

# Support Services Newsletter

August 2022



Scottsdale *Unified*  
SCHOOL DISTRICT

SUMMER  
IS OVER...  
back to  
SCHOOL

## **STRATEGIES FOR SUPPORTING HOMEWORK AT HOME**



Often the main topic of conversation in meetings with parents and teachers is the concern of homework. Either it is not getting done, there is too much homework or homework is creating havoc during the evening routine. On the following page are a few strategies to offer to help decrease some of these concerns and hopefully alleviate friction that might be elevated during this time.

### **ADAPTATIONS AND FURTHER SUPPORT**

Suggestions provided will need to be adapted to the particular age of the child. Parents need to provide greater supervision and involvement with children during the elementary school years, while by high school, most parents find they can pull back and let their children take more responsibility for their homework schedules. Middle school is often the turning point, and parents will need to make decisions about their level of involvement in homework based on the developmental level and academic needs of their children. The more collaboration from the home and school team, the more effective and time efficient homework time can be.

# STRATEGIES FOR SUPPORTING HOMEWORK AT HOME



1

Check in with your children every day. Studies show that students who have parental assistance in completing homework spend more time on homework.

2

Establish clear homework routines. Tasks are easiest to accomplish when they are tied to specific routines. By establishing daily routines for homework completion, parents will not only make homework go more smoothly, but they will also foster a sense of order that children can apply to later life.

3

Supervise but don't micromanage. Some children will need more help with homework than others, but a general rule of thumb is provide the minimum help necessary for the child to be successful.

4

Help children establish and maintain organizational systems. Help your children keep workspaces neat and set up systems to keep track of homework assignments.

5

Look for others to help. Homework can be time consuming for both parents and children. Parents may find it helpful to take turns supervising homework, alternating by nights or by subject matter.

6

Use incentives if necessary. For children who are not motivated by grades, parents may need to look for other rewards to help them get through their nightly homework routine.

7

Establish clear communication channels with teachers. For some students, this may take the form of a notebook going back and forth between home and school, or having both parents and teachers sign off on assignment books to ensure children are adequately supervised at home and at school.

8

Work with school personnel to establish necessary supports within the school. Parents alone cannot solve all homework problems. When students do not understand the assignment or lack the skills or knowledge to complete it, parents will have to reach out to teachers for assistance.

## NUTRITION & WELLNESS NEWS



### Celebrations and Rewards



The District recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to provide healthy food offerings at school parties and events to support a healthy environment throughout the district. Foods served at any celebration in the classroom must be purchased from a commercial vendor, which can include the school's food service program. No home baked/prepared products are allowed.

1. Classroom celebrations and parties (i.e. seasonal celebrations) - The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas Here are some additional resources: .

<http://www.actionforhealthykids.org/game-on/find-challenges/classroom-challenges/1209-healthy-a-active-nonfood-rewards>

[https://www.healthiergeneration.org/sites/default/files/documents/20190328/1c6d1ac9/13-6163\\_HealthySnackBevIdeas.pdf](https://www.healthiergeneration.org/sites/default/files/documents/20190328/1c6d1ac9/13-6163_HealthySnackBevIdeas.pdf)

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/celebrations>

2. Classroom snacks brought by parents (i.e. birthdays) - Check these resources for alternative, non-food, celebration ideas.

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards>

<http://www.actionforhealthykids.org/game-on/find-challenges/1209>

3. Rewards and incentives - The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Rewards will focus on positive behavior intervention strategies. Foods and beverages will not be used as a reward, or withheld as punishment for any reason. Here are some additional resources:

<http://www.actionforhealthykids.org/game-on/find-challenges/1209>

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards>

# Self-Care & Mental Health

## Tips for Kids



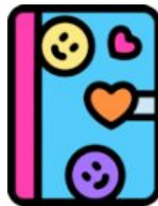
Share your own feelings to encourage self-awareness.

Recognize toxic stress events.

Practice self-care for yourself to set the standard.

Cultivate interests and hobbies.

Set aside time for low stress or solo activities.



Encourage journaling and writing.



Encourage them to focus on the moment.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."



Establish a self-care routine.





Child Crisis Arizona  
*Safe kids. Strong families.*

### **VIRTUAL CLASSES**

#### **PARENT SUPPORT GROUP**

**EVERY WEDNESDAY • 12 pm to 1:30 pm**

Join us for a virtual meeting to find support in parenting. The group, led by a Child Crisis Arizona Child and Family Education Specialist and a Therapist, will meet weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

#### **A GUIDE TO HEALTHY TEEN DATING**

**TUESDAY • 8/2 • 10 a.m. to 12 p.m.**

Walk away with a better understanding of how to influence your teen to have healthy teen dating relationships while also learning the signs of dating violence. This workshop is recommended for parents with children as young as 11-years.

#### **ADVERSE CHILDHOOD EXPERIENCES - EXTENDED 2 PART SERIES**

**MONDAY & WEDNESDAY • 8/2 & 8/3 • 10 a.m. to 12 p.m.**

This two part class series will provide: an overview of what ACEs mean, including the short and long term impact of ACEs; guidance on trauma and toxic stress's connection to development and behaviors; strategies to build resiliency and promote post traumatic growth.

#### **ANGER MANAGEMENT FOR KIDS**

**TUESDAY & THURSDAY • 8/23 & 8/25 • 10 a.m. to 12 p.m.**

Learn skills and techniques to help your child with their own anger management. Typically taught as a parent and child program, this session will be for parents only.

#### **E-CIGS AND VAPING**

**TUESDAY • 8/16 • 10 a.m. to 11:30 a.m.**

This topic will focus on educating parents about the common myths and perceptions students have surrounding vaping and the use of e-cigarettes. Coordinators will provide information on the evolution of e-cigarettes and the dangers associated with the device and the chemicals people are inhaling when using them.

#### **FENTANYL IN ARIZONA AND OUR CHILDREN**

**TUESDAY • 8/30 • 6 p.m. to 7:30 p.m.**

Fentanyl is a danger for our community and children. In this course learn about what fentanyl is, how big the problem is and what we can do as caregivers to keep our children safe from this dangerous substance.

**Pre-Register online at:**

**[register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona)**

### **SUMMER 2022**

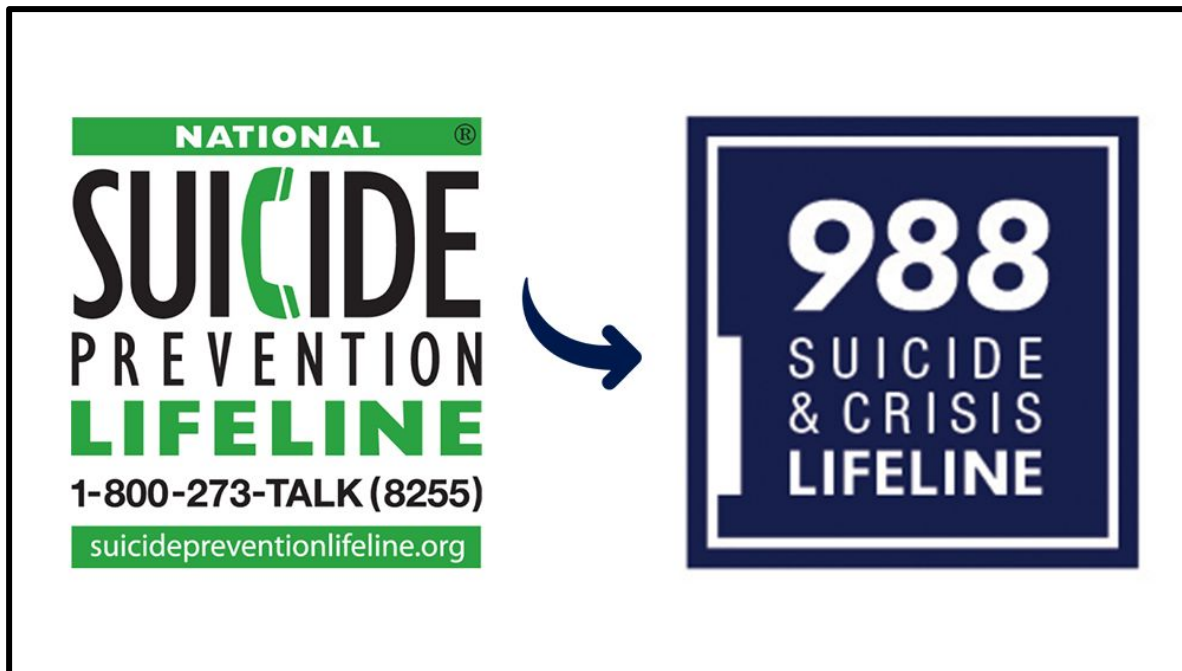
Click on the links below to view spring schedules and descriptions.

**[VIRTUAL CLASSES AND WORKSHOPS](#)**

**[IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS](#)**

**[CURSOS DE ONTOÑO](#)**

**MENTAL HEALTH RESOURCES:**  
**Click on the following images for links to these resources.**



July 16th, 2022 marked the launch of 988, the new number for the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). Much like how we already use 911 for emergencies, 988 will be used for mental health crises.

The new 988 dialing code will help people get assistance earlier in a crisis before it escalates. With proper education and awareness, everyone in the country will have an immediate, accessible mental health resource and those in crisis won't need to call 911 for mental health emergencies.

**SUSD MENTAL HEALTH**  
**RESOURCE PARTNERS**



**The Well**  
A Place to Fill Up

# the parents group by notMYkid™

Teens are facing more challenges than ever, and parents need a place to go for answers, support, and resources. The Parents Group, by notMYkid, is a recurring meeting **Monday night at 6PM** open to parents of teens.

The Parents Group will focus on issues related to mental health, substance use, and overall obstacles facing teens today.

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## THE PARENTS GROUP PRIMARY GOALS:

- **To provide education** about current issues that are affecting our kids and how to best communicate and protect them.
- **To provide support** in a safe space without judgement.
- **To provide access to available resources** and help give parents the tools necessary to prevent substance use and better support our kids.

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**We simply want to provide space for open and honest communication!**



Meetings are free and participants are asked to keep group discussions confidential for the safety of all families and kids.

**PLEASE SCAN THE QR CODE TO REGISTER OR TO BE KEPT INFORMED OF FUTURE MEETING TIMES AND SCHEDULES.**

The Parents Group, hosted by notMYkid, will be facilitated by behavioral health staff to continue serving the company's mission. notMYkid is a non-profit organization that has been meeting the unique needs facing youth and their families in the community for over 20 years.



**The Well**  
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254  
602.652.0163 | [notmykid.org](http://notmykid.org)



# notMYkid<sup>®</sup> tutoring plus

**MONDAYS**  
GRADES 6-8

**WEDNESDAYS**  
GRADES 9-12

**4PM - 6PM**

- Structured environment for homework help
- Study Group with experienced tutor lead
- One-on-one instruction
- Multi-subject expertise
- Grades 6-12 welcome

WEEKLY  
REGISTRATION  
REQUIRED



IN PARTNERSHIP WITH  
DIGNITY HEALTH, BHHS, LEGACY FOUNDATION AND GOVERN'S OFFICE FOR YOUTH, FAITH AND FAMILY!

notMYkid<sup>®</sup>



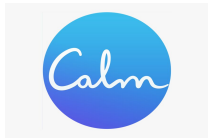
**The Well**  
A Place to Fill Up

5310 East Shea Blvd | Scottsdale, AZ 85254 | 602.652.0163 | notmykid.org

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## Helpful Apps to Boost Mental Health



**Headspace:** provides a WIDE variety of meditations, sleep, and movement exercises to help you out, however you are feeling. Helps reduce anxiety and stress and improve attention and awareness. Free content.



**Calm:** includes free meditations for stress, sleep, AND has meditations for kids.



**Breathe2Relax:** free, designed by the National Center for Telehealth and Technology to teach breathing techniques to manage stress.



**Happify:** provides science based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts..



**MoodPath:** personalized mental health companion, that “learns” from your responses and generates insights and provides resources most relevant to your emotional health.



**MoodTools:** a self help app targeting depression. Provides psychoeducation about risk factors, a thought diary, a suicide safety plan, and videos.



**PTSD Coach:** self help app from the National Center for PTSD provides education, assesses PTSD, and offers easy to understand tips to manage common PTSD symptoms, and offers additional treatment resources.



**Quit That!:** free app that helps users beat their habits or addictions. A recovery tool to track and monitor your progress.



**Medisafe:** a medication reminder app

**Shine:** a self care app with research based strategies to help you reduce stress, boost self compassion, helps with focus and battles burnout.



# SUSD SOCIAL WORKERS



Anasazi  
Cherokee  
Cochise  
Desert Canyon  
Hohokam  
Hopi  
Kiva  
Laguna  
Navajo  
Pima  
Pueblo  
Redfield  
Sequoia  
Tavan  
Yavapai

## Elementary Schools

TBD	
Nicole Hall	<a href="mailto:nhall@susd.org">nhall@susd.org</a>
Madison Gilbreath	<a href="mailto:madisongilbreath@susd.org">madisongilbreath@susd.org</a>
Lauren Loiacono	<a href="mailto:lloiacono@susd.org">lloiacono@susd.org</a>
Holly Leffhalm	<a href="mailto:hleffhalm@susd.org">hleffhalm@susd.org</a>
Sierra Rose	<a href="mailto:sierrarose2@susd.org">sierrarose2@susd.org</a>
Glenda Henman	<a href="mailto:ghenman@susd.org">ghenman@susd.org</a>
Virginia Mohammed	<a href="mailto:vmohammed@susd.org">vmohammed@susd.org</a>
Alexa Barajas Castaneda	<a href="mailto:abarajascastaneda@susd.org">abarajascastaneda@susd.org</a>
TBD	
Mayra Nunez	<a href="mailto:mayranunez@susd.org">mayranunez@susd.org</a>
Haley Passarella	<a href="mailto:hpassarella@susd.org">hpassarella@susd.org</a>
Andrea Ference	<a href="mailto:aference@susd.org">aference@susd.org</a>
Kim Meyer	<a href="mailto:kfowlston@susd.org">kfowlston@susd.org</a>
TBD	

## Middle Schools

Cocopah	<a href="mailto:lpederson@susd.org">lpederson@susd.org</a>
Desert Canyon	<a href="mailto:cobrien@susd.org">cobrien@susd.org</a>
Ingleside	<a href="mailto:estocking@susd.org">estocking@susd.org</a>
Mohave	<a href="mailto:jjimenez@susd.org">jjimenez@susd.org</a>
Mountainside	<a href="mailto:lpederson@susd.org">lpederson@susd.org</a>
Tonalea	<a href="mailto:ssmall@susd.org">ssmall@susd.org</a>
Mckinney Vento	<a href="mailto:mmedvin@susd.org">mmedvin@susd.org</a>

## K-8 Schools

Cheyenne	<a href="mailto:afischetti@susd.org">afischetti@susd.org</a>
Copper Ridge	<a href="mailto:sjames@susd.org">sjames@susd.org</a>
Echo Canyon	<a href="mailto:bfairweather@susd.org">bfairweather@susd.org</a>

## High Schools

Arcadia	<a href="mailto:whess@susd.org">whess@susd.org</a>
Chaparral	<a href="mailto:lstegman@susd.org">lstegman@susd.org</a>
Coronado	<a href="mailto:@susd.org">@susd.org</a>
Desert Mountain	<a href="mailto:ktrusler@susd.org">ktrusler@susd.org</a>
Saguaro	<a href="mailto:kbeatty@susd.org">kbeatty@susd.org</a>

## District Office

Director of Support Services	Shannon Cronn	<a href="mailto:scronn@susd.org">scronn@susd.org</a>
Clinical Services Coordinator	Matthew Lins	<a href="mailto:matthewlins@susd.org">matthewlins@susd.org</a>
Prevention Coach	Dale Merrill	<a href="mailto:dmerrill@susd.org">dmerrill@susd.org</a>
Prevention Coach	Lauren Pilato	<a href="mailto:lpilato@susd.org">lpilato@susd.org</a>