

Support Services Newsletter

DECEMBER 2022



Scottsdale *Unified*
SCHOOL DISTRICT



DID YOU KNOW?

December is National Stress Free Family Holiday Month

How to Reduce Holiday Stress in Children



Stick to their usual routine as much as possible



Make sure they get outside



Don't overschedule



Make time for peace and quiet



Remind them the holidays are about gratitude and kindness



Manage sugar intake

verywell



WHAT ARE THE HOLIDAY BLUES?



In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.




So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

Fatigue	Loneliness or isolation
Tension	Sadness
Frustration	A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.



Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>



Upcoming Community Presentations



MAINTAINING MENTAL HEALTH WELLNESS

Join notMYkid for their upcoming prevention education on Anxiety and Stress in partnership with SUSD. The program will occur online through Zoom.

THURSDAY
DECEMBER 8, 2022
6:00-7:00 PM



bit.ly/3EzH0ry

This program teaches parents:

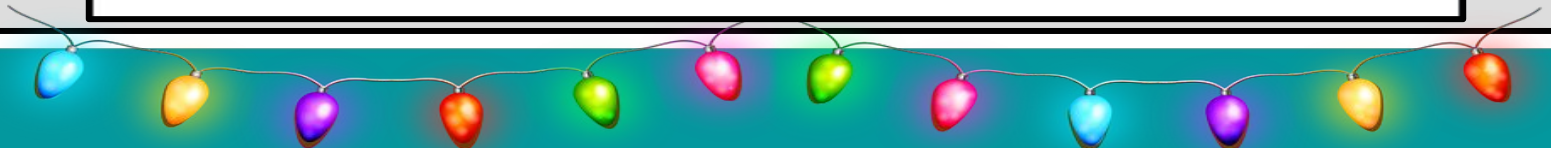
- The difference between anxiety and stress
- The short and long-term effects of anxiety and stress
- The source and signs of youth anxiety
- How to help youth adapt and overcome anxiety
- Ways adult can balance their own wellness

**Opportunities to ask our expert preventionist questions
will be available after the presentation.**

FOR ADULTS ONLY - CONTENT NOT SUITABLE FOR CHILDREN



Lane Krumpas
Communications & Engagement Manager
lane@notmykid.org



December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

FRIDAY

2 Contact someone you can't be with to see how they are

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

SUNDAY

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

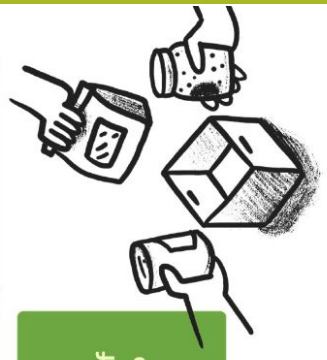
24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2023

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier • Kinder • Together

Diciembre de Bondad 2022

LUNES



5 Haz un regalo para alguien sin hogar o que se siente solo/a

MARTES



6 Deja un mensaje positivo para que alguien lo encuentre

MIÉRCOLES



7 Hoy, haz comentarios amables a tantas personas como te sea posible

JUEVES

1 Anima a practicar la bondad. Comparte este calendario con otras personas

VIERNES

2 Ponte en contacto con alguien con quien no puedas estar para ver cómo está

SÁBADO

3 Ofrecete para ayudar a alguien que en estos momentos tiene dificultades

DOMINGO

4 Apoya a una organización benéfica, causa o campaña que te importe de verdad

11 Compra algo de más y dónalo a un banco de alimentos local

18 Pide ayuda y deja que otra persona descubra la alegría de dar

25 Hoy, trata a todo el mundo con amabilidad, ¡incluyéndote a ti mismo/a!

10 Escucha de todo corazón a los demás sin juzgarlos

17 Practica la gratitud. Enumera las cosas amables que otros/as han hecho por ti

24 Lleva la alegría a los demás. Comparte algo que te haya hecho reír

9 Date cuenta cuando estés siendo duro/a contigo mismo/a o con los demás y, en lugar de eso, sé amable

16 Busca algo positivo para decirle a todas las personas con las que hables

23 Proponte dar o recibir el regalo del perdón

8 Haz algo que sea útil para un amigo o familiar

15 Comunícate con un vecino que sea mayor y alégrale el día

22 Felicita a alguien por un logro que de otra manera puede pasar desapercibido

14 Comparte un recuerdo feliz o un pensamiento inspirador con un ser querido

21 Aprecia la bondad y da las gracias a las personas que hacen cosas para ti

28 Sé amable con el planeta. Come menos carne y usa menos energía

13 Hoy, fíjate en a cuántas personas diferentes eres capaz de sonreír

20 Ayuda a los demás regalando algo que no necesites solo/a o sentirse aislado/a

27 Llama a un familiar que esté lejos para saludarle y charlar con él/ella

12 Sé generoso/a. Hoy, nutre a alguien con comida, amor o bondad

19 Ponte en contacto con alguien que pueda estar solo/a o sentirse aislado/a

26 Sal al aire libre. Recoge basura o haz algo bueno por la naturaleza



31 Planifica algunos nuevos actos de bondad para hacer en 2023

30 Dile a alguien cuánto le aprecias y por qué

29 Apaga los dispositivos digitales y escucha de verdad a la gente

28 Sé amable con el planeta. Come menos carne y usa menos energía

27 Llama a un familiar que esté lejos para saludarle y charlar con él/ella

26 Sal al aire libre. Recoge basura o haz algo bueno por la naturaleza

ACTION FOR HAPPINESS

Más feliz · Más amables · Juntos





Child Crisis Arizona
Safe kids. Strong families.

VIRTUAL CLASSES

RAISING SONS AND DAUGHTERS

THURSDAY • 12/1 • 10 a.m. to 12 p.m.

Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.

PARENTING ON THE SAME PAGE

THURSDAY • 12/8 • 10 a.m. to 12 p.m.

Information and strategies for co-parenting children whether you're in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and further support your children grow into healthy adults.

ANGER MANAGEMENT FOR KIDS

TUESDAYS • 12/6 & 12/13 • 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.

CHILD DEVELOPMENT

MONDAY 12/12 • 6 p.m. to 8 p.m.

An overview of developmentally appropriate physical, cognitive, social and emotional milestones from birth to 11- years. Learn how to help address key features within each developmental stage.

CONSCIOUS DISCIPLINE

MONDAY & WEDNESDAY • 12/12 & 12/14 • 10 a.m. to 12 p.m.

Conscious Discipline is an evidence-based, trauma-informed approach to parenting. Learn ways to manage your emotions while helping your child manage their emotions, leading to a stronger parent-child relationship. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent. This program will focus on your child's social and emotional learning.

BULLYING; SIGNS, SYMPTOMS, AND SOLUTIONS

THURSDAY • 12/15 • 6 p.m. to 8 p.m.

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

PARENT SUPPORT GROUP

EVERY WEDNESDAY • 12 p.m. to 1:30 p.m.

Join us for a virtual meeting to find support in parenting. Connect with other parents/guardians to share your struggles and successes. Our Child Crisis Arizona Child and Family Education Specialist will send out a weekly topic via email including things such as maintaining structure and routines, creating boundaries, self-care for parents, and many more.

Pre-Register online at:

register.communitypass.net/ChildCrisisArizona

FALL 2022

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

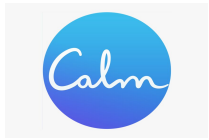
[VIRTUAL CLASSES AND WORKSHOPS](#)

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

[CURSOS DE ONTOÑO](#)



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



Elementary Schools

Anasazi Cherokee Cochise Desert Canyon Hohokam Hopi Kiva Laguna Navajo Pima Pueblo Redfield Sequoia Tavan Yavapai	TBD Nicole Hall Madison Gilbreath Lauren Loiacono Holly Leffhalm Sierra Rose Glenda Henman Virginia Mohammed Alexa Barajas Castaneda TBD Mayra Nunez Haley Passarella Andrea Ference Kim Meyer TBD	x48778 x41144 x41641 x41836 x42073 x42214 x42419 x42658 x43036 x44016 x43267 x43507	nhall@susd.org madisongilbreath@susd.org lloiacono@susd.org hleffhalm@susd.org sierrarose2@susd.org gghenman@susd.org vmohammed@susd.org abarajascastaneda@susd.org mayranunez@susd.org hpassarella@susd.org afERENCE@susd.org kfowlston@susd.org
---	--	--	--

Middle Schools

Cocopah Desert Canyon Ingleside Mohave Mountainside Tonalea	Laura Pederson Cynthia O'Brien Erin Stocking Julie Jimenez Laura Pederson Vanessa Diaz	x44405 x44505 x44945 x45226	lpederson@susd.org cobrien@susd.org estocking@susd.org jjimenez@susd.org lpederson@susd.org vanessadiaz@susd.org
--	---	--------------------------------------	--

K-8 Schools

Cheyenne Copper Ridge Echo Canyon	TBD Sharon James Brenna Fairweather	x41406 x47548	sjames@susd.org bfairweather@susd.org
---	---	------------------	--

High Schools

Arcadia Chaparral Coronado Desert Mountain Saguaro	Whitney Hess Leah Stegman Nicole Tarter TBD Karen Beatty	x46411 x46696 x46818 x47133	whess@susd.org lstegman@susd.org ntarter@susd.org kbeatty@susd.org
--	--	--	--

District Office

Director of Support Services Clinical Services Coordinator MTSS Secondary Coordinator Prevention Specialist Behavior Intervention Specialist Behavior Intervention Specialist Mckinney Vento	Shannon Cronn Matthew Lins Dale Merrill Lauren Pilato Susan Wertheim Rhonda Witherspoon Melissa Medvin	x45094 x45025 x46175 x46175 x46175 x46175 x45831&45125	scronn@susd.org matthewlins@susd.org dmerrill@susd.org lpilato@susd.org swertheim@susd.org rwitherspoon@susd.org mmedvin@susd.org
--	--	--	--