



From the Office of Superintendent Nora Gutierrez

Daily Updates from the Tolleson Union High School District

This is the place to come to get the latest information on what's going on in the Tolleson Union High School District

Wednesday, April 1, 2020

- Governor Doug Ducey and Superintendent of Public Instruction Kathy Hoffman recently announced the extension of Arizona school closures through the end of the school year. The extension follows updated guidance from the Centers for Disease Control and Prevention (CDC) and an announcement from the White House extending physical distancing guidelines until April 30, 2020.

On Friday, Arizona Governor Doug Ducey signed legislation to support schools during closures, providing clarity and flexibility on statewide testing requirements and school letter grades, giving direction on make-up days, requiring learning opportunities for students to continue, and ensuring that teachers and staff see no disruption in pay as a result of COVID-19.

<https://azgovernor.gov/governor/news/2020/03/governor-ducey-superintendent-hoffman-announce-extension-school-closures>

- **LYFT**

LYFT and TUHSD have partnered up during this difficult time. LYFT has generously donated transportation services to our district. We are happy to help our families. Thank you, LYFT, for your kind service!

Homeless Engagement Lift Partnership (HELP)

Mr. Rapaport has generously reached out to TUHSD to help our students who are in need. The HELP organization has provided food, water, and other items to families. Thank you HELP, for your donations and support! For more information about HELP, please visit www.homelessliftpartnership.com.

- All TUHSD schools have been busy providing meals beginning last Wednesday, March 25th. Schools will switch to a 5-day Meal Pack starting on Monday, March 30th. Monday Meal Packs will include breakfast and lunch for 5 days for Tolleson Union High School District students. Meals will be distributed from 4:00 p.m. to 6:00 p.m. each Monday.

A few days ago, 2,418 students were given meal packs (over 900 more than last week). That's 24,180 meals (5 breakfasts and 5 lunches + snacks).

Additionally, 136 cars were given rice and beans once meal packs were exhausted.



- Laptops continue to be distributed to students based on the original School Messenger auto-dialer survey of students' technology needs.



- The City of Tolleson has requested exterior lighting on the City basketball courts be turned off indefinitely to support the implementation of 'social distancing'. While the courts are a City facility, TUHSD controls the lights, so we are cooperating.



- West Point High School has instituted a Morning Huddle, which takes place every school day from 8:00 a.m. – 8:30 a.m. in Microsoft Teams. Principal Brandi Haskins started them last week as a way for her teachers to check in with each other and just say “hi”. It is optional and about 25 teachers join in. It is open forum so people can ask questions or chat about work or non-work topics. “We have a daily fun sharing items,” said Principal Haskins. “We talk about kids at home, pets, coffee mugs, etc. It is really just making sure that our teachers have some time to connect with each other.”



- Practicing self-care is very important during these stressful and unsettling times. Below are some tips to follow to make sure you take care of yourself.

PRACTICING SELF CARE

You may be experiencing a variety of emotions during this time, and that is 100% OK! Everyone responds to stress and crisis differently.

When social distance is mandatory, it is vital that we use this time to focus on what we can control: our body and our mind. Your wellness team is here to help during this confusing time. We are all going through this together and we know that can be very overwhelming.

10 EASY SELF-CARE TIPS TO TAKE CONTROL OF YOUR WELL-BEING:

- 10 REDUCE MEDIA**
Media and news coverage can serve a very important role in staying informed. However, the constant exposure can also be a significant form of stress. Try to schedule and reduce media intake.
- 9 LIMIT ALCOHOL**
Alcohol can add burden to your liver, making you more susceptible to illness. Try to reduce your consumption during this time to avoid effects this can have on your immunity.
- 8 STAY CONNECTED**
If you're at home with others, host a game night or cook a fun dinner together. Do not forget to reach out to loved ones and friends by phone call or video.
- 7 BE CREATIVE**
If you're finding yourself with more free time and looking for something to do, take this time to learn a new creative practice or start up an old one that you love.
- 6 GET FRESH AIR**
Go for a walk or sit outside to soak up the sunlight. If compatible with current recommendations from the Arizona Department of Health Services.
- 5 PRACTICE GRATITUDE**
It is easy to get caught up in the chaos. Take a moment to be thankful for what we have. Write down a minimum of 3 things that you are thankful for every day.
- 4 REST WELL**
Focus on maintaining a consistent sleep schedule and getting the recommended 7-9 hours of sleep.
- 3 KEEP CLEAN**
Practicing good personal hygiene, such as washing hands and keeping the surfaces of your home clean.
- 2 FUEL + HYDRATE WELL**
Make sure you're drinking 88-120 ounces of water a day and eating a nutritious and well-rounded diet.
- 1 GET MOVING**
Many gyms are offering free online classes. Planet Fitness, Lululemon, Core Power Yoga, Club Pilates, ClassPass and Orange Theory are just a few of the fitness studios now available online.

SELF CARE

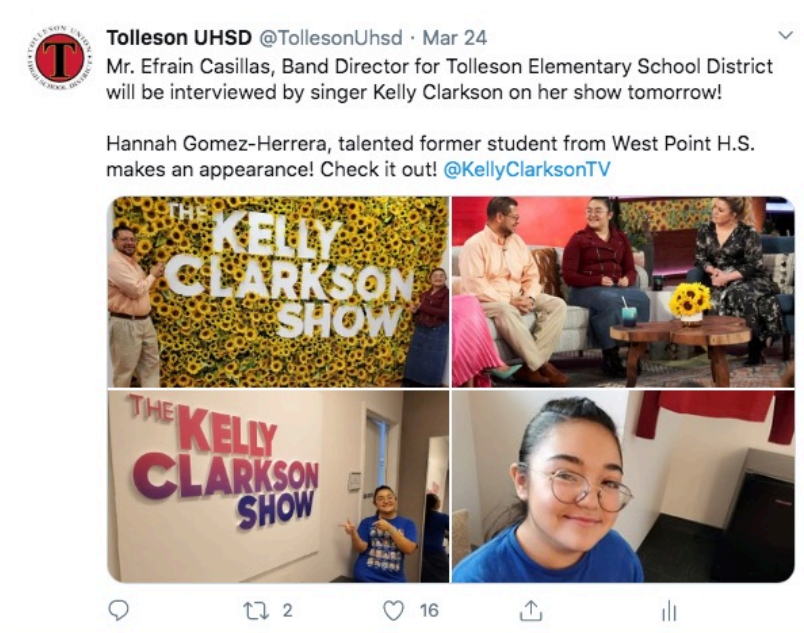
GOOD THINGS CAN STILL HAPPEN IN THE MIDST OF CHAOS

<https://tinyurl.com/sg7xhm4>


- During **Crisis Management**, something to keep in mind as we both **Lead and Follow** while supporting the TUHSD community:
 - **SUPPORT**: We are stronger as a TEAM and **have demonstrated that during this crisis.**
 - **TRUST**: Site and District decisions are based on feedback from all parties. Not **all ideas** can be implemented but they **are valued.**
 - **CONSISTENCY**: It is critical during **District Crisis Management** that we consistently implement communicated procedures.

Once a decision is made, support is critical to the success of the organization.

- During the time of this COVID-19 pandemic, one of our students found a way to surprise her former music teacher from the Tolleson Elementary School District. Hanna Gomez-Herrera, currently a West Point High School student, did so recently on the Kelly Clarkson Show.



- **Emergency Child Care at the Valley of the Sun YMCA**



EMERGENCY CHILD CARE AT THE YMCA

ATTENTION CHILD CARE FAMILIES!

The Valley of the Sun YMCA is committed to providing a safe and enjoyable experience for everyone who enters our doors. Due to growing concerns about the potential spread of COVID-19 in Arizona and in order to align ourselves with recent federal recommendations to limit member and staff exposure to the virus, we will be consolidating the number of branches offering emergency child care through April 10.

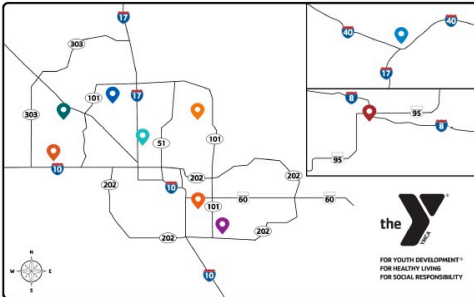
Effective immediately, the below is the list of emergency child care locations available through the Valley of the Sun YMCA. See map on back for branch details.

- Chandler/Gilbert Family YMCA
- Flagstaff Family YMCA
- Glendale/Peoria Family YMCA
- Legacy Foundation Chris-Town YMCA
- Northwest Valley Family YMCA
- Scottsdale/Paradise Valley Family YMCA
- Southwest Valley Family YMCA
- Tempe Family YMCA
- Somerton Youth Center

Obtain the latest updates and communication on COVID-19 from us at valleyYMCA.org/coronavirus

Thank you for your understanding and continued support!

VALLEY OF THE SUN YMCA'S EMERGENCY CHILD CARE LOCATIONS
valleyYMCA.org



CHANDLER/GILBERT FAMILY YMCA 1655 W. Frye Road Chandler, AZ 85224 (480) 899-9622	SCOTTSDALE/PARADISE VALLEY FAMILY YMCA 6859 E. Shea Boulevard Scottsdale, AZ 85254 (480) 951-9622
FLAGSTAFF FAMILY YMCA 1901 N. Turquoise Road Flagstaff, AZ 86001 (928) 556-9622	SOUTHWEST VALLEY FAMILY YMCA 2819 N. Litchfield Road Glendale, AZ 85395 (623) 935-5193
GLENDALE/PEORIA FAMILY YMCA 14711 N. 59th Avenue Glendale, AZ 85306 (602) 588-9622	TEMPE FAMILY YMCA 7070 S. Rural Road Tempe, AZ 85283 (480) 730-0240
LEGACY FOUNDATION CHRIS-TOWN YMCA 5517 N. 17th Avenue Phoenix, AZ 85015 (602) 242-7717	SOMERTON YOUTH CENTER 235 W. Canal Street Somerton, Arizona 85350 (928) 627-7024
NORTHWEST VALLEY FAMILY YMCA 12450 W. Camelback Avenue D Mesa, AZ 85205 (602) 688-5335	

<https://tinyurl.com/tdqxlb>

<https://tinyurl.com/sdkrm5b>

- As part of West Point High School's Virtual Spirit Week, Ms. Gabi Gabaldon, the school's Engineering Sciences Teacher, dressed as a character from the movie "Up".



That's it for today. Please check back tomorrow for our latest Daily Updates.

