if we just focused our attention on them (a smile, your breath, favorite food, color, sunshine, a cool breeze, etc.,)

Gratitude Journal

Activities to do as a Family

Find at least 3 things each day you feel grateful for and write them down in your journal and notice how it makes you feel.

*Optional...create a gratitude box! Find a box and put things that make you feel happy such as, pictures of family, friends, places you've been, magazine pics of places you want to experience, special momentum, poem, favorite quotes, etc..
If you or your loved one are struggling right now, Psychology Today is a great resource to help you learn more about specific therapists and their specialties. Not every therapist may be the right fit for your needs, but this will allow you to have CONTROL over who you choose. Many therapists have sliding scale fees to make it more affordable.

Help is out there, you are not alone.

Teletherapy providers listed on Psychology Today:

Click Here for Scottsdale
Click Here for Phoenix
Click Here for Tempe

Upcoming FREE Virtual Parent Education Series

Arizona Attorney General's Office Webinars

- 5/22: E-Cigarette Awareness
- 5/27: Anti-Bullying for Parents
- 5/28: Opioid Awareness and Prevention

The Arizona Attorney General's Office is rising to meet the challenges of this pandemic and stands ready to assist your family during this difficult time. Access them here: https://www.azag.gov/outreach/webinars

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
SUSD APP RECOMMENDATIONS TO HELP YOU “SURVIVE” COVID-19

In this digital age, phones provide a supplemental resource to get help. Here are five apps that help teens (and adults) with mental health by helping them cope with anxiety, depression, and other concerns.

- **Calm**: helps users with mindfulness and meditation. The app aims to bring more clarity, joy and peace to your daily life. The app includes guided meditations, Sleep Stories, breathing programs and relaxing music.

- **Sanvello**: helps teens break the cycle of ongoing negative thoughts. It does this by using tools that target stress, anxiety, and depression. The app consists of psychologist-designed tools based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation and mood/health tracking.

- **Calm Harm**: provides tasks to help users resist or manage the urge to self-harm. The app contains five categories to help you fight the urge to self-harm. Each category includes five to 15 minute activities. These activities turn users’ attention to healthier ways to handle emotions and impulses.

- **My3**: is a crisis support app for people who have suicidal thoughts. The app features a contact list to call in case of emergencies. The list includes three of the user’s trusted contacts, 911 and the National Suicide Hotline. My3 also includes a safety plan which lists coping strategies and distractions. It’s one of the best apps that help teens with mental health struggles that include suicidal ideation.

- **MoodPath**: helps teens to detect symptoms of depression. Three times a day, users receive a question about their emotional well-being. After two weeks, users will receive a professional assessment. They can then share that assessment with their healthcare professional.
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**: 480-784-1500 or 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 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